



Corner on Health

pound found in car exhaust
 *Tar-sticky residue that stains the fingers and teeth, one of the deadliest cancer causing agents known
 *Arsenic-used to kill rats
 *Cadmium-material found in batteries
 *Acetone-used to remove fingernail polish
 *Ammonia-floor/toilet/window cleaner
 *Formaldehyde-used in preserving dead bodies
 *Methane-fumes/gasses from cow manure.

These are just to name a few that could be found in today's commercial tobacco. Companies are constantly looking at recruiting new people, young and old to use tobacco to make up for the ones that quit or die. Most ads you see are made to get to think using tobacco is cool and will get you that gorgeous woman on the beach or that handsome cowboy chasing horses in the mountains. Not true, they are only advertisements for the not so wise. What if they showed you a woman laying on the beach with nice pretty hair, cool shades on and NO bottom lip saying "Chew Copenhagen and look like me" would you buy tobacco?

Here are some facts to consider or share with others:

- *Children who have parents who smoke are more likely to smoke also.
 - *Average age of kids who start smoking is 14.5 years old.
 - *Average age of kids who start to use spit tobacco is 10 years old.
 - *American Indians have the highest rate of smoking of all groups.
 - *Cigarette filters do not catch most of the tar.
 - *53,000 people die each year from second hand smoke.
 - *People who smoke tend to look older and have more wrinkles.
 - *Tobacco is a gateway drug.
- There are other concerns with using tobacco. The nicotine has been proven to narrow the blood vessels and deprive the blood of oxygen making your heart to work harder and lower the temperature in your fingers and toes. It also causes a rise in blood pressure and heart rate. Another concern is, tobacco is a product that can only be purchased by adults. So, how are children getting these products at age 10 or age 14.5?
- Take time to look at the importance of not using tobacco, and start to make decisions which are healthy and not life threatening for you and your family.

Dental fair to be held

The Warm Springs Health & Wellness Center Dental Clinic is sponsoring a Health and Safety Fair for the eighth (8th) graders on the mornings of April 16, 17, & 23, 1998. From 8 a.m. to noon the children will be seen by the dental staff for the application of sealants to their teeth. They will also be shown various health and safety demonstrations. Consent forms will be sent to the parents of the eighth graders and a **free large pizza** will be given away in a raffle for those students who return their consent forms to their home room teachers at Jefferson County Middle School by **Tuesday, April 14**. So don't let your eighth grader miss out! **During those days the dental clinic will be closed in the morning. Emergencies will be seen at 1 p.m.** Thank you for your cooperation. For more information call 553-2462.

Council signs Memorandum of Understanding



Tom Dwyer, Deputy Regional Director (left) and Joe Moses, Chairman Tribal Council signed the MOU.

On March 10, 1998, a Memorandum of Understanding (MOU) between the Confederated Tribes of Warm Springs and the U.S. Fish & Wildlife Service (Region 1, Portland) was signed. The MOU sets out Government-to-Government collaboration on natural resources issues and implementation of the Service's trust

responsibilities. The document assures that the parties will build and enhance a mutual partnership that fulfills the missions of both the Tribe and the Service.

If your department would like to have a copy of the MOU, please call Mavis Shaw at the Warm Springs National Fish Hatchery, 553-1692.

Class set to assist students

A Student Success Strategies class will begin Wednesday, April 14. The Student Success Strategies class is a requirement for any enrolled tribal member who wishes to be eligible for the Tribal Education Grant/Loan program. It is designed for individuals who are making the "transition" to furthering their education beyond high school in either college or vocational training institutions. Registration is underway now for the spring term class. There will be seven classes with sessions taking place once a week on Wednesdays from 6 to 8:30 p.m. The instructional team will feature Tedi Tanewasha, Laurain Hintsala and John Hicks. Those intending to take the class are asked to sign up in person at the Tribal Education Center. Registration is limited so students are urged not to delay. The class is sponsored by Tribal Education and there is no charge.



Tedi Tanewasha and Oliver race to the ballot box on Tribal Council election day.

Week of the Young Child Activities for April 20-23, 1998

- Monday, April 20**
Sponsor a Child Day + Tours at ECE. You are invited to come in for a tour and spend an hour with a child. Tours are scheduled at 9, 10 and 11 a.m. and at 3, 4 and 5 p.m. All tours begin in the ECE lobby
- Tuesday, April 21**
Grandparents Day at ECE. All Grandparents and Elders welcome!
Kid's Carnival from 6 to 8 p.m. at the Community Center. Free activities designed for children 2 through 8. All children must be accompanied by an adult. Food will be for sale in the Social Hall.
- Wednesday, April 22**
ECE Zoo Day from 10 to 11:30 a.m. at ECE. An opportunity for children to experience different animals brought in by families and friends.
- Thursday, April 23**
ECE Kid's Parade from 10:30 to 11 a.m. on Kot-Num Road. Parents will "Stand for their Child" marching along with them. A BIG CROWD IS NEEDED, so please take a break and come watch the parade! A Bar-B-Que will be held on the ECE patio following the parade.

Look for children's artwork posted around the community. Participate in events with your child!
Show your support for children and families and get involved in all the week's activities!



Spilyay I'nawa Mishk'aau

(Spilyay asks "What's up?")

What can our community do to better serve our young children's needs?

HEALTH FAIR
 Sponsored by IHS and Head Start
At IHS Clinic
April 9 and May 14
 For all three-year-old children who turn three before September 1, 1998 and All four-year-old children starting kindergarten in September 1998
Physicals and updated immunizations required
 Call ECE at 553-3241 to make an appointment



Lana Leonard, "As a community we need to work together. As a parent, we must identify our child/children's needs, and as a community member, we must assist the children to the best that we can. I feel that there should be other alternatives for our children other than the Community Center. It would be nice to have some clubs formed, or even our own bowling alley or movie theater. It is important that we take care of children and help them any way that we possibly can. The children of our community are our future leaders."



Arlene Boileau, "Author James Baldwin once wrote, children have never been very good at listening to their elders, but they have never failed to imitate them."



Charles (Jody) Calica, "As a community, we need to truly make our children our first priority as shown by our actions and not more promises or good words. The first need that has to be addressed is their personal safety and health during their most formative years. The second need is to set and reinforce a solid set of family, spiritual and cultural values by our words and actions, as often as we can. The third need to reinforce their desire to learn, a community library has been talked about for thirty years. The family must be the dominant force in their lives, not the government. Most importantly we must give them the sense of hope and motivation our elders gave us."



Garland Brunoe, "Our community can start meeting the needs of our children by giving them sound instruction in how to live properly. One example would be the parents, older brother(s) or sister(s), grandparents, uncle(s), aunt(s) setting the example on how to be a good family and community member. Encourage the children when they do good things. Do not speak negative about them or others but lift up the good in them and other people. This teaches children that all people are good and have something to offer to the family and community. Children need correction from time to time. If a child does wrong explain to them what they did wrong and why it is wrong. If a child continues to do wrong then discipline will need to be given. After the discipline the parents should let the child know that they are loved very much and that the discipline is given in love and not anger. Assure the child that you care about them. Children are tender and with proper instruction, encouragement, correction and discipline we will be meeting their needs now and in the future when they are raising their children."



Benson Heath, "By creating a nurturing environment which meets their daily needs, that is based on family values. Treat them as a family member, not as a child. Adopt an attitude that "chooses to," rather than "have to." Get involved with their interests, instead of dropping them off."



Natalie Johnson, "Being a new grandmother, the needs are more parent and children participation with activities for bonding needs. We need to lend an ear and be their friend, to not make you superior over them, come down to their level, parents need to feel young with them."



Warren (Rudy) Clements, "I believe parents must actively model spiritual health to their children."

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