

High blood pressure can sneak up on you

High blood pressure is a sneaky disease. It doesn't announce itself with lots of early symptoms. You may not know you have high blood pressure until you suffer a heart attack or stroke, unless you have your blood pressure checked. If you have high blood pressure, also called hypertension, this simple test will uncover it. Then you and your provider can take steps to control it.

Knowing your blood pressure is especially important if you have diabetes. For one thing, your chances of developing hypertension are double that of a person who doesn't have diabetes. Also, if you have kidney disease, a complication of diabetes, hypertension can speed up renal failure. Some experts believe that high blood pressure may also cause diabetic eye disease (retinopathy) to advance.

How can one little disease do so much damage? Hypertension damages blood vessels. These vessels, large and small, nourish your organs. Damage to your blood vessels can eventually damage your brain, heart, and kidneys.

It's easy to find out if you have hypertension — just go to your doctor and have your blood pressure checked. Several readings on different days will be needed before your doctor can make a diagnosis of hy-

perension. The first reading may be higher than your normal pressure if you're nervous about being in the doctor's office. (This happens so often, it even has a name: white coat hypertension.)

When you have your blood pressure checked, it's reported as two numbers, such as 120 over 80. The first number is called systolic pressure. This pressure occurs when your heart contracts. Normal systolic pressures range from 90 to 130. The second number is the diastolic pressure, the blood pressure when your heart is relaxed. Normal diastolic pressures range from 60 to 85. Any reading above 135 over 85 is considered high blood pressure.

Unless your blood pressure is dangerously high, your doctor will probably first try to get it down by using non-drug treatments. You may be advised to try to lose weight because being overweight can cause hypertension. Losing a modest amount of weight may be enough to return your blood pressure to normal.

If you have high blood pressure, you will need to limit the amount of salt you eat. Simply avoiding processed food and the salt shaker on your table may be enough to lower your blood pressure. If you have to go on a low-sodium diet, your dieti-

cian can help you develop a balanced, low-sodium diet.

Drinking more than 2 ounces of alcohol a day may also cause hypertension. Your doctor may advise you to limit your alcohol intake to no more than 1 ounce a day (approximately one mixed drink, one glass wine, or a can of beer).

Smoking causes hypertension by damaging blood vessels, so if you have high blood pressure, you should quit smoking.

If making these lifestyle changes does not improve your blood pressure, your doctor may prescribe medication. Hypertension is a chronic disease that often lasts your entire life. However, you may be able to reduce your dose of medication over time, especially if you lose excess weight, exercise more, and eat right. Some people with mild hypertension have been able to stop taking medication altogether. (But you should never stop taking medications without the advice of your doctor.)

If you haven't had your blood pressure checked in the last year, do it soon. Don't let this often silent disease catch you by surprise.

Patients with diabetes should see their provider at least once every three months. This checkup should include a blood pressure check, as soon as lab tests, and a foot exam.



Students going off to boarding school came together August 19 for a picnic. Students include (left to right) Rose Brown, Lawrence Boise, Theda Charley, Michelle Charley, Ulysses Suppah, Silas Poirra, Luke Miller, Glenn Brunoe and Wilona Poirra. Neda Wesley (far right) led the dinner prayer.

Winter term applications due

Tribal Scholarship applications for winter 1994 term are due no later than Friday, October 1, 1993. Please see Thelma at the Tribal Education Services Office or call 553-3311 for more information.

Back to School Night Thursday, September 2, 1993 Madras High School Cafeteria 6:30 p.m.

TIME	EVENT
6:30-7:00	Pick up schedule — cafeteria
7:00	General meeting — cafeteria
	a. Opening remarks — principal
	b. Intro. of personnel — principal
	*administrative team
	*counselors
	*nurse
	*ASB officers
	*new staff
	*booster club president, invitation to join
	c. School map/schedule - vice principal
7:15-7:19	PASSING (4 min.)
7:19-7:27	1st Period (8 min.)
7:27-7:31	PASSING (4 min.)
7:31-7:39	2nd Period (8 min.)
7:39-7:43	PASSING (4 min.)
7:43-7:51	3rd Period (8 min.)
7:51-7:55	PASSING (4 min.)
7:55-8:03	4th Period (8 min.)
8:03-8:07	PASSING (4 min.)
8:07-8:15	5th Period (8 min.)
8:15-8:19	PASSING (4 min.)
8:19-8:27	6th Period (8 min.)
8:27-8:31	PASSING (4 min.)
8:31-8:39	7th Period (8 min.)
8:39-9:00	Social gathering: please return to the cafeteria for coffee and cookies.

First days of school, new beginnings for children and parents



The first days of school are exciting and a little bit frightening for both parents and children. Children are learning to deal with a new set of expectations and are adjusting to an unfamiliar schedule. Parents are also adjusting to different demands on their schedule and are hoping for a successful year for their children. The following are some suggestions that may help to make the first days of school a bright new beginning for parents and children.

Before school begins:

1. Be certain that your child is registered at school. Do not wait until the first day of school — school offices are often very busy during the first few days. Be certain you have all the documents you will need — proof of birth, immunization records and name and address of previous schools. The most important information the school needs is an emergency contact name, address, and phone number in case you cannot be reached.

2. Help your child learn skills that will make him more independent at school. For a small child, help him/her learn how to use restrooms and wash their hands, as well as how to tie their shoes and how to put on their jackets. Also, work with them to learn their name, address and phone number. Older children need to learn how to keep track of their assignments. They need to learn how to budget their time and dress appropriately. Also, you should take the time to label their belongings with their name (coats, sweaters, backpacks, lunch

boxes, hats, etc.).

3. Plan a "dress rehearsal" visit the school to locate classrooms, restrooms, cafeteria, library, office, and play areas. Reassure children about schedules and expectations. If your school offers a parent/child orientation, try to attend. Trace bus routes or foot trails. Tell children where you will be and what you will be doing while they are at school. Be positive about their abilities to cope with new situations. If your children are going to daycare, try to arrange for them to visit ahead of time, so that they are mastering one new situation at a time.

4. Talk to your child about his or her skills, emphasizing their strengths. What successes did they have last year? What new interests are they likely to be able to explore this year?

On the first day:

1. Get up early enough to allow plenty of time for easy conversation. Listen in the morning to fears your children may express, and help reassure them about their abilities to cope with new responsibilities and new friends.

2. Plan for a good breakfast, and arrange for a nourishing lunch. If your child is taking lunch, take this opportunity to teach them how to fix a balanced meal. If he or she is buying lunch, you may want to check with the school cafeteria to determine cost and menus so that there are no surprises that first day.

3. Let your child be as independent as you can about getting to school and meeting the new teacher. If they are ready to walk on their own, honor their wishes, even if you watch from a distance. Be certain that your child knows exactly what to do after school, and what to do if there is a mix-up in plans. Include phone numbers in their school materials.

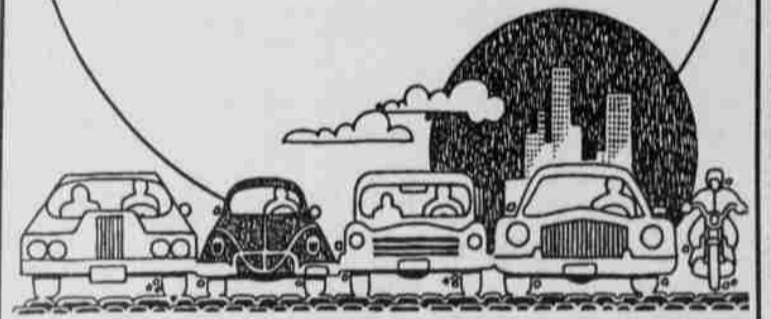
4. After school, plan some family time to listen to each child to hear his or her experiences. Remember that your reactions on the first day will set the tone for the entire year. Learn the names of teachers and special friends. Listen to fears or concerns, go over all written material from the school, and be certain that the entire family understands the expectations outlined by teachers and school rules. Try to focus on positive aspects of the first day, and help children realize that there is bound to be an adjust-

ment period to any new situations.

The first days of school are often one of the first great challenges and opportunities your child will encounter. If you take an active interest in what happens to your child, listen to your child, and encourage independence and success, you are not only setting the stage for a great school year—you are helping your child to learn to meet new challenges with confidence and a sense of adventure.

You're in the driver's seat . . .

and our students are depending on you for their safety!
School is open.
Please drive carefully!



New teachers join Warm Springs Elementary staff and students



Fifth grade teacher Laurie Bagley poses with students at close of first day. Students include (left to right) Blanche Mitchell, Adrienne Merrifield, Ty Squemphen and Shirley Hoptowit.



Ann Johnson counsels half-time in Warm Springs.



Fifth grade teacher Laurie Espenel joins students (left to right) Krysta Rhoan, Kamala Tewee and Heleana Henry.



Jennifer Oppenlander teaches kindergarten.



Cami White teaches third grade.



Sara Ohman is a third grade teacher.

Learn more about diabetes

The Warm Springs Diabetes Program would like to invite you to learn more about diabetes by attending a Diabetes Awareness Day on Tuesday, September 21, 1993 from 8:30 a.m. to 4:00 p.m. at the Commodity Foods building. Topics to be covered include an introduction to diabetes, how it is diagnosed and treated, nutrition, exercise, and complications.

The IHS Diabetes Program staff and the Tribal Health Education staff will also present its plans for dealing with diabetes in the Warm Springs Community.

Lunch will be served during the nutrition presentation at noon. If you and your family and friends would like to attend the Diabetes Awareness Day, please call Colleen at 553-1196 to register. In order for us to plan for enough food and handouts, you must register by Wednesday, September 15.

How to be a Mean Mother

A mean mother never allows candy or sweets to take the place of a well-balanced meal.

A mean mother insists on knowing where her children are at all times, who their friends are, and what they do. A mean mother breaks the child labor law by making her children work washing dishes, making beds, learning to cook, and doing other cruel and unpleasant chores.

A mean mother makes life miserable for her offspring by insisting that they always tell the truth.

A mean mother produces teenagers who are wiser and more sensible. A mean mother can smile with secret delight and pride when she hears her own grandchildren call their parents "mean."

What the world needs now are more "Mean Mothers — and fathers!"