

Chewing tobacco presents health risks



by Sandy Boers
IHS Dental Hygienist

How much do you really know about chewing tobacco? Take this short quiz to find out. On each of the following statements, decide whether they are true or false, then go on to read the correct answer.

1. Chewing tobacco is a lot healthier than smoking cigarettes.

A. This is false. Because of all the bad publicity given to smoking, many people consider chew to be a harmless alternative. This isn't so. Most people who chew for a period of time will develop a white patch of skin in their mouths in the area where they hold the tobacco. This is caused by the chemicals in the

tobacco irritating the skin on the inside of the mouth. The chances that this white patch will turn into cancer is very high.

2. It's difficult to give up chewing after awhile. Even if you want to give it up, you can't.

A. True. Ask anyone who has been chewing for a few years. Even if they won't admit it, they can't give up chewing easily. The nicotine in the tobacco, whether you dip it or smoke it, is an addictive drug. In fact, chew is even harder to give up than smoking because chew has a higher concentration of nicotine. The more you chew, the more you use and soon health problems are hard to avoid.

3. Chewing is not really a big problem here in this community.

A. So many people in our community believe this and they are wrong. Many adults chew, but they may not be aware of the risks. Since so many adults chew, children think that snuff is okay and want to try it. In Warm Springs, children as young as seven are experimenting with

snuff. They think chew is fun, cool and makes them feel grown up. Children must be educated at home as well as in school so they can at least make an intelligent decision about whether to chew or not. Chew should be discouraged and never, ever given to children.

4. There are other health risks besides oral cancer.

A. Yes! Besides minor things like bad breath and stained teeth, chew causes problems such as increased blood pressure and pulse, possible abnormalities in heart rhythms, decreased ability to taste, gum disease and cavities, which result from the sugar products added to snuff.

I suppose that people will chew despite health risks, just like people still smoke and drink. However, it's important that people know the truth about the dangers of chew because it's so misunderstood. At least, then, people will know what they're getting into before the first piece of tobacco ever gets into their mouths. If you already use snuff, cut back. If you don't use snuff, don't start.

Swimmer nominated for Assistant Secretary

Secretary of the Interior Don Hodel said today he was "absolutely delighted" that the President had nominated Ross Swimmer for Assistant Secretary for Indian Affairs. "We are exceedingly fortunate that Mr. Swimmer is willing to accept this position," Hodel said, "for he has extraordinary qualities for leadership and business experience vital to the success of U.S. Indian programs."

"Ross Swimmer combines a solid knowledge of tribal and Indian affairs with understanding and skill in modern business management," Hodel said, not-

ing that the nominee has served for ten years as the Principal Chief of the Cherokee Nation of Oklahoma, which includes more than 67,000 registered members living mostly in 14 counties of northeastern Oklahoma. At the same time he was president of the First National Bank of Tahlequah.

"He is dedicated to helping tribes achieve economic success in a competitive society while preserving the rich Indian heritage," Hodel said.

Swimmer, 41, was appointed by President Reagan in 1983 as co-chairman of the Presidential

Commission on Indian Reservation Economies.

Swimmer earned a political science degree in 1965 and a law degree in 1967 at the University of Oklahoma. From 1967 to 1972 he was a partner in an Oklahoma City law firm. He became general counsel for the Cherokee Nation in 1972, serving in that capacity until 1975 when he was elected Principal Chief. In 1974, he was named executive vice president of the First National Bank in Tahlequah and was promoted to president the following year.

He is a member of the Oklahoma and American Bar Associations, Oklahoma Historical Society, Oklahoma Industrial Development Commission, Oklahoma Bankers Association, Chairman, Board of Directors of the Council of Energy Resource Tribes, and Executive Committee of the Boy Scouts of America in Eastern Oklahoma.

Halloween safety tips issued by commission

Washington D.C.—The U.S. Consumer Product Safety Commission issued a safety alert to parents and guardians of children who go trick-or-treating on Halloween. The Commission particularly emphasized the importance of careful examination of all treats before children are allowed to eat them. Children should not eat any of their treats before they get home.

The Commission also recommended the following safety tips to parents and children.

*Costumes, masks, beards and wigs should be labeled "Flame Resistant." Although this does not mean they won't catch fire, such labeling indicates that they will resist burning and should extinguish quickly once removed from the ignition source. Flimsy materials and outfits with big, baggy sleeves or billowing skirts should be avoided to minimize the risk of contact with candles or other sources of ignition.

*Costumes should be light and bright enough to be clearly visible to motorists. For greater visibility in dusk or darkness, costumes should be decorated or trimmed with reflective tape which will "glow" in the beam of a car's headlights. Bags or sacks should also be light colored and decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting good stores. Children should also carry flashlights to see—and be seen—more easily.

*Costumes should be short enough to prevent children from tripping and falling. Children should also wear safe, sturdy shoes. Mother's high heels are not a good idea for safe walking.

*Hats should be tied securely to prevent them from slipping over children's eyes.

*Apply a natural mask of cosmetics rather than have a child wear a loose fitting mask which might restrict breathing



Geo-Quiz

Spilyay Tymoo photo by Shewczyk

This geo-quiz may prove a little difficult to identify. Call Spilyay Tymoo at 553-1644 or 553-1161, ext. 274 with the correct location and win a year's subscription for yourself or a friend.

Halley's comet due in December

Viewed in history as "messengers of evil tidings" comets have inspired fear and awe in the hearts of many. The arrival of a comet often coincided with cultural conflicts and natural calamities giving rise to many superstitions.

But for astronomers of the seventeenth century comets provided food for thought. The appearance of a bright comet in 1682 stimulated Edmund Halley to study comets more closely. Observations of comets and the use of mathematical calculations, formulated by Isaac Newton, led to the prediction that this comet would return, that all comets have elliptical orbits.

This particular comet had a 76 year orbit and would return again in 1758. Although Halley died previous to that year the comet did return as predicted. It was bestowed with the name Halley's comet.

Little more was known about comets until the second part of the nineteenth century. Wide prisms enabled scientists to distinguish elements comprising comets and many theories as to their origin developed.

Scientists today still theorize about comets: Comets are drawn by the gravitational pull of

planets and stars and the nucleus of the comet is ice and rock.

Soon scientists will know much more about comets. Halley's comet is scheduled to pass by the earth beginning in December 1985. Equipment is being prepared by several countries to study the comet and, hopefully, learn its origin and with it the origin of the solar system.

As a comet approaches the sun, gases and solid matter are freed creating a hazy glow around the nucleus, called the coma. At the same time, solar radiation pushes gases and dust away from the head of the comet producing a tail that streams behind as the comet approaches the sun. Only comets passing near the sun have tails which may reach 30 to 50 million miles in length.

With each passage near the sun the comet may lose materials and may survive only a few hundred passes.

More than 1,600 comets have been recorded. According to scientists, orbiting comets could total a few hundred thousand to a few million. Many are short-period comets. From 1951 to 1970 an average of nine comets per year has been discovered,

often through the study of photographs.

Halley's comet will be relatively easy to see with an estimated tail width of eight to ten miles and varying tail lengths as it passes by the sun.

An optical aid to view the comet will be necessary in December as it passes under the constellation Pegasus. Binoculars will be all that is necessary in January.

By New Year's Eve Halley's comet should be visible at 30 degrees above the horizon south of the 40th parallel in the western sky with a short tail pointing up. It will disappear after January 25.

In March the comet will again be visible with a long tail but will not be very bright. It will be visible most of the month at pre-dawn hours, first in the southeast sky, then due south.

To viewers in the mid to northern United States Halley's comet will appear ten (10) degrees or less above the horizon with the tail upward and then to the right. The best view of the comet will be between March 8-21. After March 16 it should be visible to the naked eye. Viewing it from dark countryside before sunrise would present the most vivid observation.



Best dressed

Arlita Rhoan placed first in Memorial Women's Traditional Best Outfit Contest sponsored by the Tillequots family at Yakima Nation Indian Days powwow held September 20-22. Second place went to Janet George of Goldendale, Washington and third place to Vivian Kahclamat, Seattle, Washington.

Report available for inspection

The Confederated Tribes of Warm Springs calendar year 1984 audit report for expenditures made with General Revenue

Sharing monies is available for public inspection Monday through Friday 8:00 a.m. to 5:00 p.m.

Howlak Tichum Charleton Earl Charley

Charleton Earl Charley, infant son of Earl Charley and Alveda lahqeal, died one hour after his birth September 23, 1985.

Surviving him, besides his parents, are three brothers, Elmer, Allen and Earl Charley, Jr. and three sisters, Theda,

Michelle and Susie Charley, all of Warm Springs.

Dressing ceremonies were held September 25 at the Simnasho Longhouse with Matilda Mitchell officiating. Burial was September 26 at the Simnasho Cemetery.

Church Services

Blessed Kateri Tekakwitha
Warm Springs
Reverend Leo F. Weckerle
Confession prior to Mass
Sunday Mass begins at 8:30 a.m.

Warm Springs Presbyterian Church
James P. McGugin, Interim Pastor
Tel.: 553-1237

Sunday Worship and Church School 10:00 a.m.
(Lord's Supper—First Sunday)

Warm Springs Full Gospel Church
Orin Johnson, Pastor
Sunday School—10:00 a.m.
Worship Services—11:00 a.m.
Sunday Evening Service—7:30 p.m.
Bible Study—Wednesday—7:30 p.m.

Reorganized Church of
Jesus Christ of Latterday Saints
Elder, Clint Jacobs
Tel: 475-6616
Worship—10:00 a.m.

Warm Springs Baptist Church
Allen Elston, Pastor
Tel: 553-1267
Sunday School—10:00 a.m.
Morning Worship—10:00 a.m.
Bible Study: Wednesday, 8:00 p.m.