

Avoid drinking mountain water... Stream bugs may cause illness

The time is here for being outdoors, riding in the woods, camping or whatever suits the mood. But when you see the clear, cool water in a mountain stream, BEWARE! By drinking this water, a person can get Giardiasis (gee-are-dee-i-sis), if it is contaminated with flagellate protozoan.

The contaminated water can be caused by beavers and other wild animals or domesticated animals such as dogs, cats, horses and cattle that frequent the area. The waste from these animals can be floating in or mixed with the water. When this parasite enters the body by drinking the water, it multiplies. A person can carry this illness without being aware they have it. Children are more susceptible to this disease than adults.

The most noticeable symptoms are pale, greasy stools, fatigue,

cramps, chronic diarrhea, bloating and abdominal cramps. These symptoms will usually show up within five to 25 days. The average incubation period is seven to ten days; during this time infection can still be passed on.

To prevent spreading the disease within the family, "it is a matter of educating the members on cleanliness," says Larry Dauphinais, Indian Health Service Unit Sanitarian. "This is most commonly spread by hand to mouth." As an example, a member of the family is stricken with this illness, the mother (usually) takes care of the ill person, then goes to change the baby, the baby can receive the illness by touching and placing hands in mouth; or the mother may go on to cook and if she is making a salad or cold food, this can spread to the other members of the family if she

does not wash her hands after caring for the ill person.

Unfortunately there is not an immunization (shot) for this but can be treated with antibiotic pills. Chlorine does not kill the parasite, however, the parasite can be eliminated from the domestic water system by filtering. If you are caught without water while camping, boil the water at least five minutes for safety. Other commercial methods are available to purify the water at local outdoor stores.

If you suspect you have this illness, contact your doctor as soon as possible for treatment. But, better yet, use precaution while out in the woods and educate yourself on this disease. If you need more information, contact your local health department. In Warm Springs, call Dauphinais, IHS sanitarian, at the clinic at 553-1196.

Diabetes can be controlled

by Elizabeth Cartney

Approximately 130 Warm Springs tribal members are afflicted with diabetes. Most victims of this disease are over the age of 60 and are not required to take insulin. Education and awareness of the disease are important factors in coping with diabetes.

Diabetes mellitus comes in two types; juvenile, in which the patient is required to take insulin on a regular basis and, adult, which can be controlled with proper eating habits, exercise and weight control.

The disease diabetes occurs when a person's body has too much sugar that is not correctly processed by the body. Sugar is needed in the body, as gasoline is needed in a car. If diabetes is not treated, a person's blood can not break down fats thus causing fat to accumulate acid which will cause nausea and then vomiting. The final stage of diabetes is when the victim goes into a diabetic coma. Diabetics sometimes have poor vision or even lose their eyesight; and, they often feel numbness in their feet and hands, which is due to poor circulation. Strokes and heart attacks can also be associated with diabetes.

Anyone can develop diabetes, regardless of age, race or sex. Native Americans and Mediterranean Natives are under extensive research for being very prone to diabetes. Primary reason for this is change in lifestyle over the last century or so.

Because food was so scarce, our Indian ancestors worked very hard to get it. Now food is easily obtained. So, our ancestors, being more active, were less prone to developing diabetes. Genetics also play an important role in diabetes. If a person's parents has diabetes, chances are the person will develop the disease.

The majority of diabetics on the Warm Springs reservation are elders, although any age group may develop diabetes.

The best time to prevent diabetes is during childhood. Good exercise, the right foods and weight control are all necessary.

There is no absolute cure for diabetes. If a person has diabetes, then he can control it with proper habits. Insulin, a hormone that helps to lower blood sugar level, is used only as a last resort. Of the approximately 130 diabetics on the reservation, about 25 percent are currently using small doses of insulin.

The Wellness Program, located in the Community Counseling Center, has a diabetes program on Mondays, Wednesdays and Fridays from 8 to 9 a.m. at the Community Center. From 8 to 8:15 there is blood sugar screening and then from 8:15 to 9 a.m. there are chair exercises seated in a chair. Also, once a month there is a run/walk which usually covers one to two miles. All community members are encouraged to participate.

Nakamura pursuing further education



Dr. Roy Nakamura

Brown: It's tough to fill "successful" shoes

"I'm scared but it will be a real challenge for me to step into shoes that have been so successful," said newly appointed Kah-Nee-Ta Craft Shop manager Eliza Brown. June 2, was her first day in her new position, replacing Marjorie Rouse, who transferred to the Lodge Gift Shop manager position.

Brown started working at Kah-Nee-Ta during the summers of her time off from being the activity bus driver for the Education department.

She entered the pre-entry program February, 1988 and became manager trainee at the Village Craft Shop. On June 1, 1988, Brown was placed on Kah-Nee-Ta's payroll as the assistant Craft Shop Manager. After her winter furlough, Brown returned as a permanent full-time employee until her promotion June 2, 1989.

Eliza enjoys the public and her co-workers. "I have two beautiful Indian ladies working with me and credit teamwork that makes the shop run as it does," said Brown. One of her many goals is to see more local beadwork coming in. She is concerned that many of the local people do not understand she

has a price range in which she must stay. T-shirts and jewelry are big sale items at the shop now.

During each of the past four years the Craft Shop has profited more than the year before. Brown feels that the training she has received from Rouse has been excellent and has prepared her well for the challenges ahead.



Training provided through the tribal pre-entry work program offered Eliza Brown the experience she needed to assume the Kah-Nee-Ta Village Craft Shop Manager's position. She was promoted to the position June 2, 1989.

Coquilles to gain status

President Bush is expected to sign a bill that would restore tribal status for the Coquille tribe in western Oregon. Oregon Senator Mark Hatfield sponsored the bill that was passed by the Senate unanimously June 14, 1989. Hatfield congratulated Coquille tribal chairman Wilfred Wasson for his 35 years of work that made the measure a reality.

In 1954, Congress withdrew tribal status of 63 Oregon Indian tribes under the western Oregon Termination Act. The Coquille

Indians are the last tribe in the state that is known to be seeking recognition.

The tribe's restoration status would enable job training, education and medical care through the Indian Health Service. It will also direct the tribe to develop an economic self-sufficiency plan. It will not grant reservation land or special fishing, trapping, hunting or water rights.

Currently 527 persons are on the tribal roll with 40 percent living in the Coos Bay-Bandon area.

Powwow contest results note winners

With the 20th annual Pi-Ume-Sha Powwow past, most people look forward to next year's celebration. Following are the results of the 1989 powwow including the person's name, tribal affiliation and residence.

Girls Fancy Warm Dance (12 to 18 years of age)
First Lyda Rhoan, Warm Springs, Warm Springs; 2nd Lacey Abrahamson, Shoshone/Bannock, Albuquerque, New Mexico; 3rd Nellie Sam, Warm Springs, Warm Springs; 4th, Josette Wahwasuck, Pottowatomi, Phoenix, Arizona

Teen Boys Fancy War Dance (10 to 16 years of age)
First Scotty Thompson, Yakima, Goldendale, Washington; 2nd Clifford George, Yakima, Goldendale, Washington; 3rd Joseph Culp, Warm Springs, Warm Springs; 4th, Greg Crow, Yakima, Goldendale, Washington

Teen Girls Traditional War Dance (12 to 16 years of age)
First Tina Abrahamson, Shoshone/Bannock, Albuquerque; 2nd Monique Sconawah, Yakima, Warm Springs; 3rd Arlissa Rhoan, Warm Springs, Warm Springs; 4th BlueSky Jefferson, Northern Ute, Keizer, Oregon; 5th Tisa Pinkham, Nez Perce, Lenore, Idaho

Teen Boys Traditional War Dance (12 to 16 years of age)
First Ike Johnson, Warm Springs, Pendleton, Oregon; 2nd Gary Smith, Yakima, Granger, Washington; 3rd Grant Clements, Jr., Warm Springs/Wasco, Warm Springs; 4th Sheldon Shebala, Navajo, Kooskai, Idaho; 5th James Dave, Yakima, Wapato, Washington

Friday Night Winners

Girls Six and Under Round Dance
First Christa Rhoan, Warm Springs, Warm Springs; 2nd Marylee Totus, Yakima, Granger; 3rd Denise Clements, Warm Springs, Warm Springs; 4th Lee Anne Tom, Warm Springs, Warm Springs

Boys Six and Under War Dance
First Sonsela Shabala, Nez Perce-Navajo, Kooskai, Idaho; 2nd Charles Stwyer, Warm Springs, Warm Springs; 3rd Little Owens Danzuka, Warm Springs, Warm Springs; 4th Preston Smith, Warm Springs, Warm Springs

Girls (7-11) Round Dance
First Dawn Slickapoo, Kamiah, Idaho; 2nd Marie Phillips, Ronan, Montana; 3rd Lonnie Long, Toppenish; 4th Marcy Smith, Warm Springs, Oregon

Boys (7-11) War Dance
First Randy George, Georgeville, Washington; 2nd James Spencer, Lewiston, Idaho; 3rd D.J. Mennick, Lenore, Idaho; 4th Kenneth Tuckta, Warm Springs

Womens Team Dance (17 and over)
First place team consisted of

Arlita Rhoan of Warm Springs, Pearl Sammaripa, a Colville from Ft. Duchesne, Utah and Rose Anna Abrahamson, a Shoshone/Bannock from Albuquerque.

Second place winners were Jessica Redheart, a Nez Perce from Lapwai, Idaho, Sophie Hunt, a Colville from Toppenish, Washington and Cynthia Espirito, a Yakima from Goldendale, Washington.

Third place winners were Marlene Thompson, a Yakima from Goldendale, Washington, Josephine George, a Yakima from Toppenish and Cheryl Brown, tribal affiliation and residence unknown.

Fourth place team members were Wilma Buck, a Yakima from White Swan, Karen Lucei, a Yakima from Wapato and Karen Umtuch, also a Yakima from Salem, Oregon.

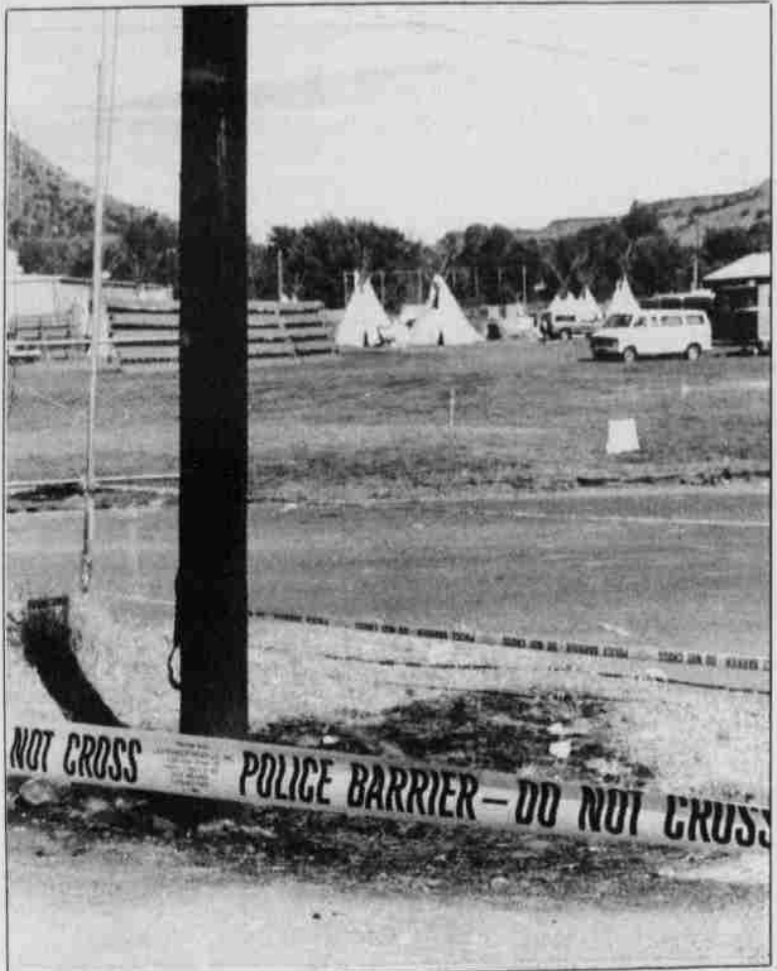
Mens Team Dance (17 and over)

First place team consisted of Rainbow Azure, a Chippewa/Yakima from Toppenish; Wilson Totus, and John Totus, both Yakimas from Granger, Washington.

Second place team winners were Stephen Small Salmon, a Ponda from Ronan, Montana, Darrel Abrahamson, a Colville from Albuquerque, and Lorren Sammaripa, a Paiute from Ft. Duchesne, Utah.

The third place team consisted of Nez Perce tribal members from Lapwai, Idaho. They were Dmitri Seth, Leroy Seth and Del White.

Fifth place team winners were Rudy Shebala, a Navajo from Kooskai, Idaho, Eric Sampson, a Yakima from Wapato and Robert Heath, Sr. a Warm Springs from Warm Springs.



Police blocked off the power pole that burned after the transformer blew and sent a burning coolant to the ground that severely burned an eight-year-old Pendleton boy.

Souers decides to retire

When Dorothy Souers began work at Warm Springs Elementary, 21 years ago, she had no idea she would like her secretarial job so well. "There's nothing more rewarding than working with these kids," she says. "I'll really miss them."

Souers, who officially retired as

of June 15, has seen some very positive changes throughout the years. "The overall outlook on life and health has improved 100 percent," she says. Academically, "The kids have come a long way."

Many barriers that used to exist between the Warm Springs and Madras communities have dimin-

ished. This has been a great benefit to the students.

Another point Souers makes is that parents support for their children has increased. Not only do parents visit the classrooms to help and to see what their children are learning but they are a major part of school programs and school activities throughout the year.



Warm Springs Elementary secretary Dorothy Souers retired June 15.

Six principals and approximately 60 teachers have come through Warm Springs Elementary's halls since Souers began work there. She has worked with principals Clark Lund, Rex Mitchell, Tony Miller, Mike Darcy, John Trujillo and Jane Westergaard-Nimocks.

The staff at the school has grown closer throughout the years and they work well together. "They are dedicated to the kids," says Souers.

Souers recalls two special people, two who encouraged her to continue working at the elementary school. Lorraine Lessert, secretary at the time Souers started work, and Clark Lund were instrumental in her career choice. "They encouraged me to stay on," says Souers.

Souers' four children are grown now and her husband Dick, who serves as Warm Springs Bureau of Indian Affairs Road's department director, will soon be retiring. Souers felt it was time for her to retire also. She says she wants to spend some time at home. "I'm a homiebody," she says. She will enjoy baking bread and doing volunteer work.

Souers' secretarial job is vacant now. She hopes to see a local person selected for the position. She adds, "Whoever gets it will love working with the kids and with our staff."

Spilyay Tymoo

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Summer library open Tuesdays thru Thursdays

Johnson O'Malley is now sponsoring the third year of the summer library. Until August 10, the library will be at the Warm Springs Elementary School on Tuesday through Thursday from 9 a.m. to 2 p.m.

Primarily for school children, the library focuses on keeping the kids reading throughout the summer. Activities such as computers, fairy tale videos and puppet shows are scheduled all day long.