



Brian Mortensen/Spilyay

Mariann Smith, a pharmacy technician at the Indian Health Services, was honored by her co-workers for her 30 years of civil service, last Thursday. Smith, left front, receives a plaque from Julie Schrand. Behind them, from left, are co-workers Julie Hazel, Alicia Boston, Katie Johnson, and Jim Gemelas.

Smith honored for 30-year career in public service

By Brian Mortensen
Spilyay Tymoo

Mariann Smith knew her co-workers in the pharmacy at the Indian Health Services had ordered something to honor her 30-year civil service career, but she didn't know when it would arrive.

She was surprised when her co-workers presented her with a clock affixed to a clock Thursday afternoon in appreciation of her service.

"I knew about it (Wednesday)," she said. "They said they'd ordered it. Twenty-four hours is

pretty good."

Smith, who has been a pharmacy technician for 10 years, has worked for Indian Health Services since 1980.

Prior to that, she worked for the U.S. Army Corps of Engineers, working with dam and flood control, and for the Internal Revenue Service in Portland.

Working for the IRS, she said her job included filed liens and penalties against certain taxpayers.

"And they weren't nice letters," she said.

When she began working at the reservation, she started working in contract health, moved on to medical records and then the pharmacy.

Smith said she likes the people she works with, and said the biggest change she's seen working for IHS is the use of technology now.

"You used to hand-write everything," she said.

"Now everything's on computer."

Smith, who lives at Sidwalter, insists she's "too young to retire."

Allen, Cleavenger win 10K at Fall Run

Daniel Allen and Jane Cleavenger were the male and female winners, respectively, of the 10-kilometer race of the Kah-Nee-Ta Fall Run last month, while Vernon Smith, Sr., and Charold Big Back won their divisions of the two-mile race.

Allen, who finished first in the 20-29 male age group, ran in 40 minutes, 41 seconds, while Cleavenger, who was fourth overall, finished in 45:03.

Smith, who ran in the 40-49 male age group, ran in 14:39, while Big Back ran in 16:02. She was third overall.

**Kah-Nee-Ta Fall Run
10 kilometer run**

Male age divisions

13-under

1. Edward Jones, 52:33; 2.

Curtis Thompson, 1:04:11; 3.

Devon Thompson, 1:18:22.

14-19

1. Attcity Begay, 46:39; 2.

Josiah Thompson, 47:23; 3.

George Boise, 51:46.

20-29

1. Daniel Allen, 40:41; 2. Tim

Tolbert, 40:51.

30-39

1. Mark Hodges, 52:30.

40-49

1. Paul Parsons, 41:43; 2.

Curtis Thompson, Sr., 57:19.

50-59

1. Ted Sampson, 50:05; 2.

Richard Lohman, 54:01.

60-69

1. Chuck Alexander, 52:09.

Female age divisions

13-under

1. Kayla Jones, 49:12; 2.

Kristi Olney, 1:07:04.

40-49

1. Jane Cleavenger, 45:03; 2.

Lucinda Heath, 1:29:07.

50-59

1. Janice Alexander, 1:06:59;

2. Zena Bartz, 1:18:51.

60-over

1. Lois Fuller, 1:52:11; 2.

Elizabeth Roley, 1:52:11.

Two-mile race

Male age divisions

13-under

1. Larry Spino II, 15:19; 2.

Spencer Ellsbury, 17:09; 3. Ja-

son Smartliowit, 20:20.

14-19

1. Charles Big Back, Jr., 19:46.

40-49

1. Vernon Smith, Sr., 14:39.

50-59

1. Doug Cleavenger, 17:12.

60-over

1. Harry Gillis, 23:50; 2. Bob

Lewis, 50:48.

Female age divisions

13-under

1. Charold Big Back, 16:02;

2. Shawresa Bates, 20:41; 3.

Ashlynn Danzuka, 22:51.

14-18

1. Teri Jo Squiemphen,

19:47; 2. Alyssa Selam, 22:54.

30-39

1. Jennifer Hodges, 24:58; 2.

Karin Holicky, 34:55; 3. Laurie

Danzuka, 40:05.

40-49

1. Robin Mitchell, 25:17.

50-59

1. Cheryl Lohman, 24:00; 2.

Sylvia McCabe, 26:02; 3. Terry

Lovell, 50:51.

60-over

1. Bernice Lewis, 28:13; 2.

Elanor Chapmen, 50:50; 3.

Shirley Heath, 50:51.

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Great time to make a change

(By the CHET, the Warm Springs Community Healthy Education Team)

This month is a great time to make a change to better your health.

There are resources all within the community to help you get that start. Here are a few things that you might want to use to help you get started.

There's the ongoing nutrition information and classes, the November Fitness Challenge, the morning and weekend water aerobic class at Kah-nee-tah, and this month is also the Great American Smoke Out on November 18.

There are many reasons to become a livelier person with a positive outlook on your life.

You may have grandchildren and children or you may just feel you need a change. If you smoke and know the circumstances why do you keep smoking?

If you eat unhealthy foods and don't exercise and know what can happen, then why keep doing the same unhealthy habit?

Change takes time to accept but if you set your mind to anything you want to do, it will be a lot easier.

Have a plan, set some reachable goals until you know you are well on your way to becoming the person you really want to be.

You may have heard or said this saying before, "I wish I could be the same size as I was in high school."

Only if it was possible, right? These possibilities are up to you. Remember you are in control.

If you want to quit smoking this month then start to set your mind to quitting. Start to limit the number of cigarettes you smoke.

If you're currently smoking 10 per day, then try to reduce that number to 8 by the end of the week. The next week reduce that amount another two or three cigarettes. Keep this going until your quit date arrives. You are gradually getting your body familiar to the change that's taking place.

If you haven't ran a marathon in the past ten years, why would you get up tomorrow morning and try to run a marathon?

Now we all know that would be hard to accomplish. It might be easier if you would gradually work up to running that distance slowly getting your body used to the distance. Use this example for smoking cigarettes or any physical change you are going to put your body through such as your exercise or eating habits.

Remember, small portions will get you on the right track. Limited portions of food, small amount of exercise and fewer cigarettes is a better way to start until you get used to that change.

Remember, you don't have to go alone, pick a family member or a close friend to support

you. And don't forget the numerous departments who offer activities for the whole family. It's time for a new you, get started today.



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