

## The Portland Opera to perform Feb. 1

The Portland Opera will perform "An American Magic Flute," Saturday, February 1, 1997 at The Museum At Warm Springs in Warm Springs, Oregon.

The family oriented performance is at 10 a.m. at The Museum and is free and open to the public.

According to Portland Opera literature "An American Magic Flute," is patterned after Mozart's "Magic Flute," and the production uniquely blends two cultural traditions from different points on the globe - European opera and Native American storytelling - into a captivating story about young people learning how to live wisely.

Mozart's "The Magic Flute" is set in an imaginary world with monsters, spirits and magical instruments and "An American Magic Flute" relates the same basic story but with Native American words, images and traditions. The names of the characters, costuming, sets and even some of the instruments were chosen to deliver insights and appreciation of the rich, cultural traditions of the Northwest coast tribes - mainly the Kwakwaka'wakw, Haida, Bella Coola and Tlingit.

Much of the stage action is derived from Native American traditions, particularly those that deal with coming of age, personal responsibility and the role of freedom in people's lives.

"This delightful combination with costumes and sets inspired by Northwest tribal art, fosters an appreciation for Mozart as well as elements of our Native culture," the literature said.

Michael Berkson, director of Portland Opera Education and Community Service, along with his staff created the production with William "White Eagle" Wilson. Wilson is a member of the Cherokee Tribe. He is a former musical performer and voice student. He is also an expert on

the Native American flute.

The performance is presented by Portland Opera Resident Artists who are young professionals selected from national auditions and are in residence with the company from October to April. They perform in all outreach and educational programs, bringing the magic of music and opera to schools, libraries and community events throughout the northwest.

For more information contact The Museum at (541) 553-3331.



Two dancers share a story through traditional dancing

## After two-year stint in Warm Springs... Ray returns to Malheur National Forest



William "Willy" Ray, Jr., left, was presented a gift by Natural Resources Director Jody Calica on behalf of the Confederated Tribes.

For most of us, the new year brings the beginning of new things. Not so with William E. Ray, Jr., acting forest manager for the BIA in Warm Springs. Just one month short of two years after his arrival, Ray is leaving Warm Springs, and the BIA, to return to his job in Prairie City, Oregon with the Malheur National Forest.

It's been an "interesting experience," says Ray. "It's been a real honor and privilege to serve the Confederated Tribes."

Ray's appointment in Warm Springs was made possible through an interpersonnel agreement between the BIA and US Forest Service. Ray adds that the "BIA could not recruit anyone within the Bureau to take the forest manager's job because of the existing lawsuit the Tribe has against

the BIA."

Superintendent Gordon Cannon asked Ray if he would be interested in assuming the job. He was hired by Cannon and the appointment was later accepted by Tribal Council. "I had known the Tribal Council for many years," which made the transition easier for Ray. "We've moved to a better place," says Ray of the reservation forest. "I have good feelings about where the forest and fire situations sit now. I'm leaving (the resources) in better condition than what I inherited."

Ray has worked with the US Forest Service 15 years in various locations throughout the Northwest. His most memorable experience in Warm Springs was the Simnasho Fire. "I've fought a lot of fire in my career," says

Ray. The fire was the "most intense heat we had ever felt" when it reached upper Miller Heights. "Personal initiative really shone through during the fire to keep it out of the Warm Springs community."

In a letter of appreciation to Ray, Natural Resources Director Jody Calica stated, "You came here under the cloud of a grossly unenviable set of circumstances for the task of preventing the collapse of the Forest Management Program amidst political, legal, economic, and operational turmoil. We wish to commend your courage, determination and resourcefulness to serve the best interests of our people, our respective organizations and the land from which the Creator sustains our needs."

"With and through your professional and personal support, we did succeed in stabilizing the program and redirected it through the co-op agreement. We survived the many 1996 disasters, a flood, several literal and figurative firestorms and the (hopefully 'once in a lifetime') Simnasho Fire....The most unforgettable triumph was the goal line stand we made squarely in front of the fire's head with our own engine crews on Upper Miller Heights to keep the fire out of the Warm Springs Community...."

"...These few words represent a humble attempt to express a sense of gratitude that is in our hearts and spirits for the generosity you contributed to make the natural resources organization a much better place to carry on our sacred trust for the younger and unborn generations...We wish you well in all your future endeavors, Buddy."

Ray states he has full confidence that the Tribe is fully capable of managing their own forest. "The Tribe has capable people to do the job of managing the natural resources. People have the education to do so." He also commends the "timber committee and loggers" for doing a good job "managing the resource for the people."

## January 19-25 is Healthy Weight Week

January is the month Americans typically spend regretting all those holiday goodies. Many people start dieting the first of January, "blow" the diet the second week, and by the third week are looking for balance and moderation.

This brings us to the third annual Healthy Weight Week, to be celebrated January 19-25 as a welcome antidote to unhealthy dieting and bingeing. Sponsored by Healthy Weight Journal and the IHS Nutrition Department, it promotes healthy lifestyle habits that prevent the onset of weight problems and last a lifetime.

Since diets don't work, Frances M. Berg, a wellness specialist and editor of the magazine, suggests you skip the dieting entirely and instead develop healthy habits which will benefit you throughout life. Learning to eat normally, in moderate ways, and living more actively are two important habits to work on, she explains.

"Americans have an unhealthy obsession with being thin, to the point that nearly two-thirds of women and one-fourth of men are trying to lose weight. Eating disorders have reached epidemic proportions, and prejudice is severe against large people. All this pressure causes a great deal of emotional and physical harm, and it results in needless deaths," says Berg.

Americans spend \$30 to \$50 billion dollars a year on weight loss, in addition to the estimated \$ to \$6

billion spent on fraudulent weight loss products.

On "Rid the World of Fad Diets and Gimmicks Day" on Tuesday, Jan. 21, there will be a display in the clinic warning of weight loss fraud and the dangers of crash diets. Health experts are only beginning to realize the risk people take in their efforts to lose weight. Harmful effects range from abdominal pain to gallstones to cardiac disorders to sudden death. In a real life example, "Mike", after seven weeks on a 1,000 calorie diet had a full cardiac arrest, went into a six-day coma and will never work independently again.

On Wednesday, Jan. 22, there will be a potluck in Pod A in the Health and Wellness Center's Demo Kitchen. Bring a healthy dish and help us celebrate healthy weight and healthy lifestyles. If you want some ideas or recipes for what to bring call the Nutrition Department at 553-2460.

## Treatment for "active TB" explained

by Miles Rudd, MD

**Review**  
In Part I of this series, we discussed the difference between TB infection and "Active TB". TB infection means a person has breathed a TB germ into their lungs. This is detected by a positive TB skin test. "Active TB" means that infection has spread. A person with "Active TB" can spread TB to other people. "Active TB" is detected by a positive TB skin test, an abnormal chest x-ray and finding TB germs in mucus from the lungs.

**If I am infected with TB, what are the chances of developing "Active TB"?**

One out of ten persons infected with TB will develop "Active TB" in their lifetime. Some of the people infected will get "Active TB" soon after infection. Other people infected will get "Active TB" at some point later in their life. The TB germ can hide in the body for as long as 40-50 years before it starts to grow again.

If I have a positive TB skin test, but don't have "Active TB", do I need to take antibiotics?

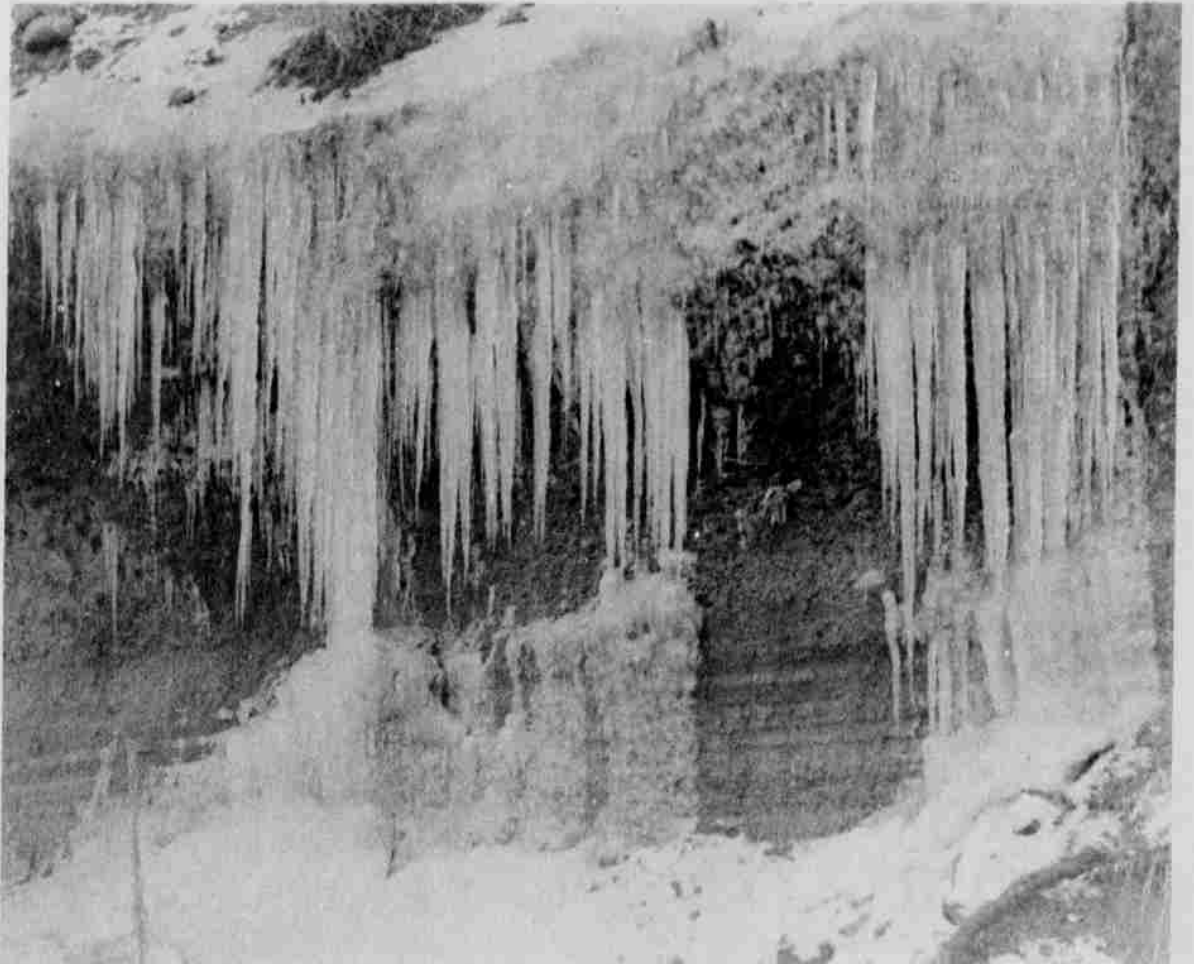
On "Women's Healthy Weight Day", Thursday, Jan. 23, there will be healthy cooking demonstrations at noon and 5 p.m. in the Health and Wellness Center's Demo Kitchen. On this day, women's groups and size acceptance and eating disorder organizations across the country will join to confirm that beauty, health and strength come in all sizes.

On Friday, Jan. 24, at noon in the Community Center you can join "Eat to Live", one of the brown-bag talks given weekly by the Walking Program (for more information on the Walking Program contact Phyllis in the Diabetes Program at 553-2478).

Please drop in to learn more. It is time for self-acceptance, healthy weight attitudes, and healthy living so that we may triumph over harmful dieting, bingeing, self-loathing and obsession with our bodies because they don't conform to the unrealistically thin "ideal" portrayed in the media.

## Dine at Resort

Kah-Nee-Ta Resort Presents, The Portland Opera. Join us at Kah-Nee-Ta January 31, 1997 at 6 p.m. in the Juniper Dining Room for music, wine and a night of elegant dining can be yours for only \$37.50 per person. Tickets may be purchased from the Jefferson County Chamber Office, The Museum at Warm Springs or at Kah-Nee-Ta Resort's front desk and Administration Office. Hurry, there is limited seating available. For more information call Kah-Nee-Ta Resort at 553-1112



Recent frigid weather created beautiful ice sculptures in Tenino Valley.

## How do culture, traditions fit in with planning process?

A special meeting was held January 7 in Portland to discuss how to connect our traditional and cultural values to the long-term planning of our community.

The Tribal Planning department sponsored the meeting, with Jolene Estimo-Atencio serving as coordinator. Thirty tribal members were in attendance, including representatives from Tribal council, Land Use, Cultural and Heritage and Fish and Wildlife, management, tribal court as well as the tribal public at-large.

The purpose of the meeting was to begin discussions about values and develop an effective way to collect information for upcoming Comprehensive Planning meetings.

The Comprehensive Plan is being updated with planning teams formed to assist the tribal organization and community. The Plan is a document that summarizes the hard facts about general areas including cultural resources, transportation, forest lands, etc. and asks how the tribal membership would like to see these resources

managed. The final chapter of the Plan has policies and implementation which give strong direction and who is responsible for actions directed by the Plan.

The special meeting asked questions such as: What are values? Why are they important? What might be some of your/our values? How do we get this information from the community? What do we do with the information? Small groups then came up with suggestions that will begin to answer these questions, such as: Working together harmoniously, respecting the different tribal values, realizing we all have values that are common to all tribal groups, the need to regain respect for the traditional protocols, utilize the wisdom of our elders to guide our organization and community...many more ideas were reported. A full report of this meeting will be presented later.

Another important discussion about values centered on tribalism and the need and desire to maintain the values and traditions of the Warm Springs, Wasco and Paiute tribes. Those values are very important to each of the Tribes and they do not want to become like America—a melting pot. Yet, the Tribe is a confederacy and members need to agree on some core values of all three tribes. There is a definite need to communicate those core values.

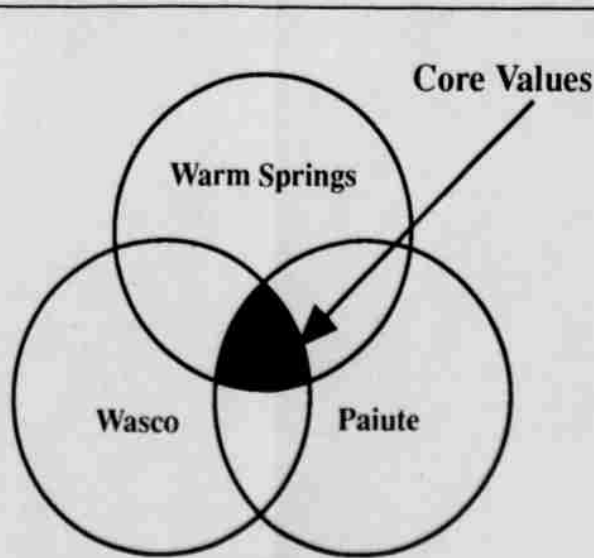
Some of the specific comments about values were: "We need to part-

ner those with a formal education with a culturally educated person to provide direction." "Don't assume that because an individual is not spending time with their children at this time that we do not value family—children learn from extended family and their parents."

The Tribal Comprehensive Planning Process team is always looking for volunteers to work with the tribal management, government and community. The Process Team hopes to have a process that will fit well with the community.

The Portland meeting was a success and we hope to duplicate that success in meeting with community groups by: 1. Having trained facilitators who can see the stage for people to contribute their ideas. 2. Have elders present at each meeting. 3. Have dynamic meetings by combining and mixing people in the discussion. 4. Have people who are knowledgeable about various topics present to help move and enhance the discussion.

Questions can be answered by Jolene Estimo-Atencio at the Planning Department at 553-3270 and at a Comprehensive Planning Fair being planned for February for the community. We all appreciate the work of Carnahan, Smith and Gunter, Inc. who graciously donated time, expertise and space for this first meeting to begin discussions about values.



## Spilyay Tymoo

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