

Emergency room opens

The new emergency room at Mt. View Hospital in Madras is now open according to hospital administrator Ron Barnes. The new emergency entrance is located on "A" Street. All emergency patients and those coming to the facility for any inpatient or outpatient services should also use the parking lot and emergency entrance located on the east side of the facility. New signs have been erected at the facility's three driveways to assist patients and visitors in finding the proper entrance.

"The emergency room is just part of the 12,500 square foot expansion we are opening to better serve the residents and guests of Jefferson County," stated Barnes.

A new laboratory, surgical procedures room, multipurpose meeting room and physical therapy department are also included in the expanded area.

"Two new waiting areas, one in

the main lobby and one at the emergency entrance have also been constructed to better meet the needs of family members and visitors," said Barnes.

The new admitting area just inside the emergency entrance is designed to handle all inpatient and outpatient admissions. "Whether someone is coming in to the facility for lab tests, x-rays or admission to the hospital, we ask that people use the emergency room entrance," added Barnes.

Visitors to the hospital are encouraged to park in front of the new main entrance which is also located on "A" Street. The main entrance should also be used by people visiting the business office or seeking employment.

Nursing home visitors are asked to continue to use the 12th street parking lot and north entrance to the long term care area of the facility.

Does remain protected during hunting season

Deer regulations

Season: August 19 through October 31st.

Bag limit: One (1) antlered deer per month per family in the months August and October. Two (2) antlered deer per month per family in the month of September.

Justification: The 1988 post-season herd counts indicated a buck to doe ratio of 56 bucks per 100 does. The tribal management goal requires a ratio of 20-25 bucks per 100 does. The allowance of a two buck limit in September will provide additional opportunity for tribal members and will not jeopardize biological herd stability.

Protection of does should continue until desired population levels are attained. The Comprehensive Plan indicates the demand for subsistence hunting will double within the next 10 years. The protection of does will be of major importance to increasing the deer populations and meeting the future needs of the Tribes.

Changes from 1988 Recommendations: None.

Elk regulations

Season: November 1 through November 30th.

Bag Limit: One antlered elk per family November 1-30th.

Justification: Elk populations appear to be growing on the Reservation. Target population goals have not been established and quality habitat is lacking in some areas. Poaching continues to be a problem. Until population goals are set and poaching is reduced



Does are protected on the Warm Springs reservation. It is illegal to harvest a doe during buck season, only antlered deer may be hunted. Violation of this regulation will result in a fine and confiscation of weapons until released by court.

female harvest should not occur. Changes from 1988 Recommendations: None.

Bear regulations

Season: August 19 through November 30.

Bag limit: One (1) bear per month per family except cubs and sows with cubs are protected.

Justification: The reservation has a healthy population of black bear and there is very little hunting pres-

sure by tribal members. Changes from 1988 recommendations: None.

Upland game birds

Season: September 1st through December 31st

Bag limit: By species
Grouse - 3 per day
Quail - 10 per day
Pheasant-2 per season-roosters only
Chukar - 10 per day
Turkey - 1 per month

Justification: Upland bird populations are healthy where good habitat exists. Weather influences have the major impact on these populations and hunting impact is typically negligible. Little tribal member effort is spent hunting upland birds at this time.

Migratory Birds and Waterfowl Geese, ducks dove are migratory birds governed by a Migratory Bird Act.

Federal regulations should be followed concerning these birds.

Changes from 1988 recommendations: none.

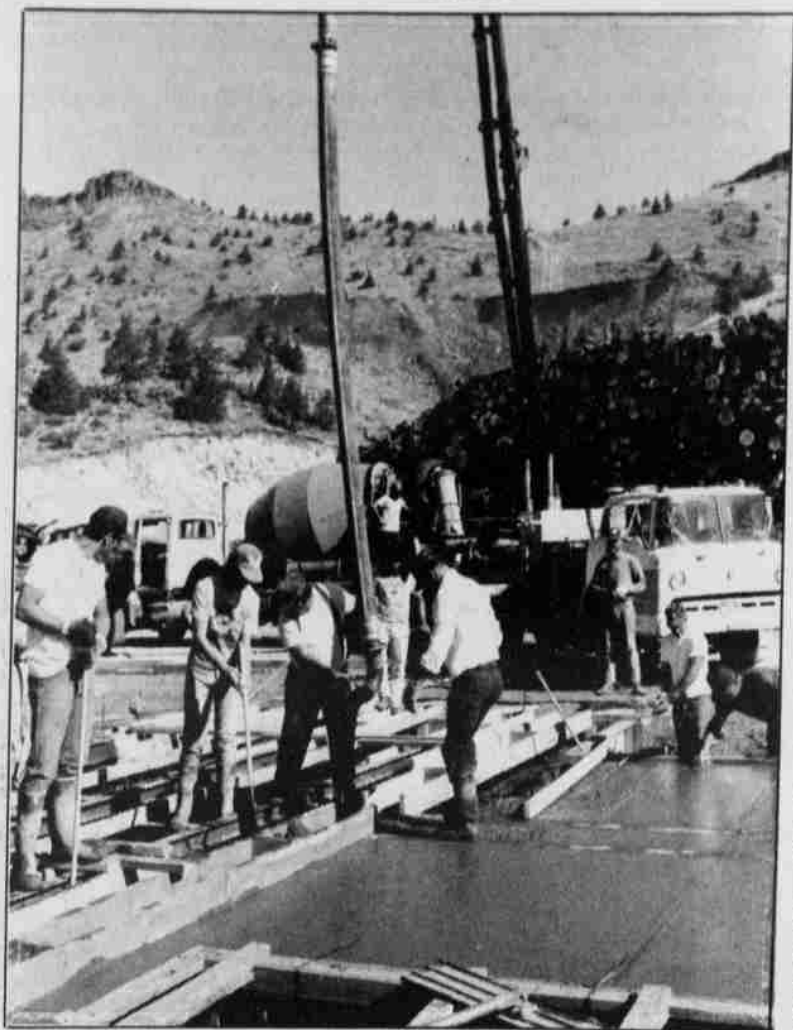
CNA course begins October 1

A Certified Nursing Assistant (CNA) course is to be offered at Mt. View Hospital and Nursing Home beginning October 2. The course, which consists of 60 hours of classroom instruction and 40 hours of clinical experience will prepare students for a health care career at Mt. View Hospital and Nursing Home. Interested candidates will be interviewed and selected for employment at the Madras facility prior to enrollment in the CNA course. Successful candidates will be required to make a six-month minimum employment commitment to Mt. View Hospital District in return for free enrollment in the CNA course.

Topics to be covered in the CNA course include patient assessment skills, treatment techniques and infection control procedures. Students will also be certified in Cardiopulmonary Resuscitation.

The teacher for the course will be Alyce James, an Oregon State Health Division Certified CNA instructor.

Anyone interested in beginning a career as a CNA is encouraged to contact Tia Miller in the Human Resources Office at Mt. View Hospital at 475-3882. The deadline for employment and students application is 5 p.m., Friday, September 15, 1989.



Let'er Flow

Workers last week poured the concrete pads for the small log operation at WSFPI. Over 100 yards of concrete were poured to accommodate the numerous machines included in the operation

Sister feels comfortable, "at home" in Warm Springs

Coming to Warm Springs to provide a "visible Catholic presence on the reservation" is Sister Pauline Igoe. Though Sister Pauline may not look like a habit-clad nun, her mission here is to help residents and to learn.

Sister Pauline is a native of Ireland and is a member of the Dominican Order of Sisters. Like all nuns, she has taken vows of poverty, celibacy and obedience. She has been in the Sisterhood since 1955 and a fully-fledged sister since 1960.

Before coming to Warm Springs, Sister Pauline was on a one-year sabbatical studying Biblical spirituality. Prior to this, she worked with Eskimos in Northwestern Alaska for 11 years on the Bering Coast. She was home-based on Nelson Island and traveled to inland villages in the remote Yukon-Kuskakwin Delta. She has also worked as a school teacher, principal and in the administration in the Sisters' community.

Sister Pauline has extensive training in dealing with alcohol-related problems and some training in alcohol counseling. She put this training to use while in Alaska. She will be available to provide these services to Warm Springs residents as well and visit people in the hospitals and jails if they wish. Sister Pauline will be involved in Sunday services offered at Kateri Catholic Church in Warm Springs as well as Holy Days activities.

"I'm amazed at the friendliness and warm reception people have given me. I was lonely for the Eskimos but now I'm not. I feel at home...I have a lot of listening and learning ahead of me," she concluded.

If in need of counseling or you just want to visit, Sister Pauline encourages people to call her at 553-1235 or see her at apartment #4 in the Club House.

History of the Warm Springs Catholic Church

Provided by the Catholic Church

The Catholic religion was brought to the Warm Springs reservation mainly by Indians who moved south from the Columbia River. These had first received the faith from Father Touissant Mesplic, a Catholic priest who had moved to St. Peter's Mission in The Dalles in 1850 and who took care of the spiritual needs of the Wascos and others who eventually became part of the Confederated Tribes of Warm Springs. The work of Father Mesplic was augmented by that of Father Adrian Croquet who came to Oregon City in 1859 and who worked among the tribes dwelling around Mt. Hood and along the Columbia.

Scarcity of priests made it impossible to do much follow-up work after the formation of the reservation. As a consequence, many of the present generation tribal mem-

bers are descended from baptized Catholics who received little or no Catholic instruction.

Warm Springs was successively a part of the Bend, Redmond, Prineville and Madras parishes. As a mission from Bend, the Capuchin Fathers visited the reservation, offering Mass in the Shaker Church and later in Catholic homes or the school gymnasium.

On May 9, 1946, construction of the first Catholic church began. Under the direction of Father O'Donovan of Redmond and with the aid of four carpenters, the first St. William's Church, located behind Macy's was constructed. It was dedicated on May 8, 1949 by Bishop McGrath.

When this church was deemed to be no long suitable for Mass, it was decided to build a new one. On August 4, 1961, six acres were purchased from the Indian Agency and work began on the present structure on January 18, 1962. The old church was traded to the Confederated Tribes for use of their equipment in excavating for the new church.

The first Mass was celebrated in the new St. William's Church by Father Conway of Madras on April 15, 1962 and the church was formally dedicated by Bishop Leipzig on April 29, 1962.

The church was renamed in the early 1980s. The church is named after the first Native American to be declared a Saint with the Catholic

Church. Mass is celebrated with Father Wekerle on Sundays at Blessed Kateri Catholic Church.



Sister Pauline Igo

Feed babies proper food

Pepsi Cola, french fries, hamburgers or hot dogs are a favorite meal for most people on this reservation. But is it a good balanced nutritional meal for your baby? Many of the parents in the community do feed their infant these foods when they are at a pow wow, rodeo, fair or just out enjoying summer. On hot days, babies are found with soda pop, kool-aid, sugar water, juices in their bottles. Most of the babies are not ready for big people food and of course not ready for soda pop.

Don't restrict fat and cholesterol too much in a babies diet. Fat is an important nutrient for infants because it contains many calories in a small volume. Infants need fat-containing foods to meet calorie needs and to grow and develop normally.

Cholesterol is a type of fat that is important for normal development. The baby's body will make the cholesterol it needs if dietary sources are low.

Sugar is okay, but in moderation. Sugar is one of several factors linked with tooth decay. Bottles of soda pop, juices, sugar water should not be used as pacifiers or to put a baby to sleep. The sugars found in these liquids can pool around the teeth and gums causing tooth decay. Artificial sweeteners and foods which contain them are NOT recommended for infants. No Diet soda pop.

So parents, please keep you Pepsi's, french fries, hamburgers to yourself. Feed your baby the proper recommended food they need and

require for their little bodies to grow strong and healthy. Keep them on a regular feeding schedule, if you choose to feed them from the table, careful consideration should be taken on what foods are good for baby. Give them a cup to drink from, take the bottle away from them as early as possible, start your precious baby out in life with a good healthy, nutrition plan.

This information brought to you by the Tribal Wellness Department. Any questions concerning your health or well-being, call 553-3205, Eva or Lucinda and also feel free to call Lillian January 553-1196, Nutritionist at Public Health.

People think that Monday, Wednesday and Fridays are exercise classes held only for diabetics. That is not so. These classes are for anyone that needs to exercise. For people who wish to begin an exercise program or for people unable to do aerobics, a class that require more moving around. This is a diabetic project but, the chair exercises are for anyone, everyone. Also if you need to have your blood sugar checked, come down and learn how to do it yourself. The time is 8:00 to 8:15 a.m. for sugar testing and 8:15 to 9:00 a.m. for chair exercise.

So if your family is diabetic, or if you had your sugar tested and it was a little high, then please keep track of your blood sugar, and educate yourself as well as your family on diabetes. Take control of it early, don't let it control you. Call Wellness 553-3205, Eva or Lucinda for any information

A few moments of your time could change his life forever.

That's right. It doesn't take long to introduce a kid to alcohol. Or give him his first joint. Or touch a little girl where you shouldn't. Or take out your frustrations on a little kid's body.

It doesn't take much time on your part. But he'll never be the same.



Kids. Keep your lousy hands off 'em.

- VICTIM ASSISTANCE PROGRAM
WARM SPRINGS, OREGON