



High speed was the cause of this vehicle accident at mile post 100 on highway 26, the driver was ejected out of the vehicle and had to be transported to St. Charles Hospital by AirLife.

## A Contemporary Fable: Upstream/Downstream

by Donald Ardell, High Level Wellness: An Alternative to Doctors Drugs & Disease

It was many years ago that the villagers of Downstream recall spotting the first body in the river. Some old timers remember how spartan were the facilities and procedures for managing that sort of thing. Sometimes, they say, it would take hours to pull 10 people from the river, and even then only a few would survive. Though the numbers of victims in the river has increased greatly in recent years, the good folks of Downstream have responded admirably to the challenge. Their rescue system is clearly second to none: most people discovered in the swirling waters are reached within 20 minutes, many less

than 10. Only a small number drown each day before help arrives, a big improvement from the way it use to be.

Talk to the people of Downstream and they'll speak with pride about the new hospital by the edge of the waters, the flotilla of rescue boats ready for service at a moment's notice, the comprehensive health plans for coordinating all the manpower involved, and the large numbers of highly trained and dedicated swimmers always ready to risk their lives to save victims from the raging currents. Sure it costs a lot but say the Downstreamers, what else can decent people do except to provide whatever is necessary when human lives are at stake.

Oh, a few people in Downstream have raised the question now and again, but most folks show little interest in what's happening Upstream. It seems there's so much to do to help those in the river that nobody's got time to check how all those bodies are getting there in the first place. That's the way things are, sometimes.

## Business grant program approved

Tribal Council recently approved the establishment of the Warm Springs Economic Development Fund (WSEDF) business grant program. The purpose of this program is to assist tribal members seeking to start a new business or expand their existing business. Eligible activities include planning, start-up, business training and expansion costs. The WSEDF business grant program is administered through the Business & Economic Development Branch.

## COBRA offers "Skillful Means" education training

Central Oregon Battering and Rape Alliance (COBRA), is now offering Skillful Means, an education life skills support group for women in transition to the Central Oregon community. The program has been available in Bend and LaPine. This fall the program will also be available in Madras and Prineville.

Skillful Means is a program for personal growth and development. It is for women who want to become more effective in dealing with the events and circumstances of their lives.

Toni Anderson, Executive Director of COBRA shared, "Social change really begins on the individual level, and Skillful Means provides the tools to begin that change by offering women the opportunity for personal transformation. Over the years we have found that women coming out of crisis needed additional skills once the crisis was over. Skillful Means is the piece that we are looking for. Through the program participants will learn tools to create and sustain the life they want. We are so excited

about the program that we are offering it to all women in the Central Oregon community that are ready to make some healthy life changes."

Many of the women who enroll are in some form of transition, divorce or separation, death of a spouse or loved one, re-entry into work or school system, geographical relocation, children leaving home, a new baby or rebuilding a life, recovering from episodes of domestic violence, or drug and alcohol abuse.

Others who enroll in Skillful Means are looking for ways to be more effective in making decisions, setting goals, being assertive or improving communication in their relationships. Skillful Means has something for every woman who is ready for a life changing experience.

Discussion, visualization and the creative arts are all utilized as teaching tools in Skillful Means. Some of the areas that are covered over the twelve weeks are: Effective communication, stress busters, steps for creating what you want, ways to enhance your self-esteem, changing

your limiting beliefs, understanding your protections and writing a personal mission statement.

Groups in Bend will start Wednesday evenings, September 17 at 6 p.m. and Thursday mornings, September 18 at 9 a.m. Groups in Madras will begin on Monday afternoon, September 22 at 12:15 p.m. in Prineville groups will start on Tuesday afternoon, September 23, at 12:15 p.m. The first half of the first class will serve as an orientation for those that want to determine if Skillful Means is a good match for them.

Skillful Means meets for 12 weeks for 3 hours. The groups consist of 12 participants with two facilitators. The program is fee based on a sliding scale with some scholarships available. The cost to take the program is fee based on a sliding scale with some scholarship available. The cost is to take the program ranges from \$25 to 180 with a pre-registration fee of \$10.

For additional information and to pre-register for the class, call 382-9227/318-9314 in Bend, 475-1880 in Madras, 416-2114 in Prineville

## Gorton—Continued from page 1

While we have the greatest sympathy for the family of Jered Gamache and can understand their pain we cannot understand how a member of the United States Senate could suggest that this accident is somehow analogous to the celebrated Luima beating in New York. Senator Gorton has stated that since Mr. Luima is going to be suing New York City for millions of dollars so too should the Gamache family be able to sue the Yakama Nation for a similar amount. With all due respect, this is not an analogy worthy of a former state Attorney General. The New York policemen who beat Luima broke the law. Our tribal police officer was acting within her scope of duty and following routine procedures. While it is tragic, there are unfortunately a large number of innocent bystanders all across this country who are accidentally hurt or killed by law enforcement officers discharging their duties. The fact remains that police officers the governments they work for are protected by a sovereign immunity provided they have acted within the line of duty in a non-negligent manner. Would the Senator characterize, as he did on the floor, that a claim against, say, a King County, Washington policeman involved in an accidental vehicular death as "identical or similar" to the

claim Mr. Luima will be pursuing against New York?

Contrary to the Senator's assertions, the Gamache family has not been denied legal recourse due to tribal sovereign immunity. In fact, the Gamache family has a filed civil suit which is currently pending in the Eastern District Federal Court of Washington state, trial is set for December 8, 1997. The Gamache family is pursuing this claim under the Federal Court Claims Act (28 USC 2671), which is the same statute under which they would pursue a claim if a federal law enforcement official had been involved in their son's death. The Federal Tort Claims Act (FTCA) is the statute involved under a contract with the Interior Department pursuant to the Indian Self Determination Act. The federal judge will determine whether the officer involved showed contributory negligence which led to the accident and will further determine whether she was properly acting within the scope of her duty. The standards for these terms under FTA are the standards as they exist within Washington state law.

Perhaps this is a good example of the dangers of making law based on anecdotal situations, particularly when the facts have not been properly brought to light.

For further information contact Ross Sockezhigh at (509) 865-5121.

## Riley begins weekly visits

Beginning Wednesday, September 10, 1997, Phil Riley will return to his weekly Wednesday morning office hours from 9 to 11 a.m. He can

be reached in Conference Room 2 at the Administration Building in Warm Springs. Contact 475-6192 for more information.

## Family Conference set for October

Serve me a Conference, Coming right up...

October 30th, 31st and November 1st are the dates for the First Annual Family Coherence. Topics will include Roles and Responsibilities of Family Members, Communication, Parenting Styles, Values, Health and we will explore the different types of families (traditional, extended, single parent, grandparent).

The evening of October 30th there will be family night at the Community Wellness Center. This will include costume making, crafts and just plain ole' family fun.

The morning of October 31st begins the Family Conference at Kah-Nee-Ta Lodge. The format includes age group focused family workshops, large and small group discussion sessions.

On November 1st the Conference continues at Kah-Nee-Ta. The morning will start with some fun energizers to see who's awake. The late afternoon will bring the Conference to an end.

We encourage everyone to mark your calendars and prepare for a good time of getting acquainted.

For more information call Marita Jones at 553-2542.

## Identify, treat your home and prevent reinfestation of headlice

Attention: Warm Springs community - pediculosis is coming!

Parts of Washington and Oregon are experiencing an epidemic. Reading this section and following it's recommendation will help reduce the number of reoccurring cases in Warm Springs. This epidemic is called head lice.

No one likes getting head lice. We all react differently when head lice invades our lives. Head lice is so easily spread that it can happen to anyone. It is not a sign of poor health or being dirty. It does not happen only to the poor, or to racial or ethnic groups. Head lice can occur at any age, and to either sex. It doesn't just happen to "other people"... It could happen to you or your family.

Some signs to look for are:

- \* persistent itching!
- \* eggs (nits) attached to individual hairs near the scalp (check the scalp or hair at the back of the head & behind the ears)
- \* swelling in the lymph glands in the neck or under the arms.
- \* mild fever or muscular aches

Head lice can be transmitted in a number of ways - not only by physical contact. These ways include: borrowing a comb or brush from a person who has lice, borrowing hats, ribbons, scarves or other head coverings, sharing towels, pillowcases. Remember that nits take time & patience to remove from your hair.

A common myth is that head lice can be caught from grass, trees, or animals. Some people believe, that you can only get head lice in summer or that only people with long hair can get them. These myths aren't true.

If you or your children have head lice or pediculosis, please seek treatment immediately. You can get medicines or products from the warm springs health & wellness center pharmacy. Be especially caring for your children and other family members help prevent this epidemic now.

My child has head lice?

Did your child bring home a "dear parent" letter today you weren't expecting? Not the notice that says, "you are invited to watch your daughter star in the school play," or your son has been named to the honor roll." No, this is the one that begins "your child was found to have head lice during a routine check at school." Or perhaps you got a call from the school nurse?

Don't panic. Head lice are found on the heads many of children who attend any school (even the most exclusive). Head lice are found on the heads of many children who shampoo daily, and who have short hair or hair that is cut often.

What are head lice?

Head lice are small insects, about the size of a sesame seed. They live on the scalp and feed by sucking blood. Head lice may turn colors from white or grey to red or dark brown when they are filled with blood. After the female louse mates, she lays four to five nits which are glued so strongly to the hair shafts that ordinary washing and brushing of the hair will not remove them.

After seven to ten days the nits hatch. New lice mature, mate, and begin the cycle of infestation all over again, if not treated. A single louse can lay as many as 150 eggs during

its typical 30-day life span. Hundreds of nits maybe found on the head of an infested child.

Common myths:

Some people believe that you can only get head lice in the summer, or that only people with long hair can get them or by shaving the head will eliminate the problem. These myths are not true.

What do we do?

Once you are certain your child has head lice, it is essential that all family members be examined. Everyone who is infested should be treated at the same time. Head lice live only on people, so the family pet does not have to be treated. Spread the word - not the problem

Your child's school nurse can take action to examine classmates and notify parents that head lice have been found. Your friends will be grateful to you for the warning — and you will help reduce the chances of re-infestation within your family.

You can also help reduce the chance of re-infestation by teaching your family never to share combs, brushes or clothing with others.

You may wish to contact your child's school to ask about other ways you can help control the spread of head lice, such as volunteering to assist in head lice screening.

When enrolling a child in a new day-care center or school, ask the director or principal about their policy for dealing with head lice. If there is none, you can help your institution implement head lice management programs.

Home treatment for head lice

1. Wash hair with basic detergent

shampoo that contains no conditioner. This will strip the hair of oils and residue of conditioners, mousse and hair spray.

2. Use an over-the-counter preparation made to kill head lice. "nix" and "rid" are examples. Apply exactly according to instructions in the packages.

3. After treatment, remove all nits with a specially made fine toothed comb, tweezers or your fingernails. Use natural light and a magnifying glass, if necessary.

4. Following nit removal, let the hair air dry. After treatment, change into clean clothes. Clean reusable metal combs by soaking in very hot water for 10 minutes then brushing the comb with an old toothbrush.

5. Check the scalp and hair daily for the next 7-10 days. If new nits or newly hatched lice are found, use a second application of the lice treatment.

6. Vacuum all carpets, upholstered furniture and mattresses.

7. Wash all recently worn clothing, towels, sheets and linens in hot, soapy water and dry in hot dryer for at least 20 minutes or hang in full sun all day. Non-washable bedding should be vacuumed or sealed in an airtight bag for 2 weeks. Don't forget to clean stuffed animals, especially those a child takes to bed.

8. Vacuum thoroughly the seats and head rests in your car.

Remember infestations of head lice can happen to anyone. It is especially common among preschool and elementary school children. Reinfestations will recur as long as head lice remains untreated. For more information call the public health nursing at 553-1196 ext. 4142

## Look at what's new through COCC this fall!

The Warm Springs Central Oregon Community College Center has geared up for the fall school season with community education, GED/ ABE and credit class presentations.

Yes, the age of electronics and satellites is upon us. Credit classes are being made available through television beginning fall term. This is to enable students the opportunity to work on their AA degrees in their own community. This program is called "Open Campus".

Classes being offered for fall term include Intro to Business, second year Spanish, intermediate Algebra, understanding music, physics, mind and brain, basic English and English composition. Course descriptions are as follows:

**Intro to Business-BA 101**—Provides a basic understanding of the components of business. Introduces the economic and government environments affecting business and includes discussions on management, marketing and finance. 3 credits. Offered Mondays, Wednesdays and Fridays 9 to 9:30 a.m.

**Second Year Spanish**—Reviews Spanish grammar, develops conversational skills and exposes students to some elements of Hispanic culture. Must be taken in sequence. Prerequisite: SPAN 101, 102, 103 or equivalent. 4 credits. Offered Mondays and Wednesdays from 5:15 to 6:55 p.m.

**Intermediate Algebra-MTH 95**—Provides the algebra foundation necessary to study college-level mathematics. Topics include: systems of equations and inequalities, functions, rational expressions and equations, roots, radicals, complex numbers, quadratic equations and inequalities. Prerequisite: MTH 65 or equivalent. Graphing calculator required. 4 credits. Offered Mondays and Wednesdays from 7:10 to 8:50 p.m.

**Understanding Music-MUS 201**—Provides an introduction to music and its literature. Encompasses the study of musical vocabulary, style, form, principal composers and the historical development of music from the Middle Ages through the 20th century. The course satisfies degree requirements for a sequence in Humanities or elective credits. Word processing skills recommended. 3 credits. Offered Mondays, Wednesdays and Fridays from 1 to 1:50 p.m.

**Physical Science: Physics**—Energy is used as the theme to develop a basic understanding of introductory principles of physics. Energy topics include mechanical, acoustic, heat, electric, radiant and nuclear. Emphasis is placed on the practical application of the various energy forms. Prerequisite: One year of high-school algebra or equivalent or concurrent enrollment in MTH 60. A sequence

consists of GS 104, 105 and 106, GS 104, 105 and 107 or GS 104, 105 and 108. 4 credits. Offered Mondays, Wednesdays and Fridays from 8 to 8:50 a.m. Lab required.

**Mind and Brain-PSY 201**—Introduces psychology as a scientific study of the biological bases of behavior. Includes the history of psychology and surveys methods of inquiry, sensation, perception, states of consciousness, motivation, emotion, learning, memory, thinking and intelligence. Co- or prerequisites: WR 121, LIB 127. 4 credits. Offered Tuesdays and Thursdays from 5:15 to 6:55 p.m.

**Basic English I 0.5256**—Basic English I concentrates on strengthening writing at the sentence level, using frequent practice in writing simple paragraphs and very short essays. The course includes work on conventions of punctuation, spelling and sentence mechanics as well as techniques for generating and organizing ideas. 3 credits. Offered Mondays, Wednesdays and Fridays from 11 to 11:50 a.m.

**English Composition WR 121**—Introduces students to college writing: how to use experience observation and reading to discover and support ideas. Students learn to organize an essay around a thesis, to use suitable patterns of development, to support ideas clearly, to revise to suit purpose and audience and to edit for

college-level style. Writing in class is a major component. 3 credits. Offered Tuesdays and Thursdays from 11 a.m. to 12:15 p.m.

Registration for the above classes will be Wednesday and Thursday, September 17 and 18 ONLY. Fees (\$37 per credit hour) must be paid at the time of registration. Students may register at the Warm Springs COCC office located on the second floor of tribal education center.

Community Education classes at the Warm Springs Center offers Grief Recovery Outreach starting October 1 on Wednesday evenings from 6:30 to 8:30 p.m. Cost for the grief class will be \$28 which includes a book. Dominating Diabetes will be starting on October 2, Thursday, from 5:30 to 7:30 p.m. This class is being presented free of charge in partnership with the Indian Health Service.

Registration for Community Ed. starts September 15. It is important to register early to ensure that you will have a slot in the class of your choice and to confirm that there are enough students enrolled so the class may be held.

GED/ABE will be in full swing again starting the week of September 22. Classes will be held Monday through Thursday from 9 a.m. to 12 noon. Registration for fall begins September 22 and can only be done in person through the instructors. Evening classes are held Mondays and Tuesdays from 5 to 8 p.m.

## Spilyay Tymoo

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