

Spilyay Tymoo

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KWSO named top public station

The Oregon Association of Broadcasters honored the Confederated Tribes of Warm Springs' public radio station KWSO as the 2004 public or non-commercial Radio Station of the Year at their annual fall conference this past weekend in Bend.

KWSO also received an award for Best Public Affairs Program Public or Non-Commercial Radio Station for "Tribal Council Elections," produced by station manager Sue Matters.

The runner up in the same category was also a KWSO program, "Sexual Assault Awareness," produced by William Robbins, and featured on Our People and Mother Earth.

KWSO Operations Manager Liz Smith produced a program that won Best Original Program. The program was titled "Positive Indian Parenting."

KWSO also was named runner up in the same category with "Eagle Watch 2004," produced by William Robbins. Ken Miller was voted runner-up for Public or Non-Commercial Sports Announcer of the Year.

Warm Springs Ventures, the investment and business arm of the tribe, was selected for a "Business Star" award for underwriting KWSO's Phrase of the Day.

Ventures chief executive officer Tom Henderson said, "The people at KWSO really deserve the credit. What better way to enhance the traditions of the tribe than through the sponsorship of the Phrase of the Day."

The Phrase of the Day repeats a number of times throughout the day, helping listeners learn one of the tribe's three languages.

The Oregon Association of Broadcasters annual fall conference was held August 26-28 at the River House Resort in Bend.

After the conference KWSO general manager Sue Matters said of the awards won by the station:

"I'm really proud of our staff in working hard on producing programming that effectively conveys important information to our Warm Springs community."

Matters moved to Oregon from Maine in 1985, when the Confederated Tribes first got into the radio business. "It's satisfying to have the Confederated Tribes of Warm Springs recognized by the Oregon Association of Broadcasters for the work we do at KWSO," said Matters.

\$350,000 to help improve school libraries

The Jefferson County School District 509-J has received a \$350,000 grant to improve student reading skills.

The grant is part of the federal No Child Left Behind education reforms. The specific program that provided this grant is called Improving Literacy Through School Libraries.

The Jefferson County school district will use the grant for its Cultivating Library Access and Student Success project. There were many school districts competing for the grant money, and 509-J was fortunate to receive the \$350,000, said Jeff Sanders, chairman of the school district board.

He said the money will be used at the six school libraries of the district, including Warm Springs. Money will be used to purchase more books and periodicals, and instruct teachers and students on how to better use the library. As chairman of the 509-J board, Sanders received the check last week from Donna Foxley, representing the U.S. Secretary of Education Rod Paige.



Bernice Mitchell picks huckleberries at the recent outing at Mount Hood.

Plan is to improve berry fields at Mt. Hood

By Greg Leo, for the Spilyay

Tribal members traveled recently to Mount Hood Meadows ski area for a day of huckleberry picking. The ski area posted signs around 30 acres of the best potential huckleberry lands, requesting the public to honor the traditional gathering rights of tribal members.

The event was an effort of the Confederated Tribes, Mount Hood Meadows Ski Area, and the Mount Hood National Forest. The ski area commissioned a bus to come to Warm Springs to provide transportation to the 52

tribal members who made the trip.

Members of the tribes' Culture and Heritage Committee were part of the group. The committee members have long been concerned about the diminishing number of huckleberries, and the increased competition from non-tribal and commercial pickers.

At the gathering at the ski area Louie Pitt, director of the tribes' Government Affairs Branch, met with the general manager of the ski area, and the manager of the Mount Hood National Forest.

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Butterflies and Warriors learn lessons of life

By Dave McMechan
Spilyay Tymoo

It was a simple day but also an important one. The lessons were about respect for the longhouse and the drum, and respect for oneself and others. The group of young girls was named the Soaring Butterflies, and the boys, Warrior Spirit.

They met at HeHe and at the Simnasho area. This was the first gathering of the groups. The plan is to make this an annual event.

"We had very positive feedback," said Mackey Begay, a leader of the Warrior Spirit group. "When we asked if they wanted to do this again, they all said yes."

The pledge of Warriors and the Butterflies is as follows: "I pledge to love myself, to respect myself, respect my body, respect other

people, respect my community, be honest and be myself."

The goal of these gatherings was to make young people - ages 10 and up - more aware of the important choices they face as they are growing up. Many people were involved in the Soaring Butterflies and Warrior Spirit gatherings.

People were on hand from Victims of Crime, Parole and Probation, Community Counseling, the Community Wellness Center, Social Services, Children's Protective Services, the county Juvenile Department and KWSO radio station.

The Soaring Butterflies met at HeHe. Sarah Frank of Victims of Crime gave the opening message, telling the girls that "you don't have to let other people's opinions form your self worth."

Savenia Falquist of the Juvenile Department talked to the girls about the stages of the butterfly and how this is similar to their lives. Kim LeClair of Social Services spoke of the importance of good hygiene, and Sheila Clements of Community Counseling shared her personal experience as a food gatherer for the Simnasho Longhouse. "You need to be respectful of the longhouse. It is a sacred place," said Clements.

Renee Silversmith-Wewa and Mia Farrow of Children's Protective Services took a photograph of each girl and then placed it on a decorated card-board. The girls then wrote positive things about each other on the card-board.

Pat Tanewasha and Madeline Queahpama-Spino talked about family trees and the importance of know-

ing who your relatives are. Tanewasha also spoke to the girls about "rights of passage."

Onte Lumpmouth shared how she graduated from college and became a registered nurse, while raising eight children. College student Corina Miller, who is planning to become a doctor, encouraged the girls to stay in school and stay off drugs.

Warrior Spirit

Mackey Begay, his brother Anson and uncle Calvin Queahpama were the leaders of the Warrior Spirit group. There were 12 boys, ages 9 to 13. During the morning the talk was of hunting. "We talked about the basics of hunting, the terrain, the behavior of deer and elk," said Mackey Begay, who works at Parole and Probation.

See **YOUTH** on page 2

Kids now, leaders tomorrow

By D. "Bing" Bingham
Spilyay Tymoo

It's all connected, just like a circle. The kids of the reservation are the future, they are the leaders who will eventually guide the people. And they are directly dependent on the adults for their well being: shelter, food, protection and education - some of the things kids need to become strong leaders.

Everything adults invest in children will come back to the tribes. And when a problem arises, it's time to fix it.

"We're starting to see type-2 diabetes in kids on the reservation, and that's directly related to diet and exercise," says Clint Jacks from OSU Extension. The problem is simple to state; finding a solution is tougher.

For a start the Extension staff located some grant funding from the U.S. Department of Agriculture for nutrition education on the reservation. The Oregon Food and Nutrition Program was designed for children as well as mothers of young children. Last year the kids in the fourth grade at Warm Springs Elementary were chosen to be the leaders in this pilot project.

Once a month for three hours the children are given additional schooling on nutrition, food safety, preparation, eating together, manners and cleanup.

"We added to it the exercise component," says Lynne Breese, OSU Extension family and community development coordinator. "Because you can eat all the right food, but if you don't exercise you're body doesn't utilize the food, and the child doesn't develop as healthy a body as he or she can."

The kids are placed in teams of four or five, and they actually prepare their own meals from start to



Antone Moody at microscope during nutrition class.

finish. Team leaders focus on commodity foods and include recipes the children take home to practice.

"A lot of these commodity foods do not come pre-prepared," said Breese. "We felt that, to encourage the children to make healthy choices, they have to learn how to cook. Every meal they prepared was a complete meal."

She continued, "The science com-

ponent was always based on whatever the meal was. When we were trying to help them learn to utilize more water and get them to drink water each day, we brought in a flower in colored water and let them see how quickly the plant absorbs that water. It was quite amazing to them."

See **NUTRITION** on page 9

New gym is under construction

Students attending Warm Springs Elementary School this year will see construction progress on the new school gymnasium.

Last week the construction crews poured the first concrete of the new building, and this week they put up one of the main beams.

"It's exciting to watch this happen," said principal Dawn Smith.

The new gymnasium will replace the one that burned down in the winter of 2002.

The new gym is being built at a cost of \$1.3 million, funded through the insurance settlement on the building that burned.

The plan is to have the new gym open by February of next year, said Jeff Sanders, 509-J school district chairman.

The construction work was delayed recently but is now back on track, he said.

The delay happened in part because the water piping to the old gym had been installed in the 1930s, and it was difficult finding a way to connect the old pipes to the newer system, said Sanders.

He said the new gymnasium is not going to be the kind of gym you would find at a typical elementary school.

The new building will be larger than the average elementary school gymnasium.

"We purposely exceeded the grade school gymnasium standards," said Sanders, "because we know the community will want to use the building for other activities."

The new gym will be bigger than the old one, he said.

The students at the elementary school have been making do without a gym by using a portable building that was brought in last year.