



Scenic Standards Sought for Deschutes

Oregon's Scenic Waterways Advisory Board voted November 12 to recommend federal classification of the lower Deschutes as a "scenic" river. After months of research and deliberation, the Board passed a motion at the Kah-Nee-Ta meeting to support the Confederated Tribes in their position on the use of the Deschutes -- much of which lies on the Warm Springs Reservation.

In line with its tribal water code, the Confederated Tribes have long felt that the lower Deschutes -- from the Highway 26 bridge to its mouth on the Columbia River -- should be preserved through restricted use. To this end a scenic classification under the 1968 federal Wild and Scenic Waterways Act has been felt to be appropriate.

Currently the lower Deschutes is part of the Oregon Scenic Waterways System which includes eight rivers throughout the state.

New Life for Celilo

In a concerted effort to get a central government organized at Celilo, the Confederated Tribes of Warm Springs, the Yakima Nation, and the Umatilla Reservation have been working with Celilo delegates since April of this year.

In a prevailing spirit of cooperation and support, the Celilo Wyam Board was set up to deal with objectives and program proposals for Celilo.

The two board members from each of the reservations are: Olney Patt Sr. and Amos Simtustus from Warm Springs; Mike Ferrel and Clydel Bronson from Umatilla; Roger Jim (chairman) and Nelson Moses from Yakima; and Wilfred Yallup and Karen Jim of Celilo.

Well-Child Clinic reaches out to families

The lively atmosphere that reigns at the twice-monthly Well-Child Clinic at the Indian Health Service appears to be dominated by the babies and toddlers who fill the waiting room, corridor and doctors' offices. But the clinic is equally intended for the parent. It is a place where mothers can bring questions about the feeding and development of their babies and share other parental concerns with the health service staff.

As Public Health Nurse Virginia Forseth says, "The child is there, but the parent is going to mold the child." The Maternal and Child Health Program of which the Wellness Clinic is a part, has been built around this thought.

Learning Center offers second chance

It's a tale of two ladies. Without a whole lot of flash or fanfare they've guided scores of adults to their GED's, helped secretaries improve their clerical skills, and organized a variety of classes through Central Oregon Community College.

In their quarters in the basement of the old girls' dorm, Reba Powell and Nancy Jolstead have had a quiet but significant impact on the adult population of Warm Springs. They have been with the Adult Learning Center since its beginning and are being rewarded by a growing community response to the services they offer.

Just as the Center seems to be on the upswing, it ironically faces an uncertain future. Federal funding that has paid for over half the expenses is no longer available, and COCC is trying to maintain its financial commitment amidst serious budget slashes.

But the Center goes on. Last year 100 students used the Learning Center on a regular basis. Fifty-one of those were studying for GED.

Feelings needn't control

From the staff of Victims of Crime Services

You can stay distracted from your feelings—from fear, hurt, anger or any feeling that makes you uncomfortable—by overdoing just about any activity. If you are uncomfortable with your feelings, but things keep happening to stir them up, you'll find you have to do more and more to avoid facing your emotions. And you may not even realize how focused you are getting on your "escape" behavior.

The following list includes some of the ways people escape feelings by putting their attention elsewhere. These behaviors are—or can become—destructive and take over your life. If any of these situations sound like your life, don't be afraid to ask for help. Go to a friend, parent, teacher or school counselor and let them know what's happening to you. Keep looking until you get the type of help you need.

- Running or other physical activity for hours at a time, day after day.
- Eating, not eating, bingeing and purging, or just worrying about food all the time.
- Regularly taking hours to clean your room to keep it spotless, even when it's already clean.
- Thinking about other people's difficulties all the time; your friend's problems, your friend's friend's problems, and so on.
- Always wearing headphones and constantly listening to anything other than what is in your own head and heart.
- Sleeping all the time, especially when the rest of the world is awake.
- Too much television (some people think any is too much!)
- Taking baths or washing your hands every day, morn-

ing and afternoon, or hourly.

- Using drugs and/or alcohol to get high, low, sideways, or generally detached from your body and life.

- Trying to control other people through words or actions, intentionally or otherwise.

- Trying to control your environment through extreme measures or "overdoing it"; organization, cleaning, etc.

- Repeatedly leaving: leaving the room, leaving home, leaving school, leaving town to avoid the hard stuff. Wanting to be alone more and more of the time.

- Thinking constantly about anything, like nuclear war, your boyfriend or girlfriend, your grades, your health, your weight, your future...you get the idea.

When you get your feelings back

Being responsible for feelings means we take responsibility for what happens when we get out of control. If you are in a down and out, nasty, blue funk about your life, you have some responsibility for your impact on the people around you. If a friend says, "Boy, were you in a bad mood yesterday! I didn't like being yelled at!", you need to own up. You might say something like "You're right. I shouldn't have taken it out on you, and I'm sorry."

It is very hard for our relationships to work well when we don't know how one another feels. Sharing our feelings with someone tells them what is going on inside us. If we don't tell, we won't really

Correction

A cutline in the Spilyay last week accidentally identified Natalie Johnson as Natalie Smith. The Spilyay apologizes for the error.

Powwow to honor sobriety, vets

The Simnasho Longhouse in December will be the setting for a powwow honoring sobriety and veterans.

The two-day powwow will also honor of the late Johnny Sampson, who always attended the annual event in past years.

The powwow, set for Dec. 14-15, will include the Johnny Sampson Memorial Round Bustle Special. For more information, contact Gene A. Sampson, Johnny's son.

Prizes at the powwow include: first place, \$250 plus a jacket; second place: \$150; and third place: \$100.

On Friday, Dec. 14, the powwow starts in the evening with dinner, followed by a grand entry.

On Saturday, there will be dinner followed by a sobriety meeting.

Murder trial set for February

The three young men charged in the death of tribal member Michael Saludo are scheduled for trial in federal court on Feb. 12.

Ronald McKinley, 23; Angelo Fuentes, 22, and Tony Gilbert Jr., 18, were arrested in July, after police discovered Saludo's body at the Lower Dry Creek Campground.

McKinley, Fuentes and Gilbert, who are tribal members, were charged with murder and felony murder.

A pre-trial court hearing in this case is scheduled Jan. 10.

The suspects have been in custody awaiting trial since their arrests in July.

Deadlines

The next issue publishes December 13, with a December 7 deadline for all letter, story and advertising submissions.

The December 27 issue has a December 21 deadline.

The January 10, 2002, issue has a January 4 deadline.

Announcements

The Spilyay encourages organizations and individuals to send notices of events of interest to the Warm Springs community.

The preferred method of delivery is via e-mail to spilyaytymoo@wstribes.org -- this saves staff members from having to re-type something you've already printed up, thus allowing us additional time for reporting, photography and other tasks.

You also may drop announcements in printed and/or computer disk format at the Spilyay offices, 1100 Wasco St. on the Warm Springs campus, or send them to Spilyay Tymoo, P.O. Box 870, Warm Springs, Oregon 97761. Our fax number is 553-3539.

Please feel free to call if you have story or photo ideas, questions or comments. Our phone number is 553-3274. Finally, please heed our deadlines -- Friday the week before publication for all submitted materials. Thank you.

Spilyay Tymoo

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