

On Patrol, we go

The COP, Don Courtney along with members of Community Policing attended a Senior Housing meeting last week. The meeting was held Wednesday, Oct. 18, at the Senior Center. The purpose of the meeting was to discuss the rules and regulations pertaining to housing for our Seniors and Elders.

Citizens Police Academy Classes

The second session of the Citizens Police Academy is underway. These classes are being held at the I.H.S. Atrium Room on Tuesday and Thursday nights. We still have spaces available if you are interested in attending. There are six more classes left in this session.

Search and Rescue Team

On the morning of October 20, 2000, Lt. Stoney Miller and some members of the Warm Springs Search and Rescue Unit escorted the Blankenship family in to an aircraft crash site west of Nena Butte. The Blankenship's plane went down on February 6, 1997 while flying to The Dalles. The aircraft was located after a nightlong search when a member of the party was walking out for help and came on to Lt. Miller.

Dog Control Ordinance

Dogs, dogs, dogs. There seems to be a major concern with dogs from our community members everywhere these days. The subject of dogs comes up just about anywhere people gather and talk. The Warm Springs Police Department will again be in charge of the Reservation Dog Control Ordinance. According to Tribal Code Dog Control Ordinance Number 36, "Be It Enacted by the Tribal Council assembled on the 30th day of April, 1962 at Warm Springs, Oregon, that in accordance with Section (1) and (i) of Article V of the Constitution and By-Laws of the Confederated Tribes, there is hereby established for the Warm Springs Indian Reservation in Oregon a code controlling the licensing of dogs, providing for the control or destruction of unwanted dogs, and providing penalties for violation of this ordinance". This is a reminder to everyone that there is certain rules and regulations pertaining to dogs here in Warm Springs and on the Reservation Under Section 1 of Ordinance #36 the following definitions are given: (a) "Dog", shall mean any canine animal 6 months of age or over. (b) "Cat", shall mean any domesticated feline. (c) "Owner", any person

or persons, firm, associate, or corporation, owning, keeping, harboring or controlling a dog. (d) "At Large", any dog off the owner's premises and not under control of the owner or a member of the owner's immediate family either by leash, cord, chain or otherwise. (e) "Stray", any dog not having a known owner. (f) "Rabies vaccinations", the injection subcutaneously or otherwise of canine anti-rabies vaccine as approved by the Oregon State Department of Agriculture and/or by the Department of Health, Education and Welfare, Public Health Service, by a licensed veterinarian or at an approved public clinic which may be established for this purpose. Dogs are not to be allowed to run free and loose, they must be licensed, and they must have the license visible on a collar, otherwise such loose dogs may be considered "at large". Dogs, which are either possessive or overly protective, must be on a restraint of some sort. Any dog which is violent in nature may be considered a public nuisance, and may be taken into custody and removed by a police officer. For more information about the Warm Springs Dog Control Ordinance, or to license your dog or cat, contact the Tribal Police Department at 553-3272.

Thank you everyone

Oregon 4-H Enrichment Camp, summer of 2000.

I didn't want to go to camp! My mom said, "it would be a great experience," and because my mom was going to work there I decided might as well. I might as well join the Army, I thought after I got there. Curly, Theo, and I attended the first session. Just because my mom worked there we wanted to prove to her that we didn't expect to be treated any different than the other campers.

The first morning I woke up at 7 a.m. and mom was already at the kitchen helping out. She greeted me, "Hi, baby." I already took a bath in the creek. Yeah right, I thought. After a great breakfast, things began to move swiftly. Arts & crafts, Native walks, hikes, counseling and best of all "campfires." That's when mom and myra sold out! But I was very

proud and wish I could be so brave in front of all the kids. My mom even received an eagle staff from Heidi and Tooq-ash man. We really lived by the rules, like 9:00 p.m. lights out. We didn't even have any lights. Curtiss and I didn't go back for the next session, but Theodore was anxious to go spend the week with the campers. I learned how to make Natural dyes thanks to Heidi. Heidi, the great bear women seemed to have so much patience and tolerance. Arlene, No-Nonsense Arlene was strict but if it wasn't for her there may be no 4-H camp. Thank you Arlene and Mickey. Without Mickey we'd have no choosh. Myra Shawaway who used her own materials, taught us how to make yarn wapas bags. I finished mine just my size cause my mom call me "sha-lowe." Myra, you have to do this again, thank you.

Tooq-ash man's nature walks was a great experience. Thanks tooq-ash man. Larson, I appreciate your great flute music. I think the birds and all the animals in the woods enjoyed it too. We ate 3 meals plus snacks that was nourishing and tasty, thanks to the great cooks. Most of all I want to thank my mom, Neda Wesley for being aggressive with me. I would have missed out on all the great experiences if I had my own way. My advice to other children, is to get involved, you won't regret it. Thanks to Roberta for letting us make our own decision to sweat. That was my first and it was great. Thanks so very much.

Jamey Francine Wesley.

Poetry contest announced

The International Library of Poetry has announced that over \$58,000 in prizes will be awarded this year in the International Open Poetry Contest. Poets from the Warm Springs area, particularly beginners, are welcome to try to win their share of over 250 prizes. The deadline for the contest is November 30, 2000. The contest is open to everyone and entry is free.

"Any, poet, whether previously published or not, can be a winner," stated Fran Campos, Contest Director. "When people learn about our free poetry contest, they suddenly realize that their own poetic works

of art can win cash prizes, as well as gain national recognition," continued Campos.

To enter send ONE original poem, any subject and any style to: The International Library of Poetry, Suite 19909, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by November 30, 2000. You may also enter online at www.poetry.com

The International Library of Poetry, founded in 1982, is the largest poetry organization in the world.

Eight-ball memorial set

The family of Nathan Jim Sr. a.k.a. 8-Ball is seeking donations for a memorial scheduled November 4. He was a well-known Master of Ceremonies at various tribal powwows along with a member of the Confederated Tribes of the Warm Springs, Fish and Wildlife Committee member, and Columbia River Inter-Tribal Fish Commission member.

Mr. Jim was very dedicated to traditional and cultural preservation through stories, legends, songs and the hunting, fishing and ceremonial activities. He participated as a hunter and fisherman for the tribe. The support and teaching he gave to the community and families were lifelong.

The commitment to the preservation and restoration of salmon runs for future generations was evident in his work for the Tribe. The future generations will be able to carry on with traditional ceremonial feasts.

The family would like to recognize his lifelong work at the memorial. The support and contributions will allow the remaining family members to continue his teachings and work for the future generations.

The Nathan "8-Ball" Jim Sr. Memorial Contest to be held during the 11th Annual Veteran's Day Powwow on November 10-12 at the Warm Springs Agency Longhouse. Awards include 8-Ball Specialty Contest: 1st, \$1,000 with Championship Jacket; 2nd-\$750 with jacket; 3rd-\$500 with jacket; 4th-through 10th, consolation places.

Max Jim Memorial Contest: Traditional Man: 1st-\$500 with Championship jacket; 2nd-\$300 with jacket; 3rd-\$200 with jacket; 4th through 10th consolation prizes.

Veronica Jim Memorial Contest Girls: 1st-\$250 with Shawl; 2nd-\$150 with shawl; 3rd-\$100 with shawl; 4th through 10th consolation prizes.

Further information, contact Mrs. Nathan Jim Sr., PO Box 464; Warm Springs, OR 97761; Telephone (541) 553-1403.

Happy Birthday Tina and TJ from Spilyay Tymoo

Greene family thanks all who helped during their mother's funeral

To the editor,

Verbena Tohet Greene's family would like to take this opportunity to acknowledge and thank family, friends and relatives for attending the events that involved our mother. Such as the medicine singing, her birthday and just coming by to see how she was doing. We are grateful that we all had the opportunity to show our love for her.

Our mother taught us how to deal with good times, hard times and bad times. We try to stick together, support one another and thank God that we have each other. We believe it is not only the love, but also the spiritual part of our life that is solid and keeps us strong to be able to take care of whatever comes our way. Mom taught us how to care, share and be good to one another because you never know what is going to happen.

With the prayers and love from all the people who came to be with mom, we thank you from the bottom of our hearts for your thoughtfulness because you people have had helped in some way, even in the smallest way, and it is truly appreciated. Mom had aunts, uncles, sisters, brothers, cousins, nieces, nephews, grandchildren, great-grandchildren, friends and other relatives; we give our gratitude and thanks to all for being good to our mom. It was truly medicine to her heart.

Thank you Geraldine & Wilford Jim, Mary Ann Meanus, Lucinda Green, Wilson Wewa Jr., and drummers for your spiritual help for

making her last days comfortable and painfree. Also, for helping us, her children and grandchildren to be strong as her time became near. Thanks to Taco Sam and some of Shaker congregation for lighting the home after the funeral. In our hearts we know that she is not hurting, not in pain and is happy to be with her loved ones who have gone on before her. Sometimes, the loneliness gets the best of us, but we have one another to hang on to and ask God to comfort our loneliness. We are all trying to find ways to fill the void and sometimes it gets to be just too much, but we look at all good times and get a smile on our faces.

We did the best we can to meet her wishes when it was her time and truly believe that we done all that we could do for her. She would always tell us that she did not want to hurry so that nobody will get hurt. That was mom, always looking out for the best interest of everyone else.

We would like to thank Grandma Louise Hellon for the prayers, advice, comfort and material goods and to Cheryln Starr for being such a true and wonderful sister-in-law and her help to mom and the family. A special thank you to Maria Lopez and Lori Mitchell (& Gorky) for going beyond the call of duty to tend to mom. You not only showed her your professionalism, but your love and we believe that helped her along. To Rex Buck Jr. and Rex Robinson for fulfilling the wish of our mother and conducting the funeral

services for her. For all the drummers, singers, bell ringers for being there and doing what we all believe in and helping out. And Larry Dick for the tulle mats, Margaret Boise and Ramona Starr for dressing mom and making her look so beautiful. To Nelson Wallulatum for conducting services on behalf of our family, our aunts (Bernice Mitchell, Adeline Miller, Viola Kalama, Mary Ann Meanus, Mary Danzuka, Maxine McKinley, etc.) for being helpful, advising us and loving mom. To Elfrida Mitchell and her help for making mom's beautiful wingdress and buckskin dress, you went beyond what was expected. To our wonderful cooks, Nola Queahpama, Kathleen Heath, Ursula Little, Carol Dick, Minnie Tulalakus, Nancy Begay, Levi Blackwolf, Josephine Johnson, Dale Tufti, Steven Stewart, Chuck Dick, Moose Tanewasha and all the other helpers.

To Cassie Katchia and Louise Katchia Jackson for everything, food, money, material things and the Pendleton blanket to wrap mom in, thanks for everything-you two are truly sisters and we are very, very grateful to you both. To Ellen Thompson for being there was great comfort to the family also for taking care of the dish during the funeral. To Linda/Phillip David, Gilbert Brown, Binky, Chico and Lorien for coming immediately to see what was needed right away and Phillip for conducting services on Saturday evening. Thank you Mr. & Mrs.

Elston & daughters, Tommy Eli, Joe Jay Pinkham, Ruby Reed, Tom & Allison Ball, Patricia & Mike Darcy, Paul & Beverly Smith, Aggie Pilgram, Keith Taylor & his family. Also Carol Allisoon, Lorena Tunison, Gladys Grant for prayers and being there to see mom and the food you brought really helped out. To the drummers, singer who came to our home Saturday evening and brought comfort to all of us, plus going to the Longhouse for Medicine singing. We had a lot of people come and be with our family and that was very comforting. To our GREENE family Onte Lumpmouth, her children/grandchildren, Mico & Ted Chase, Levi Greene, his children/grandchildren, Zelma Greene-Minthorn and her children, Toni Marie, Scott & Hoda Minthorn, Noreen Greene and her children, Marceline LeClaire & her children for being good to our mother, she was in the family for many years and had wonderful stories to share about our grandparents. Thank you all for the prayers, funeral items, caring, sharing and everything you brought and done for us. We will always be family.

There were many, many friends and relatives who couldn't come to the funeral and we thank you for your cards and calls of condolence.

We would like to give a special thanks to the people who made the long trip to pay their last respects coming from Virginia, Arizona,

California, Washington, Idaho and the far reaches of Oregon.

We could write a book, but if we forgot anyone we are sorry, but it was not intentional. Everyone THANK YOU ALL.

The memorial for our mom will be before Root Feast in the Springs 2001.

Geneva Charley, Allie, Jamie, "Irkie", Rhonda & Gary Smith
Angelina Perez & Karina Tapia
Michael, Rhonda & Garrett Greene
Celia Greene & Jose Hernandez
Mona, Luis, Ramon Greene, Veronica,
"Brutus" Baez & Jake Loren
Frank-Greene
Sarah, Jose, Benj, Francis,
Alex, Verbena Gonzales & Jake Loren Frank-Greene
Daniel Greene, Cherylyn,
Dallas, Laura Starr,
Gabriel Greene & Grandma Louise Hellon
Tim, Tianna & Justin Greene
& Chad Adlestich
Roscoe & Pete Greene
& Joanna Polly
Paulee Greene, Quinten X.,
Perry L. Greene,
Lupe Verbena Galicia-Greene
Delcie Jayne Greene
Richard Tohet, Jimmy,
Mary Tohet & all
the children & grandchildren
Alexander Tohet & family
All of mom's foster children

Happy Birthday to Mercedes Love, Mom, Dad, and your two sisters



Happy 1st Birthday to my lil grey-eyed angel Princess Joy Dee Love Mom & Dad

Happy 4th Birthday from nana Mercedes October 29, 1996 Love, big nana Shaiandra



Happy 1st Birthday to my lil baby nana Joy Dee Smith Love, Shai

CHET news: The great American Smokeout-November 16, 2000



On November 16, 2000 The Great American Cancer Society, the nation's leading voluntary health agency, will host the 24th Great American Smokeout and help millions of smokers kick the habit and help youth understand the importance of never starting to smoke.

The Great American Smokeout promotion is the American Cancer Society's annual, recognized day when we ask smokers to put down their cigarettes, cigars, spit tobacco, or any tobacco product because they all have the potential to cause cancer. Because we know that approximately 32 million smokers (out of 48 million current smokers) want to quit smoking completely, we will continue to offer support and education to the public. The promise of an addiction-free life has encouraged many smokers to join in and prove to themselves that they can live a day without cigarettes and that they can therefore live the rest of their lives without them.

The Great American Smokeout is not just about adult smokers and cessation. As the times change and our understanding of the addictive cycle of nicotine increases, we're working to prevent children from ever

becoming smokers. More than 88% of current adult smokers started before they were 18 years old. That's why the Great American Smokeout is also focusing on promotions that will communicate to our children the social disadvantages of smoking and provide them with the tools to recognize and avoid negative social influences.

What's in a Cigarette?

The 1988 Surgeon General's Report on Nicotine Addiction concluded:

- *Cigarettes and other forms of tobacco are addicting.
- *Nicotine is the drug in tobacco that causes addiction.
- *Nicotine is absorbed readily from tobacco smoke in the lungs and from smokeless tobacco in the mouth or nose. With regular use, levels of nicotine accumulate in the body during the day and persist overnight. Thus, daily tobacco users are exposed to the effects of nicotine for 24 hours each day.
- *Tobacco smoke contains over 4,000 chemical compounds, including at least 43 different carcinogenic substances.
- *Fingernail polish remover, otherwise known as acetone, is a poisonous gas, a preservative for dead frogs, an insecticide, and an ingredient in cigarette smoke.
- *Cigarette smoke contains cyanide, a deadly poison.
- *Cigarette smoke contains formaldehyde, a chemical used to preserve dead frogs for high school biology labs.
- *Cigarette smoke contains methanol, a wood alcohol. Taken in sufficient amounts, methanol can cause blindness.
- *Cigarette contains tar, a con-

glomeration of the solid particles found in smoke. They form a sticky brown substance that can stain your teeth and clog your lungs.

The C.H.E.T. staff are inviting all the local smokers and those of you, using smokeless tobacco to stop smoking or chewing for chewing for one day. The money you would have used to purchase tobacco or chew, why not use that money to make a donation to one of the local youth groups or clubs.

On November 9, 2000 the C.H.E.T. staff will have an information table set up at Warm Springs Market parking lot, from 9 a.m. to 12 p.m. and 1 to 4 p.m. Other activities will take place at the Warm Springs Elementary School, on November 16, 2000. Students will be given pledge forms to take home to be signed by the student and parent, from the returned forms, two names will be drawn, and those two students will become the proud owner of a kick scooter.

Get on the Good Foot

If you've been planning to start an exercise routine or receive a lagging one, what could be simpler than putting one foot in front of the other? Walking can be effective. Walking at a speed of 4.5 miles per hour or more burns at least as many calories as jogging at the same speed. Walking can also help combat heart disease, diabetes and even certain cancers.

Make the commitment: To reap health benefits, schedule time to walk at least 30 minutes, three to five times a week.

Stride with a friend: Walking, or working out with a friend helps to break the monotony and helps to keep you motivated.

Carry that H2O: Drink plenty of

water (no, not diet soda) before and after your workout.

Warm-up: To minimize risk of injury, warm up with five-to-ten minutes of stretching. Then start walking quickly enough to feel challenged while still being able to speak.

Check your Form: Keep your chin up, shoulders back and chest lifted. Swing your arms with elbows bent at about a 90-degree angle and hands loosely cupped, not clenched.

Increase the Intensity: Once your routine starts to feel easy, extend your walking time, pick up your pace or head up a hill or two.

Stretch it Out: When you've done stretch slowly to avoid aches and injury, be sure to stretch your lower back and leg muscles after each walking workout.

Can We Talk?

Helping Families Talk About Self-Esteem, Sex & Peer Pressure

"Can We Talk?" is a workshop designed to help parents enhance their role in children's sexuality and health education. The creative, interactive four-part workshop addresses: *Parent-child communication *Non-confrontational communication *Clarifying values *Respecting different perspectives *Self-esteem *Puberty and sexuality *Mixed messages *Peer pressure *Role modeling of parents and other family members *Finding community resource *Laying a foundation to prevent HIV/AIDS, STDs, and teen pregnancy.

When: November 7 & 9 and November 14 & 16
Where: 1107 Wasco Street or Vern Jackson Home
Sponsor: C.H.E.T.
For more information call: (541) 553-4922