

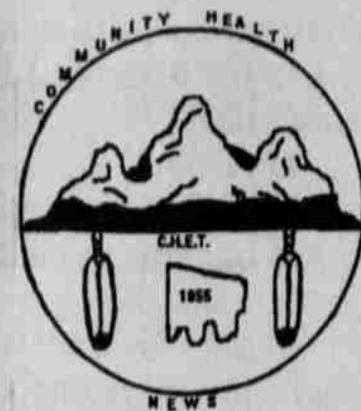
A Traveling Exhibit of The People's Voice - the Comprehensive Plan

Visions, Values, and Goals that the Planning Teams have collected from community members to this point will be shown at the following sites:

| | | |
|--|----------------------|----------------|
| Administration Building, ASC lobby, | All Teams | Week of May 4 |
| Kah-Nee-Ta Resort | Cool Team | Week of May 11 |
| Wellness Center | Mega and Techno Team | |
| Warm Springs Forest Products | Mega Team | |
| Post Office | All Teams | |
| Forestry Administration Building, | Techno Team | Week of May 18 |
| Senior Bldg. and Small Business Center | | |
| and Community Center, | Mega Team | |
| Court Bldg., | Cool Team | |

Pick up your questionnaire and say which Vision, Values and Goals you agree with
Warm Springs' future is everybody's business
Mega Team: Human Services/IHS, Economic Dev/Finance, Education/Personnel
Cool Team: Governmental Affairs/BIA/ASC, Courts, Public Safety
Techno Team: Natural Resources/BIA, Public Utilities/Housing

Corner on Health



Many people make a Doctor visit for chronic tiredness that won't go away. This isn't the satisfying exhaustion of healthy exercise. This is a draining weariness that leaves you feeling permanently washed out. To make matters worse, sleep fails to pep you up so you start the day with an energy deficit.

This kind of tiredness comes from the anxiety and frustration of unfulfilled goals, and a feeling of being spread too thin.

Energy flows freely when you've got a sense of purpose, but when your daily routine is fragmented, life can seem dull and wearisome. You may not even realize you're low, because you're blocking out the problem.

Women especially, are prone to this as iron deficiency translates into fatigue. The problem is worse when the women have a career and family to be juggled. Women who stay at home face little better, as repetitive chores and the pressure of waiting on demanding children make for a daily round of exhaustion. The good news is that you can get your life back under control with a little preplanning and practice. Soon you will be juggling job, home, kids, partner and parents.

Knowing your fatigue is really important. Feeling tiredness at the end of the day is not a bad thing. It is the type of fatigue that counts. Check back through your day and ask yourself exactly what it is you think has emptied your tank. If could be the fatigue that follows an illness or indicates one (diabetes, cold, flu). The fatigue could be from hopelessness, loss of self-confidence, weeping and perhaps panic attacks. A guidance counselor may be able to get you back on track. Fatigue may also come from working your body to capacity (physically). It has a satisfying edge to it and may leave you feeling mentally uplifted. Physical fatigue is always positive.

Taking control of your life
 Fatigue can cause depression, and depression can occur when life gets

out of control. Get a hold of the reins again, and your days will no longer seem like one unsatisfying scramble. Plan your day the day before and stick to it! Include time to exercise and a time to relax. Plan to put the children to bed early and spend that little time to yourself. That time to yourself is a critical component of physical and mental well-being. As you gain more control of your life explore ways to introduce a new dimension away from fatigue such as planting a garden, art class, or a language class for examples.

You may also share the chores with your partner and/or children and avoid feeling guilty about taking time out for a hobby all your own.

Reshaping your daily routine can also help to reshape your body. Treat your body with respect, and it will supply all the energy you need. Eat regular, well balanced meals that are low in fat and high in fiber, and whatever you do, don't skip out on breakfast. Include plenty of fruits and vegetables in your meals. Take up regular activities for at least 30 minutes such as walking, biking, or swimming to tone up your entire body and get that oxygen flowing. Your body will love you for all the things you do and the change you've accomplished.

Preventing child abuse creates healthier lives

Preventing child abuse should be everyone's concern in our community. Every small effort can bring big rewards and will make a difference in the quality of life of our reservation. Here are some ways we can begin on our journey to a healthier life.

Volunteer and a local child abuse program, support groups and crisis center. All welcome and encourage volunteers. Call Victim of Crime Services for further information at 553-2293.

Report suspected abuse or neglect. Keeping children safe means that each and everyone of us has an obligation and duty to inform authorities if we have any reasonable suspicion that a child has been harmed. Call the Warm Springs Police Department at 553-3342 or 9-1-1.

Advocate for services to help families. Warm Springs needs comprehensive services that address issues that affect families. Parenting program, health care and housing needs are all important to maintaining healthy children and their families.

Speak up for non-violent TV programming. Let local affiliate TV stations know, and their sponsors know, when you feel they are showing programs with excessive violence.

Make a material or monetary contribution to the local Victim of Crime services. Your donation and time will be greatly appreciated. VOC services immediate needs are toiletries, linens and furniture, such as dresser drawers.

Help a friend, neighbor or relative. Someone you may know could be struggling with their parental responsibilities. Assist with an occasional helping hand or lend an ear, fellowship in prayer.

Help yourself. Recognize the signs that indicate outside help is needed. If you feel constantly sad, angry, out of control, get help immediately. Remember, it's a strength to seek help.

Support programs on child abuse prevention sponsored by Victim of Crime services. Do your part by raising awareness in the community.

Promote programs in your child's schools that promote prevention strategies. Help by learning and teaching

skills to help your child learn how they may protect and therefore prevent them from those who would abuse them.
 This message and these activities

are brought to you by Victims of Crime Services, Victims Assistance Board of Directors and the Community Health Education Team.

Before you spank, read this....

1. Ignore irritating, aggravating, annoying behavior if you can. Walk away, look away, move away. Say nothing. Learn the art and strength of silence. Since children want and need attention, they will learn quickly that they don't get it with misbehavior.
 2. Watch for appropriate behavior. Call attention to it with rewards, special privileges, warm looks, smiles, hugs and thank you's.
 3. If the behavior is dangerous or destructive, DON'T ignore it. As soon as you see it, step in and take action. STOP it.
 4. The way you stop it is important. Stop it in the least reinforcing way possible—with a glance, a look, a shake of the head or, if necessary, with the words, "Stop it." Take the child by the hand and move him away from the scene. Let him know in no uncertain terms that his actions are not okay and must stop.
 5. Don't deal with the child in public. Move to a private place and let him know that he must stop what he is doing.
 6. Make sure your message is clear. It might be necessary for him to sit in a chair or spend a few minutes alone—to get control of himself.
 7. When you are sure that he understands your message, let him return. Watch to make sure that the behavior is not repeated. If it is, then repeat the process—more firmly—with more time out. It is important that you give as little attention as possible, but enough to correct the situation. The breaking of rules warrants a different method of discipline. Punishment cannot undo the deed. It only alienates and separates the parent from the child.
- a. Discuss the breaking of the rule in terms of the future. Set up guidelines. Be specific about expectations and consequences.
 b. Make sure that he understands the privileges which will be taken away if he breaks the rules again.
 c. Follow through. Be tough, but not mean.
 d. Be consistent so your child knows what to expect.

When dealing with a child's behavior, it helps to move close to the child; make eye contact with him; talk with him quietly; remain calm; don't embarrass him in front of others; tell him what you want to do in specific terms and stick with it until the job is done.

This message brought to you by Children's Protective Services and CHET.

Jones asks for support

Letter to the editor
 Sheriff Jack Jones is asking voters of Jefferson County, to retain him as their Sheriff. The county Commission was unanimous in Jack's appointment to Sheriff in 1997.

Jack has been in law enforcement for twenty-one years. Twelve of those years in a supervisory position with 6 of those years as police chief or sheriff. Managing the Sheriff's Office is complex and demanding. It is time for stability and proven leadership.

As important as his experience Jack feels that voters should look at his contributions to the community in his off duty hours. Though he has only been in Jefferson County for about five years he has a list of volunteer service to our communities. "I want to make a difference and I believe volunteering is critical. It sets the example I want my children to follow. Besides this is my home and worthy of the investment" says Jones.

When asked what he feels the Sheriff's Office and Tribal relationship should be, Jones is quick to say. "I feel we should be there to help one another. At the same time I respect the sovereignty of the Reservation. I feel that we have an excellent relationship with the Tribal Police. We are working together on a bike rodeo for our children as well as safety seat inspections. My future goal is to meet with the Tribal Council and ask their guidance on ways we can work together."

Jones adds that he is endorsed by all three Commissioners, the District Attorney, State Representative Ben Westlund, County Juvenile Director and both neighboring Sheriff's departments.
 Commissioner Bellamy sums it up best, "I'm supporting Jack Jones for County Sheriff because he is the only candidate that understands the total job of being Jefferson County Sheriff." thank you.

Headstart raffle results listed

Made In Warm Springs Raffle results:

- 1) Log Cabin Quilt (made by Kate Jackson) won by Jessi Fuentes;
- 2) Indian Design Tote Bag (donated by Julie Johnson) won by Kathleen Heath;
- 3) Beaded Cap won by Ken & Kathy Neugebauer;
- 4) Beaded Flower Barrette won by Charlene Stacona-White;
- 5) Ribbon Shirt won by Michael Beem;
- 6) Single Size Quilt won by Kathleen Heath;
- 7) Pillow cases won by Leontyn Davis;
- 8) Star Quilt won by Miranda Blueback;
- 9) Yarn Belt with side purse won by Tazz Trimble;
- 10) Lil Yarn Bag (rainbow color) won by Laura Watcheno;
- 11) Lil Yarn Bag (Purple color) won by Stretch;
- 12) Fun Basket won by Kevin Blueback;
- 13) Feather Barrette won by Gwen Leonard;
- 14) Crochet blanket won by Chamise Kramer;
- 15) Yellow & Black Earrings won by Gwen Leonard;
- 16) Purple yarn belt won by Erika Herren;
- 17) Child's leather belt won by Gloria Smith;
- 18) Lap Top computer won by Lola Sohapp;
- 19) White Wapus Bag won by Logan Butler;
- 20) Child's bike won by Lori Mitchell;
- 21) Orange/black Wapus necklace won by Theron Spino;
- 22) White Afghan won by Ivan Crain;
- 23) Mary Kay products won by Darlene Figueroa;
- 24) Baby Doll Board won by Marilyn McKee;
- 25) Laundry Soap won by The Englishman.

Head Start would like to thank every one that supported our raffle. Hope to see you all next year.



Happy Birthday Selena! God bless you with many, many more! From all your co-workers at Spilyay!

Happy 9th Birthday Tonya Lee Boise From, Dad, Mom, George, Leanna and Jackson We love you!

Items wanted

Collector buys old Native American items, baskets, beadwork or ? Pays top \$. If interested call John Grosvenor at (503) 297-2352.

For Sale

350 Pontiac engine \$300; Cardiaglide exerciser \$150; Pink Pendleton jacket size 4-6 \$75; Buckskin dress with long fringe size 6-8 \$100. For more info call 553-1960, leave message if not home.

Congratulations

Congratulations to two special people who are and have shown the choice to do—Alex & Warren Smith for being alcohol, tobacco & caffeine free. For also gaining/earning respect through action.....
 Think of you!
 Your sister,
 Leminnie Smith

There will be a headstone setting at the Simnasho Cemetery for the Queahpama family (4 total) on Memorial Day May 25, 1998. Lunch will follow at the Simnasho Longhouse at noon.

Open house to be held

You're invited to the Department of Forestry's Open House on May 28, 1998 from 5 to 8 p.m. at the Forestry Compound at the Industrial Park. Please join the Forestry staff for this informational event. A lite snack & refreshments will be provided. Feel free to contact Kris, Rosaline, or Sandra at 553-2416 for further information.

Thank you teachers

Head Start says "Thank You" to our teachers: Julie J., Nola Q., Denise; Jamey; Winona; Billy Joe; Vivian; Melinda; Leah, Ben; Karla; Bernice; Shawna; Snyder; Marceline; Gladys; Elaine; Marie; Althea; Lyda; Melissa; Patsy; Sylvia; Nancy Y.; Elfreda; Joni D.; and Zillah.

From Head Start Parents & Families Nancy S.; Tryna; Versa; & Reona

Board hosts forum

The Board of Directors of Mountain View Hospital, is hosting a public forum on Tuesday, May, 1998 from 6:30 to 9:00 p.m. at the Jefferson County Senior Center in Madras. The public is invited and encouraged to attend this interactive meeting, which will be facilitated by Mr. Clint Jacks of the Oregon Extension Service.

The purpose for this forum, is to gather ideas that will assist in building a sense of ownership and partnership between communities through the service that Mountain View Hospital Districts provides. This will be a good opportunity for users of the Hospital and Nursing home to interact with their elected Board Members and to share their thoughts and suggestions with the Board in a casual setting.

For more information about this public meeting, please call the District Community Relations Department at 475-3882 extension 2370.

YARD SALE MAY 8 AND 9 8 A.M. TO 5 P.M. DAILY ZANE JACKSON RESIDENCE

Annual egg drop held April 10, results noted

- Alfredo Orozco, Vanessa Sahme, Evelyn Aguilar, Nancy Charlie, Teri Jo Squiemphen-Yazzie, Jenna Johnson.
 Cody Switzler, Jessica Arthur, Jacoba Smith, Randy Felter-Switzler, Jeremy Anderson, Jodene Boise, Ursula Russell, Alyssia Meanus, Bobby Thurby, Shanell Kalama, Addie Estimo, Joyce Squiemphen.
 Elizabeth Orozco, Orlando Johnson, Sam Pennington, Shelina Charley, Joshua Polk, Chance Squiemphen, Jasmine Graybael, Michaela Camas, Jasper Smith, Dennis Doney, Olea Yahtin, Tonya Boise, Joanna Williams, Steven Anderson, Amanda Coffee.
 Wade Bennett, Leander Smith, Challis Heath, Roselyn Kalama,
 Victor Switzler, Farrellyn Bellanger, Michael McConville, Jr., Kara Katchia.
 Lawrence Shike, Jr., Matthew Seonawah, Kirstie Morrison, Charlie Ann Herkshan, Kristen Tom, Curtis Thompson, Kelli Moody.
 Nakia Suppah, egg in classroom package, Arlene David, Angela Bellanger, Desmond Flores, Starla Jim, Merima Made, Katherine Quaid, Morgan Strong, Shawnee Johnson.
 Jaime Rae Bagley, Jeremy Herkshan, Chantel Clements, Chelsea Hudson, Keevin Adams, Paleena Spino, Nelson Wolfe.
 Allegra Robinson, Allee Tewee, Britten Lumpmouh, Martin Smith.
 Ashley Johnson.
 Deborah Heath, Albert Adams, Aaron Hart, Josiah Thompson, Randi Smith.
 Tiffany Hunt, Victoria Katchia, Bryce Bailey, Aaron Thompson, Clarissa Wolfe.

- Kamianna Lujan, Cassandra Sam, Dannon David.
 Julian Wallulatum, Ernest Williams, Johnny Smith, Truman Merrifield, Melody Berry, Wesley Graybael.
 Kelsey Kalama, Kista Florez, Jealeah Sam, Blaine Begay, Verna Mitchell, Weston Heath, Matthew Garcia, Rayann Katchia, Jesse Reaney-Greenwood, Trevor Tewee, Raecelle Hayes, Coby Tewee, Desirae Boise, Johnni Smith, Jenny VanPelt.
 Dora Payne, Cedrick Colwash, Julia Simustus, Jamey Wesley, Erica Wewa, Perry Greene, Georgianna Aguilar, Della Squiemphen.
 Kristy Johnson, Bradford Heath, Alyson Cole, Atcity Begay.
 Sirena Medina, Cathy Tulce, Sissaley Graybael, Lucy Wolfe.
 Hazen Davis
 K-Lei Smith-Strong, Andrea Cook.

Now Open-Eagle Head Sports
 2130 Warm Springs Street
 Warm Springs, OR 97761
 Jackets are our specialty
 Pendleton w/leathersleeves
 Pendleton w/wool sleeves all Pendleton
 baseball, basketball, etc
 Layaways only.
 Eventually we will have more sports equipment
Lisa & Cirilo Garate