

Classes offered at the Community Wellness Center

by Lucinda Green
I would like to invite the community to attend classes that are geared to your level of movement. If you are Diabetic, over-weight or just plain stressed out, then you need to come to one of the many offered exercise classes scheduled for the Fall season. Come and get prepared for the November Fitness Challenge that will soon begin. The Wednesday morning class that is held at Kahneeta on Wednesday mornings have proved to be very successful with the attendance, we exercise in the pool for 45 minutes with strength and flexibility. There is a CHR bus that leaves from the center at 8:30 a.m. to take you to Kahneeta if you need a ride, the class is at no charge. Monday and Friday mornings at 8:30 to 9:15 a.m. we will be doing chair exercise or low-impact aerobics with weight training and stretching. This is also a Diabetic class but it is for anyone that can attend. Every Thursday evenings we will be at Kahneeta pool with water aerobics from 6 to 7 p.m. Everyone that comes into the pool must pay a \$1. You are welcome to bring the family to swim while you exercise, they also will be required to pay a \$1., this does not include the water slide. Kahneeta requests that if you bring your children that you must let them know of the rules and to obey them. This class will continue as long as the attendance stays

up, if it does falter down to about 3-4 then I will have to shut the class down. The pool is beautiful in the evenings, so bring your whole family down and have a family night out. Each Tuesday evening there will be a Low-Impact Aerobic class offered at the Community Center in the Aerobics room. This class will be for beginners as well as intermediate people, move to oldies, country, swing, Indian music, play some games and enjoy exercising. The times will be from 6 to 7 p.m. each Tuesday. Please bring comfortable shoes and wear comfortable clothes. Also some chair aerobics will be offered for those that cannot stay on their feet very long. Three WALKS a month will be offered at different times and location throughout the year. One was held on Friday October 2, the next will be October 16 and the last on October 30, (wear your spookiest outfit, we will give out treats on this walk). These walks will begin at 12 noon to 12:45 on these set dates. This walk is to better prepare you for the November Fitness Challenge. All classes that are offered will be lead by Lucinda Green. For needed information, please call the Recreation center at 553-3243. Monday and Wednesday evenings from 6-7 p.m., High Impact Steps will be offered. The instructor will be Lovie Ike. For information call 553-3243.

Weekly Work-out Schedule
Monday
8:30 to 9:15 a.m. Diabetic exercise (all levels) w/Lucinda;
12 noon to 12:45 p.m. High Impact Steps w/Lovie Ike
6 to 7 p.m. High Impact Steps w/Lovie
Tuesday
12:10 to 12:45 p.m. Low Impact Aerobics w/Lucinda
6 to 7 p.m. Low Impact Aerobics w/Lucinda
Wednesday
9 to 10:45 a.m. Water Aerobics (no fee) @ Kahneeta w/Lucinda
12 to 12:45 p.m. High Impact Steps w/Lovie
6 to 7 p.m. High Impact Aerobics w/Lovie
Thursday
12:10 to 12:45 Low Impact Aerobics w/Lucinda
6 to 7 p.m. Water Aerobics @ Kahneeta \$1.00 fee w/Lucinda
Friday
8:30 to 9:15 a.m. Diabetic exercise w/Lucinda
12 to 12:45 p.m. High Impact Steps w/Lovie
These are the scheduled classes that are being offered. If you feel that you would like to see some other type of class offered, please do not hesitate to call the center with your suggestions. We want to be able to accommodate you towards a healthier lifestyle.

Caspian terns gobbling juvenile salmon

Millions upon millions of juvenile salmon, swimming, feeding and growing in the Columbia River near Astoria, are being gobbled up by thousands of fiercely hungry Caspian terns. Fisheries specialists and biologists are working to remove the carnivorous threat to the already endangered fish species. The terns have made themselves at home on man-constructed Rice Island at the mouth of the Columbia. The terns feed only on fish and their hunger is devastating to the juvenile salmon that linger in the area before heading to the Pacific ocean to continue their life cycle. This smoltification makes mil-

lions of young salmon vulnerable to the thousands of terns that pluck them out of the water. The area near two-mile Rice Island serves as the body-changing process for the salmon where saltwater and fresh water mix. Their bodies are gradually changing to adapt to the ocean saltwater. The terns swoop down on the little fish to take back to the island for themselves, their mates and their chicks. The tern population on the Columbia River is, at 9,000 to 16,000, the largest colony in North America. They have a voracious appetite for the young salmon and it is estimated that in 1996, the terns fed on five to 20 million juvenile salmon, or ap-

proximately 10-percent of the salmon population. This year and 1997 appear to be no different. Efforts are currently being made to relocate the terns to another nearby island to steer them away from the outgoing salmon. Decoys are used to lure the terns away. Taped tern calls are played through speakers on the island as well. The \$395,000 project, jointly funded by the BPA and the Corps of Engineers, includes revegetating the island which would disperse the terns because they prefer a sandy domain. Terns also abandon a nest if it is disturbed or other problems arise.

The director and staff of Jefferson County Health department cordially invite all Cancer Survivors to attend a Survivors Tea in honor of Cancer Awareness Month Tuesday, October 13, 1998 from 11:00 a.m. to 1:00 p.m. at Jefferson County Human Services Classroom 714 SW 4th in Madras For more information, call 475-4456

Gathering of All Relations
November 6, 7, and 8, 1998

Healing Circle
HeHe, Oregon

FOR FURTHER INFORMATION CALL:
Larson Kalama, Sr. PO Box 111, Yelm, WA 98597 (360) 458-1874
Foster Kalama, PO Box 623, Warm Springs, OR 97761 (541) 553-1392

Hood River meeting—Continued from page 1

tal services. Crowley mentioned that some tribes entering into gaming have hired questionable management firms that have used tribes unfairly. If Hood River casino turns out to be a bad deal, what recourse does Hood River have, asked one resident. "Our community will not have recourse. Warm Springs is a sovereign nation....we may be stuck with a giant white elephant." Karnopp answered that the Tribe would not consider Hood River if the proposal didn't hold potential economic success and wasn't economically feasible. The Hood River residents were open to other types of business partnerships with Warm Springs that

would benefit both communities. Patt mentioned that "we're not exactly strangers to this area." A fish hatchery on the Hood River will open later this month. The Tribe has worked closely with irrigators, fishermen, sports groups and others to make the hatchery a positive entity. Crowley expressed doubt that Warm Springs would contribute financially toward developing and improving infrastructure and pay for extras associated with a new business. Crowley said the Tribes' contribution to Hood River should be equal to what taxes would be to other business owners. Economic support to Hood River County and the city itself will be significant, according to Karnopp. "It is not fair to expect that we would not contribute to the community fund." Payroll, in excess of \$5 million, purchases during and after construction and many jobs will be of great benefit to the area. Most jobs, said Karnopp, could easily be done by local residents. Residents assured the tribal representatives their opposition is not aimed at the Tribe but at the idea of a casino. "We don't want a casino. We don't want anything that goes with it. Period," said Jubitz. In a statement following the question and answer session, one resident stated that Oregon now has 78,000 compulsive gamblers and asked how the Tribe could perpetuate something that is so harmful. Another resident reminded the audience that the Tribe said in the past that a casino in Hood

River would not happen without community support. "Live up to your word," he said. "The Tribe has a legitimate need to stabilize their economy," said another resident. However, he added, "the theory behind gambling—trying to get something for next to nothing—does not sit well with him. This "undercuts a strong work ethic." One lone supporter spoke up. "I'm not a gambler. I've worked too hard to take a risk with my money." People, he said, go someplace to gamble.

"Hood River might as well take advantage of it." "We want to convince you that a casino here is not in our community's best interest. This isn't whether we approve of gambling. It's the impact that a casino will have on our community....Land use laws exist for a reason. It is unjust they will not be enforced." Additional meetings with Hood River residents have been tentatively set. Tribal representatives welcome all comments.

Flu shots given at various locations

Flu season is fast approaching. Influenza (flu) is a highly contagious viral illness which can last from two to seven days. Flu germs are spread through the air by droplets from the respiratory tract of infected persons by coughing, sneezing, and talking and also by direct contact. Symptoms include fever, headache, dry cough and sore, achy muscles. Don't be caught off guard! A flu shot is needed every year because the strains of influenza are different each year. The "Flu" season in the U.S. is from November to March or April. Protection develops 1-2 weeks after the flu shot and may last up to a year. The flu shot is especially recommended for all persons age 65 and older, persons of any age with chronic medical conditions, women who will be more than 3 months pregnant during the flu season, and household members of persons in high risk groups. The Public Health Nursing Department is giving flu shots at vari-

ous locations on the reservation. You may come to a site that is most convenient for you. There is no charge and an appointment is not necessary. Anyone who is eligible to receive care at the IHS clinic may receive a flu shot. For further information, call the Warm Springs Health and Wellness Center Public Health Nursing Department at 553-1196, ext. 4161. **The schedule is as follows:**
October 14, 1998; 11 a.m.-1 p.m. @ the WS Clinic, Community Health, Pod A.
October 19, 1998; 10 a.m.-12 p.m. @ the Tribal Administration Conference Room #2.
October 19, 1998; 2:30-3:30 p.m. @ Kahneeta.
October 20, 1998; 12-1 p.m. @ the Senior Center.
October 21, 1998; 2-4 p.m. @ the WS Forest Products
October 26, 1998; 10 a.m.-12 noon @ the Community Counseling Center.

Spilyay I'nawa Mishk'aau (Spilyay asks "What's Up?")

How do you feel about the Tribes building another casino outside the Reservation?



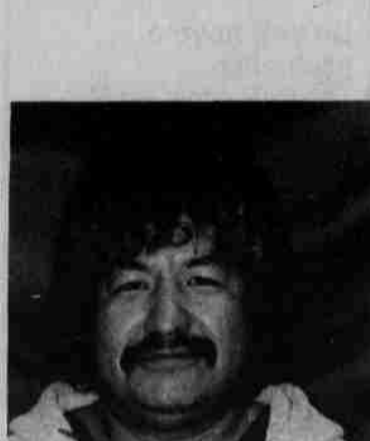
Annette Sonya Jim, "I think it's a good idea, because of the location they plan to build it. The new Casino will create more jobs for Tribal members and will generate more revenue for the Tribes."



Andrew Smith, "I feel that it would be a good idea because it will benefit the tribes in many different ways. It will help the tribes in the long way because of the economy. The location will help bring people in to gamble if it's build in the Hood River area near a main highway. It would also mean more jobs for Tribal and non-tribal members."



Jolene Estimo-Atencio, "We are looking for new economic ventures. A casino in Hood River would expand our economic horizons and provide an opportunity to exert and strengthen our Sovereignty. It would be great to have an office in Hood River. There are concerns and one is separating business and politics. We should use a gaming company to set up the new casino and assure our financial success and proper training of employees."



George Williams, "My feelings about the expansion of the casino vary. For I had been one who was against our having a casino to start with. I had felt this was not in the best interest of our Tribes who had targeted "2000" to become the healthiest nation in Indian country. However, I as a person who is kind of a regular at Indian Head Casino, I see that many of my concerns have not been fulfilled. There are some regulars out, but not as many as I had feared there would be. I'm glad that there are not many who are out there looking for the "big hit" using their paychecks or money needed for groceries, bills, and clothing. Now as we look towards expansion I believe the Tribes should not rush into a situation which will be detrimental to relations in our surrounding communities. We're people that talk about living with nature and making as small an impact on our environment as possible. I believe there is a place where we can build without hurting a Scenic area while fulfilling our needs. Another issue of concern is if this is to benefit our Tribal members, we need to see how many are willing to re-locate. There's talk of employment for up to 300 people. How many positions are going to be held by Tribal members? Are there going to be Tribal members trained to move into management positions? **This next question goes to all our Tribal members!** Is there anyone out there who is willing to dedicate him or herself to one of these positions? Once there I believe our Council members are going to have to be more receptive to legitimate concerns of employees of our casino. In closing I believe expansion of our casino can be profitable for us. When this happens let it be done with the least bit of animosity towards us as possible. Let us profit but not at the expense of others comfort or needs."



Theresa Morris, "I feel it is a good idea for the Tribes to diversify their income sources as much as possible. The natural resources of the reservation have been one of the primary income for quite a few years but can not maintain the income level that they once did without sacrificing resources. A casino along I-84 should definitely increase income to the Tribes because of the number of people that would visit that facility due to the location. Multnomah Falls is one of the most visited attractions in Oregon and a casino "just down the road" from there would also have the opportunity to attract large numbers of visitors."

Barbara Jim, "I am in favor of the consideration of building the new casino at the proposed Hood River, area. This is an investment for our peoples future. Look back to when the elders made decisions to the Celilo Dam funds, they made decisions that has taken care of us for this many years. Our well being is important to each and everyone of us. I know that there are questions about who will be running it or who will be employed there, but you have to think about where the income you get each month comes from (Per Capita payments, yearly Bonuses!!!!). If the resources we have now is not there no more, what are we going to do??? The Council has made decisions in the past, but for the betterment in mind of the people. We have to think of our values as our ancestors did. We are a quiet Nation, we stand above others, because of our leadership, because we hold our values higher. We look to what we will have in the future, that is for our children, the genera-



Spilyay Tymoo
Publisher: Sid Miller
Editor: Donna Behrend
Reporter/Photographer: Selena T. Boise
Reporter/Photographer: Bob Medina
Secretary: Tina Aguilar
Founded in March 1976
 Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the basement of the Old Girl's Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:
Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761
 (541) 553-1644 or 553-3274 - FAX NO. (541) 553-3539
Annual Subscription Rates:
 Within U.S. - \$15.00 / Outside U.S. or 1st class in the U.S. - \$25.00
 Spilyay Tymoo 1998 ©