NEWS FROM THE SOUTH COAST

The Lampa Mountain Sweat Lodge continues to have sweat ceremonies with the help of spiritual leaders from throughout the state. A Women's Sweat is held monthly conducted by recognized women spiritual leaders from various tribes. Sweats are usually scheduled for the week-ends so that clients at the South Coast Recovery Center can participate. A meal is served after each sweat cermony including traditional foods whenever possible. The sweat lodge is located about 6 miles from Coquille, Oregon and 30 miles from Coos Bay, Oregon. Remember, anyone is always welcome to come and sweat with us. For more info. call Jackie at Tribal office and Kathryn at Coos Co. Council on Alcoholism-Main Office, N. Bend, Oregon. 756-1148.

SUNFLOWER BREAD

1/4 Cup Honey
1/4 Cup Soft Butter/Margarine
2 Eggs, beaten
1 Cup Whole-Wheat Flour
1 tsp. Salt
1 tablespoon Baking Powder
1 1/2 Cups Ground Sunflower Seeds; Shells & Meats; or Meats Only
1 Cup Milk
1/2 Cup whole or coarsely chopped Sunflower Meats.

Beat together honey & butter. Beat in eggs. Combine flour, baking powder, salt & ground seeds. Add to honey & butter mixture alternately with the milk. Fold in whole sunflower meats. Pour into greased loaf pan & bake 1 hour at 325°. Cool on rack. Slices better when cooled. YIELD: 1 Loaf.

JONNY GEORGE CLASS OF '79

Jonny George, 17, son of Lloyd & Myrna George was named an outstanding member of the 1979 graduating class of Willamina High School. Of the many activities Jonny participated in, he was an active member of the Native American Student Club, student Council officer and representative, president of the Letterman Club and member of the Honor Society, American Field Service Club and Speech team. Jonny is currently involved in Title IV Indian Education as an aide for the summer school, and assists in putting together the monthly "Smoke Signals".
He plans to attend Portland Community College in the fall to major in commercial art, and eventually study at Parson School of Oregon in New York.

Congradulations Jonny and Good Luck!