

Minority media workshop held at Penn St.



Tim Giago

Spilyay Tymoo photo by Miller

Minority news papers, minority journalists, and rural areas take the back seat in today's society. This problem is present throughout the nation among all minority groups.

A person of the minority group either has to be a great athlete such as to win the 10,000 meter race at the Olympic games, or be a Jazz singer, dancer or mixed up in some sort of crime

to be recognized. These are some of the things pointed out by Tim Giago, Editor of the Lakota Times of Mission, South Dakota which is the largest Indian-owned weekly newspaper today. Giago, who is also the Chairman of the Native American Press Association NAPA which was formed just a year ago also at a Native American Press Association conference has taken a big step in unity among all tribes throughout the nation in working throughout the nation in working together to form a stronger voice that will be recognized by the public across the country.

Giago was a featured speaker for a luncheon during the three-day-long workshop which was the first of its kind for minority newspapers and publishers which included Hispanics, Blacks and Native Americans. Among the speakers and panelists are considered some of the finest in the field of journalism. Similar workshops for the Native Americans are in planning stages in other parts of the country.

Life extension may be granted provided one changes lifestyle habits

by R. Corky Covington

One of the things my grandmother shares when I return home to the reservation from the University regards who has passed away within the community. If details are significant she may explain that the deceased person seemingly had experienced sickness of the heart. Using her years of practical wisdom she might add that the person was overweight, worried a lot, and drank too often. This intuitive diagnosis commonly describes stroke and heart disease cases. Interestingly, over half of the people who die from heart disease die from heart attacks. There are others, however, who suffer a heart attack and live. The difference is that those who live have adjusted their habits and lifestyle.

Heart attacks and stroke seem to be sudden but are actually not. Lifestyle and behavior throughout a lifetime affect arteries of the heart. The effects are compounded when the person seems to experience more than his share of stress. Learning to deal with stress and changing health behavior are two areas which we can do something about if we are motivated to do this.

Grandmother explains, for young people to have heart attacks and sickness years ago was unheard of. An obvious reason is that our lifestyle over the years has become extremely fast-paced. We have also become consumers of every conceivable kind of product which impacts our health and was unknown to our grandparents. Each person is an individual of course, different from every other individual in the way he reacts to stressful situations.

Some people deal with stress very poorly. Not only that, they create stress for themselves by

the way they live and through behavior patterns. Basically this type of person is in a hurry and is characterized by the following behavior patterns: They are extremely competitive and are concerned about winning, arguments as well as sports. They are very concerned with success and social acceptance. They like to count successes, every trophy is significant. They are time—and numbers—oriented as well as schedule conscious. They are compulsively meticulous about surroundings and possessions.

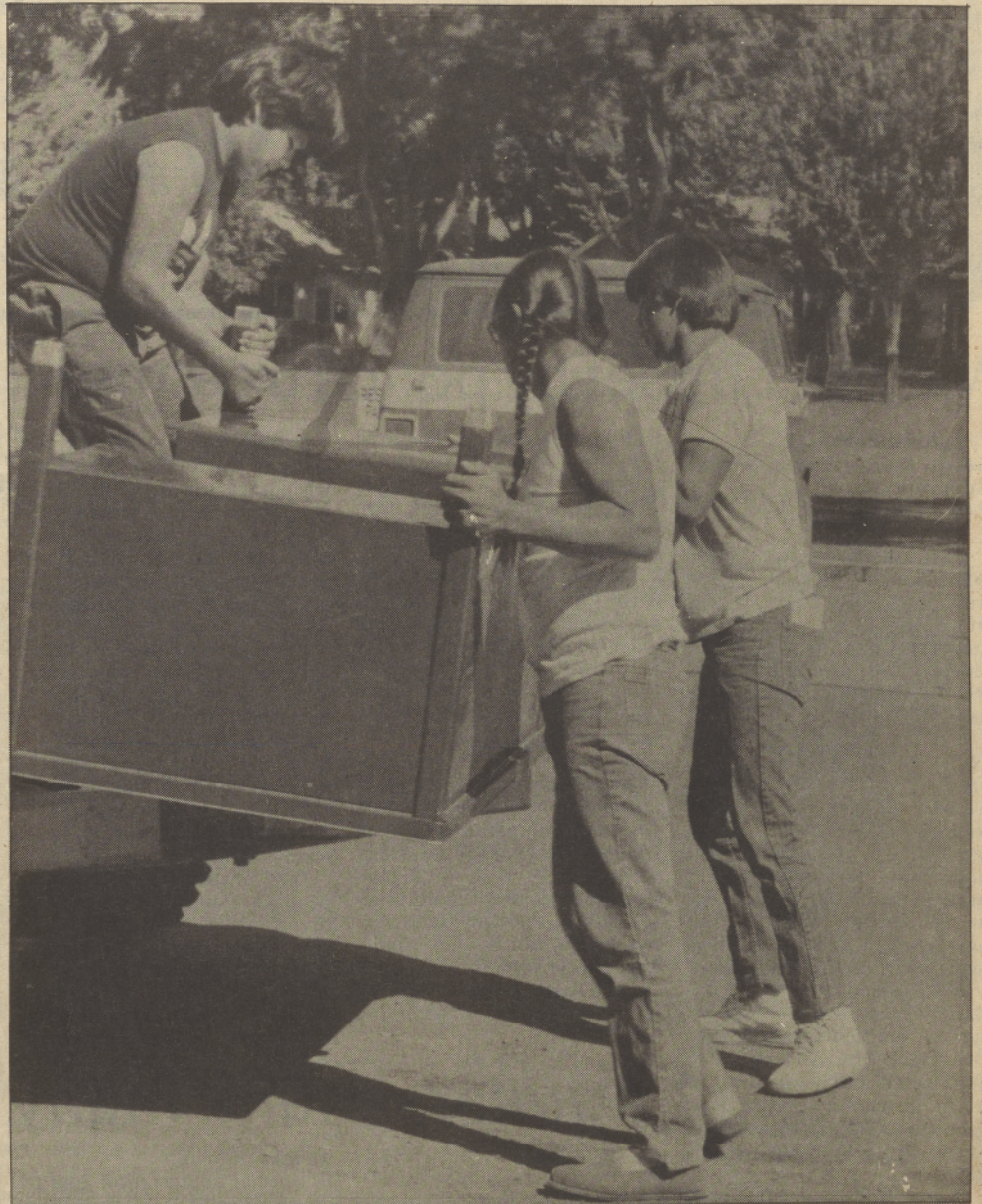
They move and speak quickly and sometimes forget to finish a sentence. If someone pauses they may finish the sentence for that person. They usually set several goals for themselves but these are very often unrealistic. This is likely due to not being satisfied with having just one project at a time. Usually they cannot operate on Indian time and are intolerant of those who are late. They are easily upset by others. If they see others as competition they may become hostile and aggressive. During a meeting this might be projected by silence as well as being tense and unfriendly. They have a difficult time relaxing or smiling and may resort to cigarette smoking, drinking, or drugs to try to unwind.

They can be very accident prone. As a group these people are referred to as type A personalities, type B being the opposite easy going less structured individual. The group is made up of all types, laborers as well as businessmen, clerks as well as councilmen. They all create a greater volume of stress and consequently are highly likely to develop heart disease, high blood pressure and diabetes. This type of person tends to have a high cholesterol level and to suffer from all diseases in general due to lower resistance.

Some factors of personality are beyond this type of person's control, others can be changed to reduce the amount of stress he experiences. It is important for the person to know that all of the characteristics described result in wearing out the body by causing greater risk to disease. In extreme cases stress can cause sudden death. It is interesting that stress from good experiences can be as damaging as from bad experiences since the body reacts in pretty much the same way. The important thing to know is that the body needs to have some way of adjusting back to normal following a stressful experience.

Exercise is one means of accomplishing this. Kicking the dog is another. Some people punch someone else's lights out, very often their wife's. Still others have a smoke or a drink, it becomes a matter of personal choice. Exercise leaves you feeling good although tired. If you kick a dog he might bite your leg. Your wife might get paybacks the next time you pass out. Drinking may let you feel better for a little while but may also make you feel worse later. Your alternatives is pretty much up to you. You may consider improving some areas of your health behavior. If so, go for it. Me? I'm going to go find my wife and give her some paybacks! Aye, just kidding, honey.

Note: This article was written by R. Corky Covington who is a graduate student doing his Intern assignment during the summer with the Wellness Program and with the Indian Health Services. Covington is a Colville member from Coulee Dam, Washington who will attain a Masters Degree in Public Health from the University of Hawaii School of Public Health in December, 1985.



Moving Day

Spilyay Tymoo photo by Leno-Baker

Tree thinning officer Randy Smith (center) and two unidentified summer student workers load Randy's desk on his pickup as he prepares to move into the new Forestry trailer located at the Fire Management yard. Also moving into the new structure were Pre-Sale which was located in the old government commissary behind the old Administration building.

Signs alert campers for fire safety

Campfires (including braziers) within the Mt. Hood National Forest will be allowed only in campgrounds and the Mt. Jefferson Wilderness, beginning Friday, July 26, 1985, announced Forest Supervisor, Dick Pflif. "Our objective is to reduce the risk of wilderness caused by campfires," indicated Pflif, "by encouraging recreationists to build fires in areas that are firesafe."

Users of dispersed areas, backcountry, and Badger Creek, Bull of the Woods, Columbia, Mt.

Hood, and Salmon-Huckleberry Wilderness can use stoves and lighting devices which utilize white gas or propane, but are not allowed to build campfires. The exception to this is the Mt. Jefferson Wilderness: campfires are permitted there.

Fire Staff Officer Gordor Schmidt advises campers to the Mt. Hood National Forest to check with the Supervisors' Office or local Ranger Stations for information on specific campgrounds. "All of our reception-

ists, recreation officers, fire prevention officers, and wilderness rangers will have a complete list of locations where it is safe to build a campfire," advised Schmidt.

"Campers and hikers need to be alert for signs saying Campfires OK and No Campfires Here."

"We want all recreationists to be able to enjoy their visit to the Mt. Hood National Forest," said Schmidt. "We also want them to be fire safe while they are doing it."

Police officer spends off time working as volunteer

by Pat Leno-Baker

"It takes a person who is unselfish, a preserver of life, protector of property and who is willing to give of self with little recognition other than self esteem to be a volunteer Fire and Safety responder," stated Jerry Huff, Fire and Safety officer. He went on to say that Rob Dahl is just such a person as are all the volunteers.

Dahl works full time as a police officer for the Warm Springs Police Department and during his off hours he volunteers at Fire and Safety. Even though he doesn't live in the Warm Springs community he spends many off hours working at the fire hall going on ambulance runs and responding to emergencies.

Dahl said that he likes working for the fire department. It gives him an opportunity to be in the community working with people and letting them see him in another capacity. In both jobs he works with the public but as a volunteer he does not enforce laws.

In February he took the Emergency Medical Training I and is presently waiting for his certification from the state. He received 135 hours of credit for the training. He also does volunteer work in Culver where he resides. He plans to take more training through Fire and Safety this fall. He has basic fire fighting skills. This is all on top of the training he receives as a police officer.

Police work is his first and foremost job. He had worked for a paramedic ambulance de-

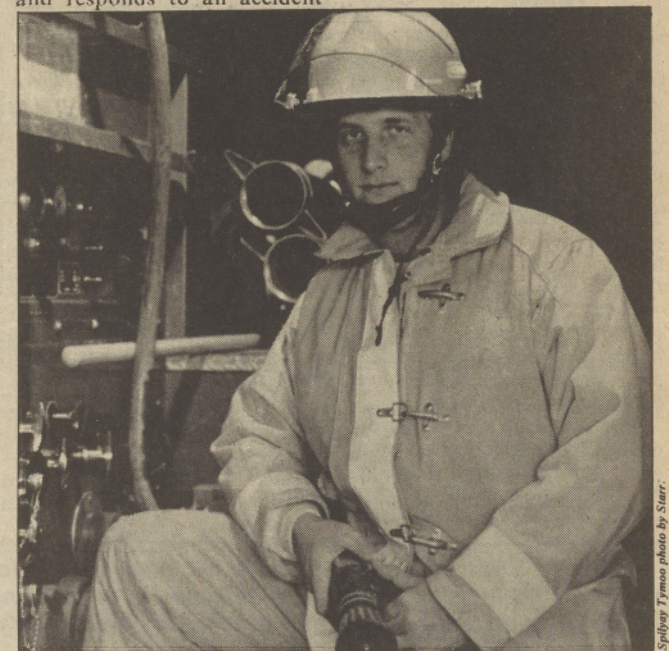
partment in Kelso, Washington before he came to Warm Springs a year ago and a half ago. He also worked as a police dispatcher and a reserve police officer in Kelso. His work at the fire department does not interfere with his police job because police work is his top priority.

"He is a value to the community for his service, both as a policeman and as a volunteer for Fire and Safety," added Huff. Huff said that when Dahl is working as a police officer and responds to an accident

because of his medical training he is able to provide valuable information to Fire and Safety personnel who also respond. The police officer is usually the first responder to an accident.

Dahl is a young man with a great deal of experience for his 24 years of age. He has six years with the Marines. He is unmarried. He enjoys skiing.

He said he enjoys working in Warm Springs and has grown fond of the community and its people.



Wearing one of the two hats he is known for in Warm Springs, Rob Dahl works as a volunteer fireman and EMT for Fire and Safety. He works full time as a patrolman for the Warm Springs Police Department.



Spilyay Tymoo photo by Behrend

Margaret Buckland recently honored her mother Myrtle Monroe (second from right) with a dinner at the Community Center. Shown with her sisters Katherine Courtney and Mildred Tyler and brother Claude Smith, Sr. About 100 people attended the dinner. Myrtle was visiting from Montana.