



Now employed at Marcia's Hair Salon on the Rez is Rebel Thornton well known for her manicures. She began with Marcia March 1 and will be doing manicures and styling hair. She offers to all her customers free nail art with a full set or fill.



Honor Dinner

Chief Delvis Heath Sr. & The Families of Tribal Elders
Olney Patt, Sr., Delbert Frank, Sr.
& Jacob Frank, Sr.

Cordially invite you to share an evening with them at an honor dinner, recognizing their long years of service to their people and tribe at the

Simmasho Longhouse on Saturday, March 13, 1999

6 p.m. singing and dancing;

7 p.m. Traditional Longhouse dinner

8 p.m. Recognition ceremony

RSVP to the Museum At Warm Springs (541)553-3331

All Tribal Members, Friends of the families and general public are welcome!

On Patrol



by Don Courtney & Jim Cole
Homicide investigation results in several arrests:

On follow-up into the Stacey Lillie death, the investigation resulted in two arrests being made. Both males, one suspect was noted to be sixteen years of age while the other is nineteen years old.

A Federal grand jury is expected to be convened to review the investigative reports. On final determination of charges, an indictment will then be issued where both subjects will then be arraigned on the formal charges.

Approximately 1,728 hours was involved in this intense investigation that included 6 federal agents and 10 local officers / investigators.

The Police department would like to thank the community for its assistance given during this investigation. Many interviews were conducted over the eight day period. Numerous telephone calls were also screened for vital information.

Drug Raid nets 3 arrests:

The Warm Springs Police Department assisted by the Central Oregon Drug Enforcement (C.O.D.E.) Team executed a search warrant at 2368 Oitz Loop resulting in three arrests last week.

At just past midnight on February 26th, Detectives and Officers with the Warm Springs Police Department and CODE Team executed a search warrant at the small trailer. A small amount of methamphetamine, commonly referred to as "crank" was found in the residence.

The occupants returned to the residence while Detective's were still searching for, and processing evidence. All three subjects were arrested.

Seized in the raid was a small amount of methamphetamine; over \$800.00 dollars in cash; and drug records.

The subjects were lodged in the Warm Springs Corrections Facility pending a court hearing later that afternoon.

On initial court appearance, all three subjects plead not guilty and were held in the corrections facility on \$2500.00 bail each. Later, two of the subjects changed their plea to guilty and were released after being sentenced to a fine, suspended jail time, and ordered to supervised probation.

Investigation continues and more arrests are expected.

Elk killed results in 2 men cited:

On an anonymous tip, the fish & game division conducted an investigation where two bull elk were said to have been killed out of season.

Follow-up investigation led to two individuals being developed as suspects. Following interviews and scene follow-up, the two individuals named were subsequently cited into Tribal court for the violation.

Community Policing/Vince & Larry:

A special thanks is extended to several local community members who assisted in the Vince & Larry safety presentation that was presented to the community & the Warm Springs Elementary School.

Vince & Larry visited Warm Springs recently who presented a campaign on Occupant Seatbelt safety.

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

You have just won the lottery for a large amount of money, how will you spend it?



Chele Paye, "I would pay off all my bills, set up a college fund for my nieces and nephews, travel everywhere and buy a new hat."



Tony Thompson, "If I won the lottery, the first thing I'd do would be to pay all my bills as well as my immediate family bills. I would then buy everyone in my family a brand new car or a brand new house of choice. I would also donate some of my winnings to local churches and to our long houses and to the homeless. I would make arrangements for my family to travel on a vacation of their choice. A few of my friends and I would travel the world, have a good time, enjoy life without any worries. The rest of my lottery winnings would stay in the bank and collect interest so that I could use as I please."



Tray Leonard, "The first thing I'd do if I won the lottery would be to pay all my bills. I would then make sure that my family and my wife's family would be financially set. I'd make sure that my kids would also have money set aside for college or other education needs. I would have my parents retire and do as they pleased without any worries. With my lottery winnings, I would invest in stocks, bonds, and would start a business of some kind. I would donate some of the money for community youth education as well as community youth activities. I would make arrangements to have all my family members travel on a cruise to where ever they wanted to go. I would make sure my little family and I would travel to Disney World in our brand new top of the line motor Home."



Anson Begay, "First of all I would be very thankful for what I received. I would see that my family be financially set for life. Then my money manager and I would invest money into millions then divide them into more invested millions. I would look into building a small business enterprise on the west coast of about 20 outlets over time which would convenience peoples needs. I would build an indoor facility which would accommodate mini-concerts, conferences, sporting events, trade, horse, auto, boat, and gun shows, etc. On the lighter side of things, I would like to buy a real nice rifle for hunting and a box of ropes without my wife telling me something on how much they cost. I would see that I never have to haul hay again, I would hire my cousin C.Q. I hear he has wash boards on his back. And last of all I think I might quit my job. Are you kidding, as soon as I'd confirmed the numbers on my lottery ticket, I would be on the phone to headquarters! YEAH!!!



Vicki Decker, "What would I do if I won the lottery? That is a game my daughters and I have played many times, discussing what we would do. It's difficult to think in terms of having an unlimited amount of financial resources if one has never grown up that way as it would require an entire change of how one sees themselves in the world. I suppose my first step would be to take an early retirement and establish a means of protecting the assets by getting a financial advisor and learning about investing. I probably then would take my grandchildren to the country where my family is from and learn more about our history. I believe I would do a great deal of traveling as well as returning to school to study ethics. There are many organizations whose goal is working toward establishing world unity and world peace and this is where my focus would move toward. In all honesty, however, I think the first thing I probably do is buy a new car."



Judy L. Keane, "I would be generous to my creditors, generous to my family, finish the remodeling of our home, and make elaborate travel plans."



John Brown III, "First and foremost, I'd thank God for the generous blessing and the first order of business with my huge fortune would be to feed all the starving people in the Third World countries. "NOT"! I'd definitely call it an early retirement at 30'ish and start spending some money. Of course, the nice guy that I am, I'd also financially take care of immediate family member's then I'd probably share some of my wealth with those that helped me through the years. Last but not least, I'd donate to programs such as the one that I'm employed with and help out in anyway that I can. Finally, once everything is said and done, I'll move down to the coast of Mexico and live like a King and hire a mansion full of maids, you get the picture!"



Tama Langnese, "Let me see, The Oregon Lottery is now over \$20 million dollars. Well to begin with, I'd probably take half of my winnings and invest it in something. The rest, I'd just live and spend it anyway I'd choose to."

Health and Wellness Center news



Do you know who your doctor is?

Are you frustrated with repeating your story to providers at the Wellness Center? Do you wish that you had someone you could call "your doctor" or "your nurse practitioner?" Over 700 of the 5809 patients that get their health care at the Wellness Center already have a "designated provider". We would like to assure everyone has a Designated Provider in an effort to provide you with the best health care possible. Your Designated Provider (doctor, nurse practitioner) will be able to assist you with most of your health care needs on a more personal basis. Every effort will be made to schedule appointments for you with your Designated Provider. Having a Designated Provider helps you by:

*decreasing the number of times you must repeat your healthy history

*coordinating your care with other doctors in Bend, Portland, etc.

*letting a Designated Provider/nurse team get to know you so even when your Provider is out for the day, his/her nurse can assist you

*decreasing the time spent in the Wellness Center because your "team" will know you better

Beginning March 1, 1999, our staff will be asking if you have a Designated Provider and if you don't they will assist you with selecting one. After you have a Designated Provider, you will be asked who your Provider is whenever you call or visit

the Wellness Center. Again, every effort will be made to schedule appointments with your Designated Provider, however there will be times when your needs are urgent and your Provider is unavailable.

The staff at the Warm Springs Health and Wellness Center sincerely hopes that this effort further improves the health care you receive. In order to help you identify your designated provider, we will be going into the community to be more available to you. Come and chose your Designated Provider at any of the following locations:

*Tribal Administration-March 15, 1999 from 1:30 to 3:30 p.m.

*Warm Springs Market-April 2, 1999 from 8:30 to 11:30 a.m.

*Post Office-April 23, 1999 from 8:30 to 11:30 a.m.

Providers to chose from include:

*Joy Harvey, Family Nurse Practitioner (specializing in women's health)

*Jennie Smith, Family Nurse Practitioner (specializing in Diabetes)

*Dr. Tom Creelman (Board Certified in Family Practice)

*Dr. Marti Donnell (Board Certified in Family Practice)

*Dr. Rachel Locker (Board Certified in Family Practice)

*Dr. Tom Manning (Board Certified in Family Practice)

*Dr. Miles Rudd (Board Certified in Family Practice)

How you can best get help at the Warm Springs Health and Wellness Center

How do I get an appointment?
The Warm Springs Health and Wellness Center has prescheduled appointments and same day appointments.

Appointments scheduled in advance or prescheduled include physicals (annual, boarding school, marriage, sports, ECE, employment),

diabetes quarterly smoking cessation, consults, surgical procedures (toenail & wart removals, biopsies, cortisone injections, nonplant insertions and removals), follow-ups, lab results, specialty clinics and nursing appointments. Our appointment clerk can schedule you with the provider who normally sees you at a time convenient for you.

Call 553-1196 extension 4632.

Same day appointments include acute illness, urgent or emergent illness or injury. The same day appointment or phone nurse extension is staffed by a Registered Nurse. She/he will ask questions to determine what will be the best way to care for your problem. This may be immediate care, a same day appointment, future appointment or home care instructions.

Call 553-1196 extension 4605 or you may sign in and speak with a nurse at the clinic.

What is an emergency?

Health care services fall into several categories, which help determine priority in care. Emergencies will always take top priority.

An emergency requires immediate attention. It is a serious situation that arises suddenly and threatens the life of an individual or a group of people. CPR and other life saving measures may be necessary. It may be the result of injury or illness such as motor vehicles accidents or heart attack. If any emergency comes to the clinic it takes priority and may delay other ongoing clinic activities.

Urgent conditions are often confused with emergency situations. These problems that need attention as soon as possible, are not life threatening but could be without care. Respiratory symptoms, cuts and broken bones can fall into this category. These situations that would be cared for through the same day appointment system.

Acute illness or less serious injury (such as sprains, strains, bruises) is also a sudden onset of symptoms but not life threatening. There may be severe discomfort or pain related to the symptoms. They may be seen the same day when openings are available but often comfort measures will be given until an appointment can be made within the next day or two.

The times when appointments are delayed due to emergencies are an unavoidable situation and we ask for your understanding. It could be you or your family member needing medical attention.

Chronic problems are not sudden onset they have been going on for a longer time. They develop slowly and persist over a long period of time, often for the remainder of an individual's lifetime. These problems have been diagnosed and a treatment given. Future appointments are the best way to handle these problems. They should be followed with the same provider who understands your

problem and can follow how you are responding to treatments.

Physicals are also handled through future appointments. This will give you and the provider enough time to review history, questions/concerns you may have, treatment response and the actual physical exam.

Ambulatory Clinic Staff

The clinic staff consists of receptionists, secretaries, nursing aides, registered nurses, nurse practitioners and doctors.

Our receptionists will greet you when signing in, can help you check and verify an appointment time, forward messages and place your chart in the appointment slot.

Our nursing aides will take your vital signs (such as blood pressure, temperature, pulse, weight), take you to an exam room, do an accucheck for blood sugars, EKG's when ordered, prepare setups for paps and procedures, complete lab/xray slips when tests are ordered and obtain dressing supplies.

The registered nurses will review the reason for the visit to determine if labs/x-rays are needed, talk with the patient, update immunization/shot records and provide patient education when needed.

The nurse practitioners and doctors will see the patients, review symptoms, do an exam, review treatment options, answer questions and provide education.

Currently we have provider/nurse teams. We hope our teams will assist patients in feeling comfortable with health care decisions and asking questions related to their care. For example, all phone calls will be directed to the nurse. She/he will receive your call for the doctor, asking questions to determine the best way to help you. This should result in a quicker solution to your request.

The clinic staff is here to help you achieve the best possible health. It may result in a course of treatment different than expected. You, the community, are part of this health care team and your thoughts, comments and participation are crucial to becoming and staying the healthiest Indian Nation during the next millennium.

How you can help

If you have a form that needs to be completed fill out the patient's portion and bring to the clinic. It is helpful to have 2 to 3 days to complete the clinic portion. A week would be ideal.

Stop by the business office to update phone numbers, addresses, insurance and other changes.

Call and cancel appointments when you know you cannot keep it. We will then be able to see someone else.

When unsure of the appointment time, please call our receptionist, appointment clerk or phone nurse. She/he will help you check the time.

Medication refills can be called to pharmacy 2 to 4 days in advance.

Spilyay Tymoo

Publisher: Sid Miller

Editor: Donna Behrend

Reporter/Photographer: Selena T. Boise

Reporter/Photographer: Bob Medina

Reporter/Photographer: Taw James Foltz

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 1999 ©