

## Museum now hosting tribal member art show

The Eleventh Annual Warm Springs Tribal Member Art Exhibit is on display at the Museum at Warm Springs.

The reception is this evening, Thursday, Sept. 30, from 6 to 8 p.m. in the Changing Exhibits Gallery. A traditional dance troupe will perform. The opening reception is sponsored by Tribal Council.

The Tribal Member Art Show will be on display at the museum for 62 days.

The exhibit is of traditional



Woven basket

and contemporary art by members of the Confederated Tribes.

## 25 years ago this week

From the October 5, 1979 edition of the Spilyay Tymoo.

We may soon have a better picture of what life was like for Indians a hundred years ago on the Warm Springs Reservation. University of Oregon archaeologist Rick Minor is in the process of researching and analyzing artifacts retrieved this September from Dry Creek, intake site of the tribes' Deschutes domestic water system.

Minor said that this area of Dry Creek by the Deschutes was probably occupied around 1880. "It represents a period when the Warm Springs Indians were becoming more and more acculturated, using more of the white man's things," said Minor. "You can read about this period of time in history books, but they don't deal with artifacts. History books tend to talk about famous people while artifacts tell how the common people lived," said Minor.

Although the archaeologist and his team didn't find anything terribly exciting, they did uncover more than they had expected to. Among the finds were miscellaneous metal parts, lots of glass, and square and round nails. Minor said the round nails were probably from around 1890.

They also unearthed some stone tools and stone flakes that were probably from an earlier period. Eating utensils, a variety of crockery, dishes, chimney glass and a variety of beads were collected as well as animal bones and river mussel shell.

They say that the action at national Indian meetings happens behind the scenes, away from the convention floor. It seemed to be happening in both places at the National Congress of American Indians annual convention in Albuquerque this week.

The Warm Springs delegation had a private audience with Secretary of the Interior Cecil B. Andrus, securing his support for the tribes' hydroelectric project.

With nearly the entire month of September spent reviewing the proposed 1980 budget, Tribal Council members have made their revisions and recommendations. On Sept. 26 the

budget summaries were posted for the public.

Although the operating budget presented to them by management was 30 percent higher than last year's, Council has made very little change, deleting no new programs or positions. However, they did add \$25,000 for tribal road access for new homes, \$50,000 for senior citizen home remodeling and \$183,000 for anticipated rural water projects.

Council also approved the \$1 million capitalized budget for major improvements at Kah-Nee-Ta.

(Note: The following is by Cynthia Stowell, and appeared on the editorial page of the Oct. 5, 1979 publication.)

It's past midnight on the eve of publication. If this was an old movie I'd be hunched over a manual typewriter, my tie loosened, a cup of cold coffee at my side, with the cityscape lying outside the window. But this is 1979 in Warm Springs - I sit at a new-fangled typesetting machine in my Simnasho t-shirt with a bottle of Diet Pepsi tucked under my arm and horses munching on the lawn below. What a delightful set of contrasts!

I can feel the sentimentality creeping up and I suspect I'll give in to it. I can always blame the late hour. But this is, after all, my 90<sup>th</sup> and last issue of Spilyay Tymoo, and I guess I have the right to reflect a bit.

There's no need to dwell on the growth and maturation of Spilyay in the last 3 1/2 years. Reading the 1976 issues never fails to embarrass me - we have certainly come a long way, baby. I feel fortunate to have been part of that growth. It has meant a few gray hairs for me but it has afforded me a closeness to this community that few "outsiders" experience in four years.

### Toe Ness

There was this worm crawling up a tree when he sees another worm lying in the shade, so he decides to go over and get acquainted. After a while he said, "I love you, will you marry me?" The reply was, "Can't you tell that I'm the wrong end." Yikes!

## Help offered against flu

Flu season is fast approaching, and Warm Springs public health nurses will once again give flu shots at various locations around the reservation.

This year health officials recommend that children ages 6 months to 23 months, and children who are household contacts of children less than 2 years of age, receive a flu shot.

Others who should receive the annual shot include adults over age 50, even if in good health, anyone with a chronic health condition, and women who are pregnant during flu season.

Community flu clinics for those eligible for care at an Indian Health facility will begin October 20 (see schedule) or you may make a nursing appointment at the clinic. Call the Public Health Nursing Department at 553-2459 for additional information.

### Facts and myths about flu

Myth: "The flu is just like a bad cold." False.

Flu is far more dangerous. It can lead to pneumonia. Each year (on average) approximately 36,000 people in the U.S. die of pneumonia and influenza.

Myth: "The flu shot can give you the flu." False.

The flu shot is made from killed viruses. It protects most people from the flu, but it won't protect you from other viruses that sometimes feel like the flu.

Myth: "The shot's side effects are worse than the flu." False.

Side effects of the flu shot may include a sore arm, mild fever, and an achy feeling.

Flu itself causes fever, chills, headache, muscle aches, sore throat, and overwhelming weakness. Symptoms can last up to a week.

Myth: "If I don't get the flu shot in October it will be too late." False.

Flu season usually lasts from November to March, so the best time to get a shot is October or November.

It takes about 2 weeks after getting the shot to build up immunity so a flu shot in December will still protect you from the flu.

## Clinics schedule

Flu shots are available for those eligible for care at an Indian Health Service clinic. Call Public Health Nursing at 553-2459 for additional information. The following is the schedule.

Wednesday, Oct. 20: 11 a.m. to 1 p.m. Clinic, pod A.

Thursday, Oct. 21: 12 to 1 p.m. Senior Center.

Friday, Oct. 22: 11 a.m. to 1 p.m. Three Warriors Market, Simnasho.

Monday, Oct. 25: 10 a.m. to 12 noon. Tribal administration, conference room 2.

Tuesday, Oct. 26: 2 to 4 p.m. Warm Springs Forest Products Industries, personnel office.

Thursday, Oct. 28: 2 to 4 p.m. Kah-Nee-Ta Resort.

Friday, Oct. 29: 10 a.m. to 12 noon. Community Counseling.

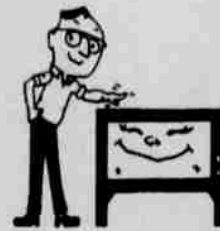
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