

CHET offers advice for healthy living

ACT-NOOT

Over the years the health of many people slid to the unhealthy side. It is important that you stay physically active anyway you can. Many benefits can result from mild activity. 1) you gain strength. 2) endurance. 3) lower blood pressure. 4) lower blood sugar level. 5) and over all you will feel good about yourself. These are just to name a few of the positive benefits you will gain by changing a few simple habits.

Eating unhealthy foods has its down fall. If you eat unhealthy foods your body will have a difficult time burning all the excess it does not need. It then becomes fat. People realize that food is important but they also understand that eating too many foods cooked in grease or oil can cause health problems later.

It has been said that Indian people used to have one of the best diets because everything they ate was natural and from the earth. We were healthy people who knew how to survive. Everything we ate, we had to hunt, fish, dig, or pick. To do all

these people just didn't get in the car and go purchase it at a store. I believe people rode a horse or walked for however long it took to get there. All this took physical activity. Being active is everyday but how much you do is up to you.

Walking is very easy on your body and is something you do every day. Try a walk to the store, post office or to visit a relative. Also try a change of diet for a week. Don't order that double bacon cheese burger and large fry, cut back on that six-pack of pop. Eat vegetables, steam or bake your foods. Combining the two you will be surprised how you feel and the energy you will have.

This is just the beginning. You will get compliments on your energy level and outlook. Your influence will encourage others.

UPCOMING ACTIVITIES for C.H.E.T.

On February 9-15, National Child Safety Passenger Week.

During this week we will have numerous activities going on. Seatbelt Survey (lifesaver or sucker), School

Presentations.

February 24-25 and 27th Poison Prevention. Class room presentation will be at the Elementary school and Early Childhood. This will cover basic awareness. Avoiding dangerous chemicals in the home and garage.

February 26th, REZ REMOTE RACE at the Community Center 6:30 P.M. This will be a fun family time. There will be three age groups and three courses. All will have prizes, certificates and coupons. The GRAND PRIZE, a REMOTE CONTROL CAR.

February 27th, will be the Family Movie Night which will begin at 6 P.M. at the Community Center Social Hall. The Senior Citizens will have the concession stand and will be raising money for their trip to San Diego CA. in March.

Also on March 12th will be the school Health Fair. There are small details to tie up, but look for the BIG announcement at a later date.

We are looking forward to seeing you in some of the events to take place throughout the year.

Casino undergoes changes to meet challenges

One change visitors will notice immediately upon entering Indian Head Casino is that the Keno area is gone and has been replaced with slot machines. Keno proved to be unsuccessful at the casino and would be more suitable for a facility that sees heavier traffic.

Another obvious change is that the poker and blackjack tables, previously on the top floor, are now on the main floor of the casino. The former gift shop area, closed last month, is now the poker room. Five blackjack tables border the front desk area. General Manager Jeff Ford adds that approximately 30 to 40 "non-producing" slot machines were removed from throughout the casino to ease overcrowding and to make the facility more pleasant and user friendly. Instead of having banks of identical machines abutting each other, an assortment of machines will soon be side by side to provide more variety for casino patrons.

The entire bottom floor of the casino has been closed as has been the deli. The Kah-Nee-Ta Pinto Grill is providing regular menu items as well as a buffet daily. Ford was unsure of how the garden area will be used in the future.

Beginning February 2, gamers have been shuttled to the casino from throughout Central Oregon via a courtesy bus. The first bus carried 42 patrons and Ford is optimistic about the venture. Another bus run may be added for mid-week patrons.

Things are looking up financially for the casino. Preliminary figures for January show that "Indian Head Gaming had good revenue," says Ford. "Expenses were controlled and that will produce a better net result than expected." Solid figures will be released toward the end of February following an audit.

Indian Head Gaming currently employs 56 people with a total 60-percent Indian employment. Of the

overall financial figures show that. However, Ford and Indian Head Gaming Board of Directors are optimistic that 1997 will bring normalcy as well as financial stability to the business.

Indian Head, not unlike Kah-Nee-Ta, has had some hard knocks this past year in the way of natural disasters. The facility has yet to experience a "normal" year of business and



Indian Head Gaming reader board on US Highway 26 near Warm Springs invites customers to the casino for fantastic fun in February.



Family Movie Night, sponsored by CHET, drew many participants. A nother Movie Night is scheduled for February 27.

Books need to be returned

The Small Business Development Center has a concern to assist all community members with their library services, these books contain information for all individuals to utilize to their full potential. The Small Business Center would greatly appreciate the return of it's property/books, so that other people/parties could have an equal chance at viewing Entrepreneur criteria from the Small Business Development Center library.

If there's books being used on a

daily basis by certain individuals, you are entitled to re-check/continue further use if preferable.

The growing number of Native American Entrepreneurs are counting on you.

To reply on this subject/issue: Warm Springs Small Business Development Center 2107 Wasco Street PO Box 945 Warm Springs, OR 97761 (541) 553-3592 553-3593 (fax)

Museum sets schedule

4th Annual Warm Springs Community Children Art Show (3/13/97 to 4/25/97): Reception Thursday, March 13, 1997 tentatively sponsored by Robert Woods Healthy Nations

4th Annual Tribal Member Art Show (5/2/97 to 6/27/97): Reception Wednesday, May 2, 1997 sponsored by Kahneeta Vacation Resort

Glass Tapestry (7/2/97 to 9/2/97): Reception Wednesday July 2, 1997 sponsored by Kahneeta Vacation Resort & Indian Head Gaming Parflecht's & Abstract Painting (9/12/97 to 12/15/97): Reception Friday September 12, 1997

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Salmon Feast set for April

The Celilo Wy-Am Powwow and Salmon Feast will be held April 11-13 at Celilo. Memorials and giveaways will start April 11. Washat services and feast will be held Sunday, April 13. The powwow will consist of competition dancing. Public is welcome to attend. The committee is seeking Senior, Junior and Lil Brave royalty candidates. For information contact Bobby Begay at (541) 298-1559 or Charlotte Heemsah at (509) 865-4219.

Awards to be presented

The fifth annual First Americans in the Arts Awards will be held Saturday, February 15 at the Beverly Hilton Hotel in Beverly Hills, California beginning at 8 p.m.

FAIA Awards is the only ceremony dedicated to honoring Native Americans in entertainment. The Master and Mistress of Ceremonies will be Michael Horse and Rita Coolidge, who will also perform. Other scheduled performers include Wes Studi, Elaine Miles, Sinbad and Irene Bedard.

The FAIA recently released the names of recipients for their awards. "This year marks our fifth anniversary, and the awards honor the truly

compelling performances given by our Native American talent," said vice chairman Dawn Jackson. "It is so important for our organization to continue to provide a showcase and forum to recognize these powerful performances and to enhance the image of Native Americans in the media."

Recipients include Gary Farmer ("Dead Man"), Sheila Tousey ("Grand Avenue"), Tyler Baker ("General Hospital") and Graham Greene ("The Outer Limits"). Special awards will be presented to composer Louis Ballard, Tom Bee, and HBO. Trustee awards will be given to both CBS and Von Zerneck.

Early Childhood Education "catches" Parent of the month

Parent of the Month Catching people being good is a motto for early childhood educators. As part of that theme, Early Childhood hopes to "catch a parent being good" too. A parent is a child's first and best teacher and being a good one takes time, sacrifice, commitment and nurturing.

The first parent selected as Early Childhood Education's Parent of the Month is Ronda "Snuffie" Smith who is Joella Smith's mom. Joella attends a three year old Headstart part-day class. Jamey Smith, Shirelle Thomas and Nancy Yubeta are the teachers Snuff works with when she volunteers in her child's classroom which she does, every week for at least three or four hours. During the first four months of Head Start, Snuff has spent 64 hours at ECE working on behalf of her child.

"Snuffie" Smith's father gave his daughter, Ronda, the nickname "Snuffie" when she was just a toddler. "I liked to wear a big floppy hat and bib overalls. My dad gave me a handkerchief to hang out of the pocket and he said I looked like "Snuffie Smith" from the comic strip. When I married Jason Smith, I became Snuffie Smith for real," she said.

That "Snuffie Smith for real" has many fond memories of her upbringing, knowing from an early age that she was valued and loved. That may well account for her ability and commitment to prioritize her life so she has as much time for her children as possible. She and Jason have an older daughter, Jacoba as well who attends Warm Springs Elementary. Snuff volunteers in her classroom weekly too. In the evenings, their day works with them in workbooks they buy for their kids to encourage education not just while a child is in school.

"I came from a strict family where

discipline was really important," Snuff says. She feels that honoring that discipline in the classroom is critical. "Parents have to know that the classroom rules are in effect when they visit even if they might handle something differently at home. You hope you're doing the best for your kids so they can be responsible people," Snuff says. "But parents have to trust their child's teachers and work with them."

Fortunately, Snuff feels very compatible with her child's teachers and their views of discipline and education. "I wish more parents would realize how important they are in their child's education and spend time with them at school. I'm lucky to be a housewife. I know. My husband wants me to help on the ranch and be there for him and the kids so it's easier for me to schedule the time." Still, the Smiths operate a ranch with

300 plus head of cattle and 450 horses to look after so scheduling is no easy feat.

"It's hard when someone works outside of the home, but there is administrative leave and that could be used to visit your child at school, have lunch or breakfast. That leave gets used a lot, I think, for tournaments and things where children are left with baby-sitters. Or maybe employees could be more flexible about releasing parents to volunteer. It's the most important job we have, raising children. I don't think it should be left to teacher's alone."

Snuff says parents have to be disciplined too. "God gave them the greatest gift in a child. Parents need to appreciate that and spend time with their child in their classroom."

Snuff is disciplined enough to meet weekly at the elementary school with her child's teacher who has 22 children as well as at Head Start. "I had no idea teachers had to do so much every day just to be ready for the next day! I don't know when they have time to get it all done!"

Snuff says the preparation is different in Joella's preschool classroom where learning social skills is the most important thing and there are fewer children to work with each day. "But the importance of listening to children, respecting them as little people is really important. They learn all kinds of things through that in addition to know their colors and numbers and how to get along. That's hard for teachers to do for each child. It's an important way for parents to help out with other children too."

Joella's teachers say Snuff is a big help in the classroom and that all the children see her as another teacher, someone else to involve in their play, someone else to sit next to and read a book with.

Snuff says that giving to others is really a way of getting back. "I get so much out of volunteering. It isn't an obligation at all but I do think every parent should be required to spend a few hours every week in their child's classroom, regardless of their age. I hope to continue to do this when the kids go to the school in town, too."

Snuff's presence in the classroom models that generosity to the children as well. "I like seeing their different personalities, how different they are but all still so special and neat. Joella just loves this one child," Snuff said. "It's great to hear her talking about what she and Teresa did. She's always telling other people how to be with her friend, what she likes or doesn't. It's nice to see your child like that, kind and generous and excited about school. She's only been sick twice and she cried to come."

"I think Joella is a little jealous sometimes of attention I give to other kids, but she still likes me being there. Jacoba is at an age where she feels really proud I've made time for her."

Snuff says her child's teachers are very encouraging and inviting. She suggests that if a child's teachers are quieter, the parents need to ask questions, let teachers know they'll be there every week so they can be counted on as part of the team.

"Education matters," Snuff says. She hopes to complete her own college degree when the children are older. "For now, raising them is the most important thing I have to do."

That's why Early Childhood Education has chosen Ronda "Snuffie" Smith as our model Parent of the Month, caught at being good.

For more information about volunteering in your child's classroom, contact your child's teacher.

Business breakfast date set

The Warm Springs Small Business Development Center will be sponsoring the Business Association's February breakfast meeting. These meetings are to discuss issues that will make the Warm Springs Reservation a better place to do business. The guest speakers are

Julene Atencio and Sal Sahme describing the Comprehensive Plan update.

The place the meeting will be held is at The Indian Trail Restaurant (at The Plaza), on February 18, 1997 at 8 a.m. to 9 a.m. Hope to see you there. For more information call 553-3592.



"A hundred years from now . . . It will not matter what My bank account was, the sort of house I lived in, or the kind of car I drove . . . but the world may be different because I was important in the life of a CHILD"

Author unknown

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Ronda "Snuffie" Smith

Way to get caught! Congratulations Snuffie!