



Last day powwow

A powwow at Warm Springs elementary on the last day of schools featured a snake dance, leading students to awaiting busses.

Warm Springs Elementary graduates 84

Warm Springs Elementary School held graduation ceremonies for the 1993 Fifth Grade students. A total of 84 received recognition for completion of fifth grade. They are:

Matthew Aguilar
Antonio Alonzo
Harley Andrews
Rosalina Arce
Victor Becerra
Fawn Begay
Sarah Belgard
Justin Boise
Kurtis Boise
Lance Boise
Ernie Bryant
Reanna Charley
Thomas Charley
Denise Clements
Charles Crooked Arm III
Ross Eagle Culpus
Elizabeth Earl
Perthina Espinoza
William Esquiro
Jerald Foster
Annie Fuiava
Isaac George
Jolene George
Clara Gleason

Craig Graham
Derek Greene
Hector Gonzalez
Windy Harvey
Candace Heath
Donald Hoptowit
Frederic Jack
Nicole Jack
Michael Jackson
Bruce Jim
Una Johnson
Wendi Johnson
Raymond Jones
Faron Kalama
Ross Kalama
Gary Katchia
Aaron Langley
Kira Langnese
Orie Made
Rosetta Martinez
Virginia McKinley
Thomas Medina
Benita Merrifield
Justin Miller
Shari Miller
William Napper
Darrek Palmer
Rudy Paul
Tatiana Penney

Dawn Rowland
Foster Sahme
Robert Sam, Jr.
Chris Sanders
Jessica Sanders
Winter Selam
Phyllis Shawaway
Bernadette Smith
Crystal Smith
Elfreda Smith
Lionel Smith
Mario Smith
Rachel Smith
Tashina Smith
Vera Smith
Mattie Spino
Mia Spino
Mary Ann Stahi
Natasha Suarez
Amy Suppah
Tanya Tewee
Jeremy Thomas
Steven Tias
Jamie Tohet
Charlie VanPelt
Grant Waheneka
Fred Wallulatum, Jr.
Tera Wallulatum
Edna White
Nancy Williams

Fireworks can cause serious fires

At the beginning of May, Fire & Safety welcomed a new member to the Prevention team: Sparky, the Fire Dog. He debuted at the Warm Springs Elementary School for the Team-Teaching Project. He also made a guest appearance at the Public Safety Fair on May 27 at the Agency Longhouse.

Congratulations to Karla B. Tias, Firefighter/EMT. She was selected as Public Safety Branch Employee of the Month for March. Karla has been working at Fire & Safety for three years. She is an accredited firefighter I and an EMT II-D. She is active with the Search and Rescue

Program and the RSVP Volunteer Program. In her spare time, she enjoys playing and coaching softball, and being a reserve with the Warm Springs Police Department.

Attention! Potential walk-in patients: Warm Springs Fire & Safety has had to make some changes in the way we do first aid patient exams at the Agency Firehall. Recent OSHA Regulations prevent the treatment of patients in areas that workers use for food preparation or personal hygiene. The area that we now use for patients treatment is in the ambulance bay or in the ambulance itself.

Summer vacation is here! And so is the fire works season. Last year there were 280 fireworks-caused in Oregon. This number reflects those that were reported in the first nine months only. The damage from these fires was estimated to be at \$206,300. There are two types of fireworks: Legal and illegal. For your information, any type of fireworks that explodes, flies into the air, or behaves in an uncontrolled and unpredictable manner is not legal in Warm Springs. Examples of illegal fireworks are: Small firecrackers, regular firecrackers, silver salutes (M-100, 2-inch), Ash cans, M-80s, Cherry bombs, missile rockets, Sky Rockets w/stick, Bottle Rockets, Roman Candles, Mortars, Aerial Spinners, or anything that is similar to these.

Examples of legal or acceptable fireworks are: Smoke bombs (not explosive), base Fountains, Party Poppers, Cone Fountains, Wheels, Sparklers, Handle Fountains, (hand held), Hand Held California Candles, Snakes, Ground Bloom Flowers.

During the fireworks season, safety should be considered first. Always have an adult supervising the activities. Even the legal fireworks are able to cause injury when used improperly. The areas you choose to set off the fireworks should be clear of dried grass or debris. Examples of good places to do your fireworks are: in a paved or graveled area (such as a parking lot), an area that your garden hose will reach in the event a fire does start, or in a designated fireworks area.

June 21-25 symposium to focus on Indian education

The first annual Oregon Indian Education Symposium will be held June 21-25, 1993 at Chemawa Indian School, located at 3700 Chemawa Road NE in Salem. The event is being organized by the Warm Springs tribal Branch of Education.

The four-and-one-half-day conference will offer participants opportunities to hear of the different aspects of education in Oregon. Panelists involved in early childhood education programs to adult education program will share information about what's currently taking place in Oregon. State government, private sector and other representatives active in edu-

cation will also be in attendance. The program format offers attendees the time to work in their individual areas of interest to discuss issues and plan strategies for addressing Indian education issues and concerns.

Pre-registration, if received before June 14 is \$50 while on-site registration will be \$65. Eleven meals are included in registration, however, evening events and housing are extra. For more information contact the Education branch at 553-3311 or send registration to the Oregon Indian Education Symposium, PO Box C, Warm Springs, OR 97761. Make checks or money orders payable to OIES.



Cub Scout Den #1 reports April activities

During the month of April, Den #1 Cub Scouts learned about space and planets. The Cubs made masks according to what they thought a life form might look like on a certain

planet. It was a fun way to begin our April activities.

In April, Webelo Scout, Aaron Wewa accompanied the Boy Scout Eagle Patrol on a camporee to East

Paulina Lake and tried his hand at hatchet throwing and using the bow and arrow. Aaron wandered off, and was found to have made friends with the Boy Scouts of the Order of the

Arrow of Light. They were camped next to the Warm Springs Boy Scouts. They were seniors in high school from Bend and Aaron had a great time talking to them, as well as sharing a few "Indian" jokes around the campfire! It gave Aaron an idea Continued on page 6

General Junior Council Meeting Agency Longhouse

June 15, 1993, 6:00-9:00 p.m.
Topic: High School for Warm Springs

Diabetes second eye clinic scheduled

Twice a year, an eye clinic is held for patients with diabetes. The first eye clinic in 1993 was held in January; the second clinic will be held on Thursday, June 24 from 8:00 a.m. to 11:00 a.m. If you have diabetes, and you have not had a dilated eye exam in the past year, it is important that you come to the clinic on June 24 to have your eyes checked.

People with diabetes are at high risk for eye damage. High blood sugar, for long periods of time, can cause damage to your eyes. Retinopathy is a serious eye disease caused by high blood sugar. Retinopathy can lead to blindness. High blood pressure is another risk factor that makes a person at a high risk for retinopathy.

How does high blood sugar affect your eyes? There are many blood vessels in your eyes. High blood sugars, over a long period of time, can damage these blood vessels. When the blood vessels are damaged, they may bleed into the eye. This can cause blindness if not treated. This condition is called retinopathy.

How will you know if you have retinopathy? There usually are no signs of retinopathy. You may not

have a vision change until there is severe damage. This can be delayed or prevented by getting eye exams and laser treatment when needed.

How often should you have your eyes checked? A person with diabetes should have a dilated eye exam at least one time each year. You can prevent blindness by having a yearly eye exam.

How does your doctor check your eyes? Eye drops will be put into your eyes. This will allow the doctor to see the blood vessels in your eyes. The doctor will look for changes in the blood vessels. This is called a dilated eye exam. Some eye clinics have special cameras that can take pictures of the blood vessels in the back of your eyes.

What can you do to take care of your eyes?

- 1) Get an eye exam at least one time a year.
- 2) Control your blood sugar
 - Lose weight if you are overweight.
 - Make healthy food choices.
 - Be active. Walking is a good way to become more active.
- 3) Control your blood pressure
 - Take your blood pressure

pills as prescribed.

- Cut down on salt and salty foods.

- Get your blood pressure checked often.

- 4) Stop smoking.

Is there treatment for retinopathy?

Yes. Laser treatment may help to stop the bleeding in your eye. Laser treatment may not improve your vision if damage to your eyes is severe.

How does laser treatment work?

Laser treatment uses a beam of light. The light passes through the eye to stop the blood vessels from bleeding. Laser treatment is usually done in the doctor's office. You will be able to go home after the treatment is finished.

What other eye problems are you at risk for if your blood sugar is high?

- Blurry vision: High blood sugars can cause your vision to be blurry.

- Cataracts: A cataract is the clouding of the lens of the eye.

- Glaucoma: Glaucoma is an increase in the pressure of the eye. This can cause blindness.

Good blood sugar control can reduce the risk of eye problems.

Deaths linked to virus

Evidence shows the death of eleven people on or near the Navajo reservation in the Southwest United States may be the result of an airborne virus from rodent droppings. Medical investigators continue to investigate the occurrence of the disease which causes respiratory distress.

The deaths on the 17-million-acre reservation located in New Mexico, Arizona and Utah date back to April discovered by reviewing health records. As many as 21 respiratory illness cases resembling those causing the deaths have been reported. Approximately 175,000 people live on the Navajo reservation. It surrounds the 631,000-acre Hopi reservation on which 12,000 people reside.

The disease, say investigators attacks young, healthy people and quickly causes death within hours or days.

Kalama family planning June reunion

From June 25 to June 27, over fifty Kalama family members will come together in a reunion. They will be coming from California, Utah, Alabama, Georgia and Hawaii.

The known Kalama family history extends back to the 1800's in Hawaii when a Kalama family member was probably called Kamanawahopu. And like other families, the history comes from birth dates, marriage dates, death dates, family bibles, gravestones, stories and word of mouth. History before that is forgotten.

Although the stories vary, the one commonly referred to brings John Kalama, a full-blooded Hawaiian to the state of Washington in the mid-1800s. He was born between 1811 and 1814 and he died in 1870, buried in the Columbia River Gorge on the Washington side.

John Kalama worked for the Hudson Bay Fur Company engaged in fur-trading and arrived in Washington by ship. At 16, the boy was pressed by economic necessity to hire on as a deck hand. He and a friend stayed in the Pacific Northwest state with John marrying the daughter of the chief of the Nisqually tribe, Mary Martin.

John is mentioned in Washington history with the Kalama River being named after him, and a town of Kalama also in existence.

A son, Peter Kalama, was born to John and Mary in 1860 or 1864. A discrepancy in records makes the precise date unclear. He attended the Chemawa Indian school from 1880 to 1886 and was in the first graduating class.

Peter married Lillie Pitt of Warm Springs. The majority of Kalama family in Warm Springs are descended from this line. Oliver Kalama, born in 1887 in Warm Springs married Kate Henry from Warm Springs. Born to them were Theron, Perry, Augustus Nick, Charles Mark, Leonard, Kathleen (Moses), Lillian (Tulee). Peter later married a Nisqually Indian named Alice resulting in numerous descendants from that marriage.

Francis, Esther (McNary), Henry Sr., Irene (Jackson, Hobuchet, Lucei) and Gilbert.

Research on the Kalama family history has been ongoing with different family members. William Moses began compiling the historical information after he moved to Hawaii for a short time, meeting some of his relatives, "walking on the land of his great-grandfather," he states. He has been organizing a reunion to be held

during the Pi-ume-Sha celebration in which family members will share their Hawaiian dance traditions with the Warm Springs people in several performances. With this, Moses sees "the native cultures coming together."

Fundraising activities including T-shirt sales and raffles are being held to provide food and housing for the guests. Call William Moses at 553-1891 or Joni David 553-1230 for more information.



William Moses, organizer for the Kalama family reunion, points out Warm Springs descendants from the Hawaiian John Kalama family.

James graduates from academy

Andrew James graduated from the Oregon State Police academy on April 23, 1993.

Officer James is detailed to the Columbia River Intertribal Fisheries Enforcement from the Confederated Tribes of Warm Springs Police Department.

Officer James has been employed by the Warm Springs Tribal Forestry program through the BIA prior to becoming a police officer.

Officer James is a member of the Search and Rescue organizations such as: Warm Springs, Jefferson County and the 4-H Cadet program on the Warm Springs Reservation.

Officer and Mrs. James now reside in Bingen, Washington.

