



Dave McMechan/Spilyay

Alvis Smith points to the area of the house where the cottonwood struck.

Close call at the Smiths'

It was two o'clock in the morning, and the wind was blowing with great force. Alvis Smith and his wife Shirley were sleeping in their house, on Wasco Street.

The cats were also asleep in the house. The dog was resting in his doghouse, next to the old cottonwood tree in the front yard.

Suddenly, above the noise of the howling wind, came a loud crashing sound.

"It sounded like a hand-grenade exploded," said Smith.

The cottonwood had blown down across the front yard, narrowly missing the doghouse. The top branches struck the roof of the Smith's home.

Fortunately, no one was injured, and somehow there was no property damage.

With the shock of hearing a large tree crash across the front yard, Shirley was unable to sleep the rest of the night.

When the tree came down, the Smith's dog, a lab that helps Alvis with herding cattle, ran out of his doghouse and part-way down the street. The cats all hid.

The next day a Housing Department crew cut the cottonwood into pieces.

Alvis Smith said he is concerned that high winds in the future could bring down one or more of the other old trees on Wasco Street.

The high winds during the early part of last week were estimated at nearly 80 miles per hour. Also damaged in the storm was a bus stop on Mount Jefferson St. at Greeley Heights.

Keeping holiday meals well balanced

By Lynne Breese
OSU Extension Agent

'Tis the season of fancy cookies, fudge, pie, turkey and ham. It's holiday good-eating time. But wait, those foods may have extra sugar, fat and salt.

Can you eat holiday foods and still eat for your good health?

The answer is yes: Eating favorite foods does not mean that you cut out all fat, sugars and salt. But it does mean you avoid too much.

With careful yet easy planning, you can eat your favorite holiday treats, and still eat to your good health.

How? One word sums it up, balance. Balance is the key.

Balance the foods that are high in fat, sugars and salt with other foods that contain less of

those ingredients.

For example, enjoy the cookies, but for lunch, have a simple fresh vegetable salad seasoned lightly with garlic pepper, lime juice and canola oil, instead of a cheeseburger and fries. Savor a big piece of fudge, but only one piece, and don't eat ice cream for dessert after dinner.

Enjoy the pie, with ice cream if you wish, but cut a smaller slice, and "just one scoop of ice cream, please."

Since this is the season for fancy desserts, eat a simple breakfast, fruit (without sugar), toast (just a little butter and no jam), and a glass of milk along with your coffee.

Remember, balance is the key to enjoying all foods, during the holiday and throughout the New Year.

Calendar

The Museum at Warm Springs will be hosting a Wupus Weaving Cultural Enrichment Class. Mark your calendars for January's Sundays from 3 to 5 p.m., and Thursdays 6 to 8 p.m. The dates in January are 5, 9, 12, 16, 19, 23, 26 and 30. The cost of the class is \$20 per tribal member. Classes will be held in the museum's Education Room. Reserve a spot by calling 553-3331.

Twenty-five years ago today

(From Spilyay Tymoo archives)

Cooperation the key to protecting rights

The leadership of the NCAI, NTCA, Affiliated Tribes and their member tribes have recognized that the present crisis facing Indian tribal governments and their rights is not merely the introduction of several bills by disgruntled Congressmen from the State of Washington as a response to their non-Indian constituents. Rather, these bills are an indication of a much

greater and more far-reaching problem that threatens the land, water, hunting and fishing and other property rights of Indian people as well as the very existence of Tribal Governments and the continuation of Indian Tribes as they exist today.

As a result of court recognition of Indian rights and claims and the development of strong, active tribal governments, a growing sentiment is developing in this country to solve, once and for all, the "Indian problems."

Respect, care for women is primary

(Editor's note: The following was submitted to Spilyay Tymoo by the office of the Warm Springs Victim's of Crime Services.)

The abuse of women and children by men is a shame in any society. Among American Indian nations, with traditional cultures that exalted the highest value of sacrifice for "the people," it is a contradiction of everything that can be held dear.

National statistics show that one of every three American women is battered repeatedly and nearly half have suffered domestic violence. According to the Department of Justice, among Native American women, the incidence of rape and sexual assault is estimated to be perhaps as high as 3.5 times the average for other races. Although about 90 percent of American Indian victims of rape and sexual assault reported an offender of a different race, nevertheless, there is no doubt that this is very much also an Indian problem.

Most tragically, domestic violence and sexual assault are the dirty little secrets within too many American Indian families, which are often so ashamed or intimidated that they cannot

even talk about the issue and thus get stuck in cycles of violence and degradation that should pain the heart of any decent man.

We use the term "man" on purpose, because this article is directed at the men who are perpetuating this horrible and abhorrent behavior that has increasingly beset Indian country in the past several decades. While it is true that the institutionalization of whole Native generations is largely to blame for introducing this type of behavior, we believe it is time for all decent men and women in Indian country to express their opposition to domestic violence in every way possible.

To their great credit, it is the women of the Indian nations, by and large, who moved ahead to confront the problem. And as general education about such abuse becomes available, more women are fighting back by reporting their situations. Women and family shelters help a great deal. They are crucial to breaking the cycle. We call upon all good men to lend support to the women and projects attempting to deal directly with this issue. It is time that men take responsibility for the moral degradation that such behavior inflicts upon our communities.

We express the highest respect for strong social advocates like Tillie Black Bear, director of the White Buffalo Calf Women's Society, which runs a shelter in Mission, South Dakota; Cecilia Fire Thunder of Cangleska Inc., a program to combat domestic violence on the Pine Ridge Reservation; Karen Artichoker of Sacred Circle, a women's advocacy group in Rapid City, South Dakota, which aims to educate not only Native women and men, but also police forces and coun-

selors about the price of domestic abuse in Indian country; and Gwen Packard of Morning Star, who helps organize shelters in Albuquerque, New Mexico. They are representatives of the thousand of Native women who have taken up this duty throughout North America. All agree, as Fire Thunder points out, that the cycle will not be broken until the culture of silence about abuse is shattered.

Among men in this developing field, we salute Bob Prue, director of the Healthy Relationship Project, a joint venture between Haskell Indian Nations University at Lawrence, Kansas, and the University of Kansas, which works to educate Indian students about domestic abuse. Prue reports that patterns of abuse often find their way onto college campuses. His hope is that raising students' consciousness of the problem will help stem the tide of abuse in Indian country.

Changing the behavior of both abusers and victims is crucial.

Forcefully and consistently explaining to young men the shame of such behavior is paramount. Abusers must learn to change their behavior, channeling their motivations into non-violent ways. It is even more pressing that victims find the empowerment to not be afraid to report violence against them by boyfriends and husbands. This is the way to break down the wall of silence that advocates like Fire Thunder describes.

One of the biggest problems abused Native women run into is poorly trained counselors, according to Artichoker. Many counselors do not understand the seriousness of the violence facing these women. She stresses that tribes need to heed the call

about domestic violence and honor their female relatives by providing services for abused women.

Now, V-Day, an international program and movement to stop violence against women and girls, has launched an Indian country project. Suzanne Blue Star Boy, director of the Project, points out that violence against Native women and girls is at an epidemic high. While the focus of V-Day is to raise awareness of the international problem, this coming year the campaign will spotlight the situation of Native women in the United States and Canada. In February and March of 2003, the initiative will organize hundreds of events worldwide to bring attention to the issues facing Native women.

It is time this horrible cycle of abuse is broken. Women are leading. Men must do their part by finding and realizing their power is best found not in violence but in humility, that core tenet of every Native moral tradition.

And our community men must also realize that alcohol and other destructive substances have no place among the bounty of our good foods and medicines.

For women in an abusive home, help is available. For help to escape from a domestic violence situation, call 1-800-SAFE or a local shelter. Those who want to help battered women should contact local police or women's shelters to find out the best way to be of assistance.

Story idea?
Call Spilyay Tymoo.
553-3274.

Spilyay Tymoo

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Howlak Tichum

Robert Wayne Williams

Robert Wayne "Wyno" Williams died December 13, 2002 at a Redmond care center at age 44, due to a brain tumor.

Mr. Williams was born January 13, 1958 to parents J. Silas and Lenora (Wilkinson) Williams. He was raised and lived in Warm Springs.

He was survived by his father J. Silas Williams; sisters, Peggy Williams, Louise Katchia, Cassie Katchia, Regina LeClaire, Denise LeClaire, Lorna LeClaire, Martha Heath, Roberta Heath; brothers Richard Wolfe, John Katchia, Lyle Katchia, William Katchia, Marlon LeClaire, Wallace LeClaire, Johnson Heath, Douglas, George and Jack; numerous uncles, aunts, grandmothers, nieces and nephews.

A dressing ceremony was held at the Agency Longhouse December 16, with Shaker service, Washut service, prayer. Burial was at the Agency Cemetery in Warm Springs December 17.

Student of the Month

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Larry Spino II is in the fourth grade at Warm Springs Elementary in Brian Gallagher's class.

He is in the SMILE club and likes to play soccer and run. His favorite classes are PE and math.

We are proud to honor Larry for his attendance since he started at Warm Springs Elementary. So far this year Larry has 'Perfect Attendance,' and has only missed 5 1/2 days since Kindergarten. Way to go Larry! (And thank you Angie & Azar for your support in Larry's attendance.)

Larry's future plans include playing middle school and high school sports. He would like to go to college and graduate. After college he would like to play pro soccer.

Congratulations Larry!