

Miller retires after 25 years of employment

Adeline Miller after 25 years of employment for the Confederated Tribes has decided to retire October 1994. A surprise retirement dinner

was held for Miller Wednesday, September 21, at the Agency Longhouse. Many of her friends and co-workers attended and Miller was

surprised. Miller's co-workers and friends spoke of her kindness, fun trips and stories, her teaching of the cultural tradition to young and old alike, and of her many accomplishments while at her job. Through her work she has tried to help diabetic clients by teaching how to take their medications and basic care of selves. She has counseled young children in being young adults and taught of traditional ways.

Miller began her work for the tribes in 1969 as an Alternate Trainer at Tektronics, where she worked for 5 years. In 1974 Miller was hired as a Relief Worker for the Group Home. Five years later she became the CHR Sr. Specialist where she has been for the past nineteen and a half years.

Miller was a long time employee and was presented an award of recognition by Russ Alger. Miller has gone above and beyond the call of duty at her job and will be missed by her co-workers.



Adeline Miller was presented an award recognizing her dedication and hard work for the tribes since 1969.



Adeline is going to be missed by many of her former co-workers for the tribes. Family and friends gave Adeline a hug.



During the roast honoring Adeline Miller Joe Jay Pinkham shared his memories of Adeline through his stories of their encounters at numerous powwows and gatherings.

Arts Network set in Portland

Atlal, the National Service Organization for Native American arts, announces *Native Arts Network 1994*, to be held in Portland, OR October 13-16, 1994. The theme of the conference is The Artist as Community Healer. This theme will address the role of the arts in society as a positive force that can bring our minds and bodies into balance and harmony, benefiting both individual and community.

For the first time, *Native Arts Network 1994* will include two tracks, one for Cultural Organizations and one for Native American artists. The conference will be arranged around issues, with regional representatives

from Atlal's Second Circle national advisory board addressing how each issue has had an impact on art from their geographic area. Issues have been grouped in the following categories: Economic Forces, Political Forces, Social Forces, International Forces and Community Forces.

W. Richard West, Director of the National Museum of the American Indian will give the opening keynotes address.

Scholarships are available for Native Americans interested in attending. For more information contact the Atlal office at (602) 253-2731.

Abuse/Neglect training set

Everyone is welcome to attend the Child Abuse and Neglect Training being held October 20-21, 1994, 8:00 a.m. to 5:00 p.m., at Kah-Nee-Ta Resort.

Lunch is on your own.

Changes in dispensing policy aims to simplify system

We would like to share some good news with you. We have been listening to the requests of our patients to create a more prompt means of dispensing Over The Counter medications. We likewise have always wanted a better system to service our patients with OTC meds. However, we legally have to record OTC meds in the patient's medical chart. We have been working for eight months to create a program that will satisfy both the needs of our patients and the legal requirements we must obey. Pharmacy will now be able to provide certain "simple" Over-the-counter drugs to you without your medical chart. We have devised a way to do this with our new computer system. In order to be able to do this, we must request your cooperation in completing our new pharmacy OTC Request Form. Hopefully, the following questions and answers will help you better understand the new policy.

1) **What are OTC drugs?**
OTC drugs are drugs that do not require a doctor's prescription.

2) **What are "simple" OTC drugs?**
These are the very common OTC drugs that do not require pharmacist to monitor. The following drugs will be considered "simple" OTC drugs and will be available without the medical chart: Antacids (Mylanta, Maalox, Riopan); Allergy and cold medications (Actifed, Sudafed, Dimetapp, cough syrup, Benadryl, CTM, Saline Nose drops); Fever and

Use generators correctly

Fall and winter means an increase in the number of storms that can cause interruptions in electrical service.

Some residents purchase generators as a back up for their electrical systems, which isn't a bad idea, especially in outlying areas, if they are used correctly.

Pacific Power manager Bob McConnell says the danger occurs when the generator is used to supply power to an entire residence or business, without properly disconnecting from power company lines.

"If a generator is plugged directly into home circuits, the generated electricity will flow through the home wiring and into nearby power lines,

which can cause serious injury to repair crews and passerby," he said. Once crews have fully repaired damaged outside lines, an improperly connected generator will likely be ruined, as it becomes a part of utility service.

McConnell recommended that proper installation precautions be observed to assure adequate service

and maintain safety: 1) Read all instructions carefully before the unit is placed in service. 2) Wire the generator according to the National Electric Code specifications. 3) Contact an electrical contractor for proper installation, including provisions for disconnects from power company lines.

Look for signs announcing District Meetings concerning 1995 Operating Budget

Program highlights success strategies

Are you serious about getting a college education or technical training? Do you want to be successful in school? Would you like to be eligible for tribal funding? Do you really want to be prepared for your college experience? Then **STUDENT SUCCESS STRATEGIES** is for you.

Student Success Strategies 1) is a course being offered in Warm Springs for Tribal members thinking about furthering their education. 2) will tell you where to apply for scholarships and how to get through the PELL grant application. It will also tell you about college programs and their purpose. 3) will help you design a personal monthly budgeting plan so you won't run out of money before you run out of school days. 4) will teach you goal setting methods and how to build effective time management techniques into your life. 5) will teach you test taking tips and build your critical thinking skills.

Student Success Strategies series will begin Tuesday, October 4th and continue every Tuesday through November 23rd. Classes will meet on the second floor at the Education Center promptly at 6:30 p.m. to 9:00 p.m.

Tuition scholarships are being provided by the Tribal Education Department. Students may register at the Tribal Education Office or the COCC office in the Education Center. Enrollment is limited so hurry! For more information, call the COCC office at 553-1428 or the Education office at 553-3311.

Schedule of Classes
October 4 - **Dear Family, Hi, school is great. Send money! Yours Truly.** The Tribal funding process. What are the requirements for funding and what can you expect in the way of assistance? Designing a personal monthly income and expense budgeting plan and applying for Federal Financial Aid.

October 11 - **"If you don't know where you're going, you'll probably end up there"**. Choosing a career that's right for you! Including comprehensive career, personality and values assessments. A.A., A.S., A.A.S., alphabet soup- so what does it have to do with me?

October 18 - **Surviving College Life in the "Big City"**. Building effective time management skills, learning to be assertive, overcoming stress and communication issues discussed.

October 25 & November 1 - **Left Brain/Right Brain.** Problem solving skills that could really boost your GPA.

November 8 - **The Library, or the Bar tonight?** Substance abuse

and the College student. Are you ready to just say NO?

November 15 - **Are you ready for Freshman English Composition and Algebra?** Taking the college academic predictor tests. Designing a typical college schedule. Utilizing college resources such as tutoring, career advisement, etc. Student support systems: who to see and

where to go for help. November 22 - **Getting to know the real you:** Examining your assessment results. Setting realist goals and achieving them. Guest speakers.

This course is sponsored by the Education Department of the Confederated Tribes of Warm Springs.

Annual Show coming Oct. 15

Warm Springs 7th Annual Arts & Crafts Show will be held at the Warm Springs Community Center, October 15, 1994 from 10 a.m. to 4 p.m.

Everyone is welcome.

Crafts, artwork, beadwork, shawls, pillows and many other items will be on display for sale by Warm Springs Tribal and community people.

No admission and plenty of parking space is available to the public. For more information, call Carol Allison at the Warm Springs Community Center at (503) 553-3243.

Diabetes program sets series

The Warm Springs Diabetes Program is sponsoring a six-week series of classes on diabetes. The classes will be held every Thursday beginning October 13, from 4:00 p.m. to 5:15 p.m. in the Health and Wellness Center Community Health conference room. Anyone is welcome to attend and refreshments will be served. Registration is not required; however, if you know that you will be attending, please call Susan Mathew, Diabetes Nurse Educator, at the clinic at 553-2478 so that she can plan for handouts, chairs, etc.

The schedule of classes will be as follows:

October 13 - Orientation to the Diabetes Program, slide show - Candace Reich, MPH

October 20 - What is Diabetes? Jennie Smith, FNP

October 27 - Complications of Diabetes, Susan Mathew, RN; Jennie Smith, FNP

November 3 - Nutrition, KaRene Lehman, RD

November 10 - Exercise & Home Glucose Monitoring, Susan Mathew, RN

November 17 - Social Issues & self care, Ken Stewart, MSW

Because each class will cover a separate topic, you will benefit from coming to one or several of the classes if you are unable to attend the entire series. If you have any questions regarding the classes, or about the Diabetes Program in general, please call Susan at 553-2478.

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