

Clinic expansion progressing

Plans to expand the Indian Health Services building in Warm Springs are moving forward, according to Russ Alger, clinic director.

The chosen architecture firm, L.R.S. Architecture Inc., of Portland, and the Warm Springs contracting department are discussing the contract before construction begins, said Alger.

In recent months, IHS officials met with the architects to help provide a design specific to the buildings needs.

The expansion will provide more exam rooms and dental rooms. Plans will address warehouse needs and medical records storage facilities. The total square footage of the clinic will increase by 5,260 feet. A corridor will connect the expansion to the existing building. The cost will amount to approximately \$1.5 million.

"Our intent in this expansion is to provide more room

and efficiency," said Alger.

Another goal for IHS in 2003 is to make a strategic plan for the future.

"We hope to make a plan for the next five years," said Alger.

Stakeholders are winding up discussions on the biggest needs of the IHS departments. Afterwards, ideas will be opened up to the public. Goals and objectives will be coordinated with the planning office.

IHS has created a full-time position for a podiatrist.

Like many government entities, IHS is concerned about possible effects of state cuts after the Jan. 28 tax increase vote. IHS currently collects revenue from the Oregon Health Program, which is provided with federal funds for Native Americans health care. Alger plans to attend a meeting in Portland this month to discuss possible effects of this issue.

Kah-Nee-Ta seeks artwork

Kah-Nee-Ta High Desert Resort and Casino is pleased to announce the creation of an art exhibition gallery space.

Kah-Nee-Ta is seeking fine arts and crafts work by Warm Springs tribal artists for direct purchase and/or public exhibition.

This artistic endeavor offers artists an opportunity to enhance the resort's interior and promote cultural aesthetics.

The theme for the 2003 ex-

hibition show is entitled "Live in Beauty."

Artwork will be selected on the merit of high artistic excellence and fine craftsmanship. The call for entry requires a submission of slides or photographs of artwork for gallery consideration.

This will also help establish an art bank and web-site for prospective buyers.

The deadline for submissions for "Live in Beauty" is March

Construction moves to new office

This past fall Warm Springs Ventures, the investment arm of the Confederated Tribes of Warm Springs, assumed management control of the Warm Springs Construction enterprise.

Since then, changes have taken place that include hiring Glenn Carpenter for the general manager position, and promoting tribal member Leslie Cochran-Davis to the assistant

general manager. The Ventures and Construction management team assessed the immediate needs of the enterprise, and determined that it needed to be relocated to a facility large enough to accommodate the staff, heavy equipment and other tools and equipment which were stored in multiple locations.

To address this, Ventures has

leased the building known as the Apparel Factory, located at 4202 Holliday Street. The majority of the building was vacant for a number of years and has the space necessary to accommodate Construction and Ventures businesses as the need arises.

Construction is complete and the staff was scheduled to move into their new facilities this month.

Apolonia S. Santos, P.O. Box 104, Warm Springs, OR 97761. Phone, 553-0465. Telephone hours are 9-5 weekdays.

Basketball tournament set for April

Tomcat's eighth grade and under co-ed basketball tournament is scheduled for April 4-6 at the Warm Springs Community Center. This will be a double elimination tournament with a ten-player roster limit. All players must be in school, ID required for each player.

All-star awards will be given to one boy and one girl from each team. There will also be a Ms. MVP and Mr. MVP award.

First place team will receive embroidered pullovers, second place hooded sweatshirts, third crewneck sweatshirts, and fourth place T-shirts.

Entry fee is \$150 payable in money orders only to Tom James, P.O. Box 99, Warm Springs, OR 97761. For more information you can call Tom between 6-9 p.m. at 553-9628 or he can be reached by email at tomcats@bendnet.com.

Register for six-foot and under tournament

The North End Express All-Indian Men's Six-Foot and Under Basketball Tournament is set to take place on Jan. 24-26 at the Warm Springs Community Wellness Center.

The entry fee will be \$250 per team. Eight players per team will be allowed. Payment by January 20, true double elimination.

Awards will include, eight championship embroidered wool jackets; eight runner up hooded sweatshirts; and eight third place crewneck sweatshirts.

A most valuable player and all-star award will also be presented to participants.

For more information or to send in your fee, write Austin Greene, P.O. 1327, Warm Springs, OR, 97761. Or call 553-1953 H or 553-3243 W.

Employment available in Warm Springs

The following full-time positions are being offered on the Warm Springs Reservation.

Resource technician, Vocational Rehabilitation counselor, announcer/producer, news director.

Also: finance controller,

substance abuse specialist, corrections officer

Also: surveillance technician, communications.

For more information about these jobs, contact the Employment Department in Madras. The phone number is 475-2382.

Holidays increase depression

Be aware of signs in friends and family

(The following is provided by the Warm Springs Community Counseling Center.)

Many people experience depression during the holiday season. Depression can lead to suicide attempts or suicide.

A suicidal person urgently needs to see a doctor or psychiatrist.

The following are some of symptoms of depression, and warning signs of suicide that friends and family can look for:

Symptoms of clinical depression in a person include persistent sad or "empty" moods; feelings of hopelessness, helplessness, guilt, pessimism or worthlessness; substance abuse; fatigue or loss of interest in ordinary activities, including sex; disturbance in eating and sleeping patterns; irritability, increased cry-

ing, anxiety, and panic attacks; difficulty concentrating, remembering or making decisions; thoughts of suicide, suicide plans or attempts; and persistent physical symptoms or pains that do not respond to treatment.

Warning signs of suicide include, talking about suicide; previous suicide attempts; statements about hopelessness, helplessness or worthlessness; pre-occupation with death, suddenly happier, calmer.

Loss of interest in things one cares about; unusual visiting or calling people one cares about; making arrangements and setting one's affairs in order; giving things away; and acquiring guns or stockpiling pills.

If you, a friend or family member need help, call National Hopeline Network 1-800-SUICIDE (784-2433).

Health incentive contest begins with the New Year

In efforts to inspire tribal members to become fitter, firmer and healthier, a health incentive contest is being offered.

All entries are required to pay \$25 for their participation. The final sum will be distributed accordingly among the winners. Weight-loss participants need to pay in full by 5 p.m. on Jan. 11 or their names will be automatically eliminated.

Payments can be made to Dorothy Shadley of the Credit Department, phone number 553-2231/1793.

Weigh-ins with Austin Greene will take place between 8 a.m. and 5 p.m. through Jan. 11.

Appointments are required beforehand by contacting Greene at 553-3243/3244. All weights will be sealed inside an envelope. Dorothy Shadley will keep all sealed envelopes until the final day.

The contest will end Thursday at 5 p.m. before Pi-Ume-Sha weekend, when Greene will conduct a final weigh-in with participants.

Winners will be determined according to who lost the most weight.

First place winners will receive 70 percent of the total sum of money paid by participants and a surprise prize. Second place winners will receive the remaining 30 percent of the total money and a surprise prize.

The person who loses the least amount of weight will be granted the "booby prize."

Five incentive drawings will occur the last Friday of each month. January 31 will be the first drawing.

Sign-in began Jan. 2 and will continue until Jan. 11 with Dorothy Shadley, or Emma Smith, 553-1564/3257.

Museum offers no school day activity, Jan. 20 and 24

The Museum at Warm Springs is offering parent-child weaving as a "no school day activity." The activity is open to K-12. The activity will take place from 1 to 5 p.m. on Jan. 20 and 24. The class fee will be \$5.00 per parent-child team. Grandparents, uncles, aunts, big brothers and sisters are welcome to fill in as a parent.

To register call the Education Program at the Museum at Warm Springs at 553-3331.

Clarification

The article on domestic violence that appeared on page 2 of the previous *Spilyay Tymoo* was provided courtesy of *Indian Country Today*

MHS senior profile Squiemphen's future plans include college

High School senior Eliah Roseann Squiemphen has goals for herself, and is well on her way with the upcoming graduation this spring.

Squiemphen is of the Warm Springs, Wasco, Yakama, and Colville descent, and the daughter of Lawrence Jr. "Kunya" and Leslie Squiemphen of Warm Springs. She has a brother, Lawrence III, 19, and two sisters Della, 15, and Joyce, 13.

She spends her spare time at home playing with her daughter.

After high school she plans to attend Central Oregon Community College in the fall to become a certified nurse.

Will she miss high school? "What's there to miss about high school?" Squiemphen said.

Though she won't miss high school she leaves this advice, "Don't give up, keep trying!"

Ten years from now she sees herself working at a hospital or clinic.



Eliah Roseann Squiemphen

Favorite teacher: "Mr Talman, because he is so cool, nice, and is always there when I need help or when I need someone to talk to."

Most embarrassing moment: "My sophomore year I was singing solo at a concert, I forgot the last verse and I got mad. Mr. Burge said it was his fault and really it was my fault."

Favorite song: "Difference by Ginuwine"

Favorite actor: "My favorite actor"

Twenty-five years ago today

From the Jan. 13, 1978 edition of *Spilyay Tymoo*
Bill addresses Deschutes River plan

Five years of inter-agency negotiations have resulted in a proposed bill that would include the lower Deschutes in the National wild and scenic rivers system.

The Tribal Council has passed a resolution (No. 5123, 1221-77) supporting the proposed bill, which gives the Confederated Tribes the opportunity to prepare a comprehensive management plan for that part of the river under its jurisdiction.

Confident of endorsement by the Bureau of Land Management, Bureau of Outdoor Recreation and the State of Oregon, members of the Tribal Council will be meeting with these agencies in the coming week to gain their official approval. They will also approach Senator Al Ullman next week in D.C. about sponsorship of the bill.

Overuse of the lower Deschutes River, from the Pelton Regulating Dam to its confluence with the Columbia River, has been a concern of the Tribes in recent years. The fish and water resources of the river are protected by treaty and the Tribes have been firm in

their desire to preserve those resources as well as the scenic value of the river, while still allowing recreational access.

It has been the position of the Tribal Council that any planning for the Deschutes must have tribal input. The BLM and the Tribes own most of the land in the Deschutes Canyon and the Tribes have aboriginal rights to the waters bordering the reservation.

Inclusion of the Deschutes in the 1968 Wild and Scenic Waterways Act would bring the Secretary of the Interior, the State of Oregon and the Confederated Tribes together in cooperative management. The Tribal Council will be responsible for administering lands on the reservation.

Although a management plan has yet to be worked out, the bill indicates which parts of the river will be administered as scenic or as recreational. Future development will depend on provisions of the Act and the management plan but the tribes are assured in the bill that all rights afforded by federal treaty, agreement or statute with respect to hunting, trapping or fishing will be honored.

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