

## Home remedies often prove worthless



Whenever I came down with a cold or flu when I was a child, my mother always had an arsenal of things that were sure to help me get well. Between her alcohol rub-downs, bowls of jello, and gallons of soup, I steadily became well again. Even though I knew that I would have gotten well again anyway, all those things sure made me feel good at the time.

There seems to be a few home cures around for toothaches and gum problems as well. A lot of them are actually very beneficial, such as using salt water rinses when gums are sore. Unfortunately, I've recently come across a few "remedies" that are not only worthless, but dangerous. For example, putting an aspirin tablet on the gums next to a

tooth that is hurting. For some people, this seems like a logical way to bring the pain-killing powers of an aspirin right to the source of the ache. Sounds good, but it isn't! Aspirin really is a strong chemical that can actually burn your gums. The burns look like a white patch of dead tissue in your mouth. Actually, it's best not to hold any type of chemical in your mouth for more than a few seconds, unless your under a doctor's order. (Are you listening all you tobacco chewers!)

There really aren't too many home remedies for toothaches. Sooner or later, a trip to the dentist is the only thing that will get rid of the pain. The same is true for a lot of gum-related problems. Things like canker sores, fever blisters and cold sores eventually go away by themselves. However, problems related to gum disease and neglect can only be soothed temporarily. Again, a trip to your dentist is in order.

There's another dangerous practice going around in the world of self-treatment. Sometimes people who are given antibiotics like Penicillin and told to take it

for seven days, will take it for five or six days, feel better, and then keep the rest until the next time they think they need it. Sounds good, right? Wrong. It's not a very good idea at all. If only half of the medication is taken, only the weakest strains of the bacteria that make you sick are killed off. The stronger strains stay on and some of them start to get resistant to Penicillin. If this happens to you, you may end up with an infection, such as an abscessed tooth, that Penicillin won't be able to touch. Also, people tend to treat things like colds, flu, and sore throats with Penicillin. All those things are usually conditions caused by a virus. Penicillin won't help those at all. Penicillin is for bacterial infections and even then, some bacteria respond better to other medications. It's quite a guessing game for anyone who isn't trained to tell the difference.

I guess it's better if we stick to hot soup, orange juice and lots of hugs to get ourselves and our children through life's little sniffles. They may not get you well any quicker, but they sure make for happy memories.

## Community events at a glance

### Radio drama meeting

Friday, January 31, 1986 during noon hour, there will be a Radio Drama Sack Lunch meeting for everyone interested in dramatization for Radio Programming. (Sack lunches will be sold at the door-Community Center)

### Easter program potluck

Thursday, February 6, 1986 at 6:30 p.m. there will be an Easter Program Potluck for all children and adults that would like to participate with costumes—props, music, singing. Six foot Easter Bread making, Easter Egg Hunt or performing.

The Easter pageant is held annually which will be held on March 29 at 1 p.m. this year. Please contact Carol Allison at the Community Center if you are interested and cannot be at the Potluck. Phone, 553-1361, or 553-1161, ext. 243/244.

### Departments commended

Three of 44 departments have responded to the Summer Youth training site requests sent out by Margie Earl of the Summer Youth Operations. Earl commends Harold White of Utilities, Rico Thompson of IHS Maintenance and Wilson Wewa of the Senior Citizen's Program.

In addition, Earl reminds department heads that she can guarantee interviews for those requests which are received by her department by March 12. Students between the ages of 14 and 17 must have a work permit prior to applying. Those applications are available at the Office of Training Services. Also, departments interested in high school students for summer employment are urged to contact the OTS office at extension 298, 299.

### Monthly blood pressure check

Those wishing to have their blood pressure checked should

plan to be at the Administration Building Lobby between 10:15 a.m. and 11:45 a.m. on Thursday, January 30. This clinic is held on the last Thursday of each month. It is free of charge and open to anyone wishing to take part.

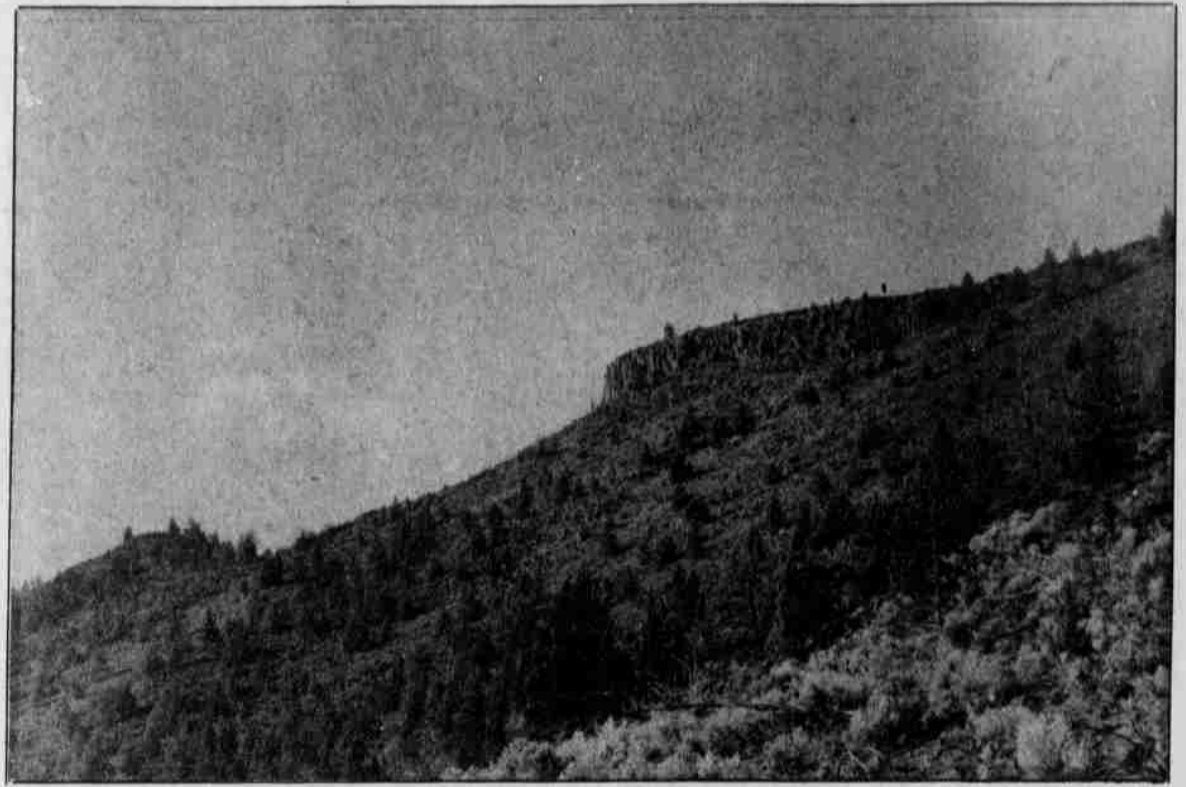
### Participation encouraged

Community members are invited to participate in the Prevention team meetings and Alcohol and Drug Council meetings held monthly at the Community Counseling Center.

The next meeting begins at 12:00 noon February 19. Dr. Michael Bell is scheduled as guest speaker. He will discuss the preventive hygiene program focusing on chewing tobacco.

Other topics of discussion include half-way house money for alcohol treatment and the 1986 Prevention Conference scheduled for September at Sunriver.

For more information contact Caroline Cruz at 553-1161, ext. 205.



Anson Begay was the winner of our latest Geo Quiz, so here is another photo for some one to identify its location and win a year subscription to the Spilyay Tymoo. It's always nice to give clues, so here is one. It's on the Reservation. Call your answer to 553-1644.

## Light bills high? Here's help



Are you and your family one of the many that were faced with a huge light bill for the last two months? If you were, then you were not alone. For many people it was not an easy job coming up with enough money to pay the bill so they would not have their electricity turned off.

The resources that were available for people have been ex-

hausted as is the case of the Low Income Energy Assistance Program (LIEAP) which was used up during the first part of this month.

If it may seem that trying prevent a high energy bill after you receive it is like "closing the barn door after the horse is gone." What better time to start thinking about what can be done than when the issue is still fresh in everyone's minds and their pocketbooks. Perhaps the best time to discuss the problem is in the very near future. For this very reason, the housing managers are prepared to set up

another tenant meeting. Neda Wesley and Anna Hurtado are prepared to set a meeting time within the next several weeks to assist people in different

ways to cut the costs of heating bills. They expressed that in past meetings, people have voiced a number of concerns—heating bills being one of the many.

Contact housing and let Neda and Anna know when would be a good time to hold a meeting. Be prepared to share with other tenants ways to conserve energy. Contact them at 553-1161, ext. 250.

## Court Notices

Evelyn Sam  
vs  
Lottie White  
Case No.: D0205-83  
To: Lottie White

You are hereby notified that a Petition for Modification Request has been filed with the Warm Springs Tribal Court.

By this notice you are summoned to appear in this matter at a hearing scheduled for 10 a.m. on the 3rd day of March, 1986 at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, N/A, may then be given all that is asked for in the Petition for Modification Request.

The Petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal advice immediately.  
Dated at Warm Springs, Oregon, this 27th day of January, 1986.

Anita Jackson  
Judge, Warm Springs Tribal Court

Warm Springs Housing  
vs  
James Thomas, Sr.  
Case No. CV3-86  
To: James Thomas, Sr.

You are hereby notified that a petition for Civil Action has been filed with the Warm Springs Tribal Court.

By this notice you are summoned to appear in this matter at a hearing scheduled for 10 a.m. on the 4th day of March, 1986, at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, Warm Springs Housing, may then be given all that is asked for in the Petition for Civil Action.

The Petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal advice immediately.  
Dated at Warm Springs, Oregon, this 27th day of January, 1986.

Richard Frederick  
Judge, Warm Springs Tribal Court

## Homes needed

Shelter and Foster homes for small children and adolescents are needed right now. There are some young people, who for various reasons cannot return to their own family home, and need a loving home to help them through a difficult period in their life.

Please contact Youth Services as soon as possible, come into our office or make an appointment with one of our counselors to meet you, and to explain about foster planning. Phone: 553-1161, extension 216 or 209.

## Church gains new minister

Rick Ribeiro is the "new kid on the block" as the newest minister of the Warm Springs Presbyterian Church. Pastor Rick, as he likes to be called, came to Warm Springs in early January from Metlakatla, Alaska.

Ribeiro, his wife Carolyn and their two year old daughter Sarah, spent their first week or so in Warm Springs unpacking and getting organized. Between bouts with a cold and the flu, time has also been spent meeting community members and service organizations.

Ribeiro has a BS in criminology

with emphasis on criminalistics. While working in a police lab in Longbeach, California, he and his wife became involved with a Presbyterian Church there. Ribeiro spent time working with youth groups, Bible study and prison ministry. One day, he came home from work and told his wife he wanted to enter the seminary. In the fall of 1977, Ribeiro entered seminary. Four years later, with his Masters of Divinity in hand, Ribeiro and his wife were headed to Metlakatla.

Ribeiro explained that

Metlakatla is located on 150 square mile Annette Island and is the southern most community in Alaska located below Ketchikan. The reservation was formed in the late 1800s and is "closed", meaning that in order to reside there, a resident permit is necessary. The average temperature is 41 degrees with 100 to 130 inches of rain a year. "It's very windy," said Ribeiro. The wind would blow 70 miles an hour with gusts up to 100 miles an hour. Their house would "sway with the winds."

In his five-and-one-half years

as minister there, Pastor Rick saw the Metlakatla congregation grown from 45 to 151 people and regular church attendance, at his departure, was 120. The church was founded in 1920 as a spinoff of the Duncan Church. The Metlakatla church was considered a primary "service church," providing services such as food for the needy and wood for the senior citizens, "even though other churches provided the same services."

Ribeiro is looking forward to working in Warm Springs and ministering at the Presbyterian church. His philosophy about a successful church is, "successful churches have a good sense of their own identity and purpose. They know what to do and how to do it." Also, he says, "for anything to happen here, there has to be a long-term minister,

## Howlak Tichum Eli Joe Little

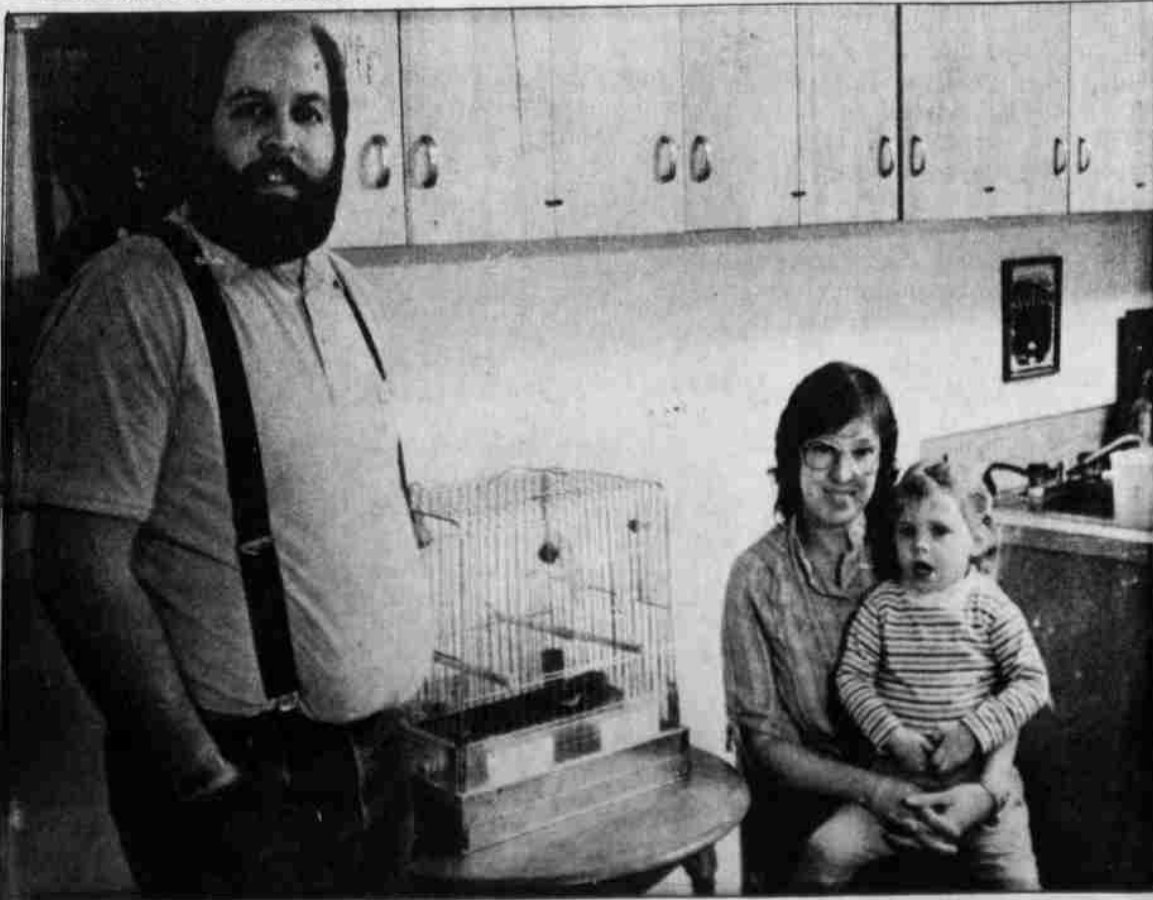
Enrolled member of the Confederated Tribes of Warm Springs, Eli Joe Little, 24, died January 18, 1986. He was allegedly struck down by a hit and run driver on Highway 26 about four miles south of Warm Springs.

Eli was born May 23, 1961 in Redmond to Leo and Ursula (Heath) Little. He was a lifelong resident of Warm Springs. He was the grandson of the late Warm Springs Chief Nathan Heath. He attended the Warm Springs Grade School, Madras Junior High and Madras High School. His special interests and hobbies were basketball, track, boxing, baseball and wardancing.

Surviving him are his mother, Ursula Little of Warm Springs;

his father Leo Little of Nevada; a half brother, Aldon "Timmy" Heath of Warm Springs; his maternal grandmother, Lillie Heath of Warm Springs; his paternal grandmother, Lillie Little of Owyhee, Nevada; four uncles, Warm Springs Chief Delvis Heath, Sanders Heath, Benson Heath and Martinez Heath all of Warm Springs; and two aunts Kathleen Foltz and Nola Queahpama of Warm Springs.

Dressing ceremonies were held at the Agency Longhouse on January 20 with Washut overnight services following at the Agency Longhouse. Burial was January 21 at the Mouth of the Warm Springs River Cemetery.



Rick Ribeiro, left, is the new Presbyterian minister. He and wife Carolyn and two-year-old daughter Sarah arrived in Warm Springs January 4. Also accompanying them was family pet, John, a female cockatiel.

## Church Services

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

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

Warm Springs Presbyterian Church  
Rick Ribeiro, Pastor  
Telephone: 553-1237  
Sunday School and Sunday Worship 10 a.m.  
Bible Study Wednesdays 7 p.m.

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.

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.