

## Crews to clean up tribal fishing sites

The Columbia River Inter-Tribal Fish Commission and the BIA have agreed to a two-phase cleanup plan of the in-lieu and treaty fishing access sites.

Phase one includes the removal of abandoned personal property at the end of the fall 2008 season.

Operation and maintenance crews will start bagging and tagging abandoned personal property left on sites and not currently being used for subsistence fishing.

The bagged and tagged personal property will be put in storage until December 31.

After that date, stored abandoned personal property will be disposed of.

Prior to December 31, any stored abandoned personal property can be reclaimed and removed from storage by contacting the in-lieu/treaty fishing access sites project coordinator at (503) 866-8375 or a member of the operation and maintenance crew at (541) 296-

6010.

### Phase 2

The second phase of the project will involve the removal and disposal of abandoned titled property, such as cars, trucks, boats, boat trailers, campers, camp trailers, personal or commercial storage sheds and motor homes.

Phase two will start in January 2009, and will be completed prior to the spring season 2009.

Additional information for

the implementation of phase two will be published and posted no later than January 2009.

If you have any suggestions or recommendations that will assist the in-lieu/treaty fishing access sites project coordinator, and the operation and maintenance crews, in keeping the sites maintained in a clean and healthy condition, please contact the in-lieu/treaty fishing access sites project coordinator at (503) 866-8375 or a member of the operation and maintenance crew at (541) 296-6010.

## Horse regalia class continues at museum

The Museum at Warm Springs and the Oregon Arts Commission this month are sponsoring the fourth part of the Horse Regalia Class.

The class topic is Making Horse Masks and Cylinder Warbonnet Holders.

Featured instructors are Chris Scott and Sandra Jo McGill.

The classes will be from 5 to 8 p.m. on the following

Tuesdays, Wednesdays and Thursdays: Oct. 14, 15 and 16, and Oct. 21, 22 and 23.

Classes are conducted in the museum Education Room.

For information and to register, please contact the museum Education Program at 553-3331, ext. 407. You can write to the museum at PO Box 909, Warm Springs, OR 97761.

## New fitness program encourages 30 minutes of daily exercise

By Leslie Mitts  
Spilyay Tymoo

Community members will aim to get 30 minutes of activity each day with the help of a new program—and anyone wishing to get involved can still sign up.

The Moccasins Moving Across the USA program began last week and will continue through the month of November.

According to Carolyn Harvey from Community Wellness, the program stems from other similar programs for local youth.

She leads the Wee Bee Walking Club at Early Childhood Education, Harvey said, and was approached by adults to do something similar.

Community Wellness and the Diabetes Prevention Program partnered together for the program.

"The goal of the program is to encourage 30 minutes of exercise every day through the month of November," Harvey

explained. "With the program, every minute that you exercise it equates to one mile."

Participants will keep track of the miles on a log sheet, Harvey said, and they will track the miles by placing pins on maps at the clinic and community center. As people pass through different reservations on the map, Harvey added, they will be awarded incentive prizes.

If people complete the required 30 minutes of exercise each day they will reach the other side of the United States and receive a long-sleeved t-shirt, Harvey said.

It is even possible for people to travel to one side of the United States and then back if they do more than 30 minutes of exercise per day, and they may be awarded a few more incentive prizes, Harvey added.

The program is free, and participants can sign up through the first week of November.

The timing of the program will coincide with the November Fitness Challenge, Harvey said. "I wanted to get a program



Carolyn Harvey (at right) helped participants sign up at a recent event.

going before the November Fitness Challenge," she explained. "But that will carry through the

November Fitness Challenge to help keep people motivated."

After spend two months

making 30 minutes of daily exercise a priority, Harvey added, it will begin developing into a

*So far about 70 people have signed up for the Moccasins Moving Across the USA challenge.*

habit and it becomes easier for people to exercise regularly and incorporate it into their lifestyles.

"That's what I'm always trying to do is get people to make it a part of their lifestyle," she explained.

So far about 70 people have signed up for the Moccasins Moving Across the USA challenge. Participants receive a pedometer as well as a log sheet to track their exercise.

The program will also be set up at the November Fitness Challenge kickoff for people to sign up.

To sign up, contact Carolyn Harvey at Community Wellness or Montell Elliot at the Diabetes Prevention Program.

## Deadline to vote in election is Oct. 14

The deadline to register to vote in the 2008 National Election is October 14.

Of the 2,000 tribal members who are eligible to vote,

837 are registered.

The Get Out The Vote Committee is working to register as many tribal members as possible by the Oct. 14 deadline.

If you would like more information on registering, please contact Louie Pitt at 553-3270. Or Teeney Miller at 553-3258.

## Fall Freezer Sale

7-10 cubic foot freezers - \$20 off regular price  
12-16 cubic foot freezers - \$30 off regular price  
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### Important notice regarding address numbers

All buildings and homes must display assigned address numbers according to standards set by the Confederated Tribes of Warm

Springs Land Services Office. Numbers must be easily visible and legible for emergency responders. Electrical service will not be provided to ad-

resses that do not meet these standards. For more information contact the Land Services Office at 553-3270.

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