

VOL. 11 NO. 2


Hepatitis cases increase in '85

With the news that Oregon is in the midst of a hepatitis epiespecially those in the metropolitan area, have gone to health clinics to receive gamma glonot been immune to the virus. say local health officials. According or the Madras office saw 40 cases of hepatitis A in 1985. most of which were seen from late August through December. That's 20 times over our five year average. state average for reported hepatitis A cases was 655 . In 1985. 1.848 cases of hepatitis A were reported, or three times he average.
Indian Health Service sanitar
an Wayne Potter said that cases of hepatitis A were seen a the clinic in 1985, 40 of which were seen from August through December. This far exceeds the
seven cases seen in 1984, the ten cases seen in 1983 and the eight cases seen in 1982 .
There are three types of hepatitis, $\mathrm{A}, \mathrm{B}$ and non-A, non-B.
Type A , or infectious hepatitis, is the most common and is
primarily transmitted throug primarily transmitted through oral fecal contact. Washing your
hands thoroughly with soap and hands thoroughly with soap and and before preparing foods is the best way to prevent spreading the virus.
Hepatitis B and is transmitted through body fluids, the blood and by using needles used by someone else. and serious. It is neither type A or B but a virus all of its own
Symptoms of hepatitis include. but are not limited to, nausea vomiting, vague abdominal dis-
comfort, dark urine, clay-colored stools, loss of appetite and fatigue. Jaundice sets in toward the can sometimes have no sympharder by the virus.
Gamma globulin shots are been in contact with a knowe hepatitis case. But. just because you are around someone with hepatitis. it doesn't necessarily
mean that you'll get hepatitis Spread of the disease is most common among household members and food-sharers. Gamma
globulin shots must be given githin two weeks after expo-
wite
sure to the virus. According Allen. a person is infectious two weeks before symptoms set in
and one week after the onset of and one
jaundice.

As for diet, it is recommended that the patienteat well-balanced meals. It is also helpful to eat
smaller meals more often than smaller meals more otten than
three meals a day as large meals may cause nausea. If the patien
canไ tollerate food, it is recom mended they drink Instant Break ast or milkshakes.

As a precaution, the Jeffer- being discouraged son County Health department If you are eligible for PHS not allow hod that the schools services and you are unsure if not allow home-baked foods in whether you ve come into con-
the classrooms until the epidemic tact with a hepatitis case, it's the classrooms until the epidemic tact with a hepatitis case, it's
is under control. "Baked goods best to contat the IHS clinic in are a real good way to transmit Warm Springs at 553-1196. You hepatitis," said Allen. It's not so can also call the Jefferson County
much the preparation, but the much the preparation, but the Health department at 475-2266.
handling of the food after it's handling of the food after it's The health department charges
baked that spreads the virus. $\$ 3$ for gamma globulin shots. Food-sharing at lunch is also
Offices to be closea Monday
 closed Monday, January 20 in honor of Martin
birthday-Business will resume Tuesday, January 21

Buckle up the kids or face fines
"Ignorance of the law" is not
a good defense in court. The a good defense in court. The lied with manufacturer-equipped Oregon Legislature in its 1985 sengers in both the front and
session passed Senate Bill 340 , back seats. which makes it mandatory that all children under the age of 16 must wear seat belts when tra- class D infraction, punishable veling in a vehicle that weighs The 1985 Legislature failed to less then four tons.
The law became effective pass Senate Law 355 which would $\begin{array}{ll}\begin{array}{l}\text { less then four tons. } \\ \text { The law became effective }\end{array} & \begin{array}{l}\text { pass } \\ \text { require all occupants of a vehi- } \\ \text { January 1. }\end{array} \\ \text { cle to wear seat belts. Suppor- } & \text { by our office through February }\end{array}$ It requires all children to be ters of that bil plan to continue
$\qquad$ Play to be presented at church
$\qquad$ ciated Christian Thespians, will dy drama to the Warm Springs Baptist Church on Sunday night,
January 19th, 1986. The play January 19th, 1986. The play
entitled, "Rebel Rouser" deals with inner conflict and is presented in a style that will be appealing to most everyone.
"Rebel Rouser" was written by "Rebel Rouser" was written by
Rita Betti, a talented, writer who
resides in Redmond.
A.C.T. has been performing plays for almost three years now and has toured the "Rebel Rouser" play in Central Oregon
and in the Willamette Valley and in the Wilamette Valuding the Portland area. The program begins at seven p.m. on the 19th at the Warm Springs Baptist Church, and
will include some singing before will include some singing before
the play and a short message
after the performance by Pastor after the performance by Pastor
Neal Mason who is in the cast. Please come to the performance and bring a friend. If you miss the performance on the 19th, the play will be presented again
on the 26th but this time in Bend at the Nazerene Church. As a note of interest, the cast
includes two local radio perincludes two local radio per-
sonalities, Joe Boyer from KRCO and Ron (Michaels) Furby from the new KWSI. grated into the budget showing an offset in expenses for indi-
vidual tribal departments. However, in 1986, the budgeting format was changed to show
total costs and outside funding total costs and outside fund
was shown as revenue.

## Valentines e

We at Spilyay Tymoo are
rue romantics at heart. We true romantics at heart. We
think a true show of affection, like doing the dishes when your
true love is sick in bed with a true love is sick in bed with a
temperature of 105 , is really touching. And, if your loved one scrimps and saves every last
dime to buy vou a gift certificate at "Oil Can Harry's," terrific! Whatever keeps the two of you happy, we're all for it!
But, if you have a flair and a hankering for sweet words of love and adoration, please con-
sider our "Page for the Pa sider our "Page for the Pas-
sionate." Our February 14 edition will carry all those notes to the loveable and the question-
able.
Special, and even not so spe7. our office through February
7. There will be no charge, we

## Hunters asked to return ceded tags

The Natural Resources Department is asking all the hunCeded Deer/Elk tags and reservation Deer/Elk tags-Please sign and drop your tags off a the office. We are trying to do a
survey on how well the hunting survey on how well the hunting
seasons were, but, we cannot do that unless you turn those tags
in.
We are now doing a randon
phone survey, but there are alot of people without a telephone. Also, there are alot of Columbia River Hunting and Fishing Lienses to be picked up if you sent for one. Our 'new' office is
now located in the old white now located in the old white old Administration Center, an
and next to the Police Department.

## Budgets posted through

resolution, proposal

## It's not a new budget, but \#7067 that the "failure to main

 merely a restatement of the 1986 tain tribal government operainSeptember 1985, that has been in irreparable harm to the Conbroken into two seperate parts. federated Tribes and its enrolled The newly posted budget reflect members which could include no major reduction in approof the proposed three-percent cost-of-living increases for employees. The three-month budget, which appropriates just over $\$ 3$ million for the first three months of1986, was adopted through resolu1986, wasadopted
tion $\# 7067$ December 12, 1985 .
Included in the resolution were Included in the resolution were estimated revenues totalling utside re. Not included were tracts, grants and fees. Prior to 1986, outside funding was inte-

Following is a list of what will Social Aspect: Driving and 1986 ing by: Evelyn Nequatewa and Anita Davis.
Week II-February 5, 1986 Medical Aspects and Disease concept by: Willy Fuentes and

Charlotte Herksen Charlotte Herkshan. Drug Awareness by: Caroline | Cruz and Tedi Tanewasha. |
| :--- |
| Week IV - February | Week IV-February 19, 1986

Psychology of Substance Abuse Psychology of S
by. Jim Quaid.
Week V - February 26, 1986 Step I of AA/Film by: Urbana
Manion. Step I of AA
Manion.

