

Take it easy in the heat

Are you suffering from the heat? Are you experiencing spasms, dizziness, nausea or extremely high body temperatures? If so, you could be experiencing some type of heat disorder.

Anyone who works or exercises too hard in hot, muggy weather can develop heat disorders. These include heat cramps, heat exhaustion and heat stroke. This is particularly likely to happen to joggers and other athletes who push themselves too hard when they are not fully conditioned.

Heat cramps are muscle spasms in the stomach, arms or legs which occur when a person sweats a great deal and has not drunk enough liquids to replace what has been lost. Cramps usually begin during or after heavy activity.

The treatment for heat cramps is to drink plenty of liquids. The use of bouillon or the addition of a teaspoon of salt to a quart of water will help replenish salt loss. It is

important to get the patient out of the heat as quickly as possible. The person should avoid strenuous activity for the next few days. Salt should not be used without liquid.

Heat exhaustion occurs when a person exercises strenuously in hot, humid weather and does not replenish body salt and water. It can also occur to the elderly or infirm on hot days. A person with heat exhaustion may become extremely weak and nauseated and may vomit. They may be dizzy or faint and their skin turns pale, cool and moist. The person should be taken to a cool place, and like a patient with heat cramps, should be given ample liquids with added salt. If the patient is unconscious, their clothing should be removed and their body sponged. If their temperature begins to rise, the person should be taken to a doctor as soon as possible. The patient should rest for two to three days following an episode of heat exhaustion.

Heat stroke is a life-threatening emergency where the body temperature rises anywhere from 105 degrees to 110 degrees and the patient collapses. There is a loss of consciousness, the skin becomes red, hot and dry because the body is no longer able to lose heat through perspiration. The patient should be cooled as quickly as possible by removing the clothing or by putting the person in cool water. Heat stroke is a medical emergency and the patient needs to be seen by his physician as soon as possible.

To prevent heat disorders, it is recommended to drink plenty of fluids on hot summer days, particularly before and during heavy physical activity. The only way the body can lose heat on hot, humid days is by sweating and since sweat is mostly water, if enough water is not drunk, the body is unable to produce enough sweat to keep itself cool.

It is very important not to push or overwork yourself when you are not used to hot, humid days. People should begin with short bouts of light activity in late afternoon and should avoid heavy activity at mid-day.

Any questions concerning heat disorders should be directed to your physician.



Geo Quiz

Spilyay Tymoo photo by Shewczyk

The location of this rock formation on the Warm Springs reservation is a difficult one to guess, but try it anyway. Correctly identify the location and win a year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1644 or 553-1161, ext. 274 with your answer.

Members urged to apply for committees

Tribal Members interested in serving as a member on a tribal committee should submit a resume and letter of application to Tribal Council. Committee members will

be selected for the following committees: Culture and Heritage, Education, Fish and Wildlife, Health and Welfare, Land Use, Miss Warm Springs, Range/Irrigation/Agriculture and Timber.

Resumes and letters will be accepted until July, 1986. During July Tribal Council will make appointments to committees.

Tribal vehicles up for sale, bid

For Bid Sale Only: Item Description.

Used Commercial Tokheim gas pump, 3034, 1248A-PR, 12-21596. Bids start at \$250.00.

Used Commercial Tokheim gas pump, 3035, 448A, 4-120749, Bids start at \$150.00.

1981 Chevy 4x4 Pickup, V-33, CK20903, 1GCGK24TXBZ120086, Bids start at \$3,300.00.

1981 Chevy Citation Sedan, V-35, 1XX68, 1G1AX68X1B6212421, Bids start at \$2,500.00.

1980 Ford LTD Sedan, V-237, LTD, OU61G126829, Bids start at \$1,250.00.

1967 Starcraft 16' Boat w/trailer, 80HP motor, Jupiter, Bids start at \$1,700.00.

Starting date for **tribal members only bids:** May 15, 1986.

Closing Date: May 29, 1986. Bid opening date: May 30, 1986.

Starting date for **General Public bids:** June 2, 1986.

Closing date: June 16, 1986. Bid opening date: June 17, 1986.

Instructions for placing bids: 1. Name and address of bidder, including phone numbers. 2. Description of item bidding on. 3. Amount of bid. (Bids not meeting minimum starting price are immediately disqualified).

This information is to be placed in a sealed envelope with the description of the bid item noted on the envelope. This may either be mailed or brought into the Purchasing office located at the Administration Building. If mailing, please place sealed bid envelope inside a mailing envelope noting "Bid" on the outside of the mailer.

All items will be sold "as is". All sales are for "cash only".

For Sale: Item Description.

1979 Ford Granada, V-199, Sedan, 9W827185475. Sale-\$1,500.00.

1981 Chevy Citation Sedan, V-34, 1XX68, 1G1AX68X8B6212352. Sale-\$2,500.00.

1977 Ford Van, V-161, Cargo, E14BHY74091, Sale-\$2,800.00. All items will be sold "as is". All sales are for "cash only."

Individual placing highest bid will be selected. In case of a tie, the earliest bid will be selected.

No information will be given out as to the number and amounts of bids, or who received the sale item.

Tribal members processing loans for bids through the Credit Office must have certification from that office.

Training to increase responsiveness

Assistant Secretary Ross Swimmer said recently he will initiate on June 2 a program to bring Bureau of Indian Affairs agency superintendents to Washington, D.C. for a three-week intensive orientation on the Bureau's headquarters operations.

"As a part of my efforts to improve the management of the Bureau, I want to expose our front-line manager—the agency superintendents who work directly with Indian tribal governments—to the Washington headquarters operations so they can attain a greater understanding of the organization's missions, policies, programs and administrative processes from a Bureau-wide perspective," Swimmer said. "I would expect that the headquarters managers will likewise learn from the experience of the superintendents."

Swimmer said the information learned during the orientation will enable superintendents to be more responsive to tribal governments. "I want the managers of the Bureau to make informed decisions at the lowest organizational level possible, and not merely pass forward the

decision responsibility to the next higher organizational level." He said that in those instances where a higher authority is responsible for a decision, "I want sound analysis to come forward so that expeditious and responsible decisions can be made and responses given to tribal governments."

Three superintendents per month will be assigned to Washington. The orientation is designed to assure that participants gain a basic knowledge and understanding of the Bureau's trust and service responsibilities.

Reactor safety

Continued from page 1

accidents; and review reports of major unusual occurrences at N reactor during the past five years, Alsworth said.

Governor Atiyeh also directed ODOE to work with the National Academies of Science and Engineering and to share information with them, Alsworth said. The academies also are reviewing safety at N reactor. USDOE, Congress, the federal General Accounting Office and independent nuclear experts also are conducting reviews.

abilities, its administrative authorities and procedures and management practices.

During their assignments the superintendents will spend time with the assistant secretary and his deputies for trust and economic development, tribal services, education and operations.

ALC to be open this summer

The Adult Learning Center is pleased to announce that a summer session will be held this summer for six (6) weeks. Classes will begin June 24 and meet each Tuesday and Thursday from 9 a.m. to noon for six weeks. Students may attend one or both sessions. Instruction will be individualized so that students can move at their own pace.

Individuals wanting to work on GED, high school diploma, or to brush up skills should plan to register on or before June 24; adequate registration is required for the class to be held. There may be a tuition charge for some students.

Drop by the Center in the Training Services building to pre-register, or call Nancy at 553-1428 for more information.

Community Church Services

Blessed Kateri Takakwitha
 Reverend Leo F. Weckerle
 Confession prior to Mass
 Sunday Mass: 8:30 a.m.

Reorganized Church of Jesus Christ of Latterday Saints

Clint Jacks, Elder
 Worship: 10 a.m.
 Telephone: 475-6616

Warm Springs Baptist Church

Allen Elston, Pastor
 Sunday School: 10 a.m.
 Morning Worship: 10 a.m.

Bible Study:
 Wednesdays, 8 p.m.
 Telephone: 553-1267

Warm Springs Full Gospel Church

Orin Johnson, Pastor
 Sunday School: 10 a.m.
 Worship Services: 11 a.m.

Sunday Evening: 7:30 p.m.
 Bible Study:
 Wednesdays, 7:30 p.m.

Warm Springs Presbyterian Church

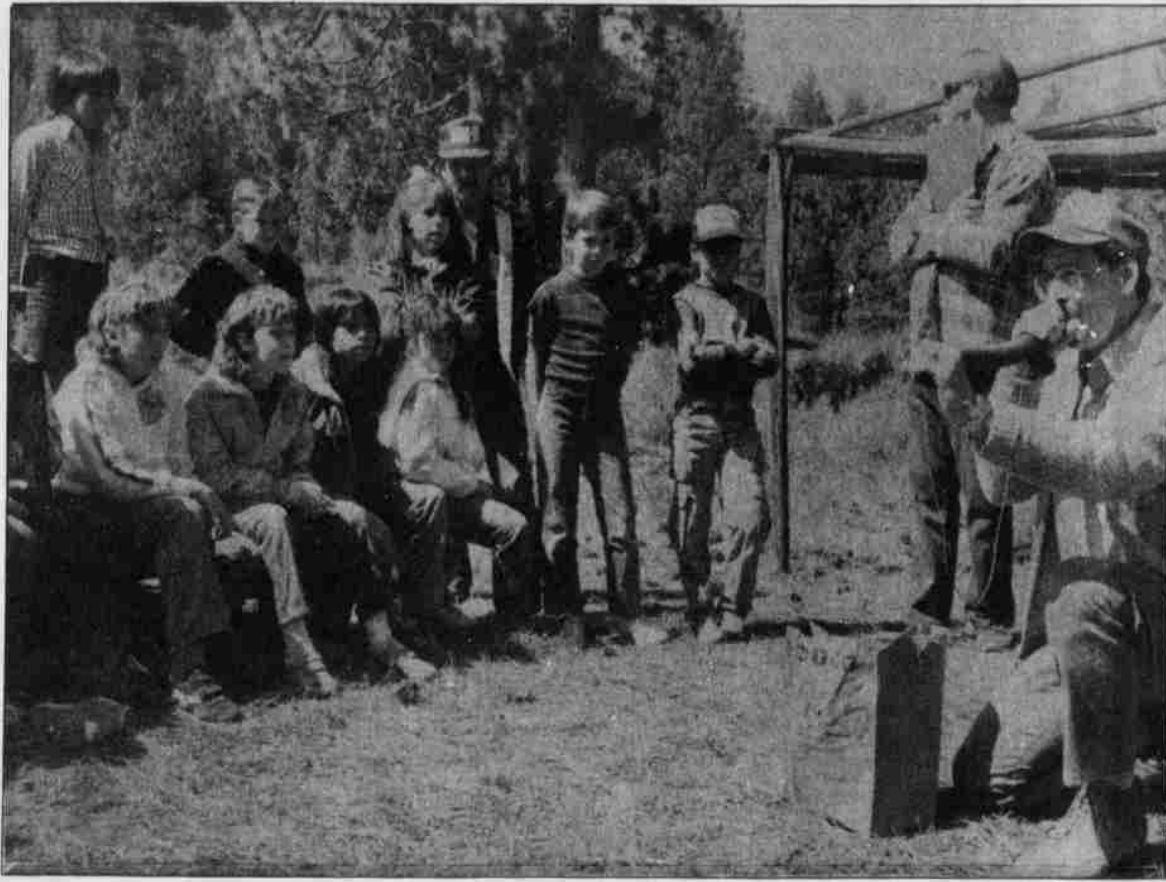
Rick Ribeiro, Pastor
 Sunday School and
 Sunday Worship: 10 a.m.

Bible Study:
 Wednesdays, 7 p.m.
 Telephone: 553-1237



Learning about fish Spilyay Tymoo photo by Shewczyk

Fish biologist Steve George explains anatomy of fish to third grade students during annual field trip to Stevenson's pond. Field trip is organized by Warm Springs and Madras 4-H Extension offices.



Elk imitation Spilyay Tymoo photo by Shewczyk

Warm Springs biologist Terry Luther imitates elk bugle for district fourth grade students. Students learned about wildlife, plants, geology, fire safety and trees during Extension office sponsored field trip to He He.

SUBSCRIPTION TO SPILYAY TYMOO

SEND SUBSCRIPTION TO
 SPILYAY TYMOO P.O. Box 735 WARM SPRINGS, OR 97761

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

SUBSCRIPTION RATES: ONE YEAR \$6.00

All Warm Springs tribal members will receive the Spilyay Tymoo at no cost. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.

Confederated Tribes of the Warm Springs Reservation of Oregon
 Petitioner

vs.
 Virgil Stuntz
 Respondent
 Summons
 Case no(s). D067-84
 To: Virgil Stuntz

You are hereby notified that a Petition for Custody Review 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 2:00 p.m., on the 30th day of June, 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 Court Supervision. 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 29th day of May, 1986

Lola Sohappy
 Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon
 Respondent

vs.
 William Bagley, Sr.
 Defendant
 Notice of Trial/Hearing
 Case no(s). CV37-86
 To: William Bagley, Sr., Rt. 3 Box 716, Yakima, WA

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 3:00 p.m., on the 30th day of June, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.
 Dated at Warm Springs, Oregon on this 28th day of May, 1986.

Richard G. Frederick
 Judge, Warm Springs Tribal Court

Court Notices