

### National Indian Safety Week

# Safety stressed to reduce accidents, injuries

Beginning October 9 will be National Indian Safety Week. This is an annually recognized week which was established to promote a greater awareness of safety in Indian communities and to reduce accidents and injuries.

Even though the effort to prevent accidents and injuries is a never-ending task, now is the time to begin preparing your home and environment to be safe for your family and friends.

Take a walk through your home and around your yard to look for ways in which you could improve your family's environment and be more safe. Getting hurt is never any fun.

Here are some ideas to help you make your home and

property more safe:

**1. Smoke Detectors**—How many of you have smoke detectors in your home? These little units are one of the most valuable items to have as they will warn you of heat, smoke and fire early-on. More importantly, they will warn you when you are asleep. Just be sure that when you purchase a unit it is equipped with a battery or has a battery back-up system.

**2. Fire Extinguisher**—This device is something you may need quickly, but only once in a great while. By having one of these in your home, it will help you to put out a fire before it becomes too large. If you elect not to have one in your home, you may be subject to watching

a small fire grow to be very large, or to watch your home burn down.

Most local hardware, drug and all-purpose stores carry extinguishers. A five to ten pound unit will be adequate for most home fires. Directions for use are included with the extinguishers and the units being sold today are easy to use.

Because smoke can sometimes do more damage than fire, an extinguisher will help to knock down smoke and fire before it can get out of hand.

**3. Fire Aid and CPR**—How many family members in your home know these emergency responses? Talk to all of your family members and have them

show you some of the correct responses for different emergencies. If one or more of your family members would like to learn these valuable tools, classes are most always available and at a low cost, possibly even free. At least half of the family members of each household should know and be able to perform these emergency responses.

**4. Poison Prevention**—How many poisons do you think you have in your house? Ten you say? How about ten times that many! Are there young ones in your home? If so, you should poison-proof your house as quickly as possible. Mr. Yuk stickers, child-proof locks for cabinets and drawers and Syrup of Ipecac are all poison

prevention items that you should have in your home. Teach your family members how to use and respect them. They could save a life.

**5. Cluttered House and Yard**—Falls are the leading reason for accidents in and around the home. This is primarily due to people tripping on different objects which have been left in the way. Attempt to clear all pathways, stairs and walk areas. Teach the kids to walk, not run, in and around the house. Try to remove any large, dangerous or sharp objects by having them hauled away on a regular basis. Let someone know if a handrail is too weak to support a person's bodyweight.

## INPRO banquet Oct. 20

Los Angeles, California, September 8, 1983—Donald P. Crivellone, executive vice president of First Interstate Bank of California, kicks off the "Indian Progress In Business," (INPRO) awards banquet on behalf of the United Indian Development Association (UIDA). The eighth annual awards banquet will take place on Thursday, October 20, at the Sheraton Grande Hotel in Los Angeles, California.

With the return of the medals won by Jim Thorpe in 1912 and the approach of the 1984 Los Angeles Games, UIDA wants to celebrate American Indian athletic achievements. Crivellone chairs the banquet program which will be a tribute to the Olympics, American Indian Olympic champions and all American Indian sports legends.

Crivellone is in charge of the Los Angeles-based bank's involvement as official bank of the 1984 Summer Olympic Games. He is also Southern California Area Chairman for the U.S. Olympic Committee.

Crivellone is ably assisted on the INPRO awards banquet committee by his Co-Chairman General Telephone Company

of California's Presidential David E. Anderson and Security Pacific National Bank's President George F. Moody.

Other members of the committee include, California Angels Owner Gene Autry, Los Angeles Mayor Tom Bradley, California Governor George Deukmejian, Bank of America's Executive Vice President H.H. Jackson, Actor Stacy Keach, Southern California Gas Company's President Robert M. McIntyre, Los Angeles Olympic Organizing Committee President Peter V. Ueberroth, and Actor Dennis Weaver.

The awards banquet is the highlight of a two-day Indian business and economic conference conducted by UIDA, beginning on Wednesday, October 19. The \$150 fee covers all the workshops and materials, business opportunity tours, luncheon, and awards banquet. UIDA expects some 400 people to attend this year's INPRO conference and banquet. For more information about INPRO/83, contact conference Coordinator Suzanne Johnson at (213) 483-1460.

## Over 20 weigh in for Chubby challenge

by Donna Behrend

While others were feasting at lunch one day recently, a group of determined and hopeful "losers" met at the Warm Springs Community Center to discuss the most recent "Chubby Checkers" weight loss contest.

To qualify for the contest, each participant was required to pay \$20. Participants were also presented with brief explanations of proper nutrition and physical exercise.

Each person was weighed in by Assistant Community Center Director Eva Montee with the weight being verified and recorded by IHS nutritionist Karen Gordon. On October 14, one short month after the initial weigh-in, each participant will be weighed again. The person losing the most weight will win one-third of the pot.

At the end of three months, on December 14, participants will once again weigh in and the biggest loser will take one-third of the original pot. At the end of six months, on March 14, participants will again weigh and the person with the biggest weight loss will take the final third of the pot. In other words, lose big, win big, in more "weighs" than one.

Newcomers to the contest were welcome, but September 23 was the last day to enroll in this challenge. If enough are interested, said Montee, another challenge will be conducted later. Rules for the second contest will be the same.

For most effective and long-lasting weight loss, it is recommended that a person lose no more than one to two pounds a week. Any more than that can cause physical and/or psychological complications. It was explained that one pound of body fat contains 3,500 calories and to lose one pound a week, a person must reduce their daily food intake by 500 calories.

Not only must a person reduce their calorie intake to lose weight, but increased physical activity helps to condition the body. This "Dynamic Duo" (improved diet and increased exercise) is the preferred way to lose weight, said Montee.



The Chubby Checkers weight loss challenge drew over 20 contestants. Here, Norma Smith is weighed by Eva Montee and Karen Gordon.

Gordon and Montee gave several tips on weight loss. Gordon has a pamphlet available entitled "Nutrition and Your Health" that is very helpful to those interested not only reducing but improving their diet, too. Also, Montee is currently conducting several exercise classes that provide all-around body conditioning. For more information, feel free to contact Gordon or Montee.

For many, maintaining weight loss is very difficult. But through altering eating habits

and increasing physical activity, losing the weight and maintaining that loss is made easier. Not only does a person feel better but they look better, too. Their self-image is improved.

This current "Chubby Checkers" weight loss challenge appears to be bringing many people together that have a common goal—that of losing weight and maintaining it. And in about a month, the figures will be in, hopefully smaller.

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