

Treat yourself to a facial or body treatment at Spa Wanapine

Treat yourself to a super rejuvenating facial to nourish, tone and improve the color and texture of dry skin. This deluxe facial facilitates integration of body and mind. That would be the Deluxe European Facial at Wanapine Spa.

The basic process for a facial is to enter Spa Wanapine with your mind set that you are going to relax. You lie down, and get comfortable, shut the rest of the world out, melt away all your worries and let the esthetician do all the work. Listen to relaxing music playing throughout the facial treatment.

This treatment includes gentle cleansing, dead cell removal, steam therapy, skin analysis, relaxing massage to face, chest and neck using Aveda essential oils, and nourishing masque. She will begin with hot towels to warm your skin, use Aveda products for cleansing, toning and exfoliation of your skin, to remove all toxins and impurities. Your skin will then be analyzed to begin treatment, removing all blemishes in the skin. She will then apply a

purifying mask to calm and soften your skin.

One of the benefits of a facial treatment is that it stimulates and gives more clarity to the skin. A basic exfoliation of dead cells, deep penetrating moisturizers and stimulating your skin before doing massage.

An average skin type should have a facial every other week or once a month to maintain the skin. A person with dry skin may enjoy the softening. An acne prone skin with blemishes should have a facial once a week until they get the results they want, then every other week. This would rid the skin of all impurities.

The worst thing a person could do to their skin is inflict picking to remove blemishes. Their skin could scar. An esthetician at Spa Wanapine has the talent of clearing away blemishes with proper preparations, not leaving any scars.

The esthetician will then recommend cleansing and moisturizing tips for home use to maintain your skins moisture balance

as well and answer any questions you may have about your skin.

Spa Wanapine decided to use Aveda products because many years ago Native Americans cleansed themselves with all natural materials. Being a Native American owned spa, they wanted to use all natural products like the Native Americans did. With the use of all natural products for facials everybody comes out with great looking skin.

Aveda Herbal Body Masque

There are two types of wraps—detoxifying or relaxing. These wraps are designed to increase perspiration and help the body rid itself of toxins, poisons and excess fluid.

When you go in to receive an Aveda body masque you will lie down and allow the esthetician or massage therapist to apply the body masque. All you have to do is relax.

Once the masque is completely applied you are wrapped with sheets and heated material. A heated pad is placed on your stomach and wrapped with you to generate heat. You will stay wrapped for fifteen minutes.

You relax and maybe fall asleep depends on how relaxed you are.

The masque is gently scraped off of your body and warm, moist towels are used to wipe off the remaining masque.

Your herbal body masque treatment is over and you go into the Wanapine Spa showers and rinse any remaining herbal masque away. Drink plenty of water to help your body release toxins.

To make an appointment call 1-541-553-1112, Ext. 3388; toll free 1-800-554-4786. Please check in at Spa reception desk at least 15 minutes prior to your first appointment. Feel free to come even earlier and soak in the Jacuzzi or take a steam or sauna before your treatment for \$10.

"I was asked to experience a facial and body treatment at Spa Wanapine to write about my experience. I was having problems with my skin, it's oily and dry. After the facial I was impressed with the improvement to my skin. It had clarity and it wasn't dry or oily. I am using Aveda products every day at home now. The body masque made my skin feel smooth and clean. I could feel a real difference in my skin. I would recommend these treatments to members of the community. Pamper yourself with a treatment at the Spa." Selena Boise, Reporter/Photographer.

Watch for the next article about Spa treatments in the Spilyay Tymoo.



Senior Citizens Cove Day

August 6, 1998, starting at 9:00 a.m.

Seniors will be going on boat rides and speed boat rides until lunch is served.

Come on over and join them.

Tribal members can get help for gambling

Are you a compulsive gambler? Compulsive gambling not only affects the victim, but the victim's family, friends and co-workers. The main features of a compulsive gambler include emotional dependence on gambling, loss of control and interference with normal activities.

You can determine for yourself if you have a possible gambling problem by picking up a brochure, in the brochure racks at Indian Head Casino. A series of questions contained within the brochure will help you determine signs that a problem might exist.

"Even though statistics show a very small percent of the populations who recreationally gamble have a potential problem, we still have a responsibility to those few. Providing information on the subject and introducing programs is one way to

help combat a possible gambling problem," says Jeff Ford, Indian Head General Manager.

Indian Head Casino searched for such assistance regionally and found Deschutes County Health Services. The Deschutes County Health Services has full time counselors who have been dealing with gambling problems for the past several years. They also understand the confidential nature associated with this topic.

"Indian Head is committed to helping those individuals seek counseling and program involvement," Ford states. "If an individual prefers, Deschutes County Health Services can be contacted directly. They are professional and discreet."

Tribal individuals entering the program need not worry about the cost. If they identify themselves to program counselors, Indian Head

Casino will in turn pay for treatment as outlined by Deschutes County Health Services.

"For Tribal members who wish to remain anonymous or are perhaps pressured by the cost of treatment, we will have hopefully removed those barriers from the equation," Ford expresses. "Health Services is the closest organization dealing with problem gambling. If there is an apparent need for this program in a person's life, hopefully he or she will take advantage of it."

Deschutes County Health Services can be contacted by calling 541-317-3141. Ask for Parke Miller and leave a message if he is not available. Health Services has offices in Bend and Redmond. You may also stop by the main office in Bend at 409 NE Greenwood. Just a couple of blocks off Highway 97 headed East towards Burns.

Annual Huckleberry Feast
August 9, 1998 at He He
Memorials—August 1, 9:00 a.m. This is for all pickers who want to release themselves.
Washut—August 2, 6:00 a.m. To prepare food gatherers.

Vacation Bible School
 at Warm Springs
Baptist Church
August 10-14, 1998
 For ages 4-17
 Doors open at 8:00 a.m.,
 start at 9:00 a.m.,
 end at 12:00 Noon.
 For info call 553-5226

EAP assists employees

How the Employee Assistance Program Can Help Employees of Warm Springs, part 1 of 3.

In 1988, the year it was passed, the Confederated Tribes of Warm Springs decided to put the "Drug Free Work Place" law into effect within Warm Springs. In addition to a drug testing program, they also decided to establish an Employee Assistance Program, also called EAP.

An EAP is a benefit provided and paid for by the tribe, for all of the employees of all of the tribal industries and their family members. It is available to help people address any personal or work problem they may have which is causing them difficulty on the job. Some of the problems that people deal with at the EAP are conflicts with their supervisor or their co-workers, hostility in the workplace, marriage problems, money, credit or legal problems, difficulty with parents and children, gambling, alcohol and drugs, problems with co-workers, and mental health problems such as depression. This program is set up to do several things: (1) To help Tribal members get and keep jobs in the various industries such as Kah-Nee-Ta, Indian Head Casino, Warm Springs Mill, Composite, and the tribe itself when they feel that their job may be at risk. (2) It is established to help the employees maintain their confidentiality by having a place to go to talk about their problems without having to talk with their supervisor or other employees about their difficulties. That way they are able to have some privacy without others talking about their problems.

(3) It is for employees to be referred to the type of help that is really needed for the problems they may be having. They could be referred to providers who are covered under their insurance plan or they may work with the EAP for their problems.

(4) This plan helps employees get the help they need to keep their jobs when they are afraid of being terminated for alcohol or drug problems related to their work. It is important that employees understand their rights on the job as well as their requirements and to know what information they need to tell the job and what information they do not need to tell the workplace. (5) Another very important part of the program is to help employees who are in conflict with other co-workers or with their supervisor. This program can help them learn the skills to deal with those problems more effectively as well as knowing when they are being treated appropriately.

No one has to refer an employee to EAP. All the employees has to do is call 553-3205 and set an appointment. The EAP is trained to deal with mental health, drug/alcohol, and conflict problems at work as well as working closely with IHS and Community Counseling to help the employee get what they need. This plan is paid for by the tribe to help establish the "Healthiest Tribe By The Year 2000." It is to everyone's benefit to use the program.

Part 2- How can the EAP help the workplace and supervisors?

Part 3- How does drug testing work and how does it benefit the tribe?

Spilyay I'nawa Mishk'aau

(Spilyay asks "What's Up?")

How do you feel about the housing situation in Warm Springs?



Nancy Collins, "It is sad that there is so much vandalism of the houses, especially since there are not enough houses to start with! Its too bad that so many people have to live in a small house and that houses remain empty so long because of maintenance repairs that are not complete. There is really no excuse for the housing situation in Warm Springs. We really need to get on the ball and make a difference. The housing situation was identified in the 1969 Comp. Plan, as a problem. The problem still exists, and that was almost 30 years ago."



Luke Sanders, "Yes I feel we are in a pinch with our housing situation. We have alot of people on the housing list and too few houses available. How do we go about matching up the houses with the people who need them. Some people need housing but have no income. There are families out there where only one person works or both work. But it seems that with two incomes they barley make enough to keep up with all their needs. Our reservation is getting bigger and bigger every year. Some of the homes are in need of repair but not enough money to get all the houses fixed. The money pot is shrinking and the needs are rising. We need to balance this two things out."



Vincent Wallulatum, "Its inadequate, more housing is needed. Education on the process of how to get your home built, is needed. Education on how existing resources can help; credit, realty, committee process, etc. How can HUD build more homes, for rent-lease option to buy?"

I personally feel we do not need any more homes built on Schoolie flats. Our water system is inadequate to supply any more homes. It seems long range planning wasn't used when the Beaver Creek water system was developed. It's not that old, and the water pressure is low on our end. I'm sure water and power lines are needed all over the reservation to fulfill our homes needs. Not everyone wants to live in the Agency area.



Elina Langnese, "I feel housing is very inadequate in Warm Springs. it is not healthy (physically or emotionally) for families to double up and triple up in to one dwelling. people need their own space, need to have the responsibility of financial load of owning or renting a home. It is a basic life skill that needs to be experienced by all adults. When people depend too much on one another financially, it becomes a burden and usually leaves them at odds. I have seen this many times.

When new housing referendums come up, they should be talking about hundreds of homes and apartments' complexes, not just 25-50 dwellings. This is just a patch put on the problem, not the solution.

Because I have not personally dealt with housing, I am not familiar with their policies and procedures and cannot make an honest critique of their program. I can only say what I have heard, and that is Housing sometimes gives special priority.

Also houses are vacant for long periods of time without tenants. This tends to encourage vandalism which ultimately increases costs to everyone involved. These are just a couple of the problems associated with inadequate housing.

It might be beneficial for Housing to have a spot in the paper and KWSO keeping the Warm Springs community up to date on what housing is available and how long individuals will need to wait.

Hopefully, with the help of statistics more planning can be done. The population is not decreasing but increasing, and especially the age of becoming independent and needing housing. In my opinion, the Tribe needs to be moving fast on this issue, as they are still playing catch up at this point."

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Sara Scott, "Being that more than half the population here in Warm Springs is under 21, I feel there is an extreme housing shortage. Also there is a need for more small family and large family housing. I think a lot of the social problems come from multiple families in one household. The housing department needs to repair and move people into vacant houses so they will not get vandalized."