

October Business of the Month... Stacona new owner of Taylor's Custom Doors



Stacona completes a portion of his first order.



Stacona with his employee Jerry Taylor.

Former General Manager of Composite Products, Tony Stacona, is now manufacturing custom built fire proof doors as a business. Working at Composite Products was an excellent job for him but he wanted to venture out and become owner of a business. His interests were in fire-proof doors and he checked all over for companies already in existence. Terry Turner told him about Jerry of Taylor's Custom Doors and Stacona visited his shop to see his door products.

Jerry Taylor built this company from scratch in his garage. He later moved to a small shop and eventually to his current shop located on Westcott Ave. Taylor says he struggled but he enjoyed making doors and making this company a success. He is 63-years-old and needed to see some change for himself so, he agreed to sell his already established business to Tony Stacona.

The business was purchased by Stacona with the help of the Small Business Center and Bill Christenson of the Warm Springs Credit Department. One condition that was asked of Tony was that he employ Jerry for about a year and a half so that Jerry can teach Tony all he knows. "I learned a lot in two weeks," says Stacona.

Together they produce custom built fire proof doors out of wood products such as rosewood, pine, oak and sheet rock for homes. Tony and Jerry are busy all the time trying to keep up with the demand for their doors. "These are style and rail doors comprised of two styles, top rail, intermediate or lock rail, bottom rail, immolian and panels glued together," says Stacona. Stacona also has his own patent for his doors. For appearances and attractiveness they make door jams to match the doors.

"It is a completely different change of pace from the DE Plant. I enjoyed it there and I am enjoying it here," says Stacona. In the future when he gets a fire rating Stacona hopes to begin purchasing door cores from Composite Products in Warm Springs. He currently uses sheet rock for the cores. Sheet rock gives these doors a 20-minute rating.

Title IX Indian education planning survey

Each year the ideas of parents, students and teachers are sought by the Title IX Parent Advisory Committee in planning special services to be offered for meeting the needs of Indian students. This important program currently provides a counselor at Warm Springs Elementary and four teacher assistants at the Jefferson County Middle School.

Please give a few moments of your time to help the Committee and School District plan a successful program for next year.

1. I am a: ___ Parent/Guardian ___ Student ___ Teacher

2. I have ___ students in school in grades ___

3. My opinion of the activities offered by the Title IX Program for the last year are as follows:

1998-1998 Program Activities	Very Helpful	Somewhat Helpful	Not Helpful	No Opinion
A. Warm Springs Elementary Counseling to improve students attendance and grades				
B. Jefferson County Middle School Teacher Assistants to improve students reading skills.				

My top Indian Education Policy is: _____

4. Please rate the important of the special needs of the 1,117 Indian students in the School District by checking the columns that best reflect your opinion.

Special Needs of Indian Students This need is:	Extremely Important	Very Important	Somewhat Important	Not Important
A. Improve basic skills—reading writing and mathematics				
B. Improve grades				
C. Improve attendance—stay in school				
D. Improve self-confidence				
E. Learn more about tribal government, community, citizenship, jobs and cultural protocol				
F. Learn more about college and careers				
G. Learn Indian languages				
H. Improve teacher understanding of Indian students				
I. Learn to become leaders and problem solvers.				
J. Participate more in extracurricular activities.				
K. Attend and participate in classroom activities.				
L. Learn to deal with drug and alcohol problems				
M. Become aware of sexual issues, such as teen pregnancy and sexual abuse.				
N. Get along better with others.				
O. Involve their parents more in school.				
P. Increase Summer School opportunities for				
	K-4			
	5-8			
	9-12			
Q. Other important needs (Please describe.)				

Title IX meetings are open to all members of the public. The committee meets at 7 p.m. on the second Tuesday of each month at the Warm Springs Elementary Library. The Parent Advisory Committee thanks you for taking the time to help improve the service Title IX provides to our students. Please return your completed survey to the school or to Bill Cordill at the District office by October 16, 1998.



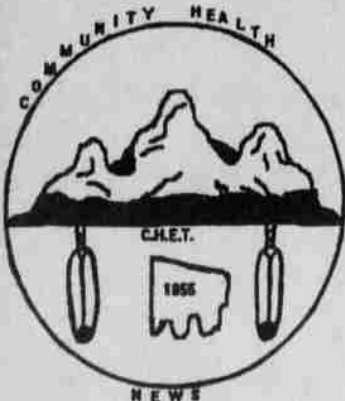
Jason Williams is in the Navy and is currently serving in Bosnia. He would like to hear from friends and relatives. His address is:
ABHAN Williams, Jason
Air Dept. V-1 Div.
USS Abraham Lincoln
FPA AP Everett, WA 96612

Great Pumpkin Party
Tuesday,
October 20
6:30 p.m.
Bring your own pumpkins and carving utensils



Geo Quiz Returns—Identify this location correctly and win a bundle. Spilyay will donate a year's subscription and Indian Head Casino will donate a T-shirt and a cap. Please, no calls before 1 p.m. Monday, October 12. Our number is 553-3274. You must be specific.

Corner on Health: Grief (part one of two)



• What is Grief? It's a natural and necessary reaction to a significant change or loss in our lives.

Grief is a healthy, human response to situations such as: death of a family member or friend; separation or divorce; miscarriage; injury or disability; loss of a job, property, a pet; children leaving home; moving to a new place; disappointment of a child; giving up a dream. The greatest

loss we experience is when a loved one dies—but even then, grieving fully is the best way to help us accept our loss. No one can deny that grief is a painful experience, but it's important to believe that the pain will subside.

• Why is it important to understand grief? Because everyone experiences loss or change from time to time throughout life. Understanding grief can help you to: face the reality of your loss and deal with feelings of fear, loneliness, despair and helplessness. Recover and grow through your experience. Learning to accept your grief can make you a stronger person, capable of living a happy, full life.

• Grieving people share certain feelings. The time it takes for an emotional wound to heal varies from person to person. But, grieving people commonly experience: shock and denial; This isn't really happening! Anger; Why did this have to happen to me? Guilt; If only I'd done something sooner. Depression; Why

bother? Things will never be the same. Loneliness; I can't make it on my own. Hope; Yes, we had a lot of fun. But there are more good times ahead.

• How you can live with loss? You can help yourself move toward recovery by taking care of: Emotional needs; Express your feelings aloud so that you can admit your anxieties and fears. Accept help from those who offer it. Ask for help when you need it. Be kind to yourself and be patient. Physical needs; Get plenty of rest each day. Keep yourself healthy by eating a well-balanced diet and exercising regularly. Be alert to problems such as headaches, nausea, dizziness, trembling, heartburn, shortness of breath, weight loss, difficulty sleeping and lack of energy. See your physician when you need help as often as he or she advises.

• Strive to regain a positive outlook. Doing something productive can have a tremendous effect on how you feel about yourself and your future. Here's what you can do: set goals and work to reach them. The first step may be a difficult one, but any step forward is a step in the right direction. Start with short-term goals. List what you'd like to accomplish. Set time limits for completing activities. Recognize your progress, and don't hesitate to give yourself a pat on the back. Take things one day at a time. Then develop long-range plans in the more distant future. Such as getting a new job, trying a new hobby or taking a trip/vacation that you've always wanted to take. Remember to set a time limit for obtaining those plans. Above all, don't give up.

Trying new activities. Your loss has changed your life and given you the need for new direction. You might want to: Join a club or organization, take an educational course or a hobby class, do some volunteer work or evaluate your career goals. There are many ways to help yourself. Your expectations are what you put into it. If there is someone you can talk with, you may find some answers or understanding. Remember the key points mentioned.

Next issue will cover Part Two: Sources of Help and Information, What can you do for a Grieving Person and Misconceptions about Grief.

If there are any other topics you would like to be informed about call us at 553-4922 or send us a letter. C/O C.H.E.T. P.O. Box C, Warm Springs, OR 97761.

Understanding the gambling habit

from Vicki Decker, EAP

With much of the recreational activity for adults in Warm Springs being centered on the Kah-Nee-Ta Lodge and Indian Head Gaming, perhaps it's time for all to develop a greater understanding of "gambling problems".

Do you have concerns about your own gambling or is someone in your home spending a lot of money at the casino? Here are some descriptions which may help you better understand gambling and gambling addiction or problems.

◊ Social Gamblers—This person gambles infrequently for fun and entertainment. Seldom becomes a problem gambler.

◊ Serious Social Gamblers—Gambling is a hobby. This person's major source of entertainment. This person gambles regularly with intensity and absorption. Although it is still under control, it would be missed if the person stopped going to the casino.

◊ Professional Gambler—This person sees gambling as a primary source of income or a business. This gambler is very controlled, patient and calculating about making bets.

◊ Relief Gambler—Gambling is a major activity, as important as family, job and education. While it may be difficult, this person can stop entirely. Frequently uses gambling as a means of coping with a traumatic event.

◊ Antisocial Personality Gambler—This is the criminal who gambles. This person makes a career of getting money illegally and may cheat or fix games where possible.

◊ Problem Gambler—For this person, gambling is no longer entertainment, it is a preoccupation. It is interfering with all major life areas and causing problems in the home.

◊ Pathological Gambler—This person's patterns include some of the following patterns.

1. Preoccupied with gambling and past gambling experiences. Planning ways to gamble again.
2. Needs to gamble increasing amount of money in order to feel excited.
3. Repeated attempts to stop or control the gambling.
4. Gambles as a way of escaping problems or relieving moodiness.
5. Lies to family and others to conceal gambling.
6. Has done illegal things to get money for gambling.
7. Has jeopardized relationship, job, career, or school for gambling.
8. Relies on or borrows money from others to pay bills and gamble.

If you feel that gambling may be a problem for you, please call the Employee Assistance Program or Community Counseling for confidential information at 553-3205. There is help available.