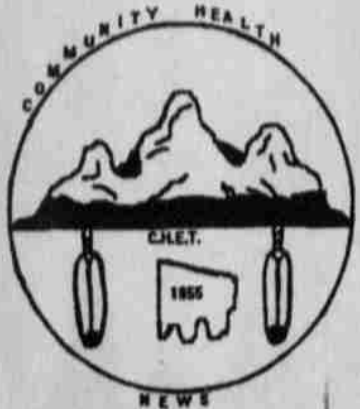


# Community Health Education Team news: Seatbelts & smoking



## You Decide, "Who's at Risk?"

### Smoke in a Work Place

Today less than 3 in 10 adults smoke tobacco. Many Americans have either never smoked, or have "kicked the habit" and the number of ex-smokers is on the rise! Smoking in the workplace has drawn increased attention in recent years. More and more organizations, restaurants, and small personally owned businesses encourage employees to avoid tobacco products and restrict smoking to certain times or places. Like many Oregon businesses, locally owned establishments are also smoke free. You might ask yourself "why should I care about smoking in a workplace?" Because it affects everyone! Most employees who smoke know that smoking is bad for their health. Surveys show that 9 out of 10 smokers would like to quit. But, many do not know that their smoking is also a health hazard to other employees, customers, clients or other visitors to their workplace or business.

A smoke free workplace offers many advantages! Organizations and businesses that have gone "smoke free" report a healthier work environment, higher productivity, increased attendance, substantial savings in insurance, health care costs, and maintenance. Also improved safety records, higher morale, and less stress. If you think you depend on tobacco, and feel you need it at certain times, more than likely tobacco is causing the tension and stress.

### Getting Burned!

When tobacco is burned it produces two types of smoke. **MAINSTREAM** is sucked through the unburned tobacco and inhaled by the smoker. It contains thousands of chemicals. Among the most dangerous are nicotine (which narrows blood vessels, speeds up the heart), carbon monoxide (robs blood of oxygen), tar (coats the lungs and causes cancer). Other poisons include nitrogen dioxide, ammonia, benzopyrene (causes cancer), cadmium (in batteries), formaldehyde (preserves dead bodies) and hydrogen sulfide (a form of sulfuric acid). **SIDE STREAM SMOKE** rises directly from the burning tobacco into the air. It's like mainstream smoke, except that it contains 2 times more nicotine, 5 times more carbon monoxide, 2 times more tar, 73 times more ammonia, 3 times more benzopyrene and more cadmium.

Why sidestream smoke is more toxic. Mainstream smoke is cleaned somewhat as it passes through the unburned tobacco and the filter (if there is one). Sidestream smoke goes directly into the air surrounding you. When a smoker inhales, oxygen fans the fire and the tobacco burns faster and a little more cleaner. However, tobacco that is allowed to burn slowly like in the ashtray burns less cleaner therefore much more toxic. Remember a smoker only puffs on mainstream smoke a fraction of the time the tobacco is lit, but side stream smoke is constantly being produced into the air you breathe.

### Passive Smoking

A passive smoker is a person exposed to sidestream smoke and the mainstream smoke exhaled by the

active smoker. After 30 minutes in a smoky room, passive smokers can have nearly as much carbon monoxide in their blood as someone who has actively smoked one cigarette. Over time, passive smokers have damage to small airways in the lungs and an increased risk of cancer.

Passive smoking can also have immediate effects such as coughing, headache, irritated eyes, irritated throat, sneezing, or nasal discharge, nausea, breathing problems, and increased heart rate. Pregnant women should take particular caution when around someone who smokes or spending excessive time in smoke filled areas such as vehicles, restaurants, or work place. Being a passive smoker can affect you just as much as an active smoker. Don't think, just because the smoking section is on the other side of the room that you aren't affected. It only takes seconds before you can feel the affects of tobacco smoke.

### Sanitary Outlook

Have you entered a building or restaurant to see cigarettes butts lying on the ground near the entrance? Have you noticed when a waitress smokes that she put the cigarette to her mouth then as she picks up your food she exhales smoke onto your food then delivers your food. Without taking time to thoroughly clean their hands your food is being delivered for you to eat.

Understanding what the dangers of tobacco smoke and what's in tobacco, you can have a clear picture of the hazards. Knowing there are over 4000 chemicals in commercial tobacco is an advantage. Telling people the benefits of smoke free environ-

ments and exploring new ways to reduce tobacco smoke in your work place are things you can do to protect your health and the health of your family. Don't let your health go up in smoke!

## Seeking Haskell Alumni

### To all Haskell Alumni, Parents & Friends:

The National Haskell Alumni Association would like to plan a celebration for the year 2000. This would be a great time for everyone to come back to Haskell and meet old friends again. We are planning a cook-out and entertainment on campus, including Outstanding Alumnus event. We would like to have as many as possible of the past Outstanding Alumni to come back to be special guests to the one to be elected. If any of you know an entertainer that would help us, let me know. May 11th will be the date.

I know this is a big project, but with everyone working together, we can do it. I am asking for a donation to help cover the expenses.

All donations should be made out to the National Haskell Alumni Association—Haskell 2000. I will chair the event and will be appointing several committees. Send the donations to: Martha Houle, President; National Haskell Alumni Association; 11415 W. 67th St.; Shawnee Mission, Kansas 66203 or call (913) 631-7833.

## Meeting set

Don't miss this meeting!

Thursday, March 16th at 12 noon at the Fire Management Training room! Secure our future! Be informed before you vote! You are invited to bring a sack lunch to the Fire Management Training room on March 16th and find out what the March 28th Referendum is all about!

Warm Springs Power Enterprise General Manager Jim Manion will explain the proposed agreement between the Confederated Tribes and PGE! Jim will answer any questions you may have!

That's Thursday, March 16th, from 12 noon to 1 p.m. in the Fire Management Training Room at the Warm Springs Forestry Complex. Secure our future! Be informed before you vote on March 28th! Lunch will not be provided. Bring your own sack lunch.

## Photo contest deadline is 3/31

The International Library of Photography is pleased to announce that over \$60,000.00 in prizes will be awarded this year in the International Open Amateur Photography Contest. Photographers from the Warm Springs area, particularly beginners, are welcome to try to win their share of over 1,300 prizes. The deadline for the contest is March 31, 2000. The contest is open to everyone and entry is FREE.

"Everyone has at least one memorable photo that captures a special moment in time," stated Jeffrey Bryan, Contest Director. "When people learn about our free photography contest they suddenly realize that their own favorite photos can win cash prizes, as well as gain national exposure," continued Bryan.

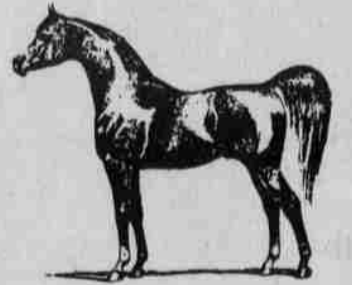
To enter, send ONE photograph in ONLY ONE of the following categories: People, Travel, Pets, Children, Sports, Nature, Action, Humor, Portrait or Other. The photo must be a color or black-and-white print, unmounted, 8" x 10" or smaller. All entries must include the photographer's name and address on the back, as well as the category and the title of the photo. Photographs should be sent to: The International Library of Photography, Suite 101-9007, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by March 31, 2000.

The International Library of Photography is an organization dedicated to bringing the work of amateur photographers to the public's attention. You can visit their website at www.picture.com. For further information, contact Pat Reynolds (410) 363-4800.

## Services expanding

The Opportunity Foundation is expanding services to individuals in Jefferson County!

Those parents of children with developmental disabilities who want transportation to an evening/weekend activity program for their child should contact Holly Kumble evenings at (541) 475-6741.



## Is your child worth five minutes? READ ON...

Today children are very fast learners, most of the time it is the adults who aren't. How can we change our attitudes to help our children live longer lives. We realize how dangerous and serious a head on collision or roll over is, but we also think that it won't happen to us. Unbuckled drivers endanger kids by setting bad examples for them to follow. When a driver is unbuckled, 70% of the time so are children riding in that vehicle. How can we be so selfish not to care for their safety. Everyone has a role, we all have a stake in this problem and we are all part of the solution. We must all buckle ourselves, our children and call upon others to do the same. Can you see your future without your children or them without you. Don't let ignorance separate you and your child. Reach across, grab the seatbelt and buckle up.

# Hanford Health Information Network closing - Lack funds

The Hanford Health Information Network (HHIN) is closing due to lack of federal funding. This came as a surprise to us since we had been re-authorized for two years. We were awarded only enough funds for part of the year.

May 15, 2000 will be the last day that you can request information from HHIN and June 30 is the last day you can donate materials to the HHIN Archives. Following is a summary of the status of HHIN and Hanford Health Information Archives services, and a coupon you can send to the Radiation Health Effects Archives, which is intended to continue the work of the Archives.

### HHIN Services

- Publications, questions: The Bend HHIN Office will remain open until March 31, 2000. Please call the office at 1-800-248-4446, Ext. 1. The Portland HHN office will remain open until May 15. Please note that the Portland office phone number, 1-800-248-4446, Ext 2, will remain the same toll-free number to receive your calls about the Hanford Individual Dose Assessment Project. As HHIN closes down, our ability to respond will become more limited. We will do our best to fill all requests we receive by May 15.

- HHIN Web site: All HHIN

publications are available on our Web site. The Washington State Department of Health will continue to maintain the Web site for the foreseeable future, but the materials will not be updated. See <http://www.doh.wa.gov/hanford/>.

- Information through libraries: Your local or county library may offer internet access so you can get information from HHIN's Web site or other sites. Also, Oregon main county libraries have a resource binder of HHIN's publications titled "Radiation Health Effects and Hanford: A Resource Book." Call HHIN before May 15 to find the library closest to you that has this binder, or check with your reference librarian.

Hanford Health Information Archives:

- Donation of materials: The last day the Archives can accept donations of materials is June 30. The staff will make every effort to process and catalog your donated materials in the time left. Contact the Archives at 1-800-799-HHIA (4442) or by E-mail at [hhia@its.gonzaga.edu](mailto:hhia@its.gonzaga.edu).

- Oral histories: The Archives can also accept oral history tapes until June 30, but may not be able to

have them transcribed.

- Archives Web site: Gonzaga University will continue to make the Archives Web site available. See <http://www.hhia.org> Also see the Radiation Health Effects Archives Web site; <http://www.rhea.org>.

- Future of the Archives: Additional federal and private funds are being sought to maintain the Hanford Health Information Archives as a continuing public resource. Gonzaga University, where the Archives is located, will house the Archives as a special collection for 18 months while funds are being sought. A separate not-for-profit organization, the Radiation Health Effects Archives (RHEA), was created to continue the Archives but does not yet have funding. Until funding is secured, access to the Archives collections will be limited, and the Archives will not be able to accept new donated materials or to respond to individual questions or requests. To be on the list to receive further information, please fill out the coupon and return to RHEA.

Mailing List: Since you are receiving this letter, you are on an HHIN, or Archives, mailing list. A federal law protects the confiden-

tiality of hanford-exposed persons who have contacted HHIN. The state health agencies, the Northwest Portland Area Indian Health Board, and the Archives will keep the HHIN mailing lists for one year and will uphold HHIN's confidentiality procedures. (The Resource Center's national mailing list will be held as part of the Washington state Department of Health's mailing list.) The mailing lists will not be updated, however. If a Hanford-related study or health project is interested in sending information to the people on these mailing lists, it can apply to do so under the confidentiality procedures. Please note: If you wish to remove your name from HHIN's mailing list, please let us know as soon as possible, but no later than May 15.

Final Mailing: We hope to send you on final mailing later this spring. This will include a last news letter issue and updates on key Hanford Related studies and public health activities.

On behalf of the Oregon Citizens HHIN Advisory Board members, the Oregwon HHIN staff, and the Oregon Health Division, we thank you for your interest and support of the network over the

past seven years. We hope you found our services helpful in answering some of your questions about potential health effects and the radioactive releases from Hanford. It was an honor to serve you. Please call us by May 15 if you have any last questions.

Laura Chenet Leonard, MPH  
HHIN Project Coordinator

Susun Dodge  
HHIN Staff

Sherry Katherine Dunn, RN, BSN  
Nurse Educator

Jay Mullern, PhD, Chair  
HHIN Advisory Board

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## On Patrol



By Linda Talifson  
On October 11, 1999, by Resolution No. 9787, the Tribal Council amended the Traffic Code (Chapter 310 of the Tribal Code) by adding a new Section 310.600 entitled "Seat Belts and Child Restraints Required." This

new code section becomes effective on April 11, 2000. Following is the language of the new code section.

Seat Belts and Child Restraints Required\*.

Any driver or occupant of a motor vehicle operated on any street or highway of the Warm Springs Indian Reservation shall be properly secured in a seat belt or approved child restraint system that meets Federal Motor Vehicle Standard No. 213.

(2) To comply with subsection (1) above, a child passenger who is under four years of age or weighs 40

pounds or less must be properly secured with a restraint system that meets Federal Motor Vehicle Safety Standard No. 213.

(3) The driver of the vehicle will be cited if the occupants in violation of this section are under the age of 16 years. Occupants under the age of 16 years in this section shall not be cited.

(4) The offense of failure to use safety belts or child restraint system is a Class D traffic infraction.

With the passage of the Tribal Council Resolution #9787, which addresses the concerns for the safety of drivers and passengers in motor vehicles, especially children, we would urge all community members to buckle up. Some of us may feel this is a personal choice or conflicts with tradition and may be resistant to change. Each member of our community represents a precious resource; the loss of even one person prematurely will alter the pattern of our lives and the community forever. Seatbelts Save Lives.

Crimstopper Hotline# 553-2202. Saturday, February 26, 2000 responding to a domestic dispute in progress, Officers of the Warm Springs Police Department contacted Timothy Wainanwit at 2372 Oitz Loop which lead to two arrests for narcotics and firearms violations.

Officer's noticed the strong odor of burning marijuana and observed drug paraphernalia when making contact with the occupants of the residence late Saturday evening. A Narcotics Detective of the Warm Springs Police Department and assigned to the Central Oregon Drug Enforcement Team responded to the scene and initiated an investigation.

During a consensual search of the residence approximately 34 grams of marijuana some of which was packaged in 19 individually wrapped baggies for sale, a set of digital scales, plastic scales, marijuana smoking devices, methamphetamine paraphernalia, a small amount of methamphetamine and a sawed off shotgun were seized.

Arrested as a result of the investigation was Timothy Wainanwit of Warm Springs and Stephen Starr also of Warm Springs. Starr was taken into investigative detention for the possession of the illegally altered firearm. Possession of an illegally altered firearm is a federal violation and the case will be presented to the United States Attorney's Office in Portland, OR.

On February 23, 2000 Narcotics Detectives and officers of the Warm Springs Police Department arrested Roger Drymon, 29, a non-Tribal member on charges of Possession of marijuana, Possession of Drug Paraphernalia and Carrying a Concealed Weapon.

Drymon was arrested and cited to appear in Tribal Court for the above mentioned charges.

Madras-On February 26, 2000 at about 8:24 a.m., after initiating a theft investigation, officers of the Madras Police Department with assistance from the Jefferson County Sheriff's Office and Oregon State Police, executed a search warrant at 1535 SW Olive Street. At the time the warrant was served, two suspects were arrested and lodged at the Jefferson County jail. The suspects are Kurt Andrew Layton, DOB 9-03-72, 1525 Olive Street, Madras,

OR with charges of Theft I, Theft II (2 counts), Theft by receiving, Criminal Mischief II (2 counts), Possession of a Controlled Substance, Delivery of a Controlled Substance, and Manufacture of a Controlled Substance, bail was set at \$85,000. Ladonna Lee Zamora, DOB 10-02-76 same address with charges of Outstanding Jefferson County Warrant, fail to appear, PCS I and PCS II, Theft by receiving and Frequenting a place where controlled substances are used, bail was set at \$57,500.

Inside the residence a small amount of suspected methamphetamine was recovered as well as items known to be taken from a theft in the area, specifically from a construction site on Deer Ridge. Items from this theft that were recovered including an air compressor and other construction equipment.

Located under an outbuilding of this residence were posts and chains that had been stolen from Green Spot Trailer Court. All these items were seized by the Madras Police Department as well as other items believed to possible be stolen, including a Honda dirt bike. Because of the amount of property seized it was necessary for the Police department to obtain a U-Haul truck in order to transport it.

The police department believes that several outstanding, unsolved theft cases will be cleared because of this search warrant and over the next several weeks, officers of the Madras Police Department will be reviewing theft reports and contacting victims in an attempt to try and identify the property that was seized.

## Trust fund list completed

The first minors trust distribution for year 2000 list has been completed pursuant to Tribal Council Resolution No. 9738.

This distribution contained no Tribal Court orders for attachments. However, there were no 18 year olds that will be receiving a trust distribution due to the education requirements pursuant to the resolution. The current 19-21 year olds will be receiving the distribution, as they will not be required to meet the education requirements.

Those minors not receiving a distribution will be added to the list for the July 2000 distribution. If you have questions please call Vital Statistics (541) 553-3252.

## Business under new management

Green Spot Welders has reopened under new management of Charles Gregg. Hours are 8 a.m. to 5 p.m., Monday through Friday, 8 a.m. to 1 p.m. on Saturdays.

Manufacturing of steel Co. lams and tresses for commercial and residential buildings, hay barns, storage sheds, shops etc. Welding and metal fabrication, mobile welding service, trailer wiring and industrial gasses and supplies. Also specialize in making Kupins (root diggers).

For more information call (541) 475-2519 or fax (541) 475-9708

# Spilyay Tymoo

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