

Community Health news

Reflections... We are well into the New Year and with our Resolutions we made, we continue what we start because, we don't like being called a quitter. Accomplish your opportunity.

Last issue we mentioned cholesterol. Here are some questions most asked about cholesterol and some answers.

***What is cholesterol?** Cholesterol is a fat. It is in your blood. High cholesterol means having too much fat in your blood (you can lower blood cholesterol)

***Where does cholesterol come from?** Most cholesterol comes from animal foods high in fat. Eating too much of high fat foods can raise your cholesterol. (Bacon, hamburgers, steaks, sausage, hot dogs, potato chips, french fries)

***Why is cholesterol bad?** High levels can narrow blood vessels and the flow of blood to your heart will become slower and slower. (You can lower your cholesterol)

***Who needs to be careful about cholesterol?** Everyone needs to be careful about cholesterol. Cutting down on fat foods is good for everyone in your family.

Some people need to be more care-

ful than others. 1) Men of all ages. 2) Tobacco users. 3) People with diabetes. 4) People with high blood pressure. 5) People who have heart disease. 6) People with a family member who has had a heart attack. 7) Women after menopause.

***How do you know if you have high cholesterol?** You cannot feel high cholesterol. You cannot feel the fat build up inside your blood vessels. It is a silent killer. The clinic can take a blood test to measure the amount.

***What can you do if you have high cholesterol?** You can do two things. Eat less fatty foods & exercise.

Some helpful hints:

-Don't fry foods or eat fried foods.
-Cut the fat from meats before you cook it.

-Broil, barbecue, bake, boil or steam your foods. Frying adds fat.
-Use a cooking spray instead of shortening.

-Exercise at least 30 minutes a day, 3 times a week.

-Find an exercise buddy, (mom, dad, daughter, son, friend, etc.)
-Reduce smoking can assist in lowering your cholesterol level.
-Set some realistic healthy goals

and stick to them (keep the balance)
Locations that can get you moving:

-Family Wellness Center (equipment, classes, strategies, etc.)
-Tribal Nutrition department (intake mang., rights & wrongs, etc.)

Remember you can lower your cholesterol level!
Activities to look for:

Feb. 9, 10, 11: Seatbelt check points, IHS, ECE, Admin.
Feb. 11: Heart Smart dinner at the Agency Longhouse.

Feb. 12, 13: Valentine's Hug-O-Gram delivery.

Feb. 18: HIV/AIDS education awareness class, Vern Jackson home.

February is National Dental Month (make an appointment) & National Child Passenger Safety Awareness Week (buckle up).

Forum set for spring

Jefferson County Commission on Children & Families is supporting a multicultural forum to be held in the spring of 1998. The goal of the forum is to bring together a culturally diverse group of young people and adults to increase their awareness and understanding of the multicultural strengths existing in Jefferson County.

Rogue Recovery Program and HAABLA are co-sponsoring the forum. Community involvement in planning the forum will help insure the forum addresses needs of the county and that there is significant involvement from the various ethnic groups within Jefferson County.

Adults and youth from the various ethnic groups in the community are needed to plan the event. For more information contact Jackie Matlick, Sam Kentura, or Cristina Alcoz at Rogue Recovery Program, 475-6575. The next planning meeting will be held at Madras High School on Tuesday, February 17, from 4 to 5 p.m.

Public hearing to be held March 19

The Confederated Tribes of Warm Springs Indian Reservation of Oregon will hold a public hearing to provide the public an opportunity to read and review and comment on the water quality standards developed by the Tribe in accordance with Section 518 of the Clean Water Act, Amendments of 1987.

WHEN: Thursday, March 19, 1998 at 4 to 10 p.m.

WHERE: Tribal Community Center, Warm Springs, OR

THE PURPOSE: 1) to assure the public has an opportunity to understand the Tribes water quality standards program and the Tribes proposed action.

2) to foster a spirit of openness and trust among the Tribe, EPA, State of Oregon, local governments, regional agencies and the public.

To obtain a copy of the draft "Confederated Tribes of Warm Springs Reservation of Oregon-Water Quality Standards, Beneficial Uses, and Treatment Criteria", call the Tribal Water & Soil office and contact Deepak Sehgal or Chris Gannon at (541)553-3462 or 553-3557 and they will be mailed to you.

Grandma and Grandpa DO have a choice

"Can you watch Baby? We want to go to the movies."
"Can you watch Baby? We want to go to Portland."
"Can you watch Baby? We have to go bowling."

Does this sound familiar?
How often are children left with grandparents or somebody else, while parents go have their fun without their child? As parents, you have a responsibility to your children.

Many hours are spent without your child. In a five-day work week, you may spend two hours in the morning and three hours in the evening, a total of 25 hours in five days, with your child. There are 120 hours total in five days, and on average, you only spend 25 hours with your child.

Now tell me, why should you be leaving your children anywhere? Remember why you had children. No, not to leave them with Grandma or Grandpa, Auntie or Uncle or ECE.

Spend time with them. They did not ask you to bring them into this world. Care and love them. Don't leave them.

As grandparents, you do have a choice. Don't let love blind you.

Warm Springs Wellness Center activities noted

Family events happening at the Warm Springs Community Wellness Center.

Thursday February 12
Hug-O-Grams may be ordered and paid for and picked up on Friday 13.

Friday February 13
Hug-O-Gram may be paid for and picked up at these locations: ECE, IHS building, Administration Building and the Warm Springs Community Center. From 8 a.m. to 5 p.m.

Wednesday February 18
Family movie night at the Social Hall. Movie starts at 6 p.m. and is over at 8:30 p.m.

Thursday 26
Harlem Clowns basketball tip-off time 6:30 p.m. and end around 8:30 p.m.

Tuesday March 17
St. Patrick's Stew-Social Hall from 12 p.m. to 1 p.m.

Wednesday March 18
Employee training in the Social Hall from 12 p.m. to 1 p.m.

Thursday March 19
Water Quality management in the Social Hall from 3:30 p.m. to 10 p.m.

Saturday April 11
Mini-marathon

Saturday May 2
Reservation Relay

Nominations encouraged

Community members are encouraged to nominate individuals for the Intertribal Timber Council annual awards program.

Guidelines and nomination forms are available at the tribal natural resources office.

The awards program is designed to honor individuals who have made significant contributions in the field of Indian forestry. The national Earle R. Wilcox award is given in honor of Wilcox, who will always be remembered for his significant achievements on behalf of Indian people and their forests. The individual achievement awards are distributed by geographic region and are based on the same criteria.

Awards criteria include tribal involvement, improvement of Indian resources or programs, individual effort, model-like program, technical achievement and application, the ability to secure government agency or funding support, originality and references.

For further information contact the natural resources department at 553-3548.

Happy 1st Birthday
to my cuz Donny
from Lil Man

Happy first Birthday
to my grandson
from Grandma Margie

Happy 1st Birthday
to Donny
From Berda Johnson Heath



Gang awareness class set for Feb. 12

On February 12, 1998, the Madras Police Department, Jefferson County School District and HAABLA will co-sponsor a class on gang awareness. The class will be held at the Jefferson County Middle School beginning at 7 p.m.

This class is intended for parents, or anyone else in the community who is interested in learning how to recognize the signs of gang activity. The class will also focus on practical measures parents, or any other interested persons, can take when they observe what they believe to be gang activity in our community.

We strongly encourage people from both Warm Springs and the Hispanic community to attend this training. Arrangements have been made to

have interpreters present so that Spanish speaking members of our community can actively participate.

The class will be presented by Alan Alderman. Alan grew up in our community. He began his law enforcement career as an officer with the Madras Police Department. He has spent the last six-and-one-half years working as a police officer assigned to the Gang Activity Task Force in Clackamas County. Alan has extensive knowledge in the area of gang recognition and awareness. This, coupled with his knowledge of our community and its needs, places Alan in a position to be able to present information that will be greatly beneficial to all who attend.

Happy 17th Birthday
"Brandon Lee" Love you
Lute, Mom, Simone and Rosetta.
Just have the girls alone, at Chemawa.

February 6
Happy Birthday Bro
Luv U
Laura & Al

Happy Birthday Alonzo
(Benjamin) 2/9/98
Always, Jolene, Lauren & Alexis
Hope you have a good one.

Happy (Belated) Birthday to:
1/29-James Redfox, Jr
1/30-Jay Redfox
2/14-My sister & best bud "Romelle Speakthunder"
2/18-"Nelson Wolfe"
2/22-to my Big-Lil Bro Melvin "Sonny" Stahi, Jr. Sonny, been very proud of you doing so great in school, keep up the good work.
2/22-my uncle "Melvin "Sonny" Stahi, Jr."
2/22-Uncle Emerson "Unakush" Squiemphen
2/22-my Grandpa Emerson with lots of love
2/24-Lawrence "Larry" Squiemphen III
2/25-to my Baby Sister "Agnes Stahi" Miss you & Love you very much
2/25-my auntie "Agnes Stahi" love you very much
2/6-Carroll Dic
2/6-Charmaine Watts
2/9-Robert Allen, Jr.
2/16-to my other mom Eunice Esquiro with lots of love
2/2-David White with love
From Donte, Angie & Aaron

Happy 11th Birthday
February 22
Liza M. LeClalire
Love you lots
Autine Harvi & Raul

Happy Hart-Heath
Love, NaNa

Happy 11th Birthday
Dallie Polk-Adams
Wish you many more
Harvie, Raul & Lupita

Happy 1st Birthday
Donny Williams
from Mom & Dad

Happy Birthday Arnetta
Love your sister,
Carol, Tyrone, Maureen

February 6
Happy Birthday
Uncle "G"
Love, LaVonne, Davis,
Brandie, Martika & Baby Al

Happy 14th Birthday
Kevin Lee Smith, Jr.
"Ziggy"
Love your mom & Ralph
brothers & sisters

Look who's 2?



February 15, 1998
We're like to wish a very Happy 2nd Birthday to a very special Lil Girl
Lupita Phyllis Ocampo
Love you alot, Mom & Dad

Honey-doo
"Happy Aniversary"
Love you very much.
Sweetie-doo

Redmond proposed location for Deschutes, Crook and Jefferson county FSA offices

In 1996, the State Directors of each agency began to discuss the possibility of combining their offices in Crook, Deschutes and Jefferson Counties. This was being considered because staffs were being reduced to a point that it no longer was cost efficient to maintain offices in each county.

In October of 1996, the State Directors asked the local representatives of FSA, NRCS, and RD to consider the possibilities of having one office for the tri-county area and to determine the best site of a new office building.

In January of 1997, 24 people representing producers from FSA and SWCD along with agency employees attended the local meeting. All of the local people wanted to maintain separate offices if it was feasible. Each person was asked to vote twice on the location of a centralized office if one was to be built. The first vote represented everyone's first choice for a new office location, the results were: 9 for Prineville, 8 for Madras, and 4 for Redmond. The second vote represented everyone's second choice, the vote were: 12 Redmond, 5 Madras, and 4 Prineville.

No official action was taken because FSA was put under a moratorium on office closures.

In July of 1997, the State Directors sent letters to Representative Robert Smith and Senators Gordon Smith and Ron Wyden asking for their concurrence to have one office for the tri-county area in Redmond. There were no objections to the proposal with the only suggestion being that a public meeting be held to announce the consolidation and answer any questions.

In December 1997, 18 people were present for the meeting. The attendees were told that bids for new office space were now being accepted and that the goal was to award a bid by mid-January. Some producers attending thought a producer meeting should be called because the co-location was moving too fast.

In January 1998, the State Directors decided to hold another set of public meetings to determine the best site of the new office.

Why Co-Location

The United States Department of Agriculture is in the process of streamlining and downsizing. The Farm Service Agency (FSA), Natural Resource Conservation Service (NRCS) and Rural Development (RD) have been directed to co-locate into an Agriculture Service Center in all locations, this direction came from the Secretary of Agriculture. Each

agency is also having to deal with budget cuts and reductions in staff. In trying to operate under these constraints and provide adequate service the decision to co-locate/combine the FSA, NRCS and RD offices in Crook, Deschutes and Jefferson County offices into one office was made for the following reasons:

Reduction of office space-Currently the 3 agencies lease 8,400 square feet of office space. The new office will have 6,400 to 6,900 square feet. The cost saving would be \$24,000 to \$32,000 per year because of the reduction of square feet being rented.

Reduction in equipment-The number of copy machines, fax machines, phone systems, phone lines, computer systems would be reduced. The reduction of copy machines, fax machines, phone systems, phone lines, computer systems etc. would result in an additional annual savings of \$15,000 per year. An additional saving of \$25,000 will occur in the first year because of a new communication system, which is being installed in all service centers, will have to be installed in only one location instead of 3.

Reduction in staffing-FSA will

have one less office manager, one less program assistant, and few county committee members once the consolidation is completed. This will be an annual cost savings of \$75,000 to \$80,000.

Greater efficiency-One large centralized office will be more efficient. For instance, FSA will have 1 manager and 3 program assistants to deliver the programs out of on centralized office instead of keeping two offices open, assigning 1 or 2 program assistants to an office and requiring the manager to drive back and forth between the two offices.

Why Redmond was proposed

The State Directors made the decision to locate the new Service Center in Redmond over Madras and Prineville because of the following reasons:

Redmond is centrally located for FSA-When looking at the eligible voters for the FSA County Committees there are many more agricultural producers in Jefferson County than in Deschutes and Crook Counties. However, approximately 1,600 of the 2,600 of the producers listed in Jefferson County are tribal members. NRCS has a satellite office on the Warm Springs Indian Reservation and FSA offers services to the producers on the reservation

through this office. This means that a majority of the producers in Jefferson County will not be adversely affected by the selection of Redmond as the site of the new Service Center because they will still be going to the NRCS satellite office for service. The number of producers affected by the location of the Service Center in Crook, Deschutes and Jefferson Counties are similar. Because of the large area the Service Center will serve the most central location was selected to reduce the number of miles people would have to travel to get to the office.

Redmond serves all agencies mission best-The three agencies involved have different missions. Even though some of their missions overlap, RD and NRCS have program responsibilities with "Rural America" as well as agriculture communities. Consideration of each agency's clientele must be considered when selecting a site. With this in mind, the selection of Prineville or Madras would not be as efficient as Redmond in providing service to all clientele.

Relocation costs-If the office is located in Madras or Prineville instead of Redmond, NRCS will be required to offer relocation costs to employees. In this situation,

employees are reimbursed for their moving costs including the costs of buying and selling homes. A single relocation usually costs between \$20,000 and \$40,000 when the sale and purchase of a home is involved. There are 11 employees in the Bend office and NRCS expects some of them to ask for relocation.

It is understood that producers and other clients in Crook and Jefferson Counties would much rather see the office located in their county. Unfortunately the funding and staffing for two offices is not available and a site must be selected. The State Directors realized that Redmond is a compromise between Prineville and Madras, but Redmond will provide the best service for everybody needing service from the three agencies.

Meetings were recently held in each county to make final decision.

Spilyay Tymoo apologizes for not printing this article in the Volume 23 No. 3. for this information to be discussed at the producer meetings held this week.