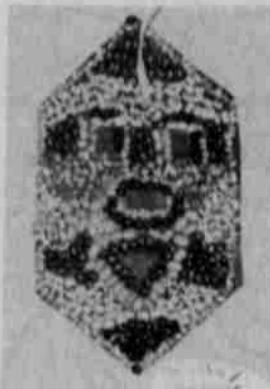


Tuesday, January 12 was the opening for the 6th Annual Children's Art Show



Mask.



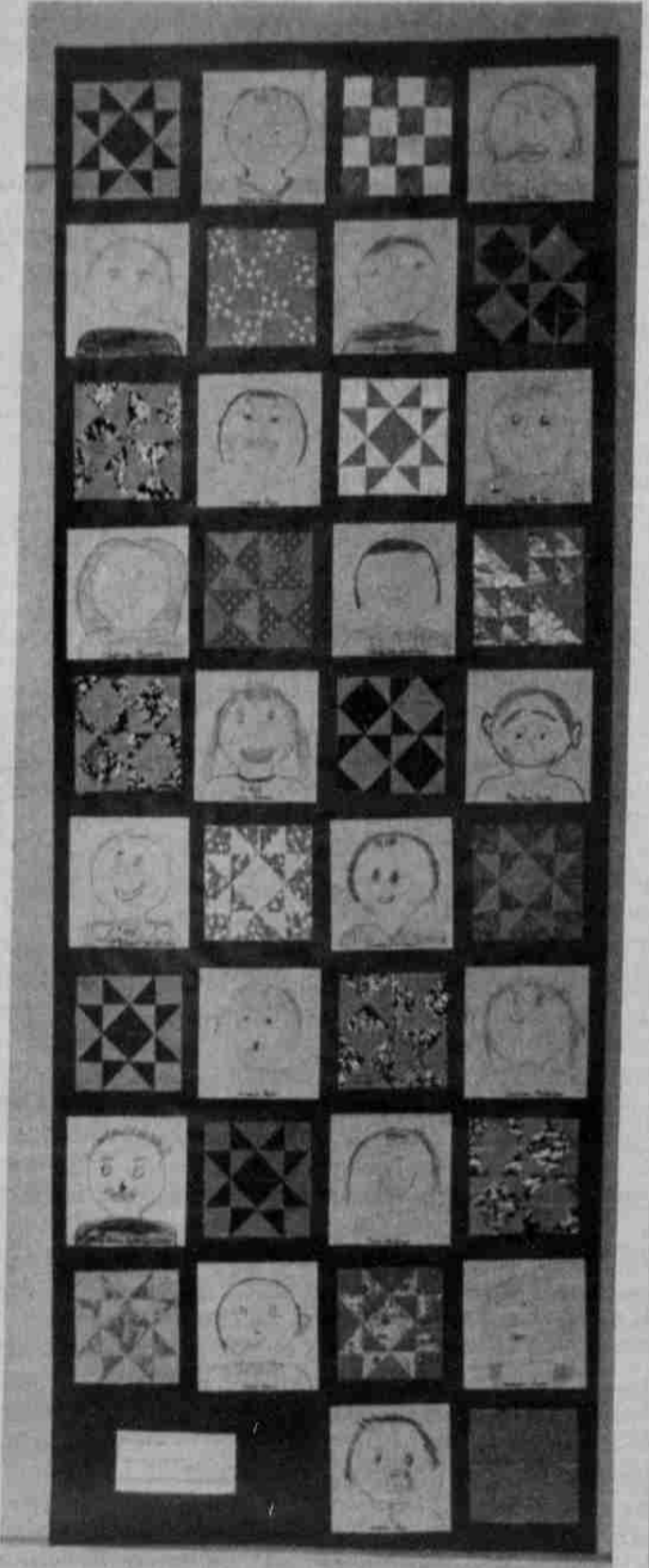
Mask.



Sculpture by Jessie Fuentes.



American Gothic modernized.



Paper quilt pattern.



Tasheyra Sohappys mask.

Photos by Selena Boise

On patrol

by Don Courtney
Three arrested following vehicle theft:

Following a report of a GSA vehicle being stolen out of the WS #1 I.H.S. lot, three individuals were subsequently arrested in Morrow # Sherman County.

Following the arrests, Tribal officers responded who brought the suspects back to Warm Springs. One adult, an emancipated juvenile, and a juvenile were arrested following the traffic stop on the vehicle.

Community Center Missing speakers:

On a report taken on January 6, 1999; several large speakers were discovered missing. Anyone with information as to their whereabouts is encouraged to call the Crime Stoppers Hotline at 553-2202.

Community Policing Update:
The Community Policing division

has been busy lately developing continued plans on infiltrating themselves into the numerous community and school activities.

Most of the projects were started several years ago by the former Community Policing Officer, Starla Green.

The current staff consists of Mariam Tias, Truancy Officer; Earlene Tufti and Dawn Kirk as the two new Community Oriented Police Officers, and Charles Tailfeathers Sr., as the Supervisor for the division.

Any requests for assistance or suggestions on future projects can be coordinated through Tailfeathers.

Current and future projects include the seatbelt campaign, child safety restraint systems, the drunk driving campaign, speed surveys, intersection surveys, assistance with the sobriety checkpoints, truancy issues, gang awareness and intervention, juvenile diversion, public safety fairs, senior citizen assistance, departmental tours, McGruff escorts, child abuse awareness month, domestic violence awareness, general crime prevention, home evaluation & assessments, and general child safety.

On the Streets:
Officers since the new year have been busy as twenty five individuals were taken into custody for detox. Six of the individuals were found to be juveniles.

In domestic matters, three fight in progress calls were handled while four calls were domestic disturbances that included three verbal arguments. Two suicide attempts were also investigated; one resulted in a self-inflicted stab wound to the abdomen.

Motor vehicle incidents handled included: two reckless driving complaints, and five motor vehicle crashes.

McGruff Speaks:
Howdy friends and Happy New Year. With the new year underway, I understand that our community will be voting on the 1999 Public Safety budget later this month.

Knowing the public servants and understanding the hard work they do for us with their limited resources; Please give them some words of encouragement. To those of you who already have, and to those who continue to pray for them, Thank You.

I encourage voters to support the Public Safety Branch in their continued effort to keep us safe. Ruff.

Date of raffle drawing changed

Ma T'ulla Yash fundraiser raffle drawing will be postponed until February 21 at the Washington's Birthday Celebration in Toppenish, WA. William B. Selam and family members are selling tickets to raise money for their trip to Germany.

The drawing was originally set for January 10 before their trip to Germany but they will have the raffle after their return.

Raffle items include: Fancy bustle set, beaded bag, beaded coin purse, ladies shawl, hawk feather fan, Pendleton blanket, hawk feather fan, ladies shawl, Pendleton blanket, \$100 cash, small beaded coin purse, beaded bag and many other items.

Games wanted

Board games wanted to donate to the Warm Springs Corrections department. For more information call Billie Jo Bagley at 553-1171 or Detective Hornbuckle at 553-3272.

Organizations throughout the country have developed extensive use of their Employee Assistance Programs to stop the bleeding of these extensive costs through the utilization of their employee assistance programs. The EAP assists managers in recognizing possible traumatic situations before they occur. The EAP programs assist organizations along with the human resource departments in making sure that their employment and termination practices are used appropriately and assist in eliminating high employee turnover. Each change of management position costs the tribe thousands of dollars. The dollar benefit is a huge return to stock holders when the EAP is used to its greatest possibility.

Warm Springs Nutrition Newsletter, January 1999

Healthy Exercise Tips by Rob Collison, RD; Diabetes Program

Walking is the easiest and cheapest way to exercise. You can do it anywhere, anytime. Here are some good reasons to start walking:

- *Live longer, healthier lives;
- *Love weight, especially around your stomach;
- *Decrease the risk of osteoporosis;
- *Strengthen your leg muscles;
- *Relieves tension and reduces stress.

Remember, if you haven't exercised lately, check with your doctor before starting any exercise program. Then start walking your way to better health.

What does it mean? by Registered Dietitians,

Your Link to Nutrition & Health! RD stands for Registered Dietitian. RDs are food and nutrition experts who have met the following criteria: *A Bachelor's Degree in foods & nutrition, *Completed a 6-12 month internship in nutrition; *Pass a national examination administered by the Commission on Dietetic Registration.

Did you know? That both moms and babies can be on WIC until the baby is 6 months old? That moms who breastfeed can stay on WIC until their baby is 1 year old? That children can stay on WIC until the month they turn 5 years old? You can call 553-2460 for a WIC appointment!

Healthy Cooking Tips by Bernadette Handley, RD, OSU Ext. Agent 553-3238
Low Fat substitutions
If recipe calls for:
bacon, 2 strips-substitute 1 oz Canadian bacon; Baking mix, 1 cup-substitute 1 cup "light" baking mix; Beef, ground, regular, 1 lb-substitute

1 lb 90% lean ground beef; Cheese, cheddar, 1 oz-substitute 1 oz part skim cheddar; Cheese, cream, 1 oz-substitute 1 oz 50% less fat cream cheese; Cream, sour, 1 cup-substitute 1 cup nonfat plain yogurt; Egg, 1 whole-substitute 2 egg whites; Oil, 2 TB for sautéing-substitute 1 TB oil and 1 TB broth or water.

Nutrition Pill Box by Sara Lee Thomas, RD

Ephedra or Ma Huang is found in many herbal "energy" and "weight loss" products. Ephedra has a stimulant in it called ephedrine ("ee-fed-drin").

To date, more than 800 bad reactions to Ephedra have been reported, including: Insomnia, nervousness, trembling, high blood pressure, rapid heart beat, seizures, stroke, death-over 40 or so.

Caffeine increases the effect of ephedrine. Herbs containing caffeine include Guarana, Kola, and Mate.

The FDA warns against taking more than 40 mg of ephedrine a day. Ephedrine does not work for permanent weight loss. Any weight lost is usually quickly regained.

Recipe of the Month
Cornmeal-whole wheat muffins (using commodity ingredients)

- 1 cup whole-wheat flour; 2 1/2 teaspoons baking powder, 1 cup cornmeal, 1/4 cup Dry egg mix, 1/4 teaspoon cinnamon, 1/3 cup nonfat dry milk powder, 1 cup water, 1/3 cup honey, 1/4 cup oil
1. Turn on oven to 400 F. Lightly oil muffin pans. 2. Mix in one large bowl the flour, baking powder, cornmeal, cinnamon, dry egg mix, and dry milk powder. 3. Mix separately the water, honey and oil. Add all at once to dry ingredients. Stir until just moist. 4. Fill muffin pans to make 12 muffins. 5. Bake for 25 minutes, until tops are light brown.

Costs of Casualty to the Confederated Tribes of Warm Springs

Submitted by EAP (Vickie Decker)

No one can put a price on a human casualty, however the dollar costs to an organization which experiences a trauma can be staggering. These costs are so large, that many companies have not been able to withstand them. In the case of The Confederated Tribes of Warm Springs, each time the "organization" experiences a trauma, the dollar that it costs to resolve the trauma do not go to the stock holders, in this case, the tribal members and the Tribe itself.

1) Worker's compensation claims for people who are either injured or traumatized by the incidents. The more filings of workers compensation claims, the higher the rate the organization must pay.

2) Increased use of benefits (insurance) and expenses paid for counseling of employees for those traumatized. The other medical

costs are for any people who are injured as a result of a trauma. For the tribal people, it becomes an expense from insurance (and the premium increases) or a cost to Indian Health Service. In that case fewer dollars are available for treating everyday medical problems and illness. This does not include the "out of pocket expense" people have for medical costs.

3) The cost of each management persons hourly wage is lost for the time spent dealing with staff problems associated with a traumatic event. That amount is multiplied by the number of management people involved with the process. In addition, they are not dealing with the business of running an organization when they are dealing with staff problems.

4) The lost time and absenteeism of all the people involved in a traumatic event is a large

expense. The hourly wage of all people off work, plus the hourly wage of all people needed to cover those positions, in addition to all of the hidden costs such as benefits for the people involved. Lost productivity is also a major part of the loss included in this. The work which the employees are hired to do, is not being done.

5) One of the large costs of any traumatic event is litigation. The expense of hiring attorneys for the organization is extremely high. In addition, the costs of settlements or court costs as well as law suits is one of companies greatest concerns. These costs run into the hundreds of thousands of dollars.

6) Negative publicity is always a very expensive residual effect for any organization experiencing trauma both financially and emotionally.