

A Warm Springs 4th of July "Coming to the Crossroads"

Schedule for the day

7:00 a.m.	Breakfast fundraiser, \$3/plate, WS Community Center Social Hall. Ends at 10:00 a.m.
10:30 a.m.	Judging of Parade entries. Categories: Traditional vehicle, horse, walker, business and most original entries. All kids invited to participate.
11:00 a.m.	Parade begins.
12:00 noon	Community Barbecue. Features: Open pit barbecue bear, barbecue burgers, hot dogs, chips, salad, pop and melon. FREE.
2:00 p.m.	4th of July game competition.
DUSK	Pyro Presentations

July 5th-10:00 a.m. volunteers to clean up the 4th of July litter.

For more information call 553-3225 (Cheryl) or 553-4922 (CHET)

Thank you to the contributors who help bring this activity to the community. Tribal departments, Healthy Nations office, Community Volunteers and Warm Springs Market.

Attention! Seeksequa Area Residence on Well Water

As you are aware, well water quality is important to you and your family's health. We will be testing in your area starting on June 28, 1999. We will be testing for bacteria, nitrates, well depth, static water level and flow rates.

To schedule an appointment to have your well tested free of charge, call Nancy Collins or Russell Graham at (541)-553-4943.

Sisters Annual Saturday Market to begin

The 22nd annual Sisters Saturday Markets, sponsored by the Sisters Area Chamber of Commerce will be held on July 3, August 7 and September 4.

Stroll the Village Green Park in downtown Sisters and enjoy over 125 booths of one-of-a-kind handcrafted items. The variety of crafts includes wooden birdhouses and toys, clothing, fresh and dried flowers, soaps, pottery, jewelry, paintings, photography and clothing

just to name a few. Listen to live music or watch a performance by the children of Mad Hatters Theater Group at the gazebo. Sample fresh food from the excellent variety offered by local vendors. This year we are adding a petting zoo near the playground with Llamas and Miniature Donkeys. Bring the family and spend the day in Sisters.

For further information please contact the Sisters Area Chamber of Commerce at (541) 549-0251.

Kubista's Creations



Molly Kubista

Molly Kubista, a Canadian-Cree and Samish decent, who was born in Seattle, WA., grew up in Annacortes, LaConner and Neah Bay area in the Northwest section of Washington.

She moved to Central Oregon, 20 years ago and now operates a Curio shop in the Mountain View Mall in Bend, OR., dealing with Indian Artifacts. The shop known as "Kubista Creations."

She deals in a variety of Indian Crafts and is the only Indian store south of Warm Springs. In her shop she has Indian Jewelry, Indian tapes, beads of all colors, coffee mugs, shirts and many, many other Indian articles.

Molly says that during the summer months she is hardly at home as she travels to many pow-wows across the country selling Indian Artifacts.

She does have a lot of dealings with several tribes buying or trading for Indian Crafts for her shop, she said that she has traded or done business with about 20 different tribes for Indian Crafts.

From Pi-Um-Sha, the Treaty days celebration here in Warm Springs, she will make her way up to Pendleton, OR for their big Pow-wow during the fourth of July. And from there who knows what Pow-wow she will be attending.

Cancer Survivors sought for Victory Lap

On Saturday, July 17, 1999 at 10:00 am, the American Cancer Society for Jefferson County will be hosting its 2nd annual Relay for Life. In celebration of life to give hope to all still battling cancer, we would like to extend a special invitation for all cancer survivors to participate in this inspiring event. We hope those survivors will join us in taking the first steps of the relay and walking its first lap.

Immediately following the Victory Lap, we will have a small reception for all the survivors and their families or care givers. There is no cost to walk in this part of the Relay and each participant will receive a Relay for Life t-shirt. For more information or to sign up to walk, call (541)-475-1818.

CPR Schedule July

BLS HEARTSAVER PLUS COURSE RECERTIFICATION
WHEN: 7-8-99 9:00 am
WHERE: Fire & Safety
COST: \$15.00 per student

BLS HEARTSAVER PLUS COURSE
WHEN: 7-22-99 9:00 am
WHERE: Fire & Safety
COST: \$25.00 per student
CALL FIRE & SAFETY TO SIGN UP
(541)-553-1634

Nisqually

Campmeeting

Nisqually, Wa July 8-11, 1999
Tommy Carpenter, Camp Coordinator

Two services Daily: 2:30 pm - 7:30pm - Two meals served: Breakfast: 9-10 Supper: 5-6

"I Will go before thee, and make the crooked places straight" IS.45:2
"I will teach you the good and the right way." I Samuel 12:23
"God will provide" Genesis 22:8

Bring your tents, trailers, campers, ect. Motels nearby!! You will have to call early to reserve a room or rooms. For More Information: Zelda Thompson: (360)-456-8105 No Collect Calls-Please!!! EVERYONE WELCOME COME PRAISE THE LORD!!!

A-Engrossed House Bill 3609 summary

The following summary is not prepared by sponsors of the measure and is not part of the body, thereof subject to consideration by the Legislative Assembly. It is an editor's brief statement of the essential features of the measure.

(Exempts certain rivers from wild fish policy of State Department of Fish and Wildlife)

Directs State Fish and Wildlife Commission to adopt and report on plans for natural sunsets July 1, 20001.

Declares emergency, effective on passage.

A BILL FOR AN ACT

Relating to wild fish policy; and declaring an emergency: Be It Enacted by the People of the State of Oregon:

Section 1. (1) Notwithstanding the wild fish management policy adopted by rule of the State Fish and Wildlife Commission, the commission shall adopt by rule plans for the natural production of anadromous fish runs in the basins set forth in subsection (2) of this section. The plans shall be adopted after government-to-govern-

ment consultation in the forum established pursuant to Unite States v. Oregon, United States District Court Case No. 68-513 MA, among the State Department of Fish and Wildlife and the Confederated Tribes of the Umatilla Indian Reservation, the Confederated Tribes of the Warm Springs Reservation of Oregon and the Nez Perce Tribe.

(2) The basins for which plans may be adopted under subsection (1) of this section are: (a) Hood; (b) Deschutes; (c) Fifteenmile Creek; (d) John Day; (e) Umatilla; (f) Walla Walla; (g) Grande Ronde; and (h) Imnaha.

(3) Of the basins set forth in subsection (2) of this section, the commission shall give priority to adopting plans for the Grande Ronde, Imnaha, Umatilla, Walla Walla and Hood basins.

Section 2. The plans adopted pursuant to section 1 of this 1999 Act shall:

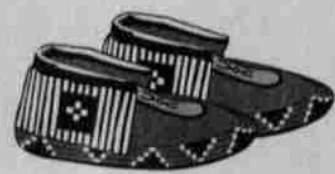
(1) Incorporate sound science; (2) Be based upon adaptive management, incorporating, monitoring and evaluation and clearly defied objectives

and outcomes; (3) Benefit fish and wildlife; (4) Be consistent with efforts of the State of Oregon to recover salmonid populations listed under the federal Endangered Species Act, 16 U.S.C. 1531 to 1544; and (5) Include a risk/benefit analysis to wild fish.

Section 3. During the biennium beginning July 1, 1999, the State Department of Fish and Wildlife shall report at least once every three months to the appropriate legislative committee and the Governor on the progress of the department and the State Fish and Wildlife Commission in implementing sections 1 and 2 of this 1999 Act. On or before January 15, 2001, the department shall submit a written report on such progress to the Seventy-fish Legislative Assembly.

Section 4. Sections 1 to three of this 1999 Act are repealed July 1, 2001.

Section 5. This 1999 Act being necessary for the immediate preservation of the public, peace, health and safety, an emergency is declared to exist, and this 1999 Act takes effect on its passage.



Representatives to meet with local vets

All veterans are welcome, WWI, WW II, Korea, Vietnam, Persian Gulf, Granada and Bosnia, Reserves and National Guards (Past deployment status).

Visit with representatives from VA Medical Center, Oregon Department of Veterans Affairs, State Employment County Service Office, Vet Center at the Health and Wellness Center here in Warm Springs, OR, Friday, July 16, 1999 from 9 a.m. to 5:30 p.m.

Please bring a copy of DD214 to apply for medical enrollment and ID.

For more information, please call (541) 553-3205 or 1-800-949-1004 ext. 52903. Sponsored by the Portland VA Medical Center and Health and Wellness Center in Warm Springs.

He-He Spiritfest

Alcohol & Drug Awareness AA, Alanon & Participation, July 9, 10, & 11. Where He He Longhouse 18 miles north of Warm Springs, OR. mile post 84.8 on U.S. 26

Friday- Potluck dinner AA meeting modern Dance.

Saturday- Breakfast (on own), 12 step recovery meeting (AA, NA, Al-anon, Alateen, ACOA.) Activities and games. 5:00 pm dinner. Indian Night Out pow-wow

Sunday-Spiritual Breakfast
Camping available at He He. RVs ok, no hookups available. Bring cook stove to meet fire regulations. Not responsible for accidents, theft or damage. For additional information or registration, call: (541)-553-1127, (541)-5531729 or (541)-478-2576. Donations accepted

Fireworks safety tips How to use Fireworks safely Office of State Fire Marshall Department of Oregon State Police

- Always purchase fireworks from an Oregon licensed fireworks location.
- Always have an adult present when using fireworks.
- Never allow children to use or play with matches or lighters.
- Have a hose or a bucket of water handy for emergencies and to douse misfired and spent fireworks.
- Read and follow label directions carefully.
- Use fireworks outdoors.
- Light one at a time and move away quickly.
- Never point or throw fireworks at people, pets, cars or buildings.
- Keep fireworks away from small children.
- Do not alter fireworks or attempt to make your own.

Illegal fireworks are any fireworks that:

- Fly through the air or explode.
 - Move more than twelve feet on smooth ground.
 - Act in an uncontrolled manner.
- For example: firecrackers, bottle or sky rockets and roman candles.

Please note:

- Legal fireworks are sold only from June 23 through July 6 at Oregon licensed retail stands. You may purchase smoke items and snakes year round.
- The sale and use of fireworks in your community may be prohibited by local ordinance. Please comply with these restrictions.
- Parents are liable for any damage or injuries caused by their children using fireworks.

News from the IHS Health & Wellness Center



There is nothing most women hate worse than receiving their yearly notice that they are due for their Pap smear and mammogram. Despite this, many women gather their courage up and come to the clinic for this annual event. They do this because of the many ways that doctors have of preventing and detecting cancers early, the pap smear and mammogram are two of the best.

The cervix is the opening of the uterus or womb. Cervical cancer affects about 13,500 women each year in the U.S. Of these, about 5,000 die. Native American women die from cervical cancer 1.8 times more often than other women in the U.S. Cervical cancer is the third most common cancer in women. However, cervical cancer deaths have decreased by 70% since 1941. This is almost entirely due to the development of the Pap smear.

There are many risk factors for the development of cervical cancer. The largest risk is for women who have sexual intercourse before age 18, especially within one year of starting their periods. Most of the risk factors are related to risk for infection with Human Papilloma

Virus (HPV). HPV is the cause of warts. Some types of HPV can cause sexually transmitted warts in the genital area. Infection of a woman's cervix by this virus can cause the changes leading to cervical cancer. As well, cigarette smoking makes a woman four times more likely to develop cervical cancer.

A Pap smear is a screening test your doctor does to check for early stages of cancer of the cervix. An abnormal Pap smear tells your doctor that you may need further testing and treatment to prevent cervical cancer. Pap smears should be started at age 18 or after onset of sexual activity, whichever occurs first. Pap smears are recommended yearly up until age 65. They may be performed more frequently in women at high risk for cervical cancer.

Breast cancer is the leading cause of cancer and the second leading cause of cancer death (after lung cancer) in women. Breast cancer effects about 180,000 women in the U.S. each year and causes about 44,000 deaths. Several studies have shown that Native Americans do not develop breast cancer as often as other women in the U.S. population. Despite this, it appears that Native American women with breast cancer tend to develop it at a younger age.

There are several risk factors for the development of breast cancer. The strongest risk factor is age. Breast cancer is 15 times more common in women 80-85 years old than women 30-35 years old. Other risk factors

include having two first-degree relatives (mother or sister) with breast cancer, never having children of having only after age 30 beginning periods at an early age or going through menopause at a late age, never breast feeding and higher socioeconomic status.

Breast cancer screening recommended by the American Cancer Society involves three components. The first is for all women over age 20 to perform monthly exams of their own breasts. The second is for women over age 20-39 to have a breast exam performed by their own doctor every three years, then annually after age 39. The last component is for women after age 50 to have an annual mammogram (a special x-ray of the breast). Women between 40-49 should discuss their risk for breast cancer with their doctor to decide if they need mammograms during this time.

The best chance that any woman has of surviving breast and cervical cancer is to find it early. Both of these cancers are highly curable if found at an early stage. If you have more questions about this, contact your doctor. Another good source for information will be the 1999 Jefferson County Relay for Life sponsored by the American Cancer Society. It will be held July 17-18, 1999 at the Madras High School Stadium. This year's educational focus is on breast and cervical cancer prevention. Hope to see you there.

Spilyay Tymoo

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