

Warm Springs gains representative

Our new Miss Warm Springs, Merle Ann Kirk narrowly defeated Heather Crowe to gain of the three point difference. "It was a close race", says Kirk. During ceremonies Kirk was crowned Miss Warm Springs on June 17, 1992 at the Agency Longhouse.

Kirk is a resident of the Warm Springs Reservation. Her parents are Oliver Kirk and Mildrid Queampts. Her grandparents are Oliver Kirk, Sr., who lives in Arizona, and Lolita Greeley, of Yakima, Washington. From her mother she has three sisters and one brother. From her father she has one sister and two brothers.

Kirk spent her freshman and sophomore years of high school at Madras Senior High School. She attended Pilot Rock High School her junior and senior years. After graduation in 1991 Kirk attended Willamette College where she has been studying Computer Science for a year.

Going to powwows, playing softball, and weight lifting are her hobbies. Kirk enjoys meeting new people and likes to have fun with her friends and family.

Kirk wanted the title of Miss Warm Springs so she could represent the Warm Springs Tribe. She would like to get involved with community projects and the people on the reservation. "I am honored to represent our reservation", says Kirk. She feels she will do the very best to represent all three Warm Springs tribes and would like to ask for support from the people.

Finishing school is Kirk's future

plans, along with meeting more of her family in Arizona.

The following tentative schedule for 1992 Miss Warm Springs will keep Kirk busy in the coming months: The Aloha Week Multi-Cultural Exchange in Honolulu, Hawaii which will be held September 17-20, 1992. National Congress American Indian Pageant in Washington, D.C. will be held October 11-16, 1992. And the Miss Indian USA Pageant in Washington, D.C. which a date has not yet been set.



Merle Ann Kirk

Diabetes info available

During the past 50 years, diabetes has become a major health problem among American Indians. The increased occurrence of diabetes in modern Native Americans is believed to be a combination of diet, less physical activity, obesity, and genetics. Indians were typically slim and seldom diabetic until the second half of this century.

Some researchers believe that early American Indians adapted to "feast or famine" conditions by developing a "thrifty gene". According to this theory, food and water was not always available, leading early Indians to store food in extra fat cells for later use. This theory holds that today's Native Americans have inherited this thrifty gene, even though food is no longer scarce. This trait, combined with a less active lifestyle causes many people to become overweight. This can lead to diabetes, because the effectiveness of insulin is apparently reduced in people who are obese.

However, just because you may be born with the genetic trait to develop diabetes, you can greatly decrease your chances of getting the disease by living a healthy lifestyle. This includes becoming more active and eating a diet that contains less fat and sugar.

If you are interested in finding out more about diabetes and what you can do to reduce your risk of developing the disease, call the Diabetes Program at the IHS Clinic at 553-1196. Susan Matthew, the Diabetes Nurse Educator, sees patients and families by appointment, and classes are also scheduled throughout the year.



Twenty-five acres of grassland and brush near the Shaker Church burned during fire July 30.

STDs—a growing health problem

In Warm Springs as in the rest of the U.S. sexually transmitted diseases continue to be a major public health problem. In the interest of educating the community and promoting safer sex practices I would like to share the following information:

-12 million STD's (sexually transmitted diseases) are diagnosed annually in the U.S. STD's can cause disability, sterility, and even death.

-STD's caused by bacteria (Chlamydia, Gonorrhea, Syphilis) are curable when promptly treated with the appropriate antibiotics. When not treated complications include sterility, heart disease, brain damage and death.

-STD's caused by viruses (herpes, Hepatitis B, AIDS) are not curable, but the symptoms can be treated. Complications include liver disease, cancer, and death.

Can be prevented by:

- A. Abstinence (not having sexual relations)
- B. Mutual Monogamy (Sexual partners who are not infected have sex only with each other)
- C. Condom use (using a condom for each & every sexual encounter)

Early detection and treatment can prevent or delay life threatening complications. Both the Warm

Springs IHS Clinic and Jefferson County Health Department offer confidential STD diagnosis, counseling, and treatment. For more information call the Clinic 553-1196 or Jefferson County Health Department 475-4456.

509-J Schools begin classes September 2

Polk County Fair set for Aug.

Rodeo action takes place in Rickreall, OR. on August 8-9 when the Polk County Fair opens. This Old Fashioned County Fair includes entertainment as well. The admission prices are \$4.00 for adults, \$2.50 for seniors 62 and over, and juniors 7-14. The fair opens at 1:30 pm. each day, and Thursday is Senior day.

Secondary smoke dangerous



Secondary smoke, the smoke that drifts into the air from a burning cigarette, is one of the latest hazards found to be harmful to young children.

Secondhand smoke is especially bad for infants and children whose parents smoke. Children who live in a home where one or both parents smoke are more likely to have colds, bronchitis, and pneumonia — especially during the first two years of life — and tend to develop chronic coughs when older. Ear infections, reduced lung function, and allergic reactions are also a part of the hazards for children living around smokers.

The effects of "involuntary smoking" can be long-lasting because children who grow up with smokers are far more likely to become smokers themselves, have impaired lung function, and have acute respiratory illness twice as often as young children whose parents are nonsmokers. and smoking by pregnant women seems to predispose premature babies to respiratory distress syndrome. Even asthma symptoms can be aggravated by smoke and sometimes even triggered.

Parents can help their children avoid smoking by setting a good example, discussing the hazards of smoking with them, and promoting healthy, smoke-free environments.

Source: American Lung Association. Contact your local chapter or the Warm Springs IHS Clinic for more information.



New positions at the Early Childhood Education Center are held by: (left to right) Versa Smith, Social Services coordinator; Margie Kalama Earl, Home Based coordinator; and, Elina Langnese, Secretary IV.

Tentative start date set for mosaic mural

The tile mosaic mural project, being planned for the lobby wall in the new Early Childhood Education Center, has been given a tentative start date of October 1992. Prior to that time the Early Childhood Education Parent Club needs to raise the \$10,000 needed to cover the material and artist's time for the project.

Money will be raised using a section of the mural wall for fundraising tiles. That is, individuals and businesses will be able to purchase a tile and have a name put on it. These tiles will only be one or two lines. The suggested donation for community members is \$75, \$125 for businesses. Order forms are available at the ECE Center. Other potential fundraisers include raffles, bake sales, etc. If you have any ideas for fundraising, we'd

love to have your input.

To complete this project there will need to be a substantial community effort by volunteers. Currently more than 20 community members have committed to participating in the project. The artist will use the volunteers to help create the tile mosaic. No prior experience with clay, glazing or ceramics is needed. These skills are easy to learn, however, the volunteers must enjoy doing careful and

accurate work with their hands such as sewing, beadwork, leatherwork, painting, cake decorating, jewelry making, etc. The volunteers will be working 2-4 hours a week in a class with 8 to 10 other volunteers. This community volunteer effort makes the project challenging and unique.

For more information on the ECE Center Tile Mosaic Mural Project, contact Early Childhood Education at 553-3241.

Kids enjoying summer weather

The summer weather has been providing the children at the Warm Springs Early Childhood Education Center with lots of opportunities to get outdoors and enjoy the weather. Playing and learning has been taking place not only in the classrooms but also outside. The Head Start Full Day Program 4 year olds took advantage of the "fair" weather by attending the Jefferson County Fair on Kid's Day, Thursday, July 23rd. A

stop at Bean Park was also part of their outing that day. At the ECE Center, sprinklers, slip & slides and pools have been favorite outdoor activities. The Latch Key Garden is sprouting carrots, corn & cucumbers, just to name the "C" vegetables.

As the summer draws near to an end, everyone is looking forward to the return of the Head Start Part Day children in September as well as the expansion of Day Care and Latch Key services. The first day of school for new and returning children to the Early Childhood Education programs is Tuesday, September 1, 1992.

Requests due

If you have received a request for additional information to complete your child's registration packet for Head start, please bring in that info as soon as possible.

If you have not yet picked up a registration packet - please do so immediately.

Children born between 9/2/87 and 9/1/89 are eligible for the Head Start Program this year.

Parents/Guardians will be notified of their child's enrollment status and class assignment by August 21, 1992.

Staff training set

Thursday and Friday, August, 27 & 28 — The ECE Center will be closed for staff in service training. In an effort to continually upgrade the quality child care provided for your children, in service days are a regular feature of the school year. Training on the 27 & 28, will focus on: working with FAS affected children and teamwork within the teaching teams.

Think about keeping your child safe
Remove any matches and lighters from children's reach. Youngsters are especially attracted to the sparkle of lighters, and toddlers as young as two can flick them.
Take a look around your home and think about how you can make it a safer place for your child.

Higher Ed. applications cut off

The Higher Education Department is no longer accepting Tribal scholarship applications for Fall 1992 term/semester due to budget limitations as well as the cut off date for applications.

All the students and applicants who complied with program projects are about ready to leave for college this fall. These projects are Student Success Strategies and Summer Bridge. They also have their Tribal applications, their FAF applications, and letter of acceptance to a college/university, and their paperwork is

processed. Continuing students have already made their plans and contacted the Education Services Program. All are ready to start a new academic year.

Continuing students need to make sure the Education Department has a copy of your last term/semester grade report. This needs to be done before Education Services can begin processing any funding.

New applicants need to meet with Ramona "Tedi" Tanewasha to discuss their education/career choices. Please call her at 553-3311 for more information.

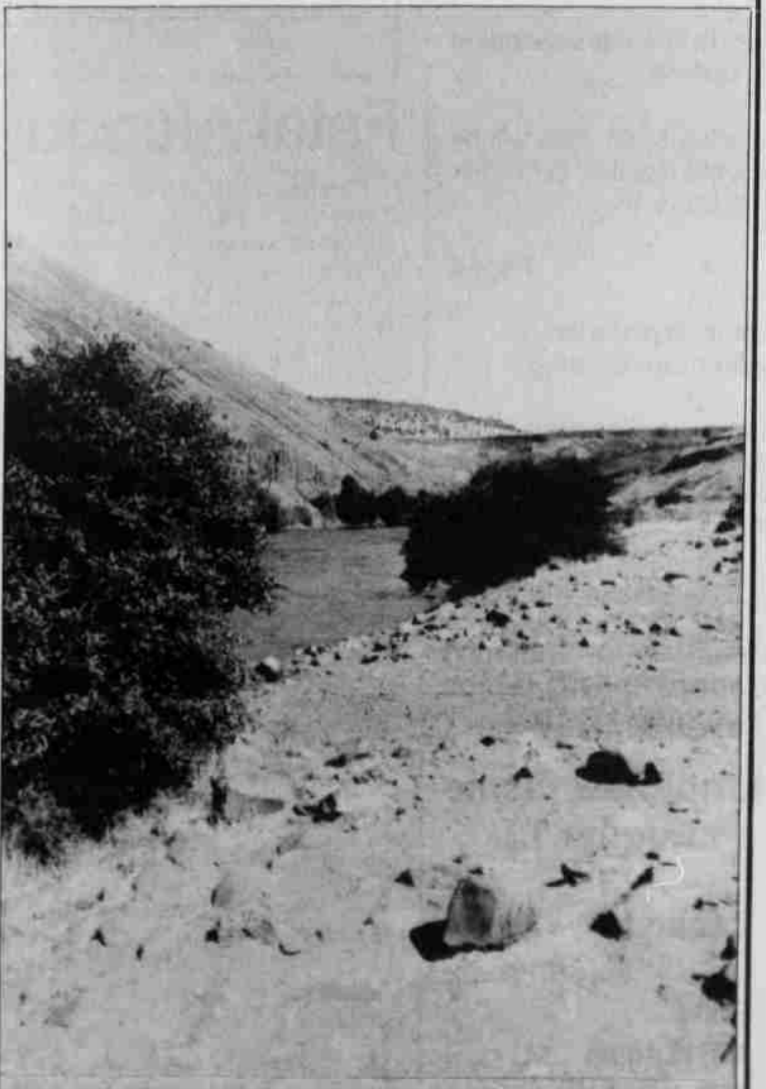
Tribe acquires Maupin property

The Confederated Tribes of Warm Springs, within the last two weeks, acquired nearly 1,000 acres of river front property from the Connolly family in Maupin.

The 965 acres border, for the most part, the Deschutes River, beginning at Harpham Flat, about five miles south of Maupin, and runs north about 10 miles to where the newly acquired lands adjoin the tribe's Sherrars Bridge property. Purchase price was \$433,000.

Harpham Flat is a popular site for rafters to embark on down-river float trips. The land was previously managed by the Bureau of Land Management. The purchase means the Tribe will have complete control over the use of the property.

Public access to the property will not be limited. However, protection of the resource is imperative, say tribal officials.



Harpham Flat is a popular boat landing on the Deschutes River near Maupin.

Spilyay Tymoo

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