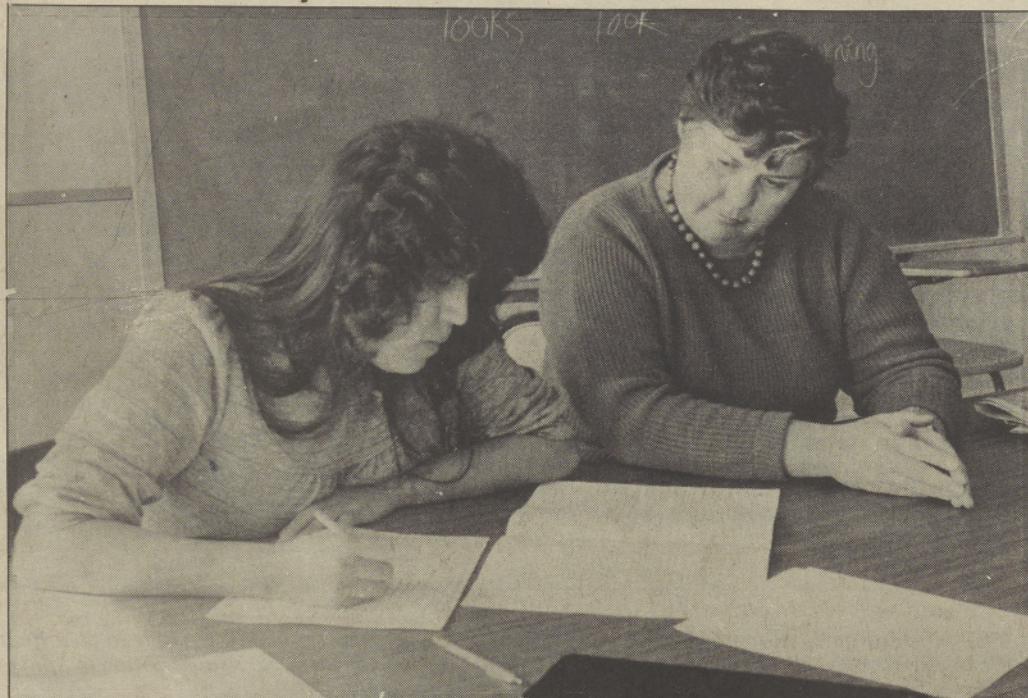


Brush up on basic skills



Central Oregon Community College adult education instructor Nancy Jolstead (right) works with students who wish to brush up on basic skills or achieve their GED.

The Adult Learning Center announces the start of some classes in reading, math, and English. These classes are for anyone wishing to brush up basic skills for their own benefit, for better job skills, or to prepare for the G.E.D. or other tests.

The new schedule will include both group and individual instruction in the three major areas.

Reading will be from 9 to 10 a.m.; math from 10 to 11 a.m. and English (which will include grammar, spelling and writing) from 11 to 12. Tuesday and Thursday afternoons from 1 to 3 p.m. will be lab time—time for individuals to work on their own or with individual instruction. A study room for individual study is also available in the mornings.

A \$10 tuition may be charged some students; you may also wish to purchase some inexpensive workbooks.

The Adult Learning Center is located in the Office of Training Services building (Old Boy's Dorm) and is open Monday through Thursday. For more information call Nancy Jolstead at 553-1428.

Younger have higher number of injuries

The ages between 11 and 15 showed the highest percentage of injuries during 1984 for any age group on the Warm Springs Reservation. All age groups had an exceedingly high injury incidence many of which could have been prevented but most injuries occurred in younger age groups.

A study recently made by Warm Springs service unit sanitarian Wayne Potter revealed that almost 70 percent of treated injuries occurred to individuals between one and 25 years of age. The 11 to 15 year old age group, however, had the highest incident rate.

"It is a well-established fact that injuries both unintentional and intentional are a major cause of death among American Indians and Alaska Natives and the leading cause of outpatient and inpatient visits," Potter reports. Prevention activities should be aimed at reducing injuries in these high incidence groups.

The Tribal Safety Committee, Potter emphasizes, should give consideration to four types of prevention activities to reduce injuries:

1. The education of "target groups" or the general populace in hopes of modifying injury causing behavior. This includes education for tribal leaders and decision makers on the nature and significance of the injury problem;

2. Measures to eliminate or reduce hazardous situations in the homes, on highways and in the general environment;

3. Enactment of public safety laws and other regulatory measures;

4. Improving emergency response services to minimize the impact of injuries and to

quickly transport the injured to an adequate health care facility.

Potter emphasizes that the Tribal Safety Committee working with the Tribal government and agencies such as the schools, Bureau of Indian Affairs and Indian Health Service can have a significant impact.

According to Potter's study reported injuries by age group for 1984 are as follows: zero to five years of age, 148 injuries; six to ten years of age, 109 injuries; 11 to 15 years of age, 142 injuries (highest percentage for age group); 16 to 20 years of age, 111; 21 to 25 years of age 133; 26 to 30 years of age, 86; 31 to 35 years of age, 68; 36 to 40 years of age, 25; 41 to 45 years of age, 27; 46 to 50 years of age, 35; 51 to 55 years of age, 16; 56 to 60 years of age, 11; 61 to 65 years of age, six; 66 to 70 years of age, six; 71 to 75 years of age, three; 76 to 80 years of age, two; 81 to 85 years of age, one; 86 to 90 years of age, none; 91 to 95 years of age, one.

Males suffered more injuries in 1984 with 59 percent while injuries for females totaled 41 percent.

The months of July and August showed the highest number of injuries with 106 people receiving care each of those months. Other monthly totals include: January, 79; February, 49; March, 68; April, 93; May, 81; June, 83; September, 90; October, 65; November, 60; December, 50.

Most injuries occurred outside the home with recreation and sports following. 1984 figures indicate: 168 injuries occurred inside the home; 194 outside the home; 59 farm or ranch; 55 at school; 112 occupational/industrial; 174 recreational/sport; 117 highway and

street; six public buildings; three resident institution; ten other; 32 not specified.

Alcohol related injuries were highest in the 21-25 years of age group with 17, followed by the 16-20 age group having 15 injuries. Alcohol related injuries in other age groups total: six to ten years of age, one; 11 to 15 years of age, one; 26 to 30 years of age, ten; 31 to 35 years of age, six; 36 to 40 years of age, two; 41 to 45 years of age, one; 46 to 50 years of age, six; 51 to 55 years of age, two; 56 to 60 years of age, none; 61 to 65 years of age, none; 66 to 70 years of age group had no injuries in 1984.

Motor vehicle related injuries total 42 percent.

In sports related injuries 66 percent required first aid, 14 percent medical treatment, 17.5 percent disabling and 2.5 percent no treatment.

In animal related injuries 7.3 percent required first aid, 7.7 percent medical treatment, 7.7 percent disabling and 11.6 percent no treatment.

Cutting and piercing injuries treated resulted in 70 percent requiring first aid, 27 percent medical treatment and three percent no treatment.

Burn injuries required 63.4 percent first aid treatment, 13.9 percent medical treatment and 2.7 percent no treatment.

Burn injuries required 63.4 percent first aid treatment, 13.9 percent medical treatment and 2.7 percent no treatment.

Of fall injuries 64 percent required first aid, 21 percent medical treatment, 13 percent disabling and two percent no treatment.

Strain injuries required 70 percent first aid, 22 percent medical treatment and six percent

Continued on page 8

Agencies fight chewing

As a cooperative effort among school, Indian Health Service and tribal health officials, a campaign has begun to prevent elementary school-aged children from chewing tobacco. The use and popularity of smokeless tobacco has increased dramatically in recent years and health officials are worried.

Warm Springs Elementary principal Jane Westergaard-Nimocks, IHS dentist Steve Bell and Health Branch Manager Bob Jackson have combined efforts to prevent the use of tobacco in school and educated the community as to its health risks.

According to statistics, there are 22 million Americans currently using smokeless tobacco. Chewing is heavily promoted by the mass media and through skillful manipulation of the public, the habit of chewing and dipping are gaining wide spread social acceptance. Advertising is directed more at youth through the endorsement of sports personalities and entertainers. Since 1974, chewing tobacco sales have increased by 11 percent annually. Cancer-causing substances have been identified in all forms of tobacco and about 90 percent of the patients who develop oral cancers use some form of tobacco.

Holding chew in one particular spot in the mouth has definite negative results, the most damaging being the destruction of teeth and gums. Three to five percent of users develop malignancies on their lip and cheek tissues. There is four times the nicotine in chew as there is in cigarettes, this developing a dependency which requires a boost every 20 to 30 minutes to achieve a high.

Other effects include bad breath, discolored teeth and restorations, abrasion of the teeth surfaces due to high levels of abrasive grit and sand left in during tobacco curing and processing, decreased ability to taste and smell bitter, salty and sweet food, gum recession, advanced periodontal destruction of the soft and hard tissues, increased blood pressure and pulse, possible cardiac arrhythmias and progressive tooth destruction due

to sugar additives used to improve the taste and attract potential consumers.

If you or someone you know is a chewer, be aware of the following hazards. Athletes may suffer a decrease in circulation from the nicotine and their athletic performance may be affected. Diabetes, because of the added sugar, may be difficult to control and persons with high blood pressure should be especially careful. Also, smokeless tobacco may be carcinogenic (or cancer causing).

Public awareness was increased in February, 1985, when the assistant surgeon general recognized that there is indeed a problem concerning smokeless tobacco. "We in public health practice, recognize that an informed public is the first line of defense against disease and death... Why should a 'chemical time bomb' be allowed to tick without warning in the mouths of

children?"

He continued, "I believe that adequate evidence of harm already exists. There is sufficient expectation that much stronger evidence will be forthcoming as additional population studies and research investigations are conducted. Action should be taken now. Advising the public of risk is the very least that a responsible and prudent government do. If error is to be made, let it be made in favor of safety rather than by gambling with the health and lives of the people."

According to local officials, children as young as kindergarten age are known to be using tobacco and that chewing is relatively prevalent in the second and third grades. There is a high user rate in the community. A prevention and awareness program is being considered for the Head Start program.

IHS, school, tribe to present tobacco info

School district 509-J has joined forces with Community Counseling and the Dental Department of the Warm Springs Indian Health Service in an effort to create a public awareness of the dangers of chewing tobacco. Parents and teachers are alarmed at the increase in use of chewing tobacco among elementary school children and are seeking the help of both the Community Counseling and Dental departments to cope with the problem.

In an effort to inform children of the health risks associated with chewing tobacco, two programs will be initiated at the school. The first program involves a lesson on smokeless tobacco that is incorporated with other general dental health units given in the classroom by IHS Dental personnel. The second is a referral program designed to help individual students who are known users. The referral program works in this way:

1. When school personnel become aware of a student who is

using chewing tobacco, the parent or guardian of that student will receive a letter or phone call from the principal asking for permission to refer the child to the IHS dentist.

2. If the principal is unable to contact the parent, or if no response is received, another letter is sent informing the parent that the referral will be made.

3. A letter of referral is sent to the IHS Dental Department. Once the letter is received, the dental office will contact the parent or guardian for an appointment.

The principal of Warm Springs Elementary School, Ms. Jane Westergaard-Nimocks invites questions or comments about the programs that are being used. Ms. Westergaard-Nimocks can be reached at the elementary school at 553-1128. Questions can also be directed to Dr. Michael Bell at 553-1195 or Carolyn Cruz at 553-1161, ext. 205.

Tribal air taxi in operation

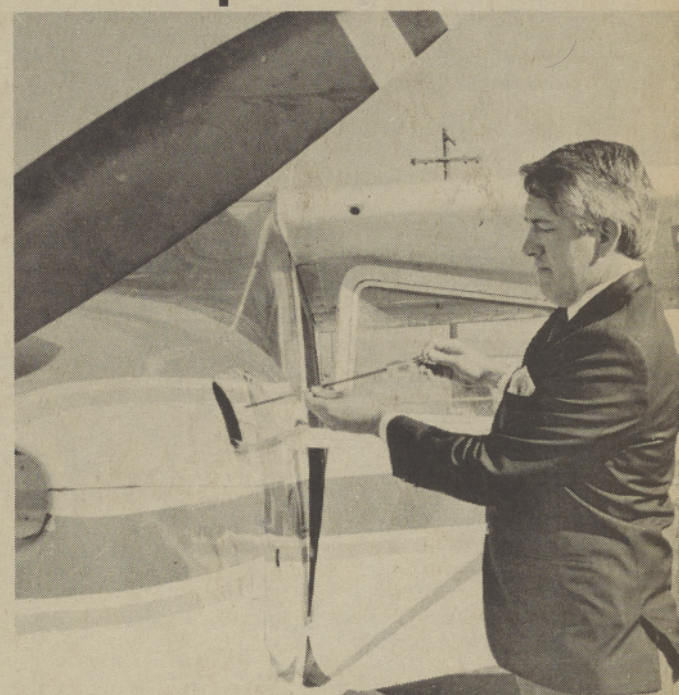
The tribal owned Cessna 182 is available for business, private and personal use. With two pilots available the air-taxi service is operable 24 hours a day.

The airplane can carry three passengers and luggage traveling at 150 miles per hour with a range of 700 miles.

Based on a cost of \$75.00 per hour for airplane and pilot the cost for a trip from the Madras airport to Portland would be \$112.40. A layover of three hours would cost an additional \$36.00 with the total for the trip at \$148.50.

Layover is charged only between the hours of 8:00 a.m. and 5:00 p.m. In the event of an overnight stay charges are the pilot's expenses only.

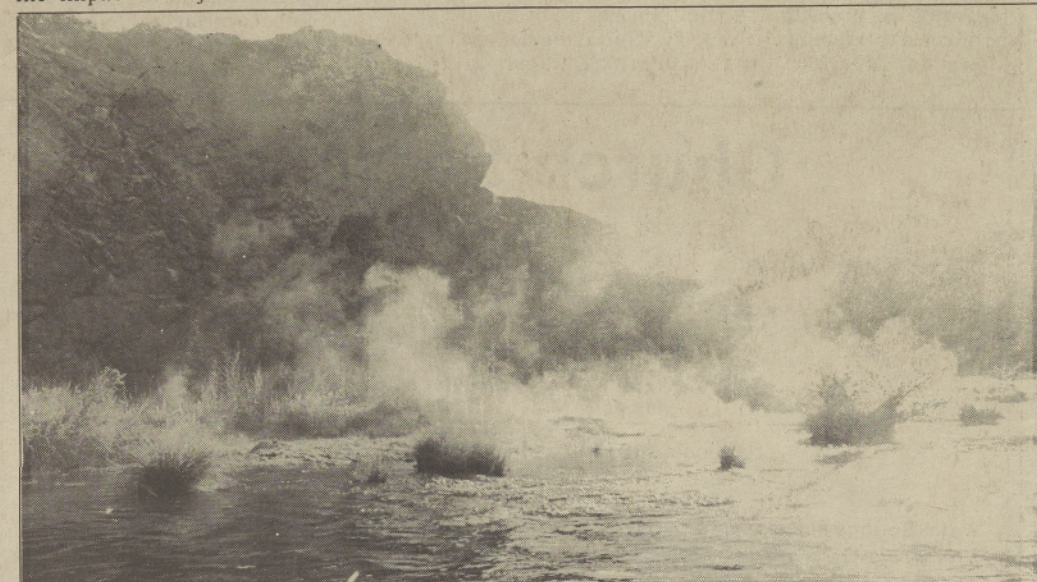
For more information or scheduling call 475-3272; 553-1161, flight information; or, Madras Airport 475-3452.



AIR TAXI SERVICE—Tribal pilot Jerry Strong checks oil before take-off in tribally owned Cessna 182.

ESTIMATED TIME AND COST FOR VARIOUS DESTINATIONS

AIR TAXI Business-Private-Personal																	
Confederated Tribes of Warm Springs																	
* * *	* * *	* * *	* * *	* * *	* * *	* * *	* * *	* * *	* * *	* * *	* * *						
One Way			Two Way			Cost (approx.)			One Way			Two Way			Cost (approx.)		
Albany	:	45	1:30	:	1:30	\$	112.50	North Bend	1:15	:	2:30	\$	187.50				
Astoria	1:15	:	2:30	:	2:30	172.50	Oakland	3:00	:	6:00	:	450.00					
Aurora	:	45	1:30	:	1:30	112.50	Olympia	1:15	:	2:30	:	172.50					
Baker	1:15	:	2:30	:	2:30	172.50	Pendleton	1:00	:	2:00	:	150.00					
Bellingham	2:10	:	4:20	:	4:20	322.50	Portland	:	4:45	:	1:30	112.50					
Burns	1:00	:	2:00	:	2:00	150.00	Redding	2:00	:	4:00	:	300.00					
Corvallis	:	50	1:40	:	1:40	127.50	Reno	2:45	:	5:30	:	412.50					
Eugene	:	50	1:40	:	1:40	127.50	Roseburg	1:10	:	2:20	:	172.50					
Hillsboro	:	50	1:40	:	1:40	127.50	Salem	:	4:45	:	1:30	112.50					
Klamath Falls	1:15	:	2:30	:	2:30	172.50	Seattle/Tacoma	1:30	:	3:00	:	225.00					
LaGrande	1:15	:	2:30	:	2:30	187.50	Spokane	2:00	:	4:00	:	300.00					
Las Vegas	5:00	:	10:00	:	10:00	750.00	Stockton	2:30	:	5:00	:	375.00					
Los Angeles	5:30	:	11:00	:	11:00	900.00	The Dalles	:	3:30	:	1:00	75.00					
Medford	1:15	:	2:30	:	2:30	187.50	Yakima	1:00	:	2:00	:	150.00					



Underground heater

Water passing over hot rocks deep underground create hot mineral springs found along the Warm Springs River. The water passing through faults in the earth pick up minerals from dissolving rock. The water dispersed through the gravel reaches temperatures from 117-126 degrees Fahrenheit.