

HIV/AIDS testing available

In these days when HIV/AIDS (Human Immunodeficiency Virus)/ (Acquired Immunodeficiency Syndrome) are in the forefront, people are faced with looking at their own personal lifestyles and practices.

FACTS
 1) HIV is the virus that causes AIDS. 2) A diagnosis of AIDS may occur 1 to 10 years after infection by the virus. 3) HIV/AIDS is recognized as a sexually transmitted disease. 4) You can protect yourself from this deadly virus. 5) We emphasize safe sex practices and discuss ways to prevent blood to blood contact. 6) Some clients are simply curious and would like a test, perhaps due to having multiple sex partners in the past. 7) HIV testing is offered to anyone with a diagnosis of a sexually transmitted disease, to those entering drug or alcohol treatment programs and to pregnant women. 8) The HIV test is strictly voluntary. 9) Test is CONFIDENTIAL. 10) HIV Test results are not given over the phone. 11) Nurses or Primary Providers (Doctors, Physician Assistants or Nurse Practitioners) must counsel clients who request testing.

Counseling is an important element to assess the clients knowledge and understanding of the disease and personal risk factors. An appointment within one week for follow-up post test counseling is also necessary. At this session, the nurse or provider discusses the results, reviews risk factors and assesses whether further testing is necessary.

If you have any question or requests for specific information in future articles, please contact Christine Burnell, R.N., HIV/AIDS Coordinator at the Warm Springs Health and Wellness Center, 553-1196 Ext. 4632.

Symptoms and treatment of kidney disease shared

Nephropathy means kidney disease or kidney damage.

How do your kidneys work? Your kidneys filter or clean your blood and remove waste products from your blood.

What causes damage to your kidneys?

- High blood sugars over a long period of time.
- High blood pressure over a long period of time.
- Kidney infections.
- Some medicines.

How does kidney damage happen? Damage to the blood vessels causes most kidney damage. When the blood vessels are damaged, your kidneys cannot filter the blood. When the filtering system is not working, your kidneys cannot remove the waste products.

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Are there tests for kidney damage? Yes. Blood and urine tests can tell the medical provider how

your kidneys are working. The blood tests tell us how well the kidneys are filtering or cleaning the blood. These tests will show early signs of kidney damage that you may not notice or feel. The clinic staff will do these tests when you come to the Health and Wellness Center.

What are the signs of kidney damage? It may take many years to develop symptoms or feel any signs of severe kidney damage. Some signs are: swollen ankles and legs, feel very tired, itchy skin, long lasting nausea, vomiting.

Remember: Kidney damage develops slowly. You may not notice or feel any signs of kidney damage. Talk with your doctor or nurse about the clinic tests.

What happens if the kidneys become damaged? People with kidney damage may need to go on dialysis or have a kidney transplant. Damaged kidneys can not filter the blood. When the filtering system is not working, the waste products build

up in the blood. The build-up of waste products can cause many health problems.

How does dialysis work? People can live many years with the help of dialysis. Dialysis is a way to clean the blood when the kidneys stop working. When a person is on dialysis, a manmade filter is used to clean the blood.

There are two types of dialysis:

Hemodialysis: A person on hemodialysis will have their blood cleaned by a machine 2-3 times a week. Warm Springs patients must travel to Bend for hemodialysis.

Peritoneal: This type of dialysis is done at home without the use of a machine.

Another way to remove waste is to transplant a new kidney. Transplantation of a healthy kidney to replace a damaged one is becoming more popular.

What are the things you can do to protect your kidneys?

1. Control your blood pressure:

-Take your blood pressure pills and your water pills as prescribed.

-Check your blood pressure often. Your blood pressure should be less than 140/90.

-Eat less salt and salty foods.

2. Do not take over the counter medications without checking with your health care provider. Some medicines can cause damage to your kidneys.

3. Talk to your nutritionist. Some people with kidney problems need to change their diet to protect their kidneys. A low protein diet may be recommended. Too much protein in your diet will cause your kidneys to work harder.

4. Tell your health care provider how you are feeling. Share your concerns with your health care provider. Don't be afraid to ask questions.

5. See your health care provider as scheduled.

Chinook to be reclassified to endangered

Come Thursday, August 18, the Snake River Chinook salmon will be reclassified from threatened to endangered. The reclassification signals the fall of what was once among the world's greatest Chinook runs.

Federal officials were expected to announce on August 18 the reclassification of the Snake River spring-summer and fall Chinook to reflect its dwindling numbers. The move could bring additional restriction on fishing, Northwest hydropower operations and logging and grazing on federal lands.

The Snake River spring-summer and fall Chinook were listed as threatened in 1992, but since then their plight has worsened enough to land them in the endangered category. While the reclassification doesn't carry any stricter legal requirements, it does underscore the seriousness of the situation.

According to acting regional director of the National Marine Fisheries Service, the listing emphasizes the "continuing dire straits" of the runs now and in the future. According to Smith, all are going to have to be prepared to do more and be more conservative in their approach and recognize that the way things have been done in the past hasn't worked as well as it was thought.

Just over 800 Snake River fall Chinook are expected to return this year, compared with twice that many last year. Barely 300 are expected to make it up the Columbia to their spawning grounds in Idaho.

The total run of fall Chinook returning to the Columbia River is expected to include about 210,000 salmon, mostly hatchery fish. In the late 1980s, that run had as many as 750,000 fish.

On August 16, Columbia River tribes were given permission to fish for five days, beginning August 29, which is just a fraction of their usual fall season, which is the tribes' big

commercial season. Nez Perce Charles Hayes, speaking on behalf of the Columbia River treaty tribes, says the "tribes face a devastating fishery" as a result of a process that has been "bogged down by ignorance and politics."

While the tribes want to conserve the fish, they also intend to assert their treaty rights to fish in the Columbia. Earlier, tribes were prepared to go to federal court if they weren't allowed to fish during the fall season. If that happened, it could trigger a stand-off between the Endangered Species Act and treaty rights.

Hayes and others complained that fishermen were again being punished for the declining runs.

The brief Indian fishing season was approved Tuesday by the Columbia River Compact. Any additional Indian fishing would have to be carefully reviewed in light of the worsening run.

crash claims one, injures two

A fiery August 14 collision near Terrebonne killed a 10-year-old Redmond girl, and critically injured her younger brother and grandmother.

Killed at the scene was Erin Tureck, the granddaughter of the driver, Anne Kirkwood, a long-time employee of the tribal Community Counseling Center.

Kirkwood collided with a 1976 Chevrolet pickup near Terrebonne. The pickup exploded on impact, trapping Tureck in the burning car. Kirkwood and her six-year-old grandson, Jedediah Tureck, who was in the backseat, were pulled from the burning car by two passersby.

Kirkwood is in Emanuel Hospital Burn Center in Portland in critical condition. Tureck is in St. Charles Medical Center in serious condition. Kirkwood sustained second and third degree burns over 30 percent of her body. She also sustained numerous broken bones and a collapsed lung.

The day following the accident, Emanuel received nearly 60 calls concerning Kirkwood's condition. The hospital has asked that interested parties not call. If interested in Anne's condition, call family friend Loralee Dendau at 475-6177. Flowers are not allowed in the burn center, but those wishing to send

Crash claims one, injures two

cards and well wishes should direct them to: Anne Kirkwood, C/O Emanuel Hospital Burn Center, 2801 North Gantenbein Ave., Portland, OR 97227.

Kirkwood began working for the Confederated Tribes in 1980 as a secretary for the Family Resources Center, which later combined services for the children's, mental health and alcohol and drug programs. She retired in February, 1991 and continued to work part-time, overseeing state compliance regulations.

Each of the adult eight adult categories pay \$500—1st; \$300—2nd; \$200—3rd; and \$100—4th. There are also four categories for boys and girls 12-16 years of age; little boys and little girls ages 7-11; and tiny tot categories for those 6 years and younger. Two special awards are also presented to the most inspirational male and female dancers, as well as other honors to be announced.

Announcement '94—The Porterville Powwow will begin Saturday morning at 10 a.m. with a parade down Main Street Porterville. Extra contest points will be given for those dancers participating in the parade. Entry registrations for the parade must be received by September 12.

The event also features an Indian Art Market, a cultural demonstration area, storytelling, and Native foods. Over 20,000 spectators and hundreds of dancers attended last year's Celebration '93. For more information, call (209) 784-4509.

Men's categories include Fancy war, Southern Straight, Northern Traditional, and Grass Dance. The women have the categories of Fancy Shawl, Cloth, Buckskin, and Jingle.

Designed to promote the educational development and tribal leadership of Siletz tribal members who are about the begin college, by providing financial assistance and recognition, the first \$1,000 scholarship will be awarded to a

Lincoln County resident member of the Confederated Tribes of Siletz Indians at the 1995 Siletz Powwow. The scholarship has been approved by the Confederated Tribes of Siletz Indians and the selection committee will include a tribal representative.

Ron Butler and the RST & C law firm have pledged \$5,000 each to the scholarship fund and are inviting others to contribute matching funds. Any amount will be welcomed. Contributions can be made to the Sharon Butler Memorial Scholarship in care of the Lincoln County Foundation, 8423 Yaquina Bay Road, Newport, OR 97365, administrators of the fund. Additional information may be obtained from Grace Castle, (503) 444-1344; or Raymond Thomas, Attorney (503) 228-5222.

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Indian education legislation on track for fall

With recent Congressional action, the reauthorization of key education programs for American Indians and Alaska Natives is on track to be completed by this fall.

The Senate reauthorization bill, S. 1513, for Elementary and Secondary Education Act (ESEA) programs was passed on August 3 with an extensive package of Indian education program amendments approved by the Senate Committee on Indian Affairs. The House approved its legislative version (HR 6) this past spring.

The pending legislation will affect major Indian education programs including Impact Aid, Chapter One, bilingual education and Indian Education Act—Title V. The reauthorization bills now advance to conference committee where differences between the Senate and House will be worked out.

"We know what most of the major legislative differences are expected in conference," said National Indian Education Association (NIEA) president Phil Baird of Mandan, North Dakota. "The negotiations in conference committee will determine what tribes and Indian education programs will have to live with for the next few years."

Several major issues are centered on reauthorization amendments supported by NIEA but opposed by the US Department of Education. Expanding the local education agency (LEA) definition to include BIA-

funded schools and keeping the Indian education technical assistance centers have been vigorously contested by the federal Education department.

Administrative grants from Indian Education Act funding to state education agencies (SEAs) raised another major issue in the reauthorization effort. NIEA learned in late May that a coalition of state Indian education offices were actively lobbying for the SEA grant monies.

"Our concerns are not focused on the issue of state versus tribal roles in education," remarked Baird who serves as chair of the NIEA legisla-

tive committee. "NIEA will not support Title V funding being siphoned from school and tribal grants. Adding another funding element would be detrimental." He said state education needs are better addressed by the Goals 2000 legislation.

According to Baird, both NIEA and the National Congress of American Indians are advocating important changes for Indian education programs through a national legislative campaign. Congress must reauthorize the ESEA programs by September 30 to continue federal support of Indian education programs.

Education convention in St. Paul

From October 15 through 19, 1994, the National Indian Education Association will hold its silver anniversary year convention at the St. Paul Civic Center. The convention will bring together 5,000 Indian educators representing Indian nations throughout the fifty states and Canada.

The theme for this year's convention is "25 Years: Returning Full Circle—The Key to the Future Lies in Our Past". The convention will provide an opportunity to look at the future of native education and work on a national Indian education blueprint for the future.

The convention will offer workshops, forums and showcase demon-

strations of Indian programs, curriculum and other issues facing Indian educators.

Awards will be presented to the Indian Educator of the Year, Indian Parent of the Year, Indian Elder of the Year and four John Rouillard college scholarships.

The opening day activities on October 15 will include a welcoming feast and traditional powwow beginning at 5 p.m. An honoring powwow will be held Monday, October 17 with Grand Entry at 6:30 p.m. at the Civic Center Arena.

For registration or exhibit information contact Barbara Raygor at (612) 330-1506 or 1-800-587-9988 or fax (612) 330-1510.

Are you haunted by the past? Seek professional help



Guardian Spirit

This petroglyph was found in the Long Narrows area of the lower Columbia River near The Dalles. It represents Tsagiglalal, (She Who Watches), a chief of the ancient Indian tribes who lived comfortably on the river before they were killed by European diseases. Tsagiglalal's image was painted over cemeteries and cremation sites as a powerful guardian spirit to protect her people from the evil spirits of disease and death.

by Erin G. Sweeden

What do combat veterans, prisoners of concentration camps, survivors of natural disasters, plane crashes and automobile accidents, battered women and survivors of rape and childhood sexual abuse have in common? The symptoms of Post

Traumatic Stress Disorder, or PTSD, for short.

Years after the traumatic experience, many survivors still can't seem to get it out of their thoughts, no matter how hard they try. Sometimes the images come back so strongly that it feels like the horrible experience is happening all over again. Sometimes people wake up screaming in the middle of the night and even attack their sleeping partners following nightmares of the trauma. Some people are so afraid of nightmares that they have difficulty getting to sleep at all.

Any sight, sound, smell, taste or sensation which resembles something in the traumatic experience brings on an extreme reaction which is difficult for others to understand. Anniversaries of the trauma tend to be particularly difficult times. Many survivors feel separated from friends and family because no one seems to understand what they're going through. With boogie men from the past jumping out unexpectedly day and night, people with PTSD become irritable, jumpy, always on guard, and prone to angry outbursts which damage relationships even more. It's difficult to think about future possibilities such as a career, marriage or a family when replays of an actual life-threatening experience keep happening all the time. Thoughts of the trauma make it hard to concentrate on other things as well.

People try to protect themselves from these disturbing experiences in

whatever way they can. They try to avoid thinking about the trauma and stay away from the places, people, things and activities which bring back the memories. For example, some women who were sexually abused try to avoid any sexual contact. Some people try to avoid uncomfortable feelings by numbing out all of their feelings. When the trauma happens early in life, many children forget it ever happened until they're older and have the safety and resources to remember and deal with it.

Unfortunately, these experiences don't go away by themselves. We can't just push them under the bed without them coming back to haunt us when we least expect it. We can either continue to let them sneak up

behind us while we close our eyes or we can face them and wrestle it out. This involves spending some time in a safe setting with a trained counselor, re-experiencing the trauma and the feelings which went along with it, talking it out and expressing the feelings which had to be bottled up in order to survive the trauma. Once the burden is shared with an understanding human being, the weight becomes so much lighter and more energy is fed up for other things. When this can be done right after the trauma, the damage of PTSD can often be prevented.

The staff at the Community Counseling Center are trained to assist in this process.

Abuse survivors group series set

Beginning Tuesday September 13, 1994 a four week information series for women on physical and emotional abuse, will run until October 4, 1994 from 6 p.m. to 8 p.m. at the Community Counseling Center.

Following is the schedule of topics.
 Week #1 - Introduction and overview of different kinds of abuse.

Week #2 - Patterns of physical abuse
 Week #3 - Understanding emotional abuse
 Week #4 - Overcoming abuse.

Babysitting is provided.
 For more information call Erin Sweeden or Urbana Manion at 553-3205.

Accessing medical care

How do you access medical care as a walk-in?

1. Go to the Business office reception window, located on the right of the main receptionist. Sign in for your chart.

2. When your chart has been pulled from Medical Records, the Business office will give it to you.

3. Bring your chart to Medical Receptionist. A) Sign in. B) Give your chart to the receptionist. C) Fill out the Purpose of the Visit slip, state why you are here (hurt right arm, very painful).

4. If you feel there is a problem with not being seen quickly enough, PLEASE, see the receptionist.

PLEASE tell the receptionist if Immediate care need possible contagious situation.

Proposed Warm Springs Indian Reservation 1994 big game hunting regulations

Deer Season recommendations:
 Season starts August 20 and continues to October 31
 One antlered deer per month per family
 There are four more days in August to hunt deer compared to 1993

Elk Season recommendations:
 Season starts November 1 and ends November 30
 One antlered elk per family

Bear Season recommendations:
 Season starts August 20 and ends November 30
 One bear per month per family except cubs and sows with cubs are protected.

Bird Season recommendations
 Season starts September 1 through December 31
 Bag limit: Grouse -- 3 per day; Quail -- 10 per day; Pheasant - 2 per season (roosters only); Chukar -- 10 per day; Turkey - 1 per month.

Migratory birds: Ducks, Geese, Mourning Dove
 Other restrictions: Hunting of birds is limited to shotguns, archery and pistol fired shot shells.