

Actress brings message to Warm Springs

By Dave McMechan
Spilyay Tymoo

Native American television and movie actress Elaine Miles brought an important message to Warm Springs recently.

Her message is that diabetes is serious, but can be dealt with through diet, exercise and family support.

"Diabetes does not just effect the person suffering with the condition," said Miles. "It affects the whole family."

A person with diabetes may get high blood pressure, suffer a heart attack, lose their eyesight, suffer circulation problems, among other ailments. Any of these conditions in one family member can affect the whole.

"I stress family involvement with diet and exercise," said Miles.

Miles played the part of Marilyn Whirlwind on the Emmy Award winning television show *Northern Exposure*. She was also in the movies *Smoke Signals* and *Skins*.

Visiting Warm Springs in February, she was the guest speaker at the Eleventh Annual Heart Smart Dinner, held at the Agency Longhouse.

Miles was in Warm Springs for a couple of days, visiting with people of the Warm Springs Diabetes Program. "So far the program I've seen is very good," said Miles.

Besides her work in TV and



Elaine Miles

movies, Miles also has an exercise and diabetes awareness video called "Rez-Robics," with the subtitle, "for coach potato skins."

The video is available for tribal members to check out from the Diabetes Program.

Tribal members can also receive the video free of charge: For information see the web site "www.dreamcatcher.org"

"Elaine is very personable. She can speak to people at a level they are comfortable with," said Royce Embanks, nurse specialist with the Diabetes Program.

Many exercise videos feature a person such as Jane Fonda, said Embanks. Watching one of these videos may make an average person feel discouraged. "They might feel, 'There is no way I'll ever be like that,'" he said.

With the Elaine Miles exer-

cise video, though, the average person feels much more encouraged. "If she can do it, I can do it," is the way people feel about Rez-Robics, said Embanks.

Been in seven movies

Embanks was in Portland when he heard Miles speak at the Northwest Portland Indian Health Board Gathering of Tribes. "And I thought it would be a good idea for her to come here," he said.

Her speaking fee was very reasonable, he said. So the Diabetes Program secured money through a federal diabetes grant.

About 380 people attended this year's Heart Smart dinner. Attendance was about double that of previous years. Along with the guest appearance by Miles, there was a Wellness Team skit presented by the Senior Wellness Team, a raffle and gifts, and a salmon dinner.

Miles' stop in Warm Springs was part of a tour she makes of reservations across the U.S., promoting awareness of diabetes.

She's visited tribes in North and South Dakota, Arizona, New Mexico, California, Minnesota, Nevada, Washington and Oregon. She said that Indian casinos are very helpful in providing money for the tours.

Miles is Cayuse and Nez Perce. She is an enrolled member of the Confederated Tribes of the Umatilla Reservation.

"It was by accident. I was in the right place at the right time."

Elaine Miles,
on how she got into acting.

Miles lives in Seattle, which led to her getting into acting.

"It was by accident," she said. "I was in the right place at the right time."

What happened, she said, was that the people making the *Northern Exposure* television show were getting ready to begin filming in Seattle.

Elaine brought her mother in for an audition, but the producers wanted a younger person for the part of the receptionist.

Elaine auditioned, and was called back the following day. She played Marilyn Whirlwind on the show for all six seasons.

Her other work includes *Skins*, *Smoke Signals*, *The Business of Fancy Dancing*, *Tortilla Heaven*, *Scattering Dad*, *The Rez*, and *Mad Love*.

She said that *Scattering Dad*, a CBS movie, is one of her favorite acting experiences. For this movie she worked with Olympia Dukakis and Andy Griffith, and they were great to work with, she said.

Diabetes Program planning March events

Here are some upcoming events of the Warm Springs Diabetes Program:

March 11 and 25 are blood sugar and blood pressure screening days.

On March 11 from 8 till 10 a.m., the Diabetes team members will be at the Forestry Department, checking blood pressure and blood sugar levels.

On March 25 from 10 a.m. till noon, the team will be at Warm Springs Forest Products.

"We set up in an office and people can come in and have their blood pressure and blood sugar checked," said Royce Embanks of the Diabetes Program.

"It's a service that helps identify people with blood pressure or sugar level prob-

lems who might not come into the clinic to get checked," said Embanks.

During these screening days, he said, the team usually identifies one or two people who did not realize they had a problem.

On March 17 from 11:30 a.m. till 1 p.m., the Community Wellness Program along with the Diabetes Program will be sponsoring a Diabetes Walk. This will be at the Family Resource Center.

Lunch will be provided. There will be prizes and other items given away as incentives for walking.

On March 23 will be a meeting of the Dialysis Support Group, starting at 5 p.m. at the Senior Center and dinner will be served.

Parent meeting March 10

The next meeting of the Title VII Parent Advisory Committee is set for Wednesday, March 10 at 5:30 p.m. at the Warm Springs Elementary Library.

Title VII meetings are open to all members of the public.

If you have a disability, please advise the District 509-J Support Services office about special arrangements that may allow you to fully participate in the meeting.

Please call Georgia Sosa at 475-6192.

Twenty-five years ago this week

From the March 2, 1979 edition of Spilyay Tymoo.

Mini-marathon expected to draw hundreds to Simnasho

Gov. Vic Atiyeh gave the Simnasho School some good news and some bad news this week. With his regrets that he could not attend their benefit mini-marathon, he sent an official proclamation naming March, 1979 "Simnasho Grade School Day."

The governor's moral support and the \$10 entry fees of several hundred runners should push the sixteen students closer to their goal—a trip to southern California later this month.

Teacher Rich Little expects 600 runners to line up at the stop sign in Simnasho for the 14.5 mile marathon and at the Kah-Nee-Ta golf course for the 3.2 mile Run-For-Fun.

Locals to appear in western segment

Make sure to tune your TV set to Channel 2 Monday evening at 9 p.m. so you can watch "How the West Was Won." The segment being shown is the one that was filmed in Central Oregon and features some local "stars."

Some of those who will be appearing are Danny and Jacques Martinez, Jim Macy, Ella Jim and Wilson Wewa.

The episode, entitled "L'Affair Riel," centers around a French Canadian who is part Indian. The law attempts to bring him to justice but star

James Arness fights for the Canadian's rights and lets him go free.

Cornett in D.C. assisting BIA in agency improvement

Warm Springs superintendent Jim Cornett is finishing up the third week of a 42-day detail at the D.C. headquarters of the Bureau of Indian Affairs, where he has joined five others in looking over the functions of the central office.

Cornett's task force is one several created to implement the Bureau-wide "Management Improvement Program" launched last fall by Assistant Secretary of the Interior for Indian Affairs Forrest Gerard.

Shitike receives needed attention

Shitike Creek is having its profile altered for the second time since the big flood of 1964, when the meandering stream was straightened out. Flooding of the baseball fields in the winter of 1977 pointed out the need for a steeper rock bank and a better outlet for Tenino Creek. Contractor Ray Davis has been hired with the U.S. Soil Conservation Service emergency relief funds to "rip rap" or build up the bank and extend the Tenino drain pipe farther into the stream.

Talent upstaged by superheroes

The age-old battle between good and evil seemed to prevail at Bunski's fourth annual talent

show, as Batman, Wonder Woman and other superheroes took on such villains as the Penguin and the Joker. And somewhere amid the elaborate costuming, staging and dramatics were 11 serious displays of local talent, some scarcely audible through a sound system that boomed for the superheroes.

Facilities manager not a stranger

The usual adjustment period for a new Bureau employee will be somewhat abbreviated for Bill Cassel, who took over the facilities manager job this week. Things are looking pretty familiar. For Cassel, it's a homecoming and he's not feeling at all like a stranger. Eleven years ago he left his maintenance job at Warm Springs IHS to become construction superintendent at the Western Washington Agency.

Young Achiever Paul Scott

Sponsored this week Custom Computer Concepts.

Where does the time go? First starting out, 5 years old, excited, waiting to start school for the first time. Now 17 years old, awaiting the day of graduation.

Paul Scott, son of Levi Herkshan and Nadine Scott, is baffled at all the years that just rolled on by.

Killing time, Scott occupies himself with watching after school activities such as football, volleyball, and basketball games. On that note, he is also the Madras High School Associated Student Body (ASB) president. He is also in the Cultural Enrichment Club.

"In our school I want to see the groups united," Scott says. "I want everybody to get along."



Paul Scott

At the moment his favorite subjects are mythology, science and chemistry. Also, civics and economics caught his heart with opinion and debate.

"What kept me in school is the fact that my mom graduated. It made me want to," said Scott. "She was the one child of my grandmother who graduated. But I'd have to admit, my dad was my number one supporter

in school."

After high school Scott hopes to attend college at Oregon State University, where he plans on receiving his degree in manufacturing and engineering, or architecture.

Scott also mentioned that after college he would like to see the world, because he's the type of person who likes to see and do new things. His best memory of school would have to be the day he was announced ASB president. Everyone was proud of him.

"Live everyday to the fullest, you're not promised a tomorrow," says Scott.

— By Ashley Aguilar

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