



Madras High School OSSOM members spoke to Madras Elementary students to discourage them from smoking. OSSOM members advocate a healthy lifestyle. Pictured are (left to right) Angela Krueger, unidentified woman, and Dorian Soltz.

## OSSOM stresses youth safety

Students at Madras High School have discovered a way to prevent injuries to youth on the highways and to help the community become aware that there are too many teenage deaths due to traffic accidents.

Many of these accidents are a direct or indirect result of alcohol and other drugs, peer pressure, inexperience, poor attitude and/or lack of knowledge. Regardless of the reason, the fact exists that numerous teenagers are involved in traffic accidents.

To encourage safety and youth prevention activities, Oregon Student Safety on the Move (OSSOM) has been formed by MHS students. Based on a statewide club organized by the State Traffic Safety

Commission, the club stresses youth traffic safety and youth prevention activities.

The club is open to any students wishing to improve self-confidence and develop pride by learning how to work with others. The goal of the club is to promote attitudes and lifestyles that will decrease teenage deaths.

Prevention/Intervention coordinator at Madras High School and club advisor Bonnie Souers says the interest among students is overwhelming. Five meetings are scheduled weekly to accommodate the 76 members.

OSSOM supports drug-free youth activities and does not advocate or condone actions that are against the law. The club's pro-

grams address student safety through prevention and intervention.

Prevention occurs by preventing youth from making decisions that might jeopardize their personal health and safety or the safety of others. Intervention involves intervening in a situation when health or safety of a student or health or safety of others is involved.

Activities sponsored by OSSOM members are scheduled for the year and include: a campaign against drinking and driving, especially during the holiday season; the teaching of refusal skills to elementary grade students; a three-on-three basketball tournament promoting drug-free activities; a coed softball tournament; and, a fund raising button sale.

## Warning: The Surgeon General has determined that cigarette smoking is dangerous to your health

Cigarette smoking is a major factor leading to heart disease. The link between cigarette smoking and lung cancer and chronic lung disease has been known for years. However, knowledge of the link between cigarette smoking and diseases of the heart and blood vessels is more recent.

Each year, nearly one million Americans die of heart attack, stroke and related disorders—more than all other causes of death combined. And nearly 40 million Americans have some form of these diseases.

person who does not smoke. And by continuing to smoke after a heart attack, the person's chance for a second attack increases.

### Angina Pectoris

Angina pectoris is a condition in which chest pain occurs as a result of the heart muscle not getting enough oxygen. Cigarette smoking reduces the amount of oxygen going to the heart muscle and makes the heart beat faster, thus needing more oxygen. In this way, cigarette smoking can reduce the amount of activity a person with angina can do before the onset of pain.

### Heart Disease and Chronic Lung Disease

Smoking is the main cause of chronic lung diseases (chronic bronchitis and emphysema). These chronic lung diseases put additional pressure on the heart and may result in heart failure when heart disease is also present.

### Smoking and the Birth Control Pill

Women who use the pill have a greater risk of having a heart attack than women who do not use oral contraceptives. A combination of using the pill and smoking cigarettes increases a woman's risk of heart attack even more.

### Smoking and Teenagers

The earlier a person begins smoking cigarettes, the greater the risk to the smoker's health in future years. As a teenager, the risk of

heart attack in later life seems a very remote danger. However, even teenagers begin to develop signs of disease, such as coughing, decreased stamina and a fast heart rate. These conditions will worsen and may develop into heart disease or chronic lung disease as the person continues to smoke.

### Low Tar and Nicotine Cigarettes

NO CIGARETTES ARE SAFE. The low tar and nicotine cigarettes are not as bad as those high in tar and nicotine. However, the risk of death by heart attack is still greater for smokers of any cigarettes than for non-smokers.

In addition, many smokers in switching to lower tar and nicotine cigarettes, smoke more and inhale deeper to make up for less nicotine. As a result, the smoker is exposed to more of the other harmful substances in the smoke which may increase the risk of disease.

### Why you should stop smoking now!

When you stop smoking, regardless of how long or how much you have smoked, your risk of heart disease will be reduced eventually. Ten years after quitting, the risk of death from heart disease is almost the same as if you had never smoked. It is important to stop smoking before the signs of heart disease appear. The risk of heart attack will not return to normal after heart disease has occurred, but still it will be lower. Don't wait until you have heart disease, STOP SMOKING NOW.

## Ways to quit smoking

Throw out all cigarettes by breaking them in half and wetting them down. Clean out all ashtrays in your home, office, or car and put them away. Discard matches; hide lighters, or give them away.

When the urge to smoke hits, take a deep breath. Hold it a second, then release it very, very slowly. Taking deep, rhythmic breaths is similar to smoking, only you'll inhale clean air, not poisonous gases.

Exercise to help relieve tension. Climb stairs rather than take the elevator, park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.

When tempted to reach for a cigarette, think of a negative image about smoking. Select your worst memory connected with the habit—the time you burned a hole in your suit or when you were left completely breathless running for a bus that pulled away. Imagine this experience for 15 seconds whenever the urge occurs.

Reward yourself with oral substitutes in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn and stick cinnamon.

Eat three or more small meals. This maintains constant blood sugar levels, thus helping to prevent urges to smoke. Avoid sugar-laden foods and spicy items that can trigger a desire for cigarettes.

Scramble up your day and change habits connected with smoking. Drive a different route to work; eat lunch in a new place; leave the "scene of an urge." At home, avoid your "smoking chair" after dinner, reach for gum rather than a cigarette when answering the phone.

Cleanse your body of nicotine. Drink liquids—lots of them. Water (6-8 glasses a day), herbal teas, fruit juices and caffeine-free soft drinks all fit the bill. Pass up coffee, caffeinated soft drinks and alcohol, as they can increase your urge to smoke.

Keep your hands—and mind—busy. Work on a crossword puzzle, knit a sweater, balance your checkbook, fix something around the house, shampoo the dog. Keep your fingers busy with a straw or a toothpick.

## Free BP/Sugar testing offered

Over the next few months Mountain View Hospital and Nursing Home will be converting to a new more efficient computer system. According to Frank Krueger, the hospital's controller, the new system will allow the District to process data in-house which will eliminate the use of Portland based firms printing patient bills. Krueger said the new system allows each of Mountain Views' account representatives the ability to pull information up onto the computer screen at their desk. Prior to converting to the new system, account represen-

tatives had to search for the information on print out sheets. Not only was the old system time consuming and cumbersome, bills did not always reflect the current status of the patients account.

Another benefit cited by Krueger is that, once on line, the new system, known as AR/Mediquest will not bill an eligible patient directly until after their insurance company has paid the covered amount. This new feature should reduce much of the confusion associated with the hospital billing process.

Officials also said that once the

new system is fully operational, admitting time should be cut significantly. This will be especially true for patients previously admitted to Mountain View since most of the required information will already be on the system. All of these improvements should save the District money and reduce patient billing errors.

Any questions about the new billing forms should be directed to Mountain View Hospital and Nursing Home account representatives between 8:30 a.m. and 5:00 p.m. weekdays.

## Cigarettes linked to deaths

According to the World Health Organization WHO, an annual average of 2.5 million people die prematurely from tobacco-related diseases.

Cigarettes are linked in developed countries to 80 percent of all deaths from lung cancer, 75 percent of deaths from chronic bronchitis and 25 percent of deaths

from heart disease, according to WHO Advisory Committee on Smoking and Health expert Dr. Judith Mackay.

At the Sixth World Conference on Smoking and Health, experts urged governments to protect non-smokers from other's smoke, ban smokeless tobacco and regularly

raise taxes on tobacco products. They emphasized that all countries should work towards establishing smoke-free environments in all enclosed places especially work sites, transport and health care facilities, schools and child care facilities.

## Teenagers seek treatment

Although the number of youths drinking alcohol and taking drugs has declined since the high level use during the 1970's, more youths are seeking treatment for alcoholism.

Approximately 3.3 million teenagers between 14 and 17 are showing signs of developing serious alcohol-related problems, says spokesman for Freedom '87, a national

conference on addiction.

Robert Bombay said, what worried addiction experts was not the overall number of young drinkers but the core of excessive abusers. Overall, numbers are going down but many youths are showing alcoholism problems.

**Rockin' 4-H Club will meet November 23 7:00 p.m. Extension office**

## Petitioners restate concerns

A follow-up meeting to hear tribal members' concerns was held at the Agency Longhouse November 5. The meeting was well attended and concerns mentioned were very much like those brought up in the first meeting in October.

Former Council member Bernice Mitchell, voicing support for the budget, said she thought the budget was big, but that it was for "safety and protection. We're trying our very best to look out for you. The protection is here for all people on the reservation." She continued, stating "we have to ask if our money is being spent wisely. We're wise people, we know what's best."

Tony Suppah mentioned many concerns, such as consultants, lack of sensitivity, people drawing double salaries and many concerns with the garment factory.

In answering questions and statements about the police department, Chief of Police Ray Calica said that "we're just as confused as you are." He stated that the 15 task force studies that have been conducted have caused that confusion. Calica has promoted anti-drunk driving enforcement among his offi-

cers in the past. "We're trying to make our streets safe and trying to keep families together...if we cut back" the number of officers, then "we lose relatives."

Council member Janice Clements asked, "What is it we're not doing right? We have to be a team." She went on to reflect on the past, saying, "I remember the days when there wasn't anything here. Now our people are in debt. Our kids have never had to work hard. They've never been without. That's why kids are the way they are."

Nina Rowe an appellate court judge, expressed her "surprise" at the peoples' attitudes. "I've heard only generalities, there have been no specific charges and there have been no cases filed (with the appellate court) regarding the things that have been said...I'm surprised that a tribe of our stature and reputation has gone as far as we have tonight."

Rudy Clements stated that "meetings like this are painful but necessary. No pain, no gain. Tribal Council has listened and they have done their best to express things and not take a position." Through

his position as training services director, Clements has had the opportunity to work with many court and police employees. He has learned from those encounters. "The best way to get honest, unbiased and objective input is to speak directly to the employees. But sometimes that's hard."

Clements suggested that prisoners be released so they could work on their GEDs. He also suggested a court workshop to inform the public on how the court system operates and how to use it.

**Annual community Christmas tree lighting ceremony December 3 6:30 p.m.**



Dale Spencer, Warm Springs Elementary custodian, barricades the road west of the school. The barricade ensures student safety while they are on the playground.