

Exercise club is rewarding

By Selena Boise
Spilyay Tymoo staff

The Diabetes Awareness Walk in June was the kickoff to the walking club sponsored by the Diabetes Program in Warm Springs. It was at this event people were invited to sign up, and each member received an Accustep activity wellness pedometer to wear when walking or at the office or home.

There were 80 new members who signed up at this walking event, and each will receive monthly newsletters announcing the dates set for future walking events. If you missed the walk and would like to sign up, contact Lucinda Green or Kim Yaskus of the Community Wellness Team, a new branch of the Diabetes Program that will focus on exercise.

The goal of the Diabetes Program is to lower or prevent diabetes in community members by focusing on an exercise routine. A continual exercise program will help participants instill exercise as a habit, therefore becoming healthy.

Each club member will con-

tinue to walk daily and keep track of their steps or miles on their own personal pedometer. These recorded steps or miles will be reported at the monthly walks scheduled by the program. These miles will be recorded on a big poster board at each walking event.

Each club member's ultimate goal is reach the 100-mile, 200-mile, and or the 300-mile mark within a six-month period of time. Upon reaching these goals members will enjoy being with others reaching for the same goal, possibly win or earn some prizes along the journey, and most importantly develop a lifelong exercise routine with enormous health benefits.

The weekly exercise schedule developed by the Community Wellness Team consists of water aerobics held at Kah-Nee-Ta, Tuesdays at 6 p.m., Wednesdays at 9 a.m., and now on Thursdays at 7 p.m. There is circuit training Mondays and Fridays at the Community Wellness Center beginning at 8:30, fitness walking Tuesday and Thursday at 8 a.m., and Thursday at 12 p.m. Step aerobics are held Tuesday at 6 p.m.

and chair/step aerobics on Tuesday beginning at 6 p.m. Please note that all classes are subject to change.

If Lucinda or Kim see club members walking on a path, road, or treadmill, they will be entered in a special raffle to win some fun prizes.

The next walk scheduled will be July 25, 12-1 p.m. at the Community Wellness Center. "Bring water, your recorded steps or miles, and a friend," says Community Wellness Team.

If you have any questions or would like to sign up contact the Community Wellness Team Lucinda Green or Kim Yaskus at 553-4195.

**Community Wellness Team
Noon walk
July 25,
12-1 p.m.
at Community Wellness Center
Join the club!**

Ballet recital ends another successful year of dance

By Selena Boise
Spilyay Tymoo

And the story goes... Once upon a time there was a young princess who lived in Russia with her beautiful handmaidens. When her parents died a wicked sorcerer wanted power over her kingdom. So he transformed the princess, Odette, and her friends into swans and banished them to the banks of a cold lake, deep in the forest.

We find them there, hopeful that the true love between Odette and Prince Seigfried will change the destiny of them all.

Swan Lake was the opening number of Act III at the annual High Desert Dance Arts performance. Students from the Madras Studio had their opening night June 28, at 7 p.m. and their second performance Saturday, June 29 at the

Crook County High School Auditorium.

This year's performance was dedicated to Sandy, Jason, Tina and Devon Roe, who were students and friends of High Desert Dance. "Although they are not here for this year's show, the lessons learned from the way they lived their lives stay with us. The joy we shared with them can never be erased. So we dance on... As they remain, forever in our hearts."

There were twenty-six dances divided into three acts, where students performed dances from their individual classes of ballet, jazz, tap or break dancing. Performances were from classical to 80s to new music.

The students at this time spend the summer preparing and anticipating what the next dance year holds for them. At the beginning of the school



Selena Boise/Spilyay Tymoo
Pictured above, Samantha Pennington, and below the dancers for Swan Lake.

year schedules are determined by dance teachers for the upcoming year.

Learning new dance steps and working toward an outstanding performance for the next recital are very likely to be in the mix for next years dance classes.



Selena Boise/Spilyay Tymoo

July 19 kicked off the exercise club and brought the membership to 80. Here the members are being issued the pedometer to record their steps or miles until the next monthly noon walk.

Twenty-five years ago today

From the July 8, 1977 edition of Spilyay Tymoo

Tradition marks dedication ceremony

The temperature climbed into the 90s as tribal religious leaders opened the dedication ceremonies at the new tribal administration building Tuesday, June 28. The formal blessing of the Center included a symbolic circling of the building by tribal elders who sang

and prayed that all work done inside the building would be of benefit to the people.

Though a brisk westerly wind played havoc with hairdos, speakers' notes, and flag stands, most agreed that without it the heat would have made the outdoor ceremony

almost unbearable.

And most of the approximately 400 who attended the dedication said they were glad the ceremonies were performed with tradition in mind rather than in the usual modern manner.

Head Start registration begins

The Warm Springs Head Start Program is currently accepting applications for children ages three to four and half years old.

Parents and or guardians need to make appointments for their physical exams, and have immunizations updated before

entry into the program.

There will be a Head Start Orientation for parents or guardians in August. The date will be posted and announced by radio.

Any questions please contact Nancy @ 553-3241 from 8:45 to 5:30pm.

Land-use positions open

Two positions are open on the Confederated Tribes Land-Use Planning Committee. This committee serves as an advisory body to the Tribal Council in the determination of maximum utilization of land. Authority to grant/deny conditional use permits in accordance with Ord. 56. Review and recommend Comprehensive

Plan annually changes; zoning ordinance changes; land assignments cancellations; and sites for housing, business, industrial development.

If you are interested, please submit a resume and a letter of interest before Aug. 2, 2002, to: Tribal Council Office, Attention Roberta Tufti, P.O. Box 1299, Warm Springs, OR 97761.

Letter of interest should state your interest in serving, and your background, such as educational background, work experience, training, etc. The letter is important in this process.

Trial dates scheduled

The trials for the two tribal members who were charged with first-degree murder last year are set for September.

The trial date for Ronald McKinley is set for September 17, and the trial for Angelo Fuentes will begin the following week, as their petitions for separate trials was granted.

If convicted McKinley and Fuentes could serve a life-sentence with no possibility of parole.

McKinley and Fuentes are charged with first-degree murder in the death of Michael

Saludo.

A third suspect, Tony Gilbert, Jr., plead guilty to one count of second-degree murder. As part of the plea agreement, Gilbert agreed to testify in the cases against McKinley and Fuentes.

Gilbert could receive a sentence of 20 years, rather than life in federal prison, by pleading guilty to second-degree murder.

McKinley, Fuentes, and Gilbert were arrested in July of last year on allegations of having murdered Michael Saludo.



Dave McMechan/Spilyay Tymoo

At Pi-Ume-Sha, Chief Delvis Heath and Austin Greene talk with governor candidate Ted Kulongoski about the July 28 bowling tournament. See story on page 7.

Notice to water users

Attention to all Warm Springs and Simnasho Schoolie Flats water users.

As operators of a public water system, the tribes are required by federal law to publish the Consumer Confidence Report (CCR.)

Copies are available by calling the water treatment plant at 553-1472. This publication is required by the EPA under the 1996 amendments to the Safe Drinking Water Act.

Spilyay Tymoo

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