



General Fuhman, center, of the Army Corps of Engineers, visited flood damaged areas on the reservation with Tribal Council June 20.

Simple exercises can relieve stress

Try these exercises to relieve the stress and strain of VDT repetition:

• **Deep breathing:** Breathe in slowly through the nose. Hold for 2 seconds then exhale through the mouth.

• **Neck and head:** Turn head slowly side to side, holding each turn for the count of three. Repeat five to ten times.

• **Shoulders:** Roll shoulders forward five times using a wide circular motion. Then roll shoulders backwards.

• **Upper back:** With arms folded at shoulder height, push elbows back. Hold a few seconds then repeat.

• **Lower back:** While sitting, slowly bend upper body between knees. Hold for a few seconds, then sit up and relax.

• **Wrist:** Hold arms straight out in front of body. Raise and lower hands to stretch muscles in the forearm. Repeat several times.

• **Fingers and hands:** Make tight fists with hands. Hold for a second, then spread fingers apart as far as possible. Hold for five seconds.

• **Legs:** Grasp shin of one leg and pull slowly towards the chest. Hold for five seconds. Then do the other leg.

• **Eyes:** Simple eye exercises can be performed while at your workstation. Do these for less than a minute every 20 minutes or so to relax your eyes:

• Blink often to keep eyes moist.

• Cup hands tightly over closed eyes. Hold for one minute.

• Roll eyes clockwise three times, then counter clockwise three times.

• Refocus on an object 20 feet away. Do this times per hour.

Eighteen teams compete in stick game tourney

Starr Gaming Club Stick Game Tournament held June 29 at the Pi-Ume-Sha grounds. Eighteen teams from all over the Northwest competed in the tournament in Memory of Florence Meanus, Clarence Meanus and all elders. Results are:

1st Place—Hamilton Buch from Fort Duchesne, \$2500

2nd Place—Vince Joe from Warm Springs, \$1500

3rd Place—Jimmy Johnson from Elko, Nevada, \$1000

The Korean War Veterans Observe Armistice Day

Korean War Veterans Armistice Day Becomes Law

On July 27, 1995, The White House announced the signing of Public Law 10419, the FY 1995 Rescissions Act, which includes in Section 2005:

July 27 of each year until the year 2003 is designated as "National Korean War Veterans Armistice day," and the President was authorized and requested to issue a proclamation calling upon the people of the United States to observe such day with appropriate ceremonies and activities, and to urge the department and agencies of the United States and interested organizations, groups, and individuals to fly the American flag at half staff on July 27 of each year until the year 2003 in honor of the Americans who died as a result of their service in Korea.

The passage of this paragraph into law marks the culmination of an effort begun in 1993 by former Congressman Stan Parris of Virginia and a group of determined Korean War Veterans and friends who walked the halls of Congress for nearly three years seeking support for this piece of legislation.

Stan Parris responded to the question about the passing of the bill, he said, "The coordinating Committee has every reason to be proud of itself. Not only did we plan and conduct the Korean War Veterans Memorial Ceremony at Arlington National

Cemetery for the past three years; we also secured the passage of legislation which will compliment the goal of the newly dedicated Korean War Veterans Memorial.

This law extends the recognition of Korean War veterans service and sacrifice all the way from the Mall in Washington DC, to the flag pole of the local Post Office. Korean War Veteran War Veterans all over the country will take advantage of this law to commemorate those who served in the Korean War, especially the dead and the missing.

Here in Warm Springs on July 27, there will be a Veterans gathering to honor veterans who served during those war torn years that has been known as, "The Forgotten War." A special gathering with a parade and dinner will take place here in Warm Springs, not only those who served during the Korean War, but to give recognition Veterans of all Wars.

There will be special recognition to the Korean era veterans along with family members during that time. This will be a well worth gathering to honor all the men who were willing to put their lives on the line in time of unrest in the world to protect our country. All veterans are urged to fall in and participate in this great occasion.

Groundbreaking ceremonies kick off Village rebuilding

It was a perfect day for breaking ground at Kah-Nee-Ta Village. The near perfect weather gave inspiration to the 150 or so present for the ceremonies June 21. It had been four months since the Village had been covered by four feet of water and it was time to get on with life in the tourist's world.

Kah-Nee-Ta Board of Directors member Zane Jackson credited the leaders of the past with the foresight necessary to get Kah-Nee-Ta up and running back in the 1960s. "We owe them a lot of thanks for getting us to where we are.... We're fortunate they were behind the scenes to give us the boost we needed" all those years ago, he said.

Returning to work on the reconstruction efforts is Ed Manion who retired from the Tribe in November. "Ed was our first manager of the Village and now he's putting it back together for us.... I look forward to all of us enjoying this place" once it's completed, Jackson added.

Those old enough could remember the groundbreaking ceremonies of the early 1960s. After purchasing the Kah-Nee-Ta property from a corporation in 1961, the Tribe delved head-first into building an upscale resort along the Warm Springs River beginning in 1963. They envisioned hundreds, if not thousands, of visitors flocking to take in 340 days of sunshine, the mineral pool and other unique amenities at the first tribally-owned and operated resort in Oregon. The Tribe invested \$750,000 in the complex.

In December 1964, just months after opening the resort, a flood came along and threatened the new facility. After losing only one cottage to the raging waters, Tribal leaders decided it was best to clean up the mess and get back into the hospitality business. Less than a month later, another flood hit and it was clean-up time again. It wasn't until 1977 that high waters once again threatened the Village. The facility sustained little damage that year and it was business as usual.

The Village, this time last year, was bustling with activity. The Olympic-sized mineral water pool was bubbling with swimmers and surrounded by sun bathers. The teepees were booked with those wanting to experience the "Indian way of life". The cottages were filled with families taking a break from their workaday lives.

The expectations for a repeat summer performance at the Resort's popular Village all changed with the February flood.

The bathhouse, cottages, teepees, RV park and the restaurant were all wiped out by the worst flood to hit the reservation since 1964. All that remained standing after the flood



Kah-Nee-Ta Board of Directors, Tribal Council members and others helped break ground at the Village June 21.

was the tribal bathhouse, cottage #9 and a restroom in the RV park.

Early on, tribal officials realized there was no time like the present to rebuild a better and updated version of the Village. Kah-Nee-Ta's insurance, FEMA and the Confederated Tribes are contributing to the effort. "God willin' and the crick don't rise", the first phase of construction should be complete come September. Guests will once again be able to swim and enjoy a new bathhouse. The pads for the teepees should also be ready at the same time. By next spring, the cottages, to be relocated to the base of the hill where the teepees were, should be complete. The restaurant will be built across the Warm Springs River sometime next summer.

At the end of construction, the Village will have a whole new look—A look that will help Kah-Nee-Ta enter the future on sure and stable ground.

New Manager

ZuAnne Jarrett has waited since 1984 to really take a job at Kah-Nee-Ta Resort. Jarrett was hired by then Kah-Nee-Ta general manager Garland Brunoe to serve as the Resort's Food and Beverage Manager. But a family tragedy prevented Jarrett from actually taking the job. She's back in her own territory again, and she's loving it.

Born and raised in Prineville, Jarrett has fond memories from her childhood when she and her family visited the reservation on numerous occasions. Once Jarrett left for school

at the University of Oregon in Eugene, it took her 30 years to come back over the mountains. From 1992 to 1995, Jarrett was a marketing consultant for the State of Oregon. For four years before that she was the general manager of Shadow Hills Country Club. She was also employed by the Valley River Inn for 10 years.

Jarrett took a job as marketing assistant at Indian Head Gaming last year and was again in her native habitat. "I was tired of the rain," she said. Funny thing to say considering the February flooding.

On May 1, Jarrett left Indian Head to take a job as operations manager for Kah-Nee-Ta. When resort General Manager Steve Whitaker resigned June 7, Jarrett was asked to step in as resort manager. The board of directors has decided to use a company to hire the next general manager. Jarrett is unsure if she wants to apply for the GM position or if she would be happier with her original job in operations.

Jarrett hopes to initiate a training program for tribal members which will include on-the-job work and classes at possibly Portland State and the Culinary Institute. She also hopes to formalize an internal training program for members.

She is quick to recognize several problems at the Resort. "Transportation is a problem and the Hamlet housing project requires some major upgrading. Childcare services are also needed," she says. Kah-Nee-Ta currently employs 170 people with 37



ZuAnne Jarrett is new resort manager.

percent tribal members.

In reading the Oregonian or the Bulletin it becomes obvious that Kah-Nee-Ta and Indian Head Gaming are coordinating their marketing efforts. They are offering packages not available before and tying in golf and Museum admittance as part of lodging costs. This not only saves money for the two entities, but helps serve up a united and simpler way to do business as well. Other activities are being maximized for guests and greater emphasis is being applied to the golf course.

Portland company crushes, hauls abandoned cars

Between June 20 and 24 the Warm Springs Housing department had 147 vehicles from the West Hills, trailer court, Tenino apartments and the Miller Heights areas. According to Raymond (Captain) Moody, assistant director for the Warm Springs housing department, the vehicles were removed from all rental areas and taken to the impound yard where they were crushed, then hauled by truck to a Portland recycling yard.

The owners of the vehicles were given a 30-day notice with the option to fix or move the vehicles before the notice expired. Each vehicle, according to Moody, was tagged by the Warm Springs Police Department and the owners were advised of the actions that would follow. "We've been trying to get all these cars moved for quit a long time," says Captain.

"It doesn't look too healthy or too pretty to see a bunch of abandoned or burnt vehicles around our rental residential areas. We've contracted these people out of the Portland area to come to Warm Springs and assist us in removing all these unwanted vehicles. They picked up the vehicles and took them to the impound yard just north of the Fire Management compound and crushed them flat. We're not receiving any money or paying anyone to do this. No money will be exchanged for any of the vehicles. The

contractors will do all the work at no charge to the Tribes or the Housing Department," says Moody.

"We're hoping to do this again in three months. This time we will concentrate on the Sidwalter and the Simnasho areas. There have been some local people coming to us asking to remove unwanted vehicles off their property. There are a lot of people out there who have been very supportive of this project and we, at the Housing Department appreciate it. We would like to thank everyone for being patient and understanding and hope to receive the same support the next time around."



Stacks of crushed vehicles await hauling to Portland.



Before vehicles are crushed, tires, wheels, batteries and fluids are removed.

Spilyay Tymoo

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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 Girl's Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:

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Annual Subscription Rates:

Within U.S. - \$9.00 / Outside U.S. - \$15.00

Spilyay Tymoo 1996 ©