

Healthy Nations 7th Annual Bar-B-Que held June 8



Alyssa Macy, was one of many participants who helped celebrate the Healthy Nations yearly Bar-B-Que. As of January 2001, the Healthy Nations grant will end, possibly eliminating the yearly program as well as the yearly Bar-B-Que.

Native American Business Alliance convention on tap

The Native American Business Alliance Convention 2000 is scheduled for July 10-12, 2000 at the Hyatt Regency Hotel in Dearborn, Michigan.

Bringing the Circle Together
This convention will provide an opportunity as unique as the native culture itself. Imagine a convention where you don't just listen to speeches, you participate.

- Meet one-on-one with representatives from some of the largest corporations in America.
- Sit in talking circles with other Native Businesses, Tribes, and

Corporations to discuss topics of interest to you.

- Share your experiences and benefit from theirs.
- Learn how to do business with the large corporations of America at the same time you network with other Native Business owners.
- Take advantage of the opportunity to learn how Tribes operate, what they buy, and what they sell.

Seminars
Small group meetings conducted by experts in their field. The topics will be covered in depth with an

emphasis on the practical. You will take away information you can apply to your own business. Some topics include:

- Partnering/Joint Ventures
- E-Commerce & The Internet
- Native History and Culture
- Accessing Capital
- Federal Programs
- Native Values in Today's Business

Miller selected for Neuroscience Institute

Candice Miller of Warm Springs has been selected to attend the Neuroscience institute at the University of Oregon's 2000 summer session. She is one of eight high school students chosen nationally to participate in the eight-week institute, which is for students considering entering a career in science or medicine. Miller will be under the close mentorship of U of O professors during the course of the program. Candice recently received awards at the high school level for outstanding achievement in English, Integrated Math 111, Physical Fitness, and was also voted recipient of the Citizenship Award. She was a potential nominee for the National Chemistry Society's Award for Excellence in Chemistry. Her plans for this fall include classes in physics, trigonometry, completing another year in foreign language, and an honors class. She maintains a 4.0 GPA, perfect attendance, and is a member of the National Honor Society. She was recently chosen for the Native American Spotlight feature in the school paper, the 'Madras White Buffalo.' Miller is a sophomore at Madras High School. Her parents are Vesta Johnson of Warm Springs, and Whitney Miller of Pendleton, Oregon. Maternal grandparents are Ginger Smith, and Delford Johnson; paternal grandparents are Earl Miller and the late Dora Miller, all of Warm Springs.

The Big Splash



Middle School students who passed the Social Studies Challenge were treated to a day at Kah-Nee-Ta with free swimming and free miniature golf.

News from the Health and Wellness Center

Topic: Nutrition and P.M.S.
By Sara Lee Thomas, MS, RD
Public Health Nutritionist
541-553-1196 ext. 4152

P.M.S. stands for premenstrual syndrome. P.M.S. is a real disorder, it is not just "all in your head". Experts believe that P.M.S. happens when the body and brain don't respond well to the hormone changes of the menstrual cycle. Up to 40% of women have premenstrual symptoms serious enough to interfere with their life. Up to 5% of women have severe P.M.S.

Women with P.M.S. will have at least 5 of the following symptoms before their periods. If you have these problems all or most of the time then something else is going on. If it is really P.M.S. then the symptoms will start about a week before your period but stop once your period starts.

Symptoms of P.M.S.:

Depression, putting yourself down, feeling hopeless, anxiety, tension, feeling "keyed up" or "on edge", Sad or tearful and more sensitive to feeling rejected in relationship, irritability, anger, more conflicts with others, breast tenderness or swelling, headaches, joint/muscle pain, weight gain or bloating sensation, decreased interest in usual activities, feeling that you can't concentrate as well, feeling tired, no

energy, feeling overwhelmed or out of control, food cravings, appetite changes, sleeping much more or less than usual

Helpful Lifestyle Changes:

Over half of women with P.M.S. can be helped if they make the following changes:

Eat 6 half-size meals/day instead of a few large meals. Eliminate foods high in refined sugar and white flour. Choose whole grain breads and cereals. Fiber helps regulate estrogen levels. Reduce or avoid caffeine, salt, smoking, and alcohol. Caffeine aggravates P.M.S. in some, but not all women. Start an exercise program. Regular exercise boosts mood and decreases water retention and breast tenderness. Start these changes in the 1st half of your cycle when you are feeling better. If you still have problems after 3 months, then consider talking to a doctor about medications for your P.M.S.

Dietary Supplements that may help:

Please note: Lifestyle changes are the most important changes to make. Add supplements only after discussing them with a health care provider, especially if you take daily medications. Supplements can interfere with how your medication works, making it too weak or too strong.

Calcium: 1,000 to 1,500 mg/day. In a 3 month study, women taking

1,200mg calcium a day reduced their P.M.S. symptoms by about 50% overall. The women taking the calcium had less water retention, food cravings, pain, depression, mood swings, headaches, and irritability than the group taking the placebo (a fake pill). Instead of taking calcium pills you could drink 3 to 4 cups of milk a day to relieve P.M.S. Use lactose reduced milk if you have problems digesting milk.

Magnesium: 250 to 500 mg/day. The best food sources of magnesium are nuts, beans, whole grains, and green vegetables. Women with P.M.S. are often found to have lower levels of magnesium. Some experts believe that increasing magnesium levels might help emotional symptoms such as tension, anxiety, and irritability by boosting important mood regulating brain chemicals (serotonin and dopamine). Cautions: 1) Taking over 500 mg of magnesium can cause diarrhea, 2) If you have kidney disease you should not take magnesium without talking to a health care provider first.

Vitamin E, up to 600 IU/day. Some, but not all, research show vitamin E helps with mood swings, food cravings, bloating and depression. Caution: if you are on a blood thinning medication, like Coumadin, then taking vitamin E could make your blood too thin. Check with your

health care provider or pharmacist.

Vitamin B6, up to 100 mg/day (more with a doctor's O.K.). Vitamin B6 is needed in your brain to make serotonin, an important mood-regulating chemical. Vitamin B6 also helps regulate the effects of estrogen. The research is divided about B6 and P.M.S. but it can be worth a try if other things haven't worked. Caution: Some studies used up to 200 to 400 mg B6 a day but, since excess B6 can cause nerve damage, don't go over 100 mg a day unless you have close medical supervision.

Summary:

Most women with P.M.S. can be helped by making nutrition and lifestyle changes. If you would like more information on how to make these lifestyle changes please call me, Sara Thomas, at 553-2460. Same-day nutrition appointments are often available on Mondays, Tuesdays and Fridays.

However, if these lifestyle changes don't help enough then many medication options are also available. Please contact your preferred provider at the Health and Wellness Center (553-1196). The Health Center also has a Nurse Practitioner, Ms. Joy Harvey, who operates a Women's Health Clinic at the Health and Wellness Center. She is also available to answer your questions.

Summer food service program to begin

The Jefferson County School District 509-J and Warm Springs Community Center announce the sponsorship of the Summer Food Service Program for Children. Meals will be made available at no charge to attending children 18 year and younger.

The United States of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who

require alternative means for communication of program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Meals will be provided at the site listed below:
Warm Springs Community Center
220 Hollywood Blvd.
Warm Springs, Oregon 97761
Lunch served 11:45 to 12:30 p.m.
Snack served: 3:30 to 4:00 P.m.
Program runs June 19, 2000 through August 11, 2000. Closed July 4, 2000.

Warm Springs Presbyterian Church invites all the children of Warm Springs to join us at SonZone Discovery Center!

This year's Vacation Bible School promises to be an adventure your children will never forget. They'll explore the wonders of God's Universe through lively songs, humorous skits and 'science-with-a-twist'-based crafts and games. But most importantly, they'll look in the Bible for the answers to some very important questions such as, "Why am I here?" "What is God like?" and "Why did Jesus have to die?"

The SonZone Discovery Center Vacation Bible School is absolutely free and it begins June 26th and continues through June 30th, from 9:00 a.m. to Noon. For more information please call (541) 553-1237.

Poems shared. . .

These poems were written by the COIC students in Warm Springs and dedicated to the memory of their friend Clifford Pamperien. These words are thoughts and feelings expressed by these students and composed into a book of poems.

Life

A life so young has left this world behind.
One who is so talented and one who is so kind.
A life we knew and had seen everyday.
He will be missed and cried for day by day.
A life that had things to do and a future ahead.
He had plans on his mind, now they're destroyed instead.
That life won't sorrow or experience anymore pain.
He followed the light beyond the rain.
That life is resting now, so let's leave him be.
He's in a better place, God set him free.
Written by Isaac George

Heartless and Gone

Here today and gone tomorrow
And here I'm left in pain and sorrow.
I didn't have a chance to say good-bye
So all I did was sit and cry.
My tears were followed by a scream of pain.
And finally again my mind was sane.
I had no fear of losing a friend
But yesterday your life did end.
I hoped and prayed it was all a bad joke.
Today my words went up in smoke.
The hurt it gives the crying heart
Tells the world it's your time to part.
To see the light, to tell your story
About how your life was full of worry.
Another day passes and it seems dead
Until peacefulness clears everyone's head.
Upon your grave a flower did wilt.
I prayed to God and by you I knelt.
The rain it washed your pain away
But still you took my heart today!
Written by Barbara Jackson

Christmas tree growers to meet

Christmas tree growers from Oregon and Washington will meet in Grand Ronde, Oregon for the Pacific Northwest Christmas Tree Association's annual Summer meeting and Farm Tour held at Spirit Mountain, June 16 & 17, 2000 according to president Julie Hoffman.

This two-day event will include educational sessions on Friday with seminars on the Association seed orchard, seed availability updates, plot preparation, root diseases, pesticide information and more. There will also be Oregon and Washington State legislative meetings.

Saturday, growers will tour four farms including stops that include the PNWCTA Seed Orchard, Holiday Tree Farms Rock Creek, Red Prairie and Salt Creek. Field demonstrations will be offered at each of the plantations and a barbecued lunch will be served at our final destination.

The Pacific Northwest Christmas Tree Association is the nation's largest regional Christmas tree association. The association is composed of grower, supplier and retailer members from Oregon, Washington, California, Idaho and British Columbia. This event is open to members only, but membership information can be obtained by calling 503-364-2942.

Annual Art contest open for 17 years and under

Arts and Kids is pleased to announce that \$38,000 in prizes and scholarships will be awarded this year in it's Annual Art Competition. Students from the Warm Springs area, particularly beginners are welcome to try to win their share of over 115 prizes. The deadline for the contest is July 31, 2000. The contest is open to everyone 17 years of age and younger and entry is FREE.

"Everyone will enjoy an equal chance of winning the contest since entrants will be judged using age-appropriate stan-

dards," stated Suzanne Lawrence, Contest Director. "Many of the artists who enter this contest will gain national recognition through the publication of their artwork," continued Lawrence.

In addition to the 115 scholarships and prizes totaling \$38,000 that will be awarded to young artists, a \$1000 grant will be awarded to the schools of the five finalists for art education or to provide supplies or art-related technology.

To enter, send ONE original work of art, any style and any medium. All entries must include the child's name, address

and age on the back. Artwork should be sent to: Arts and Kids; Suite 101-2111, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by July 31, 2000.

Arts and Kids is an organizations dedicated to bringing the work of young artists to the public's attention. In the last ten years, they have awarded over \$100,000 to talented artists, most of whom have never before entered, or expected to win, any type of artistic competition. You can visit their website at www.ArtsandKids.com.

"Can We Talk?" A C.H.E.T. Parenting Session

Innovative program urges parents to talk with their kids about sex. Now that kids are learning about sex at school, on TV, in the movies and on the web, what's left for parents to say? Plenty, say the organizers of "Can We Talk?", an innovative new program sponsored by the tribal Community Health Education team. "Can We Talk" is designed to get kids and parents talking about sex and relationships.

This problem isn't that kids don't have enough information about sex—they are bombarded with sexual ads, sitcoms and web sites daily—instead they might not have the right kind. And even though many children are learning sex education at school, the curriculum may leave out their family values.

That's why CHET is inviting you to take the lead when it comes sexuality education. The Community Health Education Team is running a four-part series of workshops for parents, designed to help you start discussions with your children about

self esteem, puberty and sexuality, mixed messages in the media and peer pressure. This skill building program was developed by the National Education Association Health Information Network.

In the workshops, parents get to talk about important issues facing their kids, including alcohol, drugs and AIDS. Parents get advice on how to bring up sensitive topics at home. And each parent leaves with a cartoon activity book designed to break the ice with their kids. Best of all, the series is FREE. The workshops will meet each Tuesday and Thursday on July 11, 13, 18 and 20th at the Vern Jackson Home on campus. Each session begins at 6 p.m. A light snack is provided.

Session completion incentive! There is limited space available for this upcoming parenting session. You will find "Can We Talk" a bit of a different experience than most parenting sessions, as your own family values and strengths are highlighted. "Can We Talk" guides you to an understanding of how you al-

ready have the answers to questions about addressing sexuality with your children. The best part of this parenting session is the surprise that awaits each set of parents that complete the full four sessions. It may be pizza and a movie, or a family dinner out at Kah-Nee-Ta or summertime gear, who knows what will appear from CHET's surprise box. For sure, it will be free to the people who complete the sessions! WOW! Call now, 553-1922 to sign up for your slot in the next "Can We Talk" parenting session!

Don't miss the boat, sign up now! Special points of interest: Door prizes given out; a light snack will be available; incentives for those who complete the full four sessions; a time to share; a time to listen and learn; information is easy to understand, learn and apply; everyone has something to contribute.

The Community Health Education Team 553-4922 is Diana De Leon, Anita Davis, Judith Charley, Carolyn Wewa and Anson Begay