

### Tuberculosis is a contagious but treatable disease

"TB" is short for a disease called Tuberculosis. This germ is spread by tiny germs that can float in the air. If a person with TB disease of the lungs or throat coughs, sneezes or sneezes, anyone nearby can breathe TB germs into their lungs.

TB germs can live in your body without making you sick. This is called TB INFECTION. Your immune system traps TB germs with special germ fighters, which keep TB germs from making you sick. These germs can attack the lungs or other parts of the body. They can go to the kidneys, the brain, or the spine. If people have TB disease and don't seek medical attention, one can die.

You can be exposed to TB disease if you spend time near someone with TB, but you can only get infected by breathing in TB germs if that person coughs in the air. You cannot get TB from someone's clothes, drinking glass, handshake, or toilet.

A skin test is the only way to tell if you have TB infection. This test is usually done on the arm. A small needle is used to put some testing material, called tuberculin, under the skin. In two or three days, a health worker will check to see if there is a reaction to the test. If the test is "POSITIVE" a bump about the size of a pencil eraser or bigger appears on the arm. This bump means you probably have TB INFECTION.

Remember TB germs can be killed and medication will help save your life, see your doctor or health clinic soon.

#### TB - CAN BE CURED!

"TB" is short for a disease called tuberculosis. Although your immune system traps these TB germs with

special germ fighters, these germs can live in your body without making you sick. Sometimes the TB germs can break away from the special germ fighters then they can cause TB disease. These germs attack the lungs or other parts of the body such as the kidneys, brain or spine. If you don't seek medical help, you can die.

These are some of the early signs which may last for several weeks, and without treatment, they usually get worse. If you have TB disease, you may feel weak, lose your appetite, lose weight, have a fever or sweat a lot at night. If the TB disease is in your lungs, you may cough a lot, cough up mucus or phlegm (flem), cough up blood, or have chest pain when you cough. You should always cover your mouth when you cough!

If you get TB disease in another part of your body, the symptoms are different and only a doctor can tell if you have TB disease. A skin test is the only way to tell if you have TB infection. Other tests can tell if there is damage to your lungs such as an X-ray of your chest.

Yes, TB disease can be cured by using special drugs that kill

TB germs, but TB germs are strong. It takes at least six to nine months of medication to wipe them all out. It is very important that you take all your medicine, for if you take all of the medicines, the TB germs will die. A few people have side effects to anti-TB drugs. Consult with your local doctor and health center.

Tuberculosis now ranks as the most lethal infectious disease in the world in children older than 5 years and adults. TB kills more adults 25-

54 years old than AIDS, malaria, and other tropical diseases combined. The World Health Organization (WHO) estimates that 3 million persons worldwide died of tuberculosis in 1995.

In 1996, Jefferson County had a case rate substantially higher than the rest of the state, 11.8 cases/100,000 population. This is the second highest rate in the state (behind Multnomah Co.) In 1995, Jefferson County had the highest rate, 31.1 cases/100,000. This year has already seen twice as many cases of tuberculosis as in 1996. This may mean that at year's end, Jefferson County will have the dubious honor of once again having the highest TB rate in the state.

In an article in the Journal of the American Medical Association from October 16, 1996, Nardell and Brickner state, "Tuberculosis is communicable though preventable and potentially fatal though treatable. Its case rate is a measure of the socioeconomic well-being of our most vulnerable populations and by reflection of the state of social justice in this country." The increasing incidence of tuberculosis locally should serve as a warning of a deeper problem in dealing with our homeless, poor, and alcoholic populations. These trends can only be reversed with proper surveillance, timely evaluation, and adequate treatment supported by public health, public safety, legal and administrative agencies.

Remember TB germs can be killed and medication will help save your life, see your doctor or health clinic soon.

### Title IX Indian Education Planning Survey

Jefferson County School District  
September 1997

Each year the ideas of parents, students and teachers are sought by the Title IX Parent Advisory Committee in planning special services to be offered for meeting the needs of Indian students. This important program currently provides counselors at Warm Springs Elementary and Jefferson County Middle School. Please take a few minutes of your time to help the committee and school district plan a successful program for next year.

- I am a: \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ Student \_\_\_\_\_ Teacher
- I have \_\_\_\_\_ students in school in grades \_\_\_\_\_.

3. My opinion of the activities offered by the Title IX Program for the last year are as follows:

1996-97 Program Activities	Very Helpful	Somewhat Helpful	Not Helpful	No Opinion
A. Warm Springs Elementary Counseling				
B. Jefferson County Middle School Counseling				

Please rate the importance of the special needs of the 1,115 Indian students in the School district by checking the columns that best reflect your opinions.

Special needs of Indian Students. This need is:	Extremely Important	Very Important	Somewhat Important	Not Important
A. Improve basic skills—reading, writing and math				
B. Improve grades				
C. Improve attendance—stay in school				
D. Improve Self-confidence				
E. Learn more about tribal government, community, citizenship, jobs and cultural protocol				
F. Learn more about college and careers				
G. Learn Indian languages				
H. Improve teacher understanding of Indian students				
I. Learn to become leaders and problem-solvers				
J. Participate in extracurricular activities				
K. Attend and participate in classroom activities				
L. Learn to deal with drug and alcohol problems				
M. Become aware of sexual issues, such as teen pregnancy and sexual abuse				
N. Get along better with others				
O. Involve their parents more in school				
P. Increase summer school opportunities for elementary school Indian students				
Q. Other important needs (Please describe)				

Title IX meetings are open to all members of the public. The committee meets at 7 p.m. on the second Tuesday of each month at the Warm Springs Elementary Library. The Parent advisory Committee thanks you for taking the time to help improve the service Title IX provides to our students. Please return your completed survey to the school or to Stan Pine at the District office by September 30, 1997.

### Council approves tuberculosis resolution

#### "Resolution No. 9410

"Whereas, The Health and Welfare of Tribal members is of paramount importance to the Tribes; and,

"Whereas, The United States has a trust responsibility to the Confederated Tribes to protect the health of Tribal Members; and,

"Whereas, This trust responsibility is embodied in official declaration of policy contained at 25 USC 1602 which provides:

The Congress hereby declares that it is the policy of this Nation, in fulfillment of its special responsibilities and legal obligation to the American Indian people, to meet the national goal of providing the highest possible health status to Indians

and to provide existing Indian health services with all resources necessary to effect that policy; and,

"Whereas, One of the significant health risks of the Indian population is tuberculosis, particularly on the Warm Springs Reservation where tuberculosis rates are significantly higher than in the general population and in the national Indian population; and,

"Whereas, The Tribal Council desires that the Tribal staff, the Indian Health Services, and the Bureau of Indian Affairs take the necessary steps to control the spread and treatment of tuberculosis on the Reservation; and,

"Whereas, The Secretary of the

Interior has the primary responsibility to ensure that adequate measures are taken by virtue of 25 USC 198 which provides:

"Whenever the Secretary of the Interior shall find any Indian afflicted with tuberculosis, trachoma, or other contagious or infectious diseases, he may, in his judgment the health of the afflicted Indian or that of other persons require it, isolate or quarantine such afflicted Indian in a hospital or other place for treatment. The Secretary of the Interior may employ such means as may be necessary in the isolation, or quarantine of such Indian, and it shall be the duty of such Indian so afflicted to obey the order or regulation made by the Secretary of the Interior in carrying out this provision; now, therefore

"Be it resolved, By the 20th Tribal Council of the Confederated Tribes of the Warm Springs Reservation of Oregon, pursuant to Article V, Section 1 (1), of the Tribal Constitution that the IHS Service Unit Director, BIA Superintendent and Tribal administrative Staff are hereby requested and directed to take the necessary action pursuant to federal and tribal law, as applicable to control the treatment and spread of tuberculosis on the Warm Springs Reservation."

Resolution 9410 was approved by Tribal Council September 3, 1997. Six members were present; four members voted yes, one member opposed and the Chairman did not vote.

The Resolution was noted September 8, 1997 by Karmen Blake, Acting Superintendent

### Pyro Presentations sends thanks

#### To the editor,

#### To our friends at Warm Springs:

On behalf of Pyro Presentations I would like to thank the community at Warm Springs for their kind reception of our group had our Fireworks show this year and past July fourths of years past. If you have enjoyed watching our show as much as we enjoy putting it on then we are pleased to have brought so much happiness to you.

We are a varied group who puts on our shows for the fun of it. We pay our own overhead expenses and put all the money we collect for the shows into purchasing the pyrotechnic displays themselves. We have blue collar, white collar, agricultural, and disabled workers among us. We also comprise several different ethnic,

religious, cultural and philosophical backgrounds. Our common bond is the love of the tradition of fireworks on the 4th of July and we love sharing the show with people who appreciate watching it.

We especially enjoy making and presenting your logo at the show. It is a direct form of respect from us to you and your appreciation of everything makes the show all the more exciting and pleasant for us. You see a nice night of fireworks and we see the high point of our year as a group of pyrotechnicians. Thanks for helping us make it all possible.

Sincerely,  
Ron Friedland  
Pyro Presentations

### Thank you & congratulations to all in the Hood to Coast

#### To the editor,

This letter is a little late in coming, but I did want to thank all the people and organizations that supported our team. Once again, we put a team in the annual Hood to Coast Relay, held on August 22nd & 23rd. For whatever reason, we had a lot of problems, but the team persevered and finished; that's what I'm most happy for AND we were actually able to get a team picture taken. Ho-roy!

As always, there are people and/or organizations that are willing to help us out. Our main sponsors were Warm Springs Forest Products, Bruno Logging and the Warm Springs Rodeo Association. I would like to extend a heart-felt "Thank you" to each of them. We certainly could not have participated if not for them. Also, the Warm Springs Market donated some bottled water. That really helped us when it got to be pretty warm! Thank you Bobby & Maria! And naturally, Earl & Rita Squiemphen are always generous in

extending a helping hand. Earl & Rita and Delores Pigsley donated the use of their vans. We most certainly could not have made it through the course without the use of the vans. Thank you Earl, Rita & Delores!

I am really proud of our runners. The happy crew members were: Monica Leonard, leg 8, who was our team captain and was known for her ability not to panic; Tray Leonard, leg 11, who was famous for teasing Robyn and Sheena; Gary Sampson, who was the anchor man and is known for his shyness in front of a TV camera; Lyda Rhoan, leg 10, who is great under pressure; she got to her let about 1 minute before she had to run; Sam Wolfe, leg 9, who know how to put the pressure on his teammates; he dashed in from Salem; Robyn Ike, leg 7, who was "pumped" and ready to run, with a little help from Tray; Troy Pigsley, who was our lead off man and not at all shy in front of a TV camera; Deborah Clark, leg 4, who is famed for "all" her blisters; several on each

foot and still able to finish her leg; Ryan McCormick, leg 2, who was our "go to" guy; no matter where he was needed, he was there; Sheena Stevens, leg 5, who was our "go to" gal; she was recruited almost last minute, again; and Cal Poncho, leg 6, who is known for his famous teasing; sure liked to "sock it to you". Everyone contributed to the success of our team. Although this run challenges each individual, they are part of a team and it's the team work that makes this bunch of people so-o-o-o-o-o-o KOOL! THANKS TEAM!!

Incidentally, Monica informed me that our team was nominated for the Hood to Coast's Bruce Montrose Award, which goes to the team with the greatest team spirit and sportsmanship!! I don't think we won, but just being nominated shows what kind of team we had (out of 750-800 teams). WAY TO GO TEAM!!

I'd like to congratulate the other teams that participated. Laurie

Danzuka had a team in the Hood to Coast: We're Not Out Of It Yet! Their team members were Laurie Danzuka, Orvie Danzuka, Mary Stennfeld, Vernon "Wolfman" Suppah, Antone Fuentes, Andrew Smith, Robert Sam, Jr., Chet & Becky VanPelt, Raymond Calica, Jr., Emerson Miller and Doris Rose. GOOD JOB!

Also Jerry & Sandra Sampson had a team in the Portland to Coast. Congratulations to them for finishing. Their team members were: Sandra, Jerry, Tyrone Ike, Lucas Ike, Debbie Thompson, Joe Tuckta, Sylvia McCabe, Levi Blackwolf, Sarah Begay, Ray Shike, Jr., Sheilah Wahnetah and Darla Brown. WAY TO GO!

I understand that a team from Madras also ran in Hood to Coast. Dr. Bud Beamer and his wife and other friends, in memory of Todd Beamer. We didn't see them anyplace along the run, but if they were there, I know they completed the run. CONGRATULATIONS to them.

In any case, Hood to Coast is always a lot of fun, you get to meet a lot of new people, not just on your own team, but along the run. Other people on other teams are always helpful. That's what makes this run so great: the camaraderie! I hope other runners will get the experience of running this at least once.

### Huckleberries wanted

The Kah-Nee-Ta Resort is now purchasing huckleberries if you're willing to part with those little treasures. Give Chris or Jon a call at 553-1112 extension 3446 for more information.

### Clarinet needed

Need clarinet. One kid who likes to play clarinet in band needs clarinet. Call 553-3222 ask for Lucy.

**The 29th Annual St Pat's Cowdeo To be held October 18 & 19, at the Jefferson County Fairgrounds in Madras, will be open for registration September 22, at 9 a.m. Kids ages five to 14 are eligible, to register call Kathy Bain at 546-2130. Registration will close October 3, or earlier if events are filled.**

Happy Birthday to my Sweet Pea! **Fudd Suppah** 143 Always! Love your wife, Bobbi Suppah

Happy Birthday Curtis September 22 Thinking of you always With love, Selena

Happy 1st Birthday to my Uncle **Leonard Bryant** From you #1 nephew Woody Picard, Jr.

Happy Birthday to our sister **Elsie Sam** from, Neda, Jeleah, & Thomas Sam

Happy Birthday Mom **Slo-Jo on 9/26/97** With love from, Aaron, Angie Have a good one

Happy Birthday to my lil sis and yes I do love you! your sister, Sadie Sam

### 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.

Happy Birthday to my husband **Daniel Lawrence, September 23** We love you & wish you many more! Love your wife, Carol & kids Maureen & Tyrone

Happy Birthday September 30, 1997 To **Elsie Sam** & my Little cuz Leonard Bryant I miss you all from, Robert Sam, Jr.

Happy Birthday to my aunt **Elsie** I love you Aunt. Thank you for being there for me when mom is at work. I love you. Little Woody

**Donte Smith** Happy Birthday to our Son on his First Birthday September 28, 1997 We love you very much son, Enjoy your 1st. Love & kisses. Mom & Dad

Happy Birthday to my grandma **JoAnn Smith** on September 26, 1997 with lots of love from your grandson, Donte Smith

Happy 1st Birthday Sept. 30, 1997 **Leonard Bryant** We all love you! Morella & Robert Sam Family

Happy Birthday **Brother Shane Smith** September 16, 1997 We love you. Aaron & Angie