

Young girls seeking Iwasil title

Jeneva D. Ike is Yakima/Wasco. She is six years old and is running for Jr. Miss Iwasil Pow wow in Seattle, Washington. The pow wow dates are September 30, 31 and October 1, 1994. Her grandparents are Mitchell and Arlene Boileau and Fred Sr. and Daisy Ike. Her parents are Susie Boileau and Tyrone Ike. She would like to thank you for buying raffle tickets. If you wish to buy raffle tickets you may ask Susie Boileau at the Court House.

Thank you.
The other two girls wish to thank the community for their support, Natasha Edwards (9 yrs.)-Jr. Miss Pi-Ume-Sha, and Raylene Thomas (7 yrs.)-Jr. Miss Tinowit.

Raffle items include: 2 R.T. Air tickets to Hawaii (non-refundable), Star Quilt, Pendleton Blanket, \$100 cash, Pow wow jacket, Blacklodge Cassette Tape, Red Bull Cassette Tape, Stoney Park Cassette tape, Eyabay Cassette Tape, Beaded Earrings, Beaded Belt Buckle, Northwest Indian Youth Conference Video Tape, Autographed Photo of Boye Ladd (Winnebago), One year subscription to "Indian Country Today", Gathering Nations Pow wow Video Tape, Northwest Coastal Art, Etc. The price is \$1.00 each ticket.



Three girls seek title of Iwasil, they are Raylene Thomas, Natasha Edwards and Jeneva Ike.

Fire was a natural cleansing tool

Since the early 1930's fire management activities have been limited to the control of forest fires. Today, with our enhanced understanding of the natural cycle of fire in the forest and the purpose it served, we are changing the way forests are managed. Long before Europeans settled in North America, fires were a common part of the landscape. Most were started by lightning, although Native Americans also purposely set fires to improve hunting or grazing for livestock.

Ironically, the crystal clear skies people take for granted over the Cascades were far less common in the past, because of natural fires. Before this century, fires probably burned in ponderosa pine stands approximately once every 15 years. Under this natural fire cycle, fires had a cleansing effect. These fires seldom killed the larger ponderosa pine trees, but burned the brush and the smaller trees before they could create dangerous fuel ladders to spread fire to the upper forest canopies.

From 1910 to 1930, major fires occurred on U.S. forests, with great

loss to life and property. Widespread government and public concern led to an aggressive effort to suppress fires. After 60 years, however, this policy has been given serious review and rethinking.

In the 1980's, the Forest Service began to notice forest health problems which were partly a result of over aggressive fire control. Bug infestations and diseases which thrived in the unnaturally dense stands began to spread. Catastrophic wildfires were also a danger, due to the large build-up of fuel.

The increasing knowledge of the role of fire has led to many changes in the way forests are managed. Prescribed, or controlled fires are now considered an essential tool in restoring the forest to healthy state.

Forests are now getting in a position of having overstocked stands where individual trees aren't getting enough sunlight, moisture, or nutrients. Some of these weakened trees are getting sick and dying, and creating hazards. Thinning dense stands and salvaging some of the dead trees along with prescribed fire and careful burning in the woods,

will become an integral part of the new ecosystem approach to forest management.

The use of prescribed fires and thinning to imitate natural cycles must, however, be balanced with needs of your growing population on the reservation. Public education and input will be vital in helping set priorities for re-establishing forest health.

Where catastrophic wildfires threaten lives and property, aggressive fire suppression will remain a priority. By careful use of prescribed fires, the risk of catastrophic fire can be reduced, and greater forest health achieved.

Eliminate that skunk odor

If you have a pet that has gotten too close to a skunk you know how unpleasant it can smell. We have all heard of different "sure fire" remedies that are supposed to wash the stink right out of the unfortunate pet (tomato juice, for example) but they never seem to be completely effective. Usually the unpleasant smelling dog or cat is banished from the house until the odor slowly fades.

If all else has failed to get your pet back to it's sweet smelling self you might want to try this recipe. It comes highly recommended by Chemical Engineering News, Pesticide Reports and Pesticide Coordinator Report.

— 1 quart 3% hydrogen peroxide (from drugstore).
— 1/4 cup baking soda (sodium bicarbonate).

After washing your pet in this mixture you should rinse it thoroughly. You might also try using this mixture to wash other things that have had close encounters with skunks, like your car, if you have been unfortunate enough to run one over. Good luck with a more pleasant smelling tomorrow!

Geothermal plant project to proceed

The Forest Service and Bureau of Land Management have announced plans to proceed with a pilot geothermal power plant on the flanks of Newberry Volcano outside the Newberry National Volcanic Monument. Sally Collins, Forest Supervisor for the Deschutes National Forest stated "this is the best alternative environmentally that proceeds with this unique pilot electric power generation project." The decision marks another landmark in the Bonneville Power Administration, Bureau of Land Management (BLM) and Forest Service partnership to explore and test the feasibility of using the earth's heat to generate electricity.

"The biggest change the BLM and Forest Service made from the Draft Environmental Impact Statement (DEIS) was to site the 33 megawatt power plant outside of an unroaded area which was of great concern to many," Collins explained. Well pads, pipelines, and access roads may be located within the unroaded area, as is permitted in the 1990 Deschutes Forest Plan. "The analysis presented in the DEIS clearly shows that geothermal energy production at Newberry can occur in an environmentally safe manner outside of the Congressional designated

Monument." Fifty-five organizations and individuals provided nearly 60-0 individual comments on the DEIS released last winter. "No new issues were identified in this phase of an elaborate and extensive public involvement effort dating back to the late 1980s when the likelihood of geothermal development became evident," stated Collins. Citizens and organizations had already stated their concerns about steam plumes, power lines, odors, water quality, and facility siting. Some new impact mitigation and monitoring measures were incorporated along with more accurate steam plume deposition scenarios, an expanded description of potential mercury impacts to the environment and correction of document errata.

With the completion of the Final EIS and the Record of Decision, exploratory drilling could begin this fall with a small diameter core hole drill operation. Power production could be on line by late 1996 or early 1997. The plant includes the 33 megawatt power facility (one of two locations will be developed), 14 well pads (out of 20 possible), approximately 8 miles of 115kv electric transmission line (single-wood pole design) and associated

roads (many pre-existing), and facilities. Federal geothermal leases on the Deschutes National Forest were provided for in the enabling legislation for the Monument. Once approved, leases, are tightly regulated under the Clean Water and Air Acts, the National Environmental Policy Act and the Geothermal Steam Act.

The Bonneville Power Administration must issue a separate decision adopting the Bureau and Forest Service's decision. This will occur about the middle of August. Appeals of BLM and Forest Service decisions must occur within 45 days of the decision under their respective appeal regulations. Details of these regulations are available from BLM and Forest Service offices.

The site is located approximately 20 miles southeast of Bend, Oregon on the flanks of Newberry Volcano. The location is outside the Newberry National Volcanic Monument created by Congress in 1990. Newberry Volcano is regarded as one of the most promising sites for geothermal resources in the United States. It's potential has been spoken to in the Deschutes' Forest Plan, the Newberry Monument legislation and by the Pacific Northwest Power Planning Council.

Choose healthier foods for healthier life

by Sara Thomas, M.S., R.D.

What is the number one killer of Americans? It's a toss up! As many Americans die from diet related diseases as die from cigarette smoking. Each kill some 400,000 people a year. This is the finding of a study by the Department of Health and Human Services that was published in the Journal of the American Medical Association. These diet related diseases include heart disease, strokes, diabetes, atherosclerosis, osteoporosis, and many cancers. What can you do to reduce your risk?

Eat less fat, especially saturated fat: The message used to be eat less cholesterol, but now the most important message is to eat less saturated fat. Dietary saturated fat has more impact on blood cholesterol levels than dietary cholesterol. Research has found that cutting back on eggs doesn't do much for lowering blood cholesterol levels unless saturated fat intake is also decreased.

Saturated fat is "bad" and "clogging" to the blood vessels. Saturated fat intake should not exceed 10% of the daily calorie intake, less than 22 grams of saturated fat a day for a person eating 2,000 calories per day.

Saturated fats are solid at room temperature; e.g., butter, hard margarine, tropical oils and animal fats. Ground beef contributes more saturated fat to the average American's diet than any other single food, so it

is wise to pick leaner meats, eat less ground beef, and/or rinse the cooked ground beef with hot water to wash away the excess fat.

The healthier choices are the unsaturated fats which are liquid at room temperature like canola, olive, peanut, and other vegetable oils. The best type of margarine to choose is a soft tub margarine.

Eating fatty fish like salmon one or two times a week may protect against heart disease, but there is not direct evidence that fish oil supplements offer the same protection.

Good or bad, all fats should be eaten in moderation. The typical American gets about 40% of their calories from fat. In a 2,000 calorie diet this is equal to eating 1 stick of butter a day! The recommendation is to get less than 30% of calories from fat. That would be equal to one to two Tbs. oil or margarine in a 2,000 calorie diet.

Eating less fat is also important in order to avoid weight gain since fat is more fattening than carbohydrate rich foods like potatoes, bread, fruits,

and vegetables. In fact, eating more fruits and vegetables can help you reduce your intake of fat as well as boost your intake of healthful vitamins, minerals, and fiber.

Become more active: Americans are getting heavier. Americans today eat less and weigh more than their counterparts at the turn of the century. Why? People at the turn of the century were more active. They walked and biked to more places instead of driving. They relied less on labor-saving devices like riding lawn mowers.

Today many studies indicate that one of the major causes of overweight is under-exercise, not overeating. In fact many studies show that overweight people eat the same or fewer calories than normal weight people. Obesity is a risk factor for heart disease, high blood pressure, diabetes, and possibly some types of cancer as well as other chronic diseases.

If you would like to talk about the food you eat or sign up for a cooking class, call the Nutrition Department at 553-2458.

Wellness conference set

The Women & Wellness Conference Planning Committee announces their fourth annual Women & Wellness Conference October 5, 6, 7, & 8, 1994 at the Warm Springs Community Center. Our theme this year is "The Rights of Passage".

We are announcing a contest to purchase art work for \$200 to portray this theme; the theme is to be printed

on posters, programs, flyers, etc.

Please submit your art work for consideration to Community Health Promotion by July 15, 1994. Must be original art work, must be photo-ready, must measure 18 x 24 in size. If you have any further questions, please contact Judith Charley or Marci Clements at 553-2460.

Is fear controlling your life?

by Erin G. Sweden
Do you ever get really afraid suddenly for no reason that you can think of? Does your heart beat so fast you're afraid that you might have a heart attack? Do you have any of the following sensations about the same time?

1. Chest pain or discomfort.
2. Shortness of breath.
3. Dizziness or faintness.
4. Shaking.
5. Sweating.
6. Choking.
7. Upset stomach.
8. Numbness or tingling.
9. Hot flashes or chills.
10. Everything feels unreal

including yourself.

11. Fear of dying.
12. Fear of going crazy or doing something uncontrolled.

Then does it all go away in a few minutes as suddenly as it started? If so, you're not alone. Lots of people have panic attacks. Some people have several of them a week or even several a day. The fear of having one in public where it's hard to get away keeps many people stuck in their houses much more than they want to be. If you'd like to get some relief from these terrifying and limiting experiences, the staff at the Community Counseling Center can give you more information about how to do that.

Art and Animal show presented

Art and the animal, an exhibition for the Society of Animal Artists headquartered in New York, will be on view at The High Desert Museum in Bend, Oregon from July 16 through September 11, 1994.

The exhibition features juried works by 60 preeminent artists from the United States, Canada, Europe, Africa and New Zealand. Included is a number of internationally recognized artists such as Robert Bateman, Carl Brenders, Guy Coheleach and Kent Ullberg.

Represented in the exhibition are several well-known regional artists, notably Sherry Sander of Kalispell, Montana and Leo Osborne of Joseph,

Oregon, both of whom have exhibited their works at The High Desert Museum.

Art and the Animal contains paintings, sculpture, drawings and collages in a variety of media ranging from oil, acrylic and bronze to gouache, serigraphy and batik. A full-color exhibit catalogue and poster are available in the Museum Store.

The High Desert Museum, located six miles south of Bend on U.S. 97, is open 9 a.m. to 5 p.m. every day, except Thanksgiving, December 25, and January 1. Admission is \$5.50 for adults, \$5 for seniors, and \$2.75 for children 5-12. Members and children 4 and younger enter free.

Taiwanese students experience Indian culture

The Warm Springs Museum is responsible for bringing Native American cultural understanding to life for people who, otherwise, would not be exposed. On July 7, 1994, the Warm Springs Museum hosted a performance for a number of Taiwanese students who were visiting from over seas. Thanks to the various student workers at the museum they were able to put on a show of dancing for the Taiwanese that surely surprised and intrigued them. Jeanne

Thomas, in charge of the museum performance, was happy to have such a diverse culture interested in Native American heritage. She said it was also great to have so many young people involved in the museum and helping make the Taiwanese visit a success.

Leslie Melby, in charge of the tour for the Taiwanese, said that this is the second time that the Educational Foundation, stationed in Hoodriver, Oregon, has hosted the Taiwanese

students. Included in the various arrays of culture is Japan, whom they have hosted three times, and Spain.

The program is an experience that Leslie says is a memory that lasts a lifetime for these students. On their tour in America they visit other places during the average three week stay. After their tour through Warm Springs they will go to Los Angeles and see the sights. Before their Warm Springs experience they went to Portland and to Mount Hood where

they got a chance to ride the chair lift.

Communication, it seems, would be a set back for anybody visiting a separate country where their language is not the native tongue. But the students of Taiwan seemed too excited to let a language barrier discourage them. Some of the students were well schooled in the area of the English language, but the education was in various degrees. Many of the students had taken book learn English for four years. Others took conversational English, but a very popular item for deciphering the English code was with a little help from modern technology, the computer translator.

After the Taiwanese students had their fill of Warm Springs culture they needed to cool off. Where is a better place to go than Warm Springs own Kah-Nee-Ta? At Kah-Nee-Ta the students enjoyed themselves by splashing around in the pool and reflecting on the experience that they had just previously intaken.

Funding for such a trip is always strenuous. In the case of the Educational Foundation, they were obliged to arrange the trip and activities for the students, but all things planned were personally funded by the students themselves. This is, of course, expensive but there is no replacement for experiencing the enrichment of a foreign country first hand. It is to be sure that the Taiwanese can go back to their native land and say to all who ask, "Hey, I got to see what goes on at a powwow."



A large entourage of Taiwanese visitors stopped by The Museum at Warm Springs and were entertained by summer workers at the Museum.

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