

Work Experience Development Department leasing shop at Plaza



Staff members of the Dollar N' Sense Thrift Shop stop from their work for a photo. Stop by and see them, they are, left to right, Priscilla Arthur, Laura Crowe, Lucille Sam-Mitchell, Francis Smith and Jessica Polk.

We are excited to introduce one of our new training and development projects to the community. It is called "Dollar N' Sense Thrift Shop." It is located at the Warm Springs Plaza. We opened doors November 1, 2000! The Shakers came to bless the shop. We are in partnership with the Small Business Center, to help a Tribal Member learn about retail business from a combination of hands-on daily experience and periodic classes over a period of time. The results will be a Tribal Member successfully into business.

Ms Laura Crowe began her training October 4, 2000, under a training

plan, she will be learning about sales/marketing, pricing, stocking, inventory, financial management, business plan and budget development, business record-keeping, supervision, retail shop display, daily operations, small business requirements, and customer relations. Laura has had some prior experience as she worked at Meier and Frank, Emporium, Lamonts, and JC Penney.

Laura and a new team of workers (Frances Smith part-time, Priscilla Arthur, Lucille Sam Mitchell, Jessica Polk, and Josepha Crowe part-time) have been busy getting the shop ready to open. Gosh, this group of Tribal

Members are very hard working, showing up for work, and have this great team personality. Getting the shop ready, involved sorting through boxes and boxes of donations; washing, drying, ironing, pricing, organizing the shop, moving the clothing racks, setting up the washer and dryer, cleaning up the shop area; arranging the floor plan, putting things in place, and setting up the records needed. Laura has participated so far in a customer relation class.

The shop is attracting a wide range of customers, both locally and visitors to the area. Every item that comes into the shop is washed and

cleaned. The shop is cleaned and organized everyday. Our team is friendly and waiting to serve you. And best of all, our items are very affordable compared to other similar shops. This shop is here to serve the community needs. So come in to your community shop and support this fantastic effort.

We will gladly take usable donations which others can benefit from—so all those clothes and household things, you're not using anymore, please think of us as a place you can bring them to. Donations can be taken to the Workforce Development Dept. on the corner of campus, 2101 Wasco Street between 8:00 a.m. to 4:00 p.m. The phone number at the shop is 553-2287. We are open for your shopping convenience Wednesdays through Sundays 10:00 a.m. to 7:00 p.m. We open on time and close on time. Come browse and buy for your needs. We have infant clothes, children's clothes, teen clothes, men and women's clothing, women's big size clothing, shoes for infants to adults, and more. We have fall/winter clothing out right now.

The Dollar N' Sense Thrift Shop is actually planned in three phases: Phase I clothing; Phase II basic household items; Phase III used furniture and appliances. Each phase will train another Tribal Member to operate as a small business shop. So, for now, we are focusing primarily on Phase I. If we get the community and tribal leadership support needed, we may be able to expand into Madras somewhere down the road. With the economically challenging times, an effort like this ought to do well. You can support the shop by providing donations and or shopping at this worthy shop.

Tribal Council Agenda

November 13-17

National Congress of American Indians, St. Paul, Minnesota

November 20

9:00 a.m. "Gang of 4" Timber Report
1:30 p.m. Warm Springs Forest Products Update
4:30 p.m. Business

November 21

9:00 a.m. Final 2001 Budget Appropriation (all day)
4:30 p.m. Business

November 22

9:00 a.m. 2001 Budget and related resolutions (if required)
4:30 p.m. Business

November 23, 24

Thanksgiving Holiday

November 27

9:00 a.m. 107th Congress Legislative Study
1:30 p.m. Boards Standards and Appointments
2:30 p.m. K-5 School Plan
4:30 p.m. Business

November 28, 29

9:00 a.m. WS Power Enterprise Workshop (at Welches, OR)
4:30 p.m. Business

November 30

9:00 a.m. Pension Committee Workshop at Kah-Nee-Ta

To be scheduled:

Quarterly GM program and directors reports
Quarterly enterprise reports
Pension Committee Workshop, November 17? Or December?
New K-5 Elementary School Project, conceptual financing agreement, Nov. Elder care facility
Warm Springs Tribal Code Changes and Court Review, Nov.
Aerospace Project—tag agreement; Aerospace Partnership; WS Development Corporation for Dec.

Tribal Council Investment Workshop
Infrastructure Workshop
Federal Consultations regarding joint tribe/PGE FERC Application, Dec.
OTFM Director Visitation, Dec.
Modular Housing Project, Jan. 01
Judy Johansen and BPA Consultation, Jan. 01
1999 Forest Management Workshop recommendations-TC action on for Jan. 01
Secured Transaction Code (review personal property draft and final action on real property draft) for Jan. 01
Tribe and State Agreement principles for Jan. 01
PGE Consultation meeting regarding Clackamas River and Willamette Falls Project, Jan. 01.

New Dentists arrive in Warm Springs



Kaci Solt and Andrew Walls join the dental staff at the Warm Springs Health and Wellness Center.

With the appointment books filled for months ahead the dental clinic may find relief in the near future with the addition of two Dentists on board. Kaci Solt and Andrew Walls will be working full time with the Dental staff to provide dental needs for the community members. If you haven't been to the dentist for some time and feel you need to, or want to call and make an appointment.

Andrew is part Choctaw Indian from Oklahoma. He grew up in northeastern Oklahoma where he graduated from high school. He moved to Oregon to attend Pacific University, where he attended some dentistry classes. He went back to Oklahoma to attend Undergraduate School at the University of Oklahoma.

After graduation in June, he married in July. He and his wife live in Redmond. She attends college and he works full-time as a Dentist.

About four years ago Andrew saw the opening of the Health and Wellness Center and said, "There will be a job for me there when I get out of school." He has been employed for three months.

Kaci Solt arrived a week later than Andrew to work full-time. She comes to us from Boise, Idaho. This is a central location for her because she has family in the surrounding states.

Kaci received her education from the Dental School in Kansas City. She is also a recent graduate.

"I'm really enjoying it here. We want everyone to know we're here and ready to work," concludes Kaci.

Great American Smokeout, November 16

Great American Smokeout
Thursday November 16th.

In conjunction with the smokeout the Community Health Education Team is giving two kick scooters as grand prizes to a boy and girl from the Warm Springs Elementary School on the 16th. The drawing will be held at 3:00 p.m. and announced over the intercom.

To qualify for the drawing the kids had to return a Pledge form signed by Parents/Guardian and themselves with certain criteria. No tobacco use, respecting parents and teachers, no drug or alcohol use, go to school everyday... The parents also have to sign the Pledge form with similar requirements. The students also have to be in attendance on the 16th in order to win. The class the winners are drawn from will also win prizes, so the more returned Pledges the better the chance the class will have of winning additional prizes.

Experts say the
best way to quit
is to pick one day
and then toss all
your cigarettes
out.

ON THURSDAY, in conjunction with the American Cancer Society's Great American Smokeout, people all across the country will take a shot at kicking the habit. Each year, according to the ACS, more people try to quit smoking during the Smokeout than on any other day of the year, including New Year's.

Last year, nearly 9 million people participated in Smokeout activities, which ranged from encouraging smokers to quit to preventing young people from starting, according to the ACS.

And this year, the society has created a consumer guide that details the various methods and resources available to people who want to quit. It's called, "Set Yourself Free," and is available by calling the ACS (800-ACS-2345).

Reasons to quit

Many smokers are driven to quit because of health concerns, says Jesse J. Tepper, a New York psychologist in private practice who specializes in smoking cessation and is co-chair of the American Cancer Society's tobacco control team.

From head to toe, cigarette smoke wreaks havoc with the body, Tepper says. Not only responsible for many cases of lung cancer and emphysema, the tars and other chemicals inhaled with cigarette smoke can

damage arteries to the heart and brain, increasing the risk of heart attack and stroke.

State-by-state smoking rates

Percentage of adults who smoke, according to a 1999 survey by the Centers for Disease Control and Prevention.

Beyond this, cigarette smoke has been linked to an increase in malignancies throughout the body, including cancers of the uterus, cervix and bladder.

But even in the face of such ominous threats, many people can't give up smoking's mood-altering effects. A puff of nicotine-loaded smoke can banish depression, take the edge off anxiety or perk up an otherwise boring moment, Tepper explains.

"Part of my task is to assist people in developing equally satisfying, but less harmful, alternatives in dealing with troublesome internal states," he says.

The Smokeout may be the perfect opportunity to kick the habit. Experts say the best way to quit is to pick one day and then toss all your cigarettes out. You're far more likely to succeed if you go cold turkey than if you try to gradually cut back. Another important tip: enlist the help of friends and family for support.

You should also spend some time thinking about situations that might

be cues to smoking. For example, if you always smoke after a meal, plan to do something else instead.

If you think you'll miss the feeling of the cigarette in your mouth, find a replacement, such as gum, hard candy or carrot or celery sticks.

And if you're going to go it on your own, you might want to investigate the manuals, brochures and audiotapes offered by the American Lung Association.

A stop smoking arsenal

In addition to counseling and self-help aids, there are now a variety of medications designed to ease the transition to smoke-free living for smokers committed to quitting.

From nicotine gums, patches and inhalers to the anti-depressant drug Zyban, there is a plethora of medications that promise to increase the number of people who ultimately succeed in breaking free of a drug that many say is more addictive than heroin.

About 10 percent to 12 percent of people succeed in quitting without any assistance — the "cold turkey" approach, says Jack E. Fincham, dean and professor of the University of Kansas School of Pharmacy in Lawrence. But that number doubles to 20 percent or 25 percent when people use a nicotine replacement product, he says.

Veteran's Day Observed in Warm Springs--Continued from page 1

prepared by the auxiliary and other helpers.

At the longhouse before the dinner was served everyone gathered in the hall as all the names were read of all the local boys who have served in the armed forces of the United States, during war and those who have served during peace time. Also a list of all the men and women who have been employed here or associated with the Tribes were also read. Many of these are from the BIA, IHS, and other employed here on the reservation.

The list started with the members of WW I, WW II, Korea, Vietnam and Desert Storm and all the other small violent action such as Granada and so on.

The dinner enjoyed by all and was well taken by everyone, with the Salmon, deer, elk, with all the extras, a meal fit for just about anyone.

After the dinner was served and all the speeches given the floor was prepared for the first Grand Entry, with the Veterans as the kick-off of the pow-wow. As the Veterans with the colors entered followed by all the dancers made the entry which was a sight to be seen. There

were many, many dancers both men and women alike. Men's Fancy dancers, the Grass dancers, the Traditional dancers and the women also had the Fancy dancers, the Jingle dancers, and the Traditional dancers. All participants of men, women, children of all ages made it a grand sight.

After the colors were posted the dancing contests got underway starting with the tiny tots, both boys and girls, and each category got a little older as the contests went along. Sometimes it makes people wonder how one can judge contests such as this as all the dancers do such a fine job and are very good dancers. Just a flip of a coin could determine the winner in some contests as all do such a fine job.

At the end of each performance the colors re retrieved for the night and the Grand Entry starts another day before the contests begin.

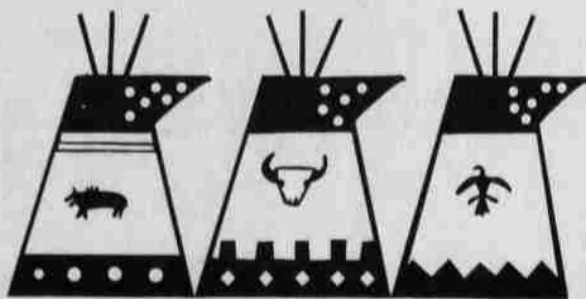
There were gatherings all across the country observing Veterans day, with parades, bands, and dinners, as this is the day everyone respects the Veterans for what they have done and went through during

times of unrest in the world and hostile action around the world. Members of the Northwest

Indian Veterans Association, participated in a Parade in Vancouver, WA.



Members of the ROTC, Ce Ce Herarra, and Aaron Heath, stand at attention at the services during the veterans day activitiion



Spilyay Tymoo

Publisher: Sid Miller
Managing Editor: Selena T. Boise
Reporter/Photographer: 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 Girls 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
E-Mail address: spilyay@hotmail.com

Annual Subscription rates:
Within U.S.—\$15.00
Outside U.S. or 1st Class in the U.S.—\$25.00

Spilyay Tymoo 2000 copyright