

Simtustus owner of Marcia's Hair Salon on the Rez, now open for business



Marcia Simtustus will operate her business with experienced stylist, John Mitchell.

Marcia's Hair Salon on the Rez opened its doors for business March 2, 1998 by owner Marcia Simtustus. Simtustus has been a beautician for 26 years, working in Portland, Madras and Warm Springs. Owning her own business has been a lifelong dream for her and she is excited to have the opportunity to provide service to the community.

In Portland she worked downtown and in the southeast area. She worked in Madras at the Lady Bug when it was next to Thomas Sales.

She moved back to Portland and came back to Warm Springs in 1979 when she was employed at Kah-Nee-Ta Village Gift Shop. She transferred to the Lodge Gift Shop, to the sales department, then to the Personnel Department at Kah-Nee-Ta in 1983.

In 1987 Simtustus began employment at the Mane Event owned by Cindy Bobb, where she worked for about a year. She then started to go to people's homes and cutting hair, doing perms and colors.

In May 1997 she began working at Braids and Boots operated by Diane Greene. She worked there until November when Braids and Boots moved to Madras.

It was December 1997 when the Small Business Center offered her the chance to own and operate her own salon at the Plaza. She was given a mini-grant to purchase equipment and have her new shop painted. "Some things I've had for years. I've been building up

my supplies. Didn't think I would have my own business this soon, but I knew I was going to one day," Simtustus says. She says it took a lot of foot work, paper work, time and patience but it all came together for her and she has been excited about it. "It's my lifelong dream come true and my opportunity to provide a service to the community," adds Simtustus.

She made an attempt to apply for a business loan through tribal credit and was denied. "They said people in my business didn't make it. It was a stab to my heart," she said.

In January 1997 Simtustus attended an eleven-week refresher course at Phagan's Beauty School. She learned the basics in coloring, cutting, and a crash course in barbering. She can also do manicures and facials. She attended school in Portland to obtain her certification.

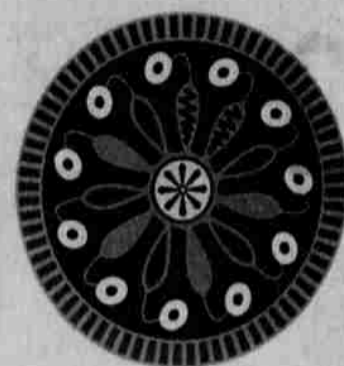
Because she doesn't do acrylic nails a beautician from Culver will be at her salon twice a week. She is currently employed by Perfect Look in Bend, Oregon.

Simtustus has hired a receptionist, Dempena Polk and there is another stylist, John Mitchell to help her.

Mitchell worked for Myra Johnson at the Hair Bear behind Warm Springs Market, Mane Event with Cindy Bobb, Max's Beauty Salon and he owned a shop in Redmond and a shop in Montana. He has 36 years of experience as a beautician.

Kah-Nee-Ta preparing for 1998 season

There will be a meeting at Kah-Nee-Ta Lodge on Monday, March 30 at 6 P.M. in the Warm Springs room to finalize the list for 1998 cooks and dancers. If you cannot attend, you can call Cindy Schmidt at 553-1112 ext. 3436 to sign up. The list will be closed for the year after this meeting. We look forward to seeing you there.



Poison Prevention Week March 15-21—Get ready

Watch for the following poison prevention activities in Warm Springs during mid-March.

On Monday through Friday, beginning March 16, KWSO 91.9 FM will feature the poison prevention quiz. Prizes will be awarded every morning and evening.

On Tuesday, March 17, elementary students will learn about poison prevention by attending a program that includes a skit and booths.

On Thursday, March 19, Early Childhood Center students will have a program as well. Parents are invited. Following the Senior lunch on Thursday, a presentation will be made.

Please join us in educating children about poison prevention—get your child to help you "poison proof" you home!

The pharmacy at the Warm Springs Health and Wellness Center, in conjunction with the Warm Springs Community Health Education Team, have organized these community programs to help spread the message of poison prevention.

Kids Act Fast—So Do Poisons!

National Poison Prevention Week is March 15 through 21. Each year, thousands of children are accidentally poisoned by household chemicals, plants, prescription and over-the-counter drugs. This is the week set aside each year to make sure that your home and yard are safe for your children, grandchildren, nieces and nephews. The best ways to do this are to properly store, use and dispose of all hazardous materials and to teach children to ask before putting anything in their mouth.

Some good poison prevention rules include the following:

1. Keep poisonous substances properly labeled and in their original containers. (Example: Do not put gasoline in a pop bottle.)
2. Avoid taking medications in front of children; they love to imitate adults.
3. Do not refer to medication as "candy". Children should know that all medication is to be taken only when needed and only when given by an adult.
4. Keep all cleaning materials and chemicals labeled and out of the reach of children; put them away immediately after use.
5. Keep the Poison Control Center phone number at the telephone and make sure all of your child's caregiver know the number as well. (1-800-452-7165)
6. Do not use Ipecac syrup without calling Poison Control first. Some substances can cause more harm if the child is made to vomit.
7. Clean out your medicine cabinets and destroy all old medications found in your home. If you are uncomfortable destroying them, bring them in to the pharmacy and we will destroy them for you.

If you should need to contact Poison Control about an accidental poisoning, be ready to answer the following questions:

1. The name of the substance (drug, plant, chemical, etc.).
 2. How the victim was exposed (through swallowing, skin contact, eye exposure or inhalation).
 3. How much was swallowed or how long was the victim exposed to the substance.
 4. How long ago did the "poisoning" occur.
- The number for the Oregon Poison Control Center is 1-800-452-7165.

Senior activities planned

Senior Citizen activities planned through August include the following.

March
12, 13 Thursday and Friday: Tribal Elders Gathering at Rock Creek, Washington. Agenda: "Oral History of the Columbia River" Over 50 Warm Springs seniors have confirmed they will be attending. Special travel assistance to be provided.

13, 14 Friday and Saturday: Yakama Tribal Elders Day in Toppenish
13, 14 Friday and Saturday: Coos Bay: Second Annual Oregon Tribal Honors Day

17 Tuesday: 12 noon Seniors monthly meal at Simnasho
28 Saturday: 9 a.m., leave for Portland Rose Garden for 2 p.m. Circus
31 Tuesday: 5:30 p.m. Dialysis Family Support Group Meeting
31 Tuesday: Major Community Meeting regarding Comprehensive Plan Update

31 Tuesday: TRIBAL COUNCIL ELECTIONS REMEMBER TO VOTE!

April
21 Tuesday: 12 noon Seniors Monthly Meal at Simnasho

May
8 Friday: 8th Annual "Warm Springs Honor Seniors Day" All day at the Agency Longhouse—Wee-Num! Theme: "Coyote Meets Mother Goose"
27 Wednesday: 10:30 a.m. Warm Springs Seniors Fitness Walk, Luncheon and Mini-Conference on "Elder Abuse" Walk is from Community Center to Agency Longhouse

July
16 Thursday: Tribal Elders Celilo Picnic at Noon

August
13 Thursday: Warm Springs Seniors Annual Picnic at The Cove
August 23, 24 and 25 National Indian Council on Aging National Conference in Bismarck, North Dakota.

Courtney work featured at Madras Gallery through month

The works of Warm Springs fiber artist BK Courtney are featured at Art Adventure Gallery in Madras during the month of March.

Courtney, who is Wasco-Tlingit, gains inspiration for her art from her Native American background. "I am one of very few Wasco basket weavers who is also of Wasco heritage," says Courtney. The full-turn twining of the Wasco "Sally Bag" is a unique basketry process—it allows a two-color design to be created while creating a food gathering and storing basket, or in contemporary times, an art piece.

Courtney's recent work is with the designs found on museum piece Sally Bags. "I have been interpreting these designs onto wall quilts and honor robes. Every honor robe should have a headdress so I have been creating these using full-turn twine technique or by using Wasco Sally Bag designs and other embellishments. The fun of creating these pieces is to see a small basket design on a large scale. And the challenge is to make this small sculptural basket design as interesting on a large flat piece when the art piece is a wall quilt."

One of the Wasco robes included in the Art Adventure Gallery show was created for a fashion show and features "gourmet" fabric which caused a stir at its premier at a Native American arts and culture conference in Berkeley, California. Other pieces include a Tlingit basket influenced covering with reverse appliqué, hand quilting and beadwork as a trim; wall quilts with Wasco design themes and hand painted blocks within a wall quilt format.

River Watch features a hand-pulled print of She Who Watches basket design on a petroglyph-like fabric enhanced with abalone shell beads, black glass beads and fancy metallic net fabric. "I placed the print within the petroglyph fabric as a reminder of where the basket design came from, the pictograph of She Who Watches, which is along the Columbia River. The netting represents rain, waterfalls, all the life-giving waters of the Columbia. The shells represent the trade of the area.

Art Adventure Gallery is open Monday through Friday 11 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m. For more information call the Gallery at 475-7701.

Spilyay I'nawa Mishk'aau

(Spilyay asks "What's up?")

What would make a good tribal council representative?



1. **Walter Langnese**, "A good tribal council representative should be mature and know the constitution and the law and order codes, be able to work with all other council persons and not act on issues that show favoritism toward family but rather promote issues that are for the best interest of all tribal membership. The representative should also be a role model for our children and our community and support accountability of parents who refuse to support their children. The representative must also find budgets for programs that will help increase alcohol and drug abuse treatment, particularly for our children."



3. **Julie Quaid**, "A good tribal council representative is a person who demonstrates integrity, honesty, mutual respect for others, and overall wellness and is knowledgeable and experienced in finance, tribal operations and inter-governmental relations."



5. **Anita Jackson**, "A good tribal council representative should have knowledge of governmental financing, have integrity, be open-minded, and be able to compromise without compromising their integrity. Abraham Lincoln once said, "If you want to test a man's credibility, give him power."



4. **Jim Manion**, "A good tribal council representative is a person who will remember how past leaders got us to where we are today, have willingness and courage to look at what needs to be addressed to plan for what changes are necessary to preserve for the next generation."



6. **Dallas Winishut Jr.**, "A good tribal council representative should be clean and sober, should learn to speak their native tongue, have a good strong spiritual believe, they should understand their role and responsibilities as a leader, know the tribal treaty of 1855 and have knowledge of all tribal and governmental law codes and most important, be able to listen to the people they serve."



2. **Sheilah Wahnetah**, "A good tribal council representative should take the time to get involved with community members and plan ahead to take care of our land and our future with foresight like our leaders before them."

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