



Oops!

Construction workers heavy equipment operator slides into hole dug for pipes. While riding over hole the ground and pavement crumbled causing it to slide into the hole sideways.

Driving course offered

Another 55 Alive/Mature Driving course is being offered at Mountain View Hospital and Nursing Home. The 8-hour course will be held on Friday afternoon, November 5 and Saturday morning, November 6.

The 55 Alive/Mature Driving course is designed to meet the specific needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements. All automobile insurance companies conducting business in Oregon are required to provide a premium discount to graduates of 55 Alive/Mature Driving, which is a state-approved driver improvement course. There is a course fee of \$8 payable to AARP.

For more information or to pre-register, call Eva Montee, Mountain View Hospital District Wellness Coordinator at 475-3882 extension 2307.

Shewczyk dies in collision--Continued from page 1

region, hunted big game in the desert and high mountains, scuba dived, sailed, horse packed, bicycled and hiked to many wild and lovely places.

The drums that led Shewczyk into the outdoors are traditionally only followed by men. She bagged her first elk in the Ochocos, took steelhead on a fly from the Deschutes, single-handed her small sailboat and was the only woman I've ever known that would venture out alone to enjoy such experiences.

Marsha Ann Elizabeth Shewczyk was a liberated woman in every sense of the term, but she was also comfortable with her role as mother and homemaker. Her homemade rolls and chocolate pies were family favorites, and she loved to decorate the house for holiday celebrations, sing Christmas carols and cover all the little

details of a family gathering. She could weave baskets, fashion stained glass objects, sew quilts and refinish antique furniture.

She was a woman of many accomplishments, but her greatest source of pride and joy was her son, Josh, a 20-year-old student at Lane Community College. Josh possesses many of Marsha's best qualities, including independence, honesty, integrity and genuine concern for others.

I can say in all honesty, Marsha raised one of the finest young men I have ever known.

Marsha left us with many cherished memories, and yet those who loved her are certain to remember one unmistakable characteristic, her spontaneous and melodious laughter. Marsha's spirit is embodied in her laughter and that legacy will live on in the hearts of her friends and relatives.

Contributions to the Josh Currey Education Fund are appreciated.

Send to:
Juniper Banking Company
624 SW 4th
Madras, OR 97741

Restaurants recognized for superior compliance

Upon the recommendation of the Human Services Advisory Board and with the approval of the Jefferson County Court, the Health Department has adopted a policy for recognizing full-service restaurants that achieve a superior score of 85 or better and have no critical violations on their routine food service inspection. The policy went into effect July 1993, and is being implemented with the second round of inspections to be completed by December 31, 1993.

The policy applies to full-service restaurants inspected by the Health Department only. It does not cover those food service facilities operated in conjunction with a grocery store and inspected by the Department of Agriculture. Jefferson County has 40 full-service restaurants licensed and inspected by the Health Department.

Those facilities receiving an inspection score of 85 or better and without any critical violations will have a public notice decal placed beside their compliance sticker acknowledging their efforts. Critical violations which would prevent receipt of the decal (with or without a score of 85 or better) include spoiled foods; food from an unapproved source (e.g., home canned); improper food temperatures; re-served or contaminated food; poor employee hygiene practices (including tobacco products in the food preparation area);

failure to sanitize utensils and food-contact surfaces; inadequate water and sewage systems; evidence of rodent and or insect infestations (e.g., mice, cockroaches, flies); improper storage and or labeling of toxic items.

Employees found working with communicable diseases requiring exclusion from the work site by public health administrative rule would also constitute a critical violation of

food service practice. Such illnesses include hepatitis A, staphylococcal and streptococcal infections, other illnesses spread by fecal-oral exposure.

For further information on good food service practices and food handlers' training, contact Mary Jane Cervenka, R.S., Environmental Health Specialist, Jefferson County Health Department, 475-4453.

Tribal Council attendance record by month for 1993

	JANUARY 14 MTGS. HOURS TRAVEL	FEBRUARY 11 MTGS. HOURS TRAVEL	MARCH 15 MTGS. HOURS TRAVEL	APRIL 14 MTGS. HOURS TRAVEL	MAY 11 MTGS. HOURS TRAVEL	JUNE 14 MTGS. HOURS TRAVEL	JULY 11 MTGS. HOURS TRAVEL	AUGUST 15 MTGS. HOURS TRAVEL	SEPTEMBER 16 MTGS. HOURS TRAVEL	LIVE TOTALS
RAYMOND CALICA SR.	12 80 4	8 64 9	13 104 10	14 112 4	7 41 11	5 31 10	9 65 2	12.5 88 7	11 78.5 7	91.5 643.5 64
JACOB FRANK SR.	9 66 3	8 57 0	8 30 13	5.5 27 2	2 16 15	4.5 30 4	8 43 0	2 16 3	9 52 6	56 337 46
DELVIS HEATH SR.	7.5 59 9	9 57 6	11 66 14	13 94 4	6 39 12	7 47 9	7 40 6	5 31 3	14 91.5 4	79.5 524.5 67
KATHLEEN HEATH	10 71 1	8.5 69 1	11.5 88 2	9 71 0	6.5 48 3	7 52 4	11 85 0	13 92 2	8.5 47 2	85 643 15
VERNON HENRY	8 44 5	7 40 11	9 43 3	8 40 6	4 20 5	7 43 13	8 46 2	12 74 4	10 49 1	73 419 50
ZANE JACKSON	6 47 0	9 61 5	13 91 2	13 98.5 3	7 48 7	6 39 9	11 76 0	15 89 2	13 85 6	93 634.5 34
BERNICE MITCHELL	9 73 8	6 47 8	8 56 9	3 16 2	3 16 11	8 55 10	11 77 1	11.5 84 4	9 70 1	68.5 492 54
JOE MOSES	10 71 4	7 56 11	9 64 8	11 80 3	8 43 11	8 51 10	10 72 1	11 80 4	12 82 7	86 599 59
RITA SQUILLENPHEN	14 104 6	10 69 5	14 94 7	14 101.5 0	9 59 6	13 83 4	11 78 0	15 119 0	16 105 0	116 812.5 32
NELSON MALLULATUM	3.5 27 6	5.5 42 10	7 56 16	8 57 16	3.5 23 10	7 36 10	3 24 3	11 72 12	7 43 11	55.5 382 92
WILSON MEMA SR.	14 102 6	11 69 5	12.5 84 10	12 96 4	6 32 16	9 55 3	10 76 0	12 88 4	12 78 6	98.5 680 54
TOTAL MEETINGS	103	89	116	110.5	62	81.5	99	120	121.5	902.5
TOTAL HOURS	744	631	796	791	387	522	682	833	801	6187
TOTAL TRAVEL DAYS	52	71	94	36	113	86	15	49	51	567



Public notice decal placed beside compliance sticker to acknowledge facility efforts.

Mammograms available

Women in Jefferson County have for the seventh consecutive year, the opportunity to receive a low-cost breast cancer screening test. During the first three weeks of November, Mountain View Hospital District is sponsoring a breast cancer detection awareness campaign.

Low-dose x-rays, called mammograms, are the most effective method of detecting breast cancer. Mammograms can detect malignancies long before they can be felt. Women over the age of 35 who have not had a mammogram within the last seven years are eligible for the screening program.

Women should not take part in the screening if they are pregnant, nursing or have had an open biopsy or breast surgery within the last year.

Women need not have a doctor's order to take advantage of the screening, but test results will only be provided to their health care provider.

Appointments for the screening are limited and will be handled on a first come, first serve basis. The cost for the cancer screening, which includes the radiologist's fee is \$50.

The screening fee must be paid at the time of the appointment. Those women whose insurance may cover

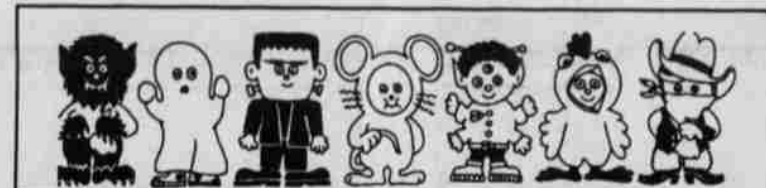
the cost of a mammogram may bill their insurance company for reimbursement.

To make an appointment for the screening or for more information, call Tia Miller at 375-3882 extension 2293.

Diabetes educators: Better health through knowledge

For a diabetes educator, taking care of the physical needs of a person with diabetes is the easy part of the job. Teaching the patient to manage his/her own chronic disease offers even more challenges. The nurses, dietitians, physicians, pharmacists, social workers, and other health care professionals who become diabetes educators gladly face these challenges because they know the benefits of a diabetes education program.

Diabetes educators can help the person with diabetes lead a more independent and fulfilling life. To accomplish this, the patients must learn complicated medical skills. It



Happy Halloween from Spilyay Tymoo

is the diabetes educator's job to explain and teach self-monitoring of blood glucose, insulin injection techniques, and principles of nutrition to people with a wide range of needs and abilities.

The diabetes educator works with the patients to develop an individualized diabetes management plan. In addition to teaching medical skills, the diabetes education program involves meal planning, exercise scheduling, and counseling as well. Diabetes educators represent a variety of health care specialists and they take a team approach to helping their patients.

The diabetes educator's role goes beyond basic instruction. For many patients, the idea of dealing with diabetes daily for the rest of their lives can be overwhelming. The thought of testing their own blood, injecting insulin, reading charts, and

measuring medication can be frightening and confusing. That is why, for the diabetes educator, developing patients' confidence in their own abilities is just as important as developing their skills.

Education is not just for newly diagnosed patients. Teaching diabetes self-management is an on-going process. When patients receive the education they need to manage their diabetes they gain better health, peace-of-mind, and a more active lifestyle. For more information about diabetes education offered at the Warm Springs Health and Wellness Center, call Candace Reich, Diabetes Program Coordinator, at 553-2450. Through the Diabetes Program, you may make an appointment with any of the following providers: Susan Mathew, Nurse Educator; Jennie Smith, Family Nurse Practitioner; and Karene Lehman, Dietitian.

Kah-Nee-Ta announces closure

Kah-Nee-Ta's Hot Spring Pool will be closed November 1-10 for repairs and a new paint job. During this time you may make your reservations for the tribal bathhouse at the front desk at the lodge.

We will reopen November 11,

with our winter hours of 10:00 a.m. to 7:00 p.m. daily.

Just a reminder, children under the age of 14 must be accompanied by an adult at all times while in the pool area.

Klamath Tribe debates extent of health care

The Klamath Tribe is debating whether or not to continue including the treatment of drug and alcohol related injuries in its health care priorities. Many argue that denying such coverage would benefit the majority of people. Others feel the move would punish alcoholics who need medical help.

The reason for the discussion results with an end-of-the-year budget shortage. Many needs such as eye care and cancer screening could not be met because there was no money available.

An estimated one-third of medical care funding is spent on injuries and treatments suffered by about five percent of the tribal population due to alcohol and drug consumption. However, with free drug and alcohol program treatments available to tribal members, tribal authorities feel that if abusers don't seek help then they should pay for their own medical care.

Statistics show that American Indians are more than three times as likely to die of cirrhosis and almost three times more likely to die from violence or accidents in which alcohol is a major factor than are whites. The Klamath Tribe says the rates are consistent with statistics in the Klamath tribal community.

Small Business Management courses to be held

The Small Business Center is coordinating the Oregon Native American Business and Entrepreneurial Network (ONABEN) Greenhouse and Small Business Management courses.

The "Greenhouse Program," growing new businesses, is a two-part program. Class meets once a week for three hours, six hours of one-on-one counseling is provided. These two classes are for people thinking about going into business. Attend Discovery Class first.

Discovery Class
Four weeks to discover if you want to be in business. Discover your entrepreneurial self-awareness and learn about basics of Market Research, Financial Reports, Time Management, Goal Setting, Mission Statement, Forms of Business, Pricing and Advertising. Components of business plan are discussed. Cost is \$50.00 per person. One college credit. Course #: BAUD 087.

Greenhouse Class
Ten weeks to work on completion of business plan. In-depth sessions on:

Session 1: Writing mission statement, goals setting, identifying your

business.

Session 2: Legal forms of doing business and outside influences that can impact your business.

Session 3: Business plan benchmarks, Marketing, who is your customer?

Session 4: Market research, what is it, how do you do it, why is it important?

Session 5: Financing, how to price products/services, break-even analysis.

Session 6: How to read financial statements.

Session 7: Professional advisors and insurance.

Session 8: Computer in small business.

Session 9: Advertising and promotion.

Session 10: Course wrap-up and business plan review.

Graduation
Cost \$100 per business. Five college credits. Course #: BAUD 101.

Small Business Management

This class is for people who are already in business, or for those who have completed a workable business plan. The class meets once every month, for three hours, for 12 months. Each month the student also meets

with the counselor for two hours to address business management needs in his/her business. Six college credits, course #: BAUD 140.

Session 1: Entrepreneurship, goal setting and planning for personal and business success, business resources.

Session 2: Business plan review.

Session 3: Recruiting, interviewing, hiring, training, motivation and supervision.

Session 4: Marketing and market research.

Session 5: Merchandising and selling.

Session 6: Advertising for small business and customer relations.

Session 7: Recordkeeping and tax compliance.

Session 8: Understanding and using financial statements.

Session 9: Forecasting profits.

Session 10: Cash flow management.

Session 11: Legal aspects and risk management tribal law and doing business on reservations.

Session 12: Inventory management.

Graduation.
Cost of class is \$100.00.
For further information call the Small Business Center at 553-3543.

Spilyay Tymoo

Staff Members

MANAGING EDITORSID MILLER
ASSISTANT EDITORDONNA BEHREND
PHOTO SPECIALIST/WRITERMARSHA SHEWCZYK
REPORTER/PHOTOGRAPHERSAPHRONIA KATCHIA
REPORTER/PHOTOGRAPHERSELENA BOISE

FOUNDED IN MARCH, 1976

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the basement of the Old Girls Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:

Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761
PHONE:
(503) 553-1644 or (503) 553-3274
FAX No. 553-3539
ANNUAL SUBSCRIPTION RATES:
Within U.S. - \$9.00
Outside U.S. - \$15.00
SPILYAY TYMOO 1992 ©