

Warm Springs tribal members speak out about their last year at Madras Senior High

Three Warm Springs Tribal members, Taralee Suppah, Johnathan Courtney and Glendon Smith, who are in their final year at Madras High School speak out.

Glendon Smith is 17-year-old senior. His father is Wissie Smith. He is of Warm Springs/Wasco and Navajo descent.

Smith has two sisters Alfredine and Ava Smith of Warm Springs. In Smith's spare time he enjoys going fishing, hunting and horseback riding.

School activities Smith participates in are track, wrestling and football. Football is his favorite sport because he likes the contact and loves to hit the opposing team's quarterback or runningback. Smith stated, "I like to light them up. It feels good."

Smith favorite classes are weight training, with Mr. Reice, English, with Mr. Hillis and personal finance with Mr. Deloretto.

Smith will miss his friends and sports the most when he graduates in June. He advises, "don't get lazy in the classroom." Smith feelings about this being his last year in high school, "It feels great."

The person who Smith looks up is his sister Alfredine because she is always there when he needs someone to talk to.

Smith's career choices are in the field of agriculture management, architect or welding. Smith plans to go to Oregon or Oregon State University next fall.

Taralee Suppah is 17-years-old and is the daughter of Ron and Lilly Suppah. She is of Warm Springs/Yakama descent. Her grandparents are Wesley Charley and Franklin and Margaret Suppah.

Suppah has five sisters, Amy 16,

Billie 14, Myrtle 12, Deece 17 and Shamona 15.

Suppah is a member in the Native American Student Union.

Suppah likes to read and work with younger youth when she is not playing basketball.

Suppah has been playing basketball all four years at Madras High. She has received the following awards: Honorable League Mention in the Tri-Valley league as a sophomore. Last year she received 1st team All League and Honorable Mention State as a junior and earned MVP honors at this years Seaside tournament. Basketball happens to be Suppah's favorite sport she stated, "It is a team sport, competitive and fun."

Suppah's favorite classes are weight training and English.

The funniest thing that happened to her was wearing Madras' AD, Margaret Sturza's, ugly tape job doing basketball.

When Suppah leaves Madras High she will miss her friends the most. She had these words of wisdom to underclassman, "Try hard in school and whatever you, as long as it is positive."

Suppah wants to become a Elementary School teacher and to help her reach her goal. She plans to go to either Oregon State University

or Lane Community College.

Suppah credits her parents for her success stating, "They are the one's who pushed me to do my best in everything that I do."

In five to ten years from now Suppah sees herself teaching school at the Warm Springs Elementary School.

Johnathan Courtney is 17-years-old and is the son of Ellen and Don Courtney. Courtney is of Warm Springs/Wasco descent. His grandparents are Murna and Pete Courtney. Courtney has two brothers, Bradford 19, and Christian Courtney four months old. He has two sisters Renee 13 and Dawnlynn 10.

Courtney is involved in J.R.O.T.C. and Student Council as Community Representative. J.R.O.T.C is also his favorite class.

Courtney hobbies include building plastic models and camping outdoors.

Courtney has participated in wrestling the last three years and track last year. His favorite sport is wrestling because the physical contact and it helps relieve stress.

Courtney's feelings about this being his final year in school he stated, "The whole world is full of opportunities, you just have to look for them!"

When Courtney leaves school in the spring he will miss the most is the contact with his peers.

Courtney's career choice is to work in the business field. He plans to attend either Oregon or Oregon State University.

Courtney advice to lower classmen is to take your SAT's and ACT tests your junior year, more than once.

Courtney's role model and the person who he looks up to is his father Don, "Due to his excellent leadership skills and his success in the community."



Glendon Smith



Taralee Suppah



Johnathan Courtney

Corner on Health

To believe or not to believe in stress. Is stress an excuse or is it something that is made up? If it's an excuse why doesn't everybody use it? If it's not an excuse, why do people use it?

Muscle tension is a common complaint of people. "Oh, my neck is tense....Oh, my shoulders are heavy....Oh, my legs are tight." Muscles cannot relax fully unless they are stretched. Which is why one of the best ways to beat muscle tension is with vigorous physical exercise. You say, "but who has time to get a full hour-and-a-half work out in with a shower afterwards?" Not many people, right? So, try stretching away tension.

Whenever you feel emotionally uptight or physically tense, release pent-up tension and give vent to your frustrations with a quick warm-up and stretches that target tension hotspots. And, when you come to know where tension gets you, you can hit the spot with only a few minutes a day, and without special equipment.

Muscular tension is a natural body response to being under pressure, and by learning to relax when you notice signs of physical tension, you can head off more serious tension-related symptoms.

- Test yourself with the following:
- * Relax and drop your shoulders
 - * Relax your forehead
 - * Unclench your teeth
 - * Unpurse your lips
 - * Relax arms, legs or buttocks
 - * Separate your eyebrows; you do have two

Five minute stretches to melt away tension
Stretch #1: Sit up straight in a chair or on the floor. Relax your shoulders and head, turn your head to the left and then to the right (slowly). Then, gently let your head fall to each side, as if placing your ear on your shoulder. Lastly, let your head fall forward. Each stretch should be done slowly and held for about 20 seconds. Your tension should start to disappear.

Stretch #2: This stretch feels best when done first thing in the morning

or before going to bed. Kneel with hands straight under shoulders and knees straight under hips. Let your head relax between your elbows, pull in your stomach and arch your back, feeling a stretch both across your shoulders and in your lower back. This "cat stretch" releases your spinal tension and helps to relax the back muscles.

Stretch #3: As you stand, cross your legs and bend at the waist. Reach toward your toes slowly. You should feel a stretch behind the legs in your hamstrings. Hold for 20 seconds and then switch legs.

After all the stretching you have done, you should start to feel relief in all your tension areas. Don't hesitate to try other stretches or how often you stretch and how long.

- Healthcheck**
- * Boost energy
 - * Relieves Muscle tension
 - * Improves posture
 - * Improves flexibility and joint mobility
 - * Eases your general symptoms, such as headaches

- * Lowers blood pressure
- * Helps to calm you

Many people suffer everyday with muscle tension. Over time that will affect your personal well-being and outlook on family, friends and co-workers. Striving to be emotionally fit is the beginning of over-all health and fitness. Scheduling time in your day is the easiest way of getting that muscle tension stretch in. Keep these stretches as one of your daily activities and start to look at the day in a healthier way.

Plan for year around school in works

Warm Springs Elementary received notice from the State Department of Education approving the extra funding to eventually extend the school year toward a year-around schedule.

No summer school is planned for this summer (1998). Teachers will use this summer to take classes on how to more effectively prepare and present curriculum to students.

There will be a voluntary 4-week summer school during July 1999. Staff will be using what they have been learning to provide a language-rich learning environment for the students who sign up. Bussing will be

provided.

Target date to run the first full-year schedule for all students is the summer of 2000. Busses will run and meals will be served. Plans are to eventually move to a year-around school calendar based on the WSE own unique needs.

Throughout all the changes, WSE will continue to support the development of tribal language curriculum presented in the school by the Tribal Charter School program.

Any questions regarding the planned changes, please call or go to see Dawn Smith at 553-1128.

Seek out teaching & wisdom of our elders

To the editor,
 To my fellow human beings. I could not sleep tonight thinking and praying for my fellow human beings to survive another day.

I have seen, lived and read about our young generation taking their lives. Feeling sad and emptiness with the realization they are gone from our lives. We live in a world that can be cruel and unforgiving for our errors and mistakes that others or we make.

Situations can seem hopeless, lonely, and no one caring. It is easy to fall into the grasp of alcohol, drugs and gangs. We hurt and become angry with others and ourselves. We punish others for our pain, hunger, loneliness and misunderstandings. One way out is to take our own lives to relieve the pain. I pray to the creator that you do not do this. When things do not make sense and why I am here, what do I have to live for?

We have our elders, family, peers, future husband, wife, sons and daughters. Our rich culture and traditions to turn to. Our elders survived through many hardships for us to live today.

The killing of our people, torture, disbanding as a tribe and people. We are survivors to see another day. The teachings of our culture and traditions helped them survive the hardships. Material things mean nothing. It is you, your family and beliefs that are important.

My father was in an auto accident 35 years ago, if he had not survived he would not be serving his people today on the Yakama Tribal Council. I am very proud that he has overcome many obstacles and tests during his life to help and serve his people.

My mother was also in an auto accident 30 years ago. If she had not survived, children on the Warm Springs Reservation in Oregon under her care would not be taken care of. I am very proud she also overcame many obstacles and tests during her life to help her people.

Myself, I am lucky enough to have my wife, children, grandchildren, friends and relatives. The teaching of my elders, grandfather, grandmothers, father, mother, father-in-law and mother-in-law in our traditional ways of life have helped me survive day to

day, week to week throughout the years. To see death face to face is not an easy thing. We may only be here this one life time to accomplish our dreams and goals in life. Lets make the most of it while we're here on mother earth, seek our and learn our culture and traditional ways to help survive and fight against drugs and alcohol that are not our ways of life.

Seek out the teachings and wisdom of our elders whether it be the sundance, longhouse religion, smoke house, church. We all pray to the same Creator.

Combine our traditional ways with modern education to protect our lands, religion beliefs and rich heritage for our future generations to come.

Live another day to fight for what we have left as a people. Together we can overcome anything.

Sincerely,
Frederick Ike, Jr.,
 a proud son, father,
 husband, Grandfather,
 and fellow human being,
 member of the Yakama/
 Warm Springs tribe

Elder care center needed; might help reduce abuse

To the editor,
 I for one am in favor of the proposed Elder care center. Mainly because it is a very much need facility here in Warm Springs. It will take the elderly out of outside hospitals and nurseries and back among their own people and community where they belong.

Furthermore, it may mean more jobs for our tribal members and hopefully we will be blessed with a more caring, effective and concerned staff members then the current staff and program. Whenever you complain to the current staff or if a resident complains they are told they are "busy bodies". Busy-Body?! There are no busy bodies except concerned, scared, disgusted residents and family members legitament claimers who are sick and tired of being taken advantage of by young, able bodied people going house to house bunning the elders for money, food, wood, etc. Why are they being allowed to harass the elders? They should know better. It isn't up to the elders to have to furnish these people with their things! If bums have a drinking or drug habit then that's their problem - not the elders.

It's time to stop ignoring the problem and look the other way. Families and elders have been complaining and not being heard. It is a serious problem. It needs to stop!

The elder abuse, as it is called is shameful and getting worse. These

people have no shame, morals or teachings. These people know when the elders get their money and make their rounds bunning the elders. Wanting their share from them! Telling their sad tales of hard times or selling stolen items to get money from the elders. Just to get rid of them, they give it to them but thereafter they're an easy mark or push-over and these people return again and again, month after month. I have a message for these people: If you're having such a hard time financially, then perhaps CPS, Welfare, Police or other governing bodies should be notified about your dire need for money and elder abuse activity. You know who you are and your names will be given to the proper authorities from this day on. Guaranteed!

Perhaps with an elder care center they may be able to monitor who has access to the elders and stop the robbery of the elderly from going on. Then perhaps the families will again trust the Senior Program again to do their job. There's robbery, rapes, beatings, theft, threats, vandalism and prostitution occurring in the Senior housing area and nothing is being done. So I hope the staff now will not be hired in the new center. We need concerned, professional staff there who give a damn!

The problem with our tribe is we talk about elder abuse and other problems until they get so bad but continue to sweep it under the rug. The only time the departments are will-

ing to listen and respond is once a year during budgets. How very sad.

In the matter of elder abuse-the families hands are tied to demand protection for family members. Even if we pay daily visits it doesn't help because the vultures have already been there and did their damage. The anger builds to a fever pitch. Our family went to every damn department and were told the same time or told there was no elder abuse law protecting the elders. Why not for God's sake?! Does someone have to die before we family make it a law? I hope not. The ambulance has been called to High Lookee numerous times already. The elders are truly at the mercy of the vultures, if the truth be known.

Just a small suggestion. I know it will be nixed or ignored but I'll say it anyway. Can't there be a gate house installed at the top of the hill, entering High Lookee to monitor visitors to this area? Like the one at the mill. Surely our elders or human beings are much valuable than wood products, aren't they? That way the families and elders will be protected from the predators of the elders, somewhat. A law against elder abuse would be more affective.

Respectfully,
Myrna J. Frank & family

What's right for one group should be right for all

Editor's Note: The following letter was forwarded to Mr. Johnson and Ms. Sturza at Madras High School as well as Tribal Council, the Education Committee, Education Department and 509-J School Board Chairman Jim Manion.

To the Editor,
 I am a concerned parent wanting to know what you call justice. In real life people call out to punish the guilty, but very few are concerned to clear the innocent. I am referring to the incident that occurred last week pertaining to the fight between two cultures at Madras High School. I understand than an incident of one vehicle being vandalized was the real cause of the fight. I am sure you are well aware of the two parties I refer to.

The day prior to this problem I was at the school and saw a similar situation on the same street. It seems as though there is always a large congregation of Hispanic students at this location and it seems like this is where things get started. This needs to be dealt with and stopped before someone really gets hurt. There is a thought that the Latino students had a weapon on them but no one knows for sure.

My son Jered and another basketball team member were expelled for

walking across the field to the street where the fight took place and were of accused of "fight promotion", or description reads, "approached a group of students in which a fight occurred." Wouldn't you call "flipping off" and saying bad things, or actually calling the basketball team on to a fight "fight promotion"? I also understand that there was another team member who was also present but did not get into any trouble and got to play in the basketball game. Why was this?

I do not condemn my son and his team mates for being brave enough to stand by one another, after all they are a team. I am not saying that fighting resolves or justifies any problems, but this problem could have been prevented if the school was doing their job or at least have the police come in and do their job.

You know I have always taught my son that there is good and bad in all people and to respect all races. He just needs to make the right choices of what's right and what's wrong. All I could tell my son is, "sometimes life is unfair," and I always tell him, "turn the other cheek, don't even worry about what other people say or think about you." I asked Jered, "Did you try to explain what happened?" and he said, "Are you kid-

ding, they won't listen to us."

To me there is something very wrong with this whole situation and this is only one incident, or one concern, need I not mention to Warm Springs all the other concerns not dealt with. We don't have to take this. If you are going to expel my son and his team mate for walking across the field, you had better expel everyone else who walked across that field.

You need to deal with the problem where the problem lies before

things get too far out of hand. I have always heard that 509-J was supposed to have one of the worst reputations and didn't really pay attention. But now, I'm starting to see why. I am sure some of you don't have to worry about his type of problem with your children, but mark my words, if this type of thing happens to you, or someone in your family, you'd be just as upset and angry as I am.

Paula J. Miller

Program offers help to homeowners

Very low income homeowners in Jefferson County who need to fix up or modernize their homes may be eligible for financing from Rural Development.

The program is currently accepting applications for home improvement loans and grants from homeowners who are unable to qualify for conventional credit.

Loan funds up to \$20,000 are available at 1 percent interest and maybe used for almost any needed repairs or improvements relating to the dwelling. The term cannot exceed 20 years and will be based on the borrower's repayment ability.

Grant funds, while limited, are also available up to \$7,500 for those who qualify. To obtain a grant, the homeowner must be a senior citizen age 62 or older and be unable to repay the funds based on a loan at 1 percent amortized over 20 years.

Grant funds may only be used to pay costs for repairs and improvements which will remove identified health or safety hazards.

For information and applications interested individuals should contact the local Rural Development office at 2247 SW 3rd St. in Madras or call Randi Normandin at 475-6135.

The Museum At Warm Springs Cultural Classes 1998

Root Bag Weaving-1 to 4 p.m.; by Eraina Palmer; \$20 (kits available); March 8, 15, 22 & 29, 1998

Bustle/Feather work-5:30 to 6:30 p.m.; by Gene Sampson; \$30; April 7, 14, 21 & 28, 1998

Babyboards-6 to 8 p.m.; by Tina Aguilar; \$20; May 11, 12, 13, 14 & 15 (if needed)

Log Cabin Quilt-6 to 9 p.m.; by Eraina Palmer; June 1, 2 & 3, 1998

Birds Eye Quilt-9 a.m. to 4 p.m.; by Eraina Palmer; \$20; June 14, 1998

Indian Squares-9 a.m. to 4 p.m.; by Eraina Palmer; \$20; June 21, 1998

Star Quilt-9 a.m. to 4 p.m.; by Eraina Palmer; \$20; June 28, 1998

Wingdress, Leggings & Moccasins-7 to 9 p.m.; by Arlita Rhoan \$20; July 13, 20 & 27, 1998

Beadwork-6 to 8 p.m.; by Esther Kalama-Culpus; \$20 (kits available for \$10); August 17, 18, 19, 20 & 21, 1998

Cedar Root Basket-6 to 8 p.m.; by Antoinette Pamperien; \$30 (kits available for \$15); September 8, 15, 22 & 29, 1998

Masks-6 to 8 p.m.; by Rose Diaz; \$20; October 1, 8, 15, 22 & 29, 1998

Ribbon Shirts-6 to 8:30 p.m. by Dora Goudy; \$20; November 2, 3, 4, 5 & 6, 1998