



Cancer the facts: Part II of II

ask their doctor for signs to look for). Other tests include ones for colorectal abnormalities: sigmoidoscopy, digital rectal exam, and stool blood test.

If and when cancer is diagnosed treatment will depend on the type of cancer present, the stage it is in, and your body's response to treatment.

Surgery to remove the cancerous tumor(s) and clear any obstruction to vital passageways caused by the cancer.

Radiation therapy.
Chemotherapy.
Possibly immunotherapy.

Prevention:
Moreover, measures can be taken to lower the risk for certain forms of cancer.

Dietary Measures:
Reduce the intake of total dietary fat to no more than 30% of total calories and reduce the intake of saturated fat to less than 10% of total calories.

Eat more (fresh) fruits and vegetables, and whole grains, especially: Broccoli and other cabbage family vegetables including cabbage and brussel sprouts. These contain sulphoraphane, a cancer fighting chemical and antioxidant. Deep yellow-orange fruits and vegetables such as cantaloupe, peaches, tomatoes, carrots, sweet potatoes, squash and very dark green vegetables like spinach, greens and broccoli for their

beta carotene content. Strawberries, citrus fruits, broccoli and green peppers for vitamin C.

Whole grain breads, cereals, fresh fruits and vegetables and legumes for their dietary fiber content.

Consume salt-cured, pickled and smoked foods only in moderation.

Lifestyle measures:
Do not smoke, use tobacco products or inhale second hand smoke.

Limit your exposure to known carcinogens such as asbestos, radon, and other workplace chemicals as well as pesticides and herbicides.

Have x-rays only when necessary:

Limit your exposure to the sun's ultraviolet (uv) rays, sun lamps and tanning booths. Protect your skin from the sun's UV rays with sunscreen, applied frequently and containing a sun protection factor (SPF) of 15 or higher, and protective clothing (sun hats, long sleeves, etc.) i.e., appropriate sun glasses).

Reduce stress:
Emotional stress may weaken the immune system that is relied on to fight off stray cancer cells.

This excerpt is from the book: *Healthy Life 50-Plus Self-Care Guide* by D.R. Powell, PhD and the American Institute of Preventive Medicine, submitted by Judith E. Charley, CHET member and State of Oregon Cancer Coalition member.

Study conducted shows no Native Americans hired

The National Congress of American Indians together with the Native American Rights Fund, the Native American Bar Association and the National Association for the Advancement of Colored People will join in a mass demonstration at the United States Supreme Court on Monday, October 5, 1998, to demand that Supreme Court Justice fully integrate their court clerks. Tribal representative are requested to come to Washington and participate in the demonstration.

A demographic study conducted by USA Today published March 13, 1998 found that of the 394 law clerks hired during the respective terms of the sitting Justices:

- *1.8% were African-American
- *1% were Latin-American
- *4.5% were Asian-American

*0 were Native American (A Native American has never been hired as a law clerk)

The 36 law clerks that work at the Supreme Court each year play an extreme influential behind-the-scenes role, such as screening cases that the Court will consider as well as writing first drafts of opinions.

Minority bar associations, including the Native American Bar Association, sought a meeting earlier this year with Chief Justice William Rehnquist to propose possible solutions to this problem but were turned away.

Tribal representatives are invited to join with our friends and partners in the civil rights movement to demand the integration of the U.S. Supreme Court on the first day of the new Supreme Court term, Monday, October 5, at 9:00 a.m. on First Street,

NE between Maryland Avenue, NE and East Capital Street. Negotiations are underway with the NAACP to schedule Native American speakers at the demonstration.

Resumes of eligible Native American attorneys and law students will be delivered to the Supreme Court during the demonstration. Please forward names of eligible Native Americans to NCI so that we may obtain and deliver their resume to the Supreme Court.

If you would like to participate in the Supreme Court demonstration or have an interest in speaking to these issues please contact Jack Jackson, Jr. or Victoria Wright of NCAI at (202) 466-7767, John Echohawk of the Native American Rights Fund at (303) 447-8760 or Kalyn Free of the Native American Bar Association at (918) 420-3733.

Treatment and care: cancer is not necessarily fatal and is in many cases curable. Early detection and proper treatment increase your chances for surviving cancer. Early detection is most likely if you:

A. Know the warning signs for cancer and report any of these warning signs to your doctor if they occur.

B. Do regular self-examination such as monthly breast self examination if you are a woman, and a monthly testicular self exam if you are a man.

C. Look at yourself in a mirror for any noticeable changes in warts or moles or for any wounds that have not healed.

Ask your doctor to perform routine tests that can help detect early signs of cancer. i.e. pap tests, breast exams and mamograms for women, (note though uncommon, men can also get breast cancer. Men should

Missing



Tiffany Wolfe has been missing since August 1. She is 5'4" tall, has brown hair and brown eyes.

Warm Springs resident and tribal member 24-year-old Tiffany Wolfe has been reported missing since August 1.

She was last seen in Warm Springs by relatives July 15. She was last seen in Madras by her sister Saturday August 1, 1998. Three white males picked her up from her sister's apartment August 1. They were driving a dark blue or black van.

A missing persons report was filed with the Jefferson County Sheriff's Office and the Madras City Police. Officer Dennis Schneider is investigating the case.

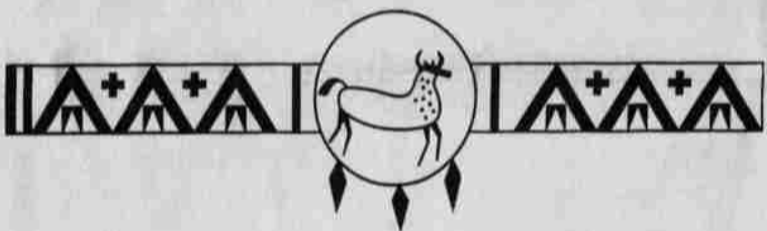
If you have any information contact Officer Schneider at Jefferson County Sheriff's office at 475-2201 or 475-2424 or Lalani Plazola at 475-9114 or Paulette Ruiz at 475-2936.



The 10th Annual Blackwolf 6' & Under + 1 Men's Basketball Tournament will be held November 13, 14, & 15, 1998. The first paid 12 teams will be on the bracket (\$100 non-refundable deposit will hold spot)

Host team: Young Blackwolf

For further information call:
Foster/J'Dean Kalama (541)553-1392 or
Easton/Tina Aguilar (541)553-1960



Weekly meetings begin

Phil Riley will be in Warm Springs every Wednesday from 9:30 to 11 a.m. at the Administration building, Conference room #2 beginning September 9, 1998.

Warm Springs Elementary welcomes new teachers

Warm Springs Elementary has welcomed two new teachers for the 1998-99 school year, Kristen McCown, Special Education Teacher, and Diana Cutsforth third grade teacher.

McCown grew up in Bend, Oregon and attended COCC to receive an associates degree. She then took some time off before attending Portland State University. She decided that Portland State University was too big for her she attended the College

of Education in Eugene, Oregon. She received her Bachelor of Science degree in Communication Disorders and Sciences, which was her major. Her minor was in Special Education. She went on to get her Masters Degree in Speech Therapy and minored in Early Childhood Education.

McCown was speech Therapist in Albany last year. "It was a great job, I loved it, but, I just wanted to be home," says McCown.

As the Resource Room Teacher,

McCown will be teaching kids who are on individual education plans. They find that some children are not learning as well in the classroom and need extra assistance. These children are referred to the Resource Room, where they receive one-to-one assistance.

McCown has three assistants who work with her in the Resource Room. She is enjoying herself here in Warm Springs because it is a small community. She likes being back in Central Oregon where she finds the Mexican food excellent.

New third grade teacher Diana Cutsforth is enjoying her year so far at Warm Springs Elementary. She has 21 students in her classroom. "The students are a challenge, but enjoyable," says Cutsforth.

She grew up in Eastern Oregon. In 1982 she moved to Hermiston where she was a substitute teacher and teacher for 16 years.

Cutsforth attended Eastern Oregon University where she received her Bachelors and upper graduate credits.

She looks forward to meeting more parents at the Open House.

She comments that "it is amazing that these kids don't know about their roots and traditional history. It surprised me that they didn't know. But, I found that the children in Hermiston don't know theirs either."



Kristen McCown



Diana Cutsforth

Open House schedule
Warm Springs Elementary
September 24
Jefferson County Middle School
October 5
Each to have an evening program

Tribal Council Agenda

Friday, October 2 9 a.m.	Realty Tour	Everett Patt
Monday, October 5 9 a.m.	WS Gaming Commission Selection	Tribal Council
10:30 a.m.	Gaming Update	Rudy Clements
1:30 p.m.	Legislative Update	Mark Phillips
2 p.m.	Overall Economic Department Planning	Sal Sahme
3:30 p.m.	Landfill/Waste Water Report	Satch Miller ASC Staff
4:30 p.m.	Business	
Tuesday, October 6 9 a.m.	Comp. Plan Meeting	Ray Rangila
1:30 p.m.	T/C Priorities	Tribal Council
4:30 p.m.	Business	ASC Staff
Meeting to be held at Kah-Nee-Ta		
Wednesday, October 7 9 a.m.	To be scheduled	Tribal Council
1:30 p.m.	Northwest Power Planning Council	Erich Bloch
3:30 p.m.	Nat. Resources: Endangered Species Act	Howie Arnett ASC Staff
4:30 p.m.	Business	
Thursday, October 8	Tour—Morrison Property	Everett Patt
Monday, October 12 9 a.m.	Secretary-Treasurer COO Report	
10:30 a.m.	IHS Monthly Report	Russ Alger
1:30 p.m.	Legislative Update	Mark Phillips
2 p.m.	OSU/Huckleberry Proj.	Alisa Larson
3:30 p.m.	BIA Monthly Report	Gordon Cannon
4:30 p.m.	Business	ASC Staff
Tuesday, October 13 9 a.m.	Timber Sale Planning	Bobby Brunoe
4:30 p.m.	Business	ASC Staff
Meeting to be held at Kah-Nee-Ta		
Wednesday, October 14 9 a.m.	Housing Authority	Gerald Danzuka
11:30 a.m.	To be scheduled	Tribal Council
1:30 p.m.	Elder Care Report	Willy Fuentes
2:30 p.m.	Kah-Nee-Ta Report	Ron Malgara
3:30 p.m.	WS Composite Products	Allan Earnest
4:30 p.m.	Business	ASC STAFF
OREGON TRIBES MEETING AT GRAND RONDE, OR		
Thursday, October 15	DISTRICT MEETINGS ON 1999 BUDGET	
AGENCY @ AGENCY LONGHOUSE		
SIMNASHO @ SIMNASHO LONGHOUSE		
SEEKSEEQUA @ COMMUNITY CENTER		
Monday through Friday, October 19 through 23—NCAI Conference at Myrtle Beach, South Carolina		
Monday, October 26 9 a.m.	Secretary/Treasurer COO Reports	
10:30 a.m.	November Agenda	Tribal Council
1:30 p.m.	Legislative Update	Mark Phillips
2 p.m.	Realty	Everett Patt
3:30 p.m.	Tribal Court Monthly Report	Lola Sohappy ASC STAFF
4:30 p.m.	Business	
AGENCY DISTRICT MEETING—AGENCY LONGHOUSE		
6 P.M. DINNER 7 P.M. MEETING—AGENDA: 1999 BUDGET		
Tuesday, October 27 9 a.m.	509-J Report	Phil Riley
10:30 a.m.	Relicensing Update	Jim Manion
1:30 p.m.	Enrollments	M. Queahpama
3:30 p.m.	Tribal Attorney Update	Dennis Karnopp
SIMNASHO DISTRICT MEETING—SIMNASHO LONGHOUSE		
6 P.M. DINNER 7 P.M. MEETING—AGENDA: 1999 BUDGET		
Wednesday, October 28 9 a.m.	CFO Report	Norma Smith
10:30 a.m.	Credit Enterprise Report	Jim Manion
1:30 p.m.	Colonel Mulgren-Corps of Engineers	Lynda Walker
3:30 p.m.	To be scheduled	Tribal Council
4:30 p.m.	Business	ASC Staff
SEEKSEEQUA DISTRICT MEETING—AGENCY LONGHOUSE		
6 P.M. DINNER 7 P.M. MEETING AGENDA: 1999 BUDGET		



BIA forestry technicians John Arena and Mike Cunningham study map during annual timber tour.

way we manage our forests and new technologies that promise to change the economic, social and philosophical basis of the Branch of Forestry. We were fortunate to stop at a site that was harvested 30 years ago on one side of the road and see what untreated stands looked like on the other side. In addition, we were treated to the latest in forest harvest technology with the "Tiny Thinnings" sale completed earlier this summer.

We had a great look at some proposed sites in the 1999 and 2000 timber sale areas and had good discussions on tribal and forest management objectives. Our last stop included talks about cultural resources (huckleberries) and their integration into management and also the Warm Springs Sustainability project, a joint effort with the tribes and Oregon State University concerning huckleberries.

The Forest Manager, Bodie Shaw, felt it critical that Forestry capture the community's thoughts and comments for the successful management of our forest resources. The tour is one method, but he also mentioned public forums were needed for resource management and the community to gather and share additional information. Shaw also felt it necessary to raise the community's level of educational awareness when it comes to taking our resources into account for future generations: exercising your voice for your grandchildren's grandchildren. He also mentioned that as we decrease our timber harvests, we as a tribal entity must look for other ways to supplement our income. It was apparent to many that the Branch of Forestry has a long-term interest in the health of our people's forests and ecosystems.

was a theme that the group seemed most attracted to. Most of the discussions centered around the notion of sustainable forest management. Essentially, Forestry shared that sustainable forest management is the management of forests to meet the needs of the present without compromising the ability of future generations to meet their own needs. This is accomplished by practicing a land stewardship ethic that integrates the growing, nurturing and harvesting of

trees for useful products with the conservation of other resources—soil, air, water, flora, wildlife and fish habitat

We visited our pine ground and discussed that within the last twenty or thirty years, new forces have combined to provide perhaps the most significant benefit and challenge to the science of forestry and the tribes that has ever existed. These forces, which include new methods and techniques that change and improve the