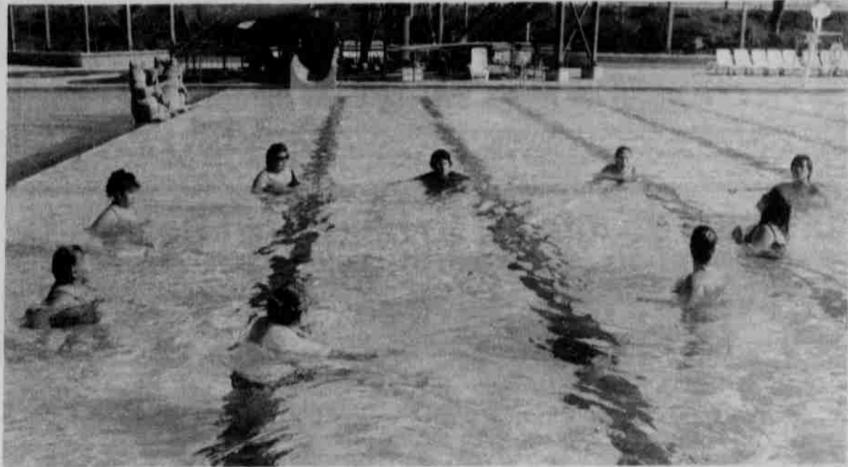
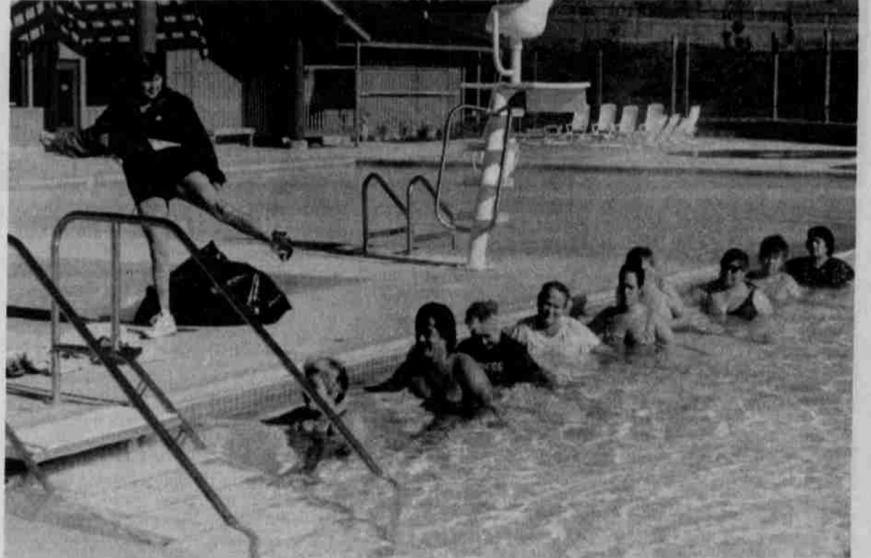


Kah-Nee-Ta Recreation Director, Moses-Ahern offers water exercises at the Village Pool



Aerobic exercises in the water are usually done in a circle.



Range of motion and stretching exercises are done at the edge of the pool before the aerobics.

Kah-Nee-Ta Recreation Director, Fran Moses-Ahern is leading water exercises for attendees of the diabetic clinic. These exercises started at the end of January and are held every Wednesday morning at 9:00 a.m. There is no charge for the morning sessions.

This activity was set up as a supplement to the diabetic clinic exercise program and local senior citizens have taken interest and now regularly participate. They continue to exercise Monday and Wednesday at the Community Wellness Center.

Participants like the water exercises because it's not as hard on their bodies. With the water up to your armpit, it cancels out 90% of your body weight because you're buoyant.

The class averages 14 participants and has reached as high as 22 participants. With a bigger group the class is split into two levels of exercise. "The CHR's are helpful when they are able to get into the pool and exercise with us. I appreciate their help," adds Moses-Ahern.

There is an evening class offered on Tuesday and

Thursday evenings for a fee of \$2.50. The evening classes are harder, using full aerobics.

The class began with range of motion and the exercisers have added more of the aerobics during the weeks that have passed. Range of motion is best for people with stiff muscles and joints.

Range of motion was enough for participants in the beginning but they later asked about adding more aerobics.

The class now begins with full range of motion, aerobics for 15 minutes, 10 minutes of strength and then stretches. The total minutes of exercise is 45 minutes. "We have to limit the amount of time in the pool, no going in the hottub after exercise but they're usually too tired anyway," says Moses-Ahern.

"We've gone through training with Cascade Pools in Redmond, who work with the Senior population," says Moses-Ahern. Cascades Pools sees that Kah-Nee-Ta has an advantage because the pool is warm (average of 94 degrees).

Participants offer their comments: "I'd rather do this than

regular aerobics out of the water, it's not as hard on my feet."—Ruth Smith.

"I think it's great! I'm glad they offer the night class so more people can join. Would like to see more people participate."—Sherri Smith, CHR.

"I like it, it's a change from the regular exercise."—Ruth

Tewee.

"Them things should have been invented 100 years ago. 10-20 times easier than walking, because you're buoyant. I try to talk other people to come in too, but you can't. Just like coming into the gym, they won't come here."—Dan Brisbois, Sr.

Member says, "Young people, you carry the vote"

To the editor,

To the people of Warm Springs: Who do you want to represent you? You, the people need to think about who you want to represent you for the next 4 years. It is important who is selected for Tribal Council, we have many priorities that need to be adhered to, especially with our sovereignty and our laws.

We need people to be selected who have the following abilities: Educated (past the 12th grade); Honesty; Integrity; Reliability; Accountability; Traditional beliefs; Knowledgeable (pertaining to our treaty, our unwritten laws, federal laws, state laws, tribal laws, TREATY etc.); Public Relations (easy to speak to when addressed); Aggressive (ability to speak out to defend our tribal laws/treaty with other tribes or with other entities, etc.)

The above is necessary that the people need to know, I know that it is difficult to chose who you want to vote for. But these things are very important to have to be a council person. They are representing the Tribes of Warm Springs.

Our history has been a quiet nation, our leadership was unique, set apart from other tribes. WE have forgotten the values that our elders had used when they were our leaders. We need them to think of those values and recapture those values and pass them on to our children.

We are losing all of our elders and they were not done teaching us what all they knew, very few people today know what knowledge they had, to pass on to their children.

Even though you want to vote for your family members, but think of what is important to you.

Wouldn't you want a leader who is going to be there for you, not only as a family member but as a tribal member. Someone who you could go to with confidence that things will be done about your concerns. Not question whether they could do it or not, because you are a family member.

Younger people from the ages of 21 years old to 40 years of age, you carry the majority of the vote this year. I encourage you to get involved, this is for your generation, this is for your future....

A word to the candidates: I know that the candidates would like to win votes, but you cannot win votes when you slander another person's name or pass on rumors of someone else. Tribal issues are the most important issues to talk about, what do you want to do for your people and what can they do for you?

People want someone they can trust in the office. Some who is going to be there for them and speak for them. Stick to the important issues, listen to your people and their concerns.

I want to wish everyone good luck.
Barb Jim

Thank you nominating me

To the editor,

Dear Family & friends,

I would like to publicly say "Thank You!" to the person who nominated me as a Simnasho District candidate for the upcoming Tribal Council elections. I am deeply touched and honored by your belief in the service I may be able to provide for the people of Warm Springs. Unfortunately I was not able to attend the meeting on March 5, 1998 and the nomination was not considered. For now, I am preoccupied with preparing for retirement and just relaxing for a little while. Perhaps in the future, I may feel inclined and worthy to seek election to Tribal Council.

I believe our people need the solid leadership of those who have a strong sense of right and wrong (that applies to all, not just a few), the backbone to stand their ground, enough of an education that they still possess the ability and desire to learn; integrity and strength to put aside personal agendas, have in their hearts the welfare of the Warm Springs

community, and finally, probably most important of all, common sense. As is expected of other Tribal employees, our Tribal Council members should be positive role models that our young people look up to and want to follow.

Also, my sincere thanks and gratitude to my co-workers, especially Mavis Shaw, at the Fish Hatchery and my sister, Kate Jackson for the surprise retirement dinner on March 14th. I know that a lot of work went into keeping it a secret. I really didn't get suspicious until my wife Crystal started baking all those huckleberry cakes the night before. A hearty "Thank you!" also to all of you who came to celebrate my retirement with me. I have been looking forward to this for a number of years, it is hard to believe that it's finally here. I have plans to keep me busy for awhile, and a rather healthy "Honey, Do" list.

Thank you and God Bless.
Sincerely,
Levi Keo

Mitchell visits Rome with UW class

Debra Mitchell, a Wapato High School graduate, was one of ten undergraduate students selected to participate in the University of Washington's Classics 399 class which included a 10-day trip to Rome March 15-26, 1998.

While in Italy, classes were based at the UW's study center in Rome, located in the 16th century Piazza Pio. Through daily field trips and classes, the course focused on America's cultural origins in the ancient world of Rome.

"I'm very glad that Debra was selected to participate in the class that includes the European trip," said Julian Argel, UW Talent Search Director. "She worked hard at her high

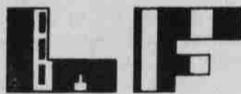
school when we first met here and continues to work very hard in her college experience. She is an example to others hard work can pay off."

The students were nominated to compete for inclusion in the course by University staff members. Debra is in the UW School of Engineering, where she has been awarded a National Aeronautics and Space Administration (NASA) achievement scholarship. Debra, an enrolled member of the Confederated Tribes of Warm Springs, resides with her uncle and aunt, Alvin and Pat Schuster on the Yakama Indian Reservation.

Native American Actor/Rap Artist, Litefoot, returning to Warm Springs



Litefoot in his role of "Little Bear," in his first movie "Indian in a Cupboard."



Sponsored by Warm Springs Forest Products, Warm Springs Composite Products, Indian Head Gaming, Power Enterprises, Oregon Embroidery, JOM Education Committee, Shauna Q-Melburg and Human Services.

Litefoot is an actor and also the first Native American Rap Artist/Motivator. The great amount of growth and diversity in his music career emerged in mid 1992 with the release of his first album, "The Money," on Red Vinyl Records. In October 1992, he began to receive radio play and won the Rap Search Contest with the title track from the "The Money." This song soon became a regional hit paving the way for his second release, "Specialty."

In September of 1993 Litefoot released the single, "Native Tongue," and launched the first international tour by a Native American Rap Artist.

In June of 1994 while on tour Litefoot released the album, "Seein Red." The song, "Seein Red," received rave reviews and carried his message of cultural pride and strength home throughout Indian Country. The tour came to an end in October of 1994 but not before taking Litefoot to hundreds of cities/reservations and two foreign countries. During the tour he sold thousands upon thousands of albums, posters and T-shirts to excited fans everywhere.

Litefoot made his major motion picture debut in July of 1995 as the star of the Paramount - Columbia film entitled, "The Indian in the Cupboard." The movie, produced by Kathleen Kennedy and Frank Marshall and Directed by Frank Oz, is based on the children's book written by Lynn Reid Banks. First Americans in the Arts awarded Litefoot the honor of "Best Actor" for his portrayal of "Little Bear" in this film.

In April of 1996 Litefoot, along with Red Vinyl labelmate Haida, toured Indian Country performing

over thirty concerts in the United States and Canada in a two month span.

In July of 1996, following the completion of his second film "The Song of Hiawatha," Litefoot released his most current album, "Good Day to Die." The album is receiving radio play throughout the country and is to date his fastest selling. Peter Miro of Cashbox Magazine has this to say, "Cherokee rap artist Litefoot's no joke when it comes to his hip hop science...." and Lee Cadena of Hits Magazine gave this assessment, "Litefoot is about to bring it real...it's Tribalistic funk with a West Coast groove and the science he drops is the truth."

At the end of October Litefoot completed filming his third motion picture in Europe, "Kull The Conqueror" with Kevin Sorbo and Tia Carrere, allowing enough time for him to be present in San Francisco, California on November 9th to accept in person his second "Best Actor" award from the "American Indian Film Institute" for his portrayal of Hiawatha in the film, "The Song of Hiawatha."

Today finds Litefoot driven by the desire to show Native peoples that anything is possible. He remains dedicated to upholding his status as a Native American role model through being substance-free and empowering youth to make clear, concise and positive decisions regarding their futures.

Stage name: LITEFOOT, Incorporating his Indian heritage and music.

Tribes: Member of the Cherokee Nation

Birthplace: California
Raised in: Tulsa, Oklahoma
Education: Tulsa University, Tulsa, Oklahoma

Litefoot has made numerous appearances throughout the United States at various reservations. His television highlights include: Live with Regis and Kathy Lee and The Mike and Maty Show. He had a role in four movies, nine radio features and two magazines.

He has five albums: "The Monkey," 1992; "Native Tongue," 1993; "Seein Red," 1994; "Cherokee Stomp Dance For my People," 1995; and "Good Day to Die," 1996.

Litefoot in Concert
May 1, 1998
Warm Springs Community Center
7:00 p.m., Gates open 6:00 p.m.
Tickets FREE!! ages 8 years and older. Tickets limited to 600.
Available April 6th.