

Editorial E COOSH EEWA:

(The way it is)



Imagine Yourself Miss Warm Springs

If you like traveling and meeting people, you can easily imagine yourself as Miss Warm Springs 1978.

As a representative of the Confederated Tribes, you would travel proudly to contests, parades and conventions nationwide.

You would have your own float in Portland's Rose Parade and compete for such titles as Miss Indian Northwest, Miss Indian America and Miss NCAI.

Miss Warm Springs 1978 will also have an honored place in parades and fairs in neighboring counties.

A special budget has been set up by the Tribal Council for Miss Warm Springs and her travels.

If all of this sounds exciting

and you would consider it a privilege to represent the reservation, pick up an entry form at Stenopool and fill it out by February 6.

The only requirements are that you be single, 18-20 years old, a high school graduate, an enrolled member of the Confederated Tribes, and able to devote time to coaching and traveling.

At the contest Thursday, February 9 at the Community Center, entrants will be judged on completeness of outfit, knowledge of reservation and own Tribe, talent (both Indian and Modern), and poise, personality and beauty.

Imagine yourself crowned Miss Warm Springs 1978 at the contest February 9.

Mondale Brings Administrations Message to Indians

Albuquerque, N.M. — During his recent five-day tour of the western states, Vice President Walter Mondale met with southwestern Indian leaders in Albuquerque. The message he brought to Indian country January 10 seemed to be largely favorable.

Mondale outlined two major aspects of the Carter Administration's proposed national Indian policy, which he said would be characterized by fair and honest dealings with the Indian

people.

First, Mondale said that the administration would back Indian treaty claims to scarce resources.

Second, the Vice President said that the administration would be committed to settling Indian claims by negotiation rather than legislation.

An aide to Mondale stated later that the President was opposed to any legislation abrogating or otherwise changing treaties and would help block

passage of such bills.

At a December meeting in San Diego, NCAI Executive Director Charles Trimble reportedly advised that President Carter's government reorganization project should have Indian monitoring because "the administration is extremely naive on Indian affairs."

Trimble also warned of the President's water resources policy study. "We don't want another linking of Indian water rights to federal reserve water rights," he said.

A Workshop to Improve Tribal Relations With Public

Several locals will be key resource persons at an upcoming workshop entitled "In the Public Interest of Indian Tribes" to be held at Kah-Nee-Ta March 1-3, 1978.

Sponsored by L2 plus A, The Resource Development Company of Seattle, the workshop will feature such speakers as General Manager Ken Smith, Assistant Planner Uren Leonard, Cultural Director Nathan Jim, and L2 plus A Consultant Deni Leonard who will offer insights into public policy, cultural affairs and contemporary lifestyles of Indian tribes.

The workshop is designed for public administrators, legislators, private business organizations and anyone at the municipal, county, state or federal level who has a continuing relationship with Indian tribes.

Special events at the three-

day workshop will be a tour of the Warm Springs Reservation and its enterprises and an illustrated presentation of "A year's activities on the Warm Springs Reservation."

Topics of presentation will include federal involvement in Reservations, tribal management and government, Indian health and welfare, law internal and external to reservations, education, tribal citizenship, tribal economics and a host of other specific areas.

In addition to local speakers, ten other figures in northwest and national Indian affairs have been invited to contribute: Walt Jaspers, E.P.A. Director; Roy Sampsel, Director of Columbia River Inter-tribal Fish Commission; Joe DeLaCruz, President of the National Tribal Chairmen's Association; Mel Tonasket, Vice President of the

National Congress of American Indians; Ralph Johnson, Professor of Law, University of Washington; Vanette Chase, School of Public Health, University of Washington; Frank Battersse, G.S.A. Technical Consultant; Al Zionitz, A.C.L.U. attorney representing northwest tribes; Andy Ebona, Director of United Indian Planners Association; and Paul Alexander, Deputy General Counsel, U.S. Commission on Civil Rights.

The workshop will begin daily at 9:00 and end at 4:30. Registration and fees will cost \$195 per person and pre-registration is required before February 20. Room and meals will be at the participant's own expense.

For more information contact Uren Leonard at his Warm Springs tribal office - (503) 553-1161 ext. 254.

Letter To The Editor

We would like to thank all concerned people for their thoughtfulness after our recent

To The Editor

I'd like to thank the people that helped to find my two boys who were lost. The Warm Springs Police and the Warm Springs Range riders and the two Missionaries, Elder Castillo and Elder Vargas, the people that prayed for their safe return.

Thanks to all!!

Amelia Yahtin

fire loss. Special thanks to the Lions Club and the NAIWA for their fund-raising benefit activities; welfare program for their donation to our cause; and to all the people who sponsored and participated in the fire shower at the longhouse, whose acts of kindness and sympathy will always be remembered.

The donations and gifts are deeply appreciated, of which will assist us in our endeavor to rebuild toward a new future. Once again, thank you very much.

Lillie Heath Family

From The Indian Health Service

Questions and Answers About Infectious Hepatitis

The local Indian Health Service Clinic has received many questions from friends and relatives of people who have come down with "infectious hepatitis" in recent months. An above average number of cases have been diagnosed since October and clinic staff feel that the spread of the disease can be better controlled if the community understands the causes and prevention of hepatitis.

Some of the commonly asked questions are answered here by IHS staff.

Q. What is hepatitis?

A. The type of hepatitis identified in Warm Springs is Hepatitis A, a virus that is extremely easy to catch by direct contact with known cases. Hepatitis A is different from the types that result from needles or from drinking too much.

Hepatitis A, or infectious hepatitis, attacks the liver and can cause serious damage. It is rarely fatal; most patients recover within several weeks.

Q. Who gets hepatitis?

A. Children and young adults are most apt to get the disease. But when older persons get it, it can be quite severe.

Q. What are the symptoms of infectious hepatitis?

A. Many people with hepatitis say they feel like they have a

bad case of the flu. The disease often produces headaches, fever, loss of appetite, nausea, and tiredness.

Clues that a person has hepatitis and not the flu are: lingering symptoms, violent nausea and vomiting, pain in the upper right side of the abdomen, yellowing of the skin and the whites of the eyes and dark coloration of urine.

But these are just warning signs for you. Only a doctor can diagnose a case of hepatitis.

Q. What is the cure of hepatitis?

A. There really isn't a cure. Hepatitis patients should rest in bed and have a good, balanced diet so that the disease won't last as long or come back. The doctor may have special instructions for a patient, which must be followed closely.

Q. What causes hepatitis?

A. Infectious hepatitis can be caught when a person has direct contact with an infected person. The disease can be transmitted by dirty hands or through the food we eat and water we drink.

The domestic water supply in Warm Springs is being checked twice as often as usual for contamination. So far the water samples have been pure. A visiting sanitarian from the Yakima area IHS concluded that the hepatitis in Warm Springs is

not environmentally caused, but spread from person to person.

Q. How do I get hepatitis?

A. The virus can be spread by contact with the stool or urine of a patient. This can happen if the patient's hands are dirty when he handles food or touches another person. Sharing a bathroom with a patient, or using the same dishes is risky, as is any direct contact with the patient or his stool.

Family members are most apt to be infected. But they are not carriers. Exposure to a family member is not direct contact and therefore doesn't mean you've been infected.

Q. When is a patient contagious?

A. You can catch hepatitis from a patient anywhere from one or two weeks before the onset of the disease until one or two weeks after onset.

Q. How long does it take for symptoms to appear after I've been infected?

A. It can take from two to six weeks for symptoms to appear.

Q. What should I do if I have had direct contact with a case?

A. It is a good idea for members of the patient's household to receive "gamma globulin," a human blood derivative that will ward off symptoms of hepatitis. This will work if given soon after

the first known exposure.

Gamma globulin is not recommended for those who do not have very intimate contact with a patient. Hepatitis is not normally spread through casual relationships outside the household.

Q. What if I have had contact with one who lives with a patient?

A. This is not a risk worthy of gamma globulin treatment since it is not a direct contact.

Q. How should a patient be treated to prevent the spread of infection?

A. All unnecessary physical contact with the patient should be avoided. Anyone having contact with the patient's stool (emptying bed pans, cleaning bathrooms, providing nursing care,) should wash his hands thoroughly after contact.

Separate clothing, bedding and dishes should be provided for the patient and washed separately. The patient should wash his hands well before eating with family members.

These safeguards against the spread of hepatitis should be maintained for at least two weeks after the diagnosis.

Q. How can I prevent hepatitis?

A. Good hygiene is the key to preventing the spread of infectious hepatitis.

Hands should be washed with soap and water after using the toilet. This is especially important for people who handle food. Bathrooms and kitchens should be kept clean. Clothing should be laundered regularly.

Dirty objects should be kept out of children's mouths. Children can be taught to keep their bodies and environment clean so that they will develop good hygiene habits at an early age.

A good diet is also important so the body can fight off infection. Food from the four groups - milk, meat, vegetables and fruits, and breads and cereals - should be eaten daily.

Doctors Call Number

Doctors Fisher and Creelman now have the same after-hours phone number. They may be reached at 475-6055 after 5 p.m. weekdays and all day Saturday, Sunday and holidays.

New Dentist Soon

February 6 will be the first working day for Wayne T. Schultz, the new PHS dentist. Appointments, for Dr. Schultz, can be made at the clinic during regular clinic hours.