

Early Head Start news June, 2000

Sun-Safety Tips, Protect Yourself

Take care of your kids inside and outside. Make sure your children are eating well-balanced meals...

Sun facts

Research shows a link between childhood sunburns and an increased risk of melanoma and skin cancer later in life.

Protecting skin from the sun during childhood and adolescence is very important in reducing the risk of skin cancer as an adult.

About 80% of skin cancers could be prevented by protecting the skin from the sun's rays.

How to Protect Your Child From The Sun

Avoid the strongest rays of the day, normally from 10 a.m. until 3 p.m. in the northern hemisphere.

Sunscreens are rated by their sun protection factor, or SPF. The SPF tells you how many times a sunscreen will increase your child's ability to remain in the sun without burning.

Cover up! Wear clothing to protect your skin as much as possible. Choose long sleeve shirts and long pants and wear a hat that shades your face, neck and ears.

Children need extra protection from the sun. Encourage children to play in the shade, wear protective clothing and apply sunscreen regularly.

Sunscreen is not recommended for children less than 6 months old. Keep infants in the shade and covered up with clothing.

Sunlight reflects off water, sand, concrete and snow, and it can reach below the water surface.

Plan activities to avoid the hours 10 a.m. to 3 p.m. when the sun's rays are strongest.

Cloudy skies may make the air temperature cooler, but UV (ultra-violet) rays that damage skin are still coming through the clouds.

Some medications such as antibiotics can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist about medication you are taking and take extra precautions.

It's never too late to protect your skin. Even if you've tanned or burned before, you can begin protecting your skin and your family's skin too.

I.H.S. Question of the Month

We asked the Nutrition and WIC Supervisor Lillian January, "What are some of the most common questions, or concerns that new parents have when they come to see you?"

One of the most Common questions Lillian helps new parents with is when to introduce solid baby food and juice. She suggest starting babies on cereal and juice at 6 months.

Another question Lillian helps new parents with is the breast-feeding versus bottle-feeding dilemma. She gives parents as much information as she can in regards to the pros and cons of both.

When and What immunizations are another commonly asked question. She shows parents the regular immunization schedule chart and explains the different types of immunizations.

Lillian would also like the community to know that the 1st Time Parent Support Group is offered every month. If there are questions she can be reached at the Health and Wellness Center Clinic, 553-1196, WIC Department 553-3291.

Tick Talk-The Basics

Ticks are small arachnids (ah-rack-nids) that are parasites; so they survive by sucking the blood of animals. During Spring, Summer & Fall, it's easy to pick up ticks while playing or exploring outdoors.

case or Rocky Mountain Spotted fever. So, it is very important for families to get in the habit of doing tick checks after playing outside.

To remove ticks, it is best to use a pair of tweezers & firmly grasp the tick as close to the skin as possible. Pull firmly but slowly to release the tick from your skin.

What is Impetigo?

Impetigo is a common contagious infection that is located on the surface of the skin. The areas that are usual affected are the face, arms and legs.

The signs of symptoms are a red rash with many small blisters. Some of the blisters may have pus inside them and will usually form a yellow crust when they break.

Bacteria that grow in the upper layer skin cause impetigo. There are always some bacteria on everyone's skin all the time but the risk for catching this infection increase with several factors.

The skin infection can be prevented. Bathing daily with soap and water is a major combat for any infection, especially when preventing impetigo.

Impetigo is curable in 7-10 days with prescribed oral and/or ointment antibiotic treatment. If left untreated the infections can spread into the deeper layers of the skin, causing scarring and kidney disorders.

Notify your doctor if you or a family member has symptoms of impetigo, if fever occurs or the sore continues to spread or doesn't begin to heal in 3 days despite treatment.

This information was obtained from the IHS Nursing staff and was originally printed by the WB Saunders Company.

Correction from May's newsletter

Immunization/Well Child WALK-IN clinic is every 4th Thursday of the month, not every Thursday.

Be sure to listen to KWSO every Tuesday and Friday at 7:30 a.m., 12:00 p.m. and 5 p.m. for story time!!

Water Aerobics

FREE water aerobics at Kah-nee-ta, Wednesday, 10-11 a.m., Wednesday evenings 5:30-6:30 p.m. Monday evenings 5:30-6:30 p.m.

This considered a senior event but all are welcome. You may bring your family members. There is no child care provider, so you will need to make sure you bring someone that can supervise your child.

Note: There is transportation provided only for the Wednesday morning class. The senior bus leaves the Community Center at 9:30 a.m. sharp! You should contact Maria Lopez at 553-4100 and let her know how many are in your party!

Support Groups

The Community Counseling Women's support group meets every Friday from 10 a.m. to 12 noon at the Community Counseling Building on the main floor in the large meeting room.

Victims of Crime (VOC) Victims of Crime is available in our community. They have a great staff and lots of resources for all family members in crisis or need.

Attention all Warm Springs, Simnasho and Schoolie Flat water users. As a public water system, we are required by the United States Environmental Protection Agency (EPA)

Summer Academy to begin July 5

Basic Daily Schedule 8:00-9:00 Breakfast 9:00 First Bell 12:00-1:00 Lunch (individual class times to be scheduled) 3:00 Dismissal

Swimming Lessons

Students who are signed up for swimming lessons will need to be in front of the school every Tuesday and Thursday by 7:20 a.m. to catch the bus to Kah-Nee-Ta.

Meals

Breakfast and lunch are free to all students enrolled in the Summer Academy. No one over 18 years of age may eat breakfast or lunch in the cafeteria.

Shirts

Summer Academy T-shirts are being purchased for the students and staff at WSE.

Students who are encouraged to attend every day, but are not required to. We hope that students will be having so much fun they will want to come every day.

Wildhorse powwow begins June 30th

The powwow grounds at Wildhorse Casino Resort will be the site of colorful pageantry and traditional Indian drumming and sinning this Fourth of July week-end beginning Friday, June 30 and ending Sunday, July 2nd.

The 6th Annual Wildhorse Powwow which features hundreds of the best dancers, drummers and singers from all over the nation kicks off with the grand entry at 7 p.m. on Friday and is followed immediately by a series of dancing and drumming events.

Dancers will compete in such categories as Men's and Women's Fancy, Traditional, and Golden Age; Teen, Traditional, Fancy and Grass or Jingle and Junior Traditional, Fancy and Grass or Jingle.

On Saturday the activities begin at 3 p.m. with the grand entry and on Sunday the grand entry is at 1 p.m.

New this year is a stick game area where players can engage in this centuries old game. And an art auction is being held in conjunction with the powwow at 5 p.m. on Saturday

Public Notice

Attention all Warm Springs, Simnasho and Schoolie Flat water users. As a public water system, we are required by the United States Environmental Protection Agency (EPA)

being purchased for the students and staff at WSE. The shirts are one of the many supplies that have been purchased by the Healthy Nations/Robert Wood Johnson Foundation.

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Bus Schedule

Students will be picked up at their usual stop by the same bus and driver (except for Simnasho) as the regular school year.

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Dancer registration begins at 3 p.m. on June 30th and ends at 1 p.m. on July 1st.

For more information call RaeAnn Crane or Kathy Barkley at 541-278-2274.

Wildhorse Casino Resort is located four miles east of Pendleton in Northeast Oregon.

Wildhorse Casino Resort is available at (800) 654-WILD or www.wildhorseresort.com.

T-shirts 4 sale

Kalama Family Reunion June 2000 Tee-shirts are now on sale for \$15 each.

Clarinet for sale

Yamaha clarinet for sale. \$300 firm. Excellent condition.

Central Oregon Fire Management assist in fire outbreaks

Central Oregon Fire Management Services assisted rural fire departments today on three fires which broke out within ten minutes of each other near Bend, Cloverdale and Lapine.

Fire 326 was reported to Deschutes 911 at 2:27 p.m. at the junction of SW Wells and SE 15 street in Bend.

Cloverdale Rural Fire Department responded to fire 325 in a transfer station located 5 miles southeast of Sisters at 2:32 p.m.

Lapine Fire Department responded to the 329 fire in LaPine at 2:40 p.m.

The 640 acre Baker Can Fire located across the Lower Deschutes Canyon from the Seattle Flat Fire that started Friday 10 miles northeast of Madras, was spotted at 2:20 p.m.

Other Fire news, the Prineville Hotshots along with three other

Hotshot crews in the Northwest will be leaving for Alaska at approximately 10:30 a.m.

A handful of overhead and the Missoula Smokejumpers will also be joining the Hotshot crews.

The hot weather is making for serious fire conditions and agency officials want to remind the public to be careful with fire.

The Seattle Flat Fire has burned 1060 acres of private unprotected lands ten miles northeast of Madras and is continuing to spread.

Currently more private unprotected lands and Bureau of Land Management (BLM) lands are the only threatened areas at this time.

Probst Youth Award and the Francis X. Guardipee Grey Wolf Award, which recognizes distinguished service to Indian youth.

Seeking adults for leadership opportunities

The American Indian Scouting Association will hold its 43rd annual seminar for youth and adults at the South Dakota Schools of Mines and Technology, in Rapid City, SC, July 22-26.

Participants will include both Indian and non-Indian youth (ages 12-17) and adults, who explore strategies for youth development and improvement of life in Indian in Indian communities through Girl and Boy Scouting programs and services.

This national organization was formed to provide training for adults and leadership opportunities for American Indian youth.

A highlight of the seminar is the awarding of the national Joseph T. Blythewood, SC 29016

Fire officials warn that conditions are getting dryer and urge the public to be careful with fire.

The Harpham Flat Fire was first spotted today by BLM river rangers floating the lower Deschutes River at Harpham Campground three miles southwest of Maupin at approximately 3:30 p.m. June 24, 2000.

The fire is being pushed by northwest winds at 10 to 15 mph with gusts to 25 mph and is burning in steep canyons of sagebrush, grass and scattered juniper trees.

The BLM has sent a law enforcement official to the incident to begin a fire investigation.

The fire is burning in grass and sagebrush moving away from the river uphill towards agricultural lands.

Agency resources on the fire are two helicopters from Prineville and John Day, three engines from Mount Hood National Forest; two engines from The Dalles and one engine from Prineville Oregon Department of Forestry; one engine from Big Summit Ranger District on the Ochoco National Forest; and two engines from Juniper Flat Rural Fire Department.

Firefighters can expect extreme fire conditions on the River today. Winds are expected to be at 5 to 10 mph and relative humidity from 10-20 percent.

Fire officials warn that conditions are still dry and urge the public to be careful with fire.

Hepatitis shots required

The state of Oregon is requiring additional shots for school children. Beginning in September 2000 children who will be entering the 7th grade must have Hepatitis B vaccine, second dose of measles vaccine (MMR), and varicella vaccine (or have had chickenpox).

Please check your child's immunization record so you have time to get the shots for your child before school starts.

Call Public Health Nursing at Ext. 4142 if you have questions.

Open House Business Economic Development July 20, 2000 Noon-6:30 Watch for more information

Voc Rehab extends boundaries

The Warm Springs Vocational Rehabilitation (WSVR) program is now serving Federally Enrolled Native Americans with Disabilities who reside off the Reservation boundary within a 65 miles radius to include the following cities: Madras, Sisters, Redmond, Prineville, and Bend.

To qualify for program services, applicant must be 17 years-of-age with legal guardian or at least 18 years-of-age, and:

- 1. Be a member of a Federally Recognized Indian Tribe. 2. Reside on or within a 65 mile radius from the Warm Springs Indian Reservation. 3. Have a physical or mental disability that can be diagnosed by a professional; and 4. That disability must result in a substantial impediment to employment.

To learn more about the program: E-mail: tdsahme@bendnet.com Write: WSVR, P.O. Box C, Warm Springs, OR 97761 Stop by: WSVR, 4217-A Holiday Street, Industrial Park (on way to Kahneeta), Warm Springs Call: (541) 553-4952 FAX: (541) 553-3367 You may attend an hour-long Orientation on Friday at 10:00 a.m. Orientations are held every Friday except Holidays at the VR office in Warm Springs.

New Websites aid the Central Oregon Community

The Community Network located at www.centraloregon.org is a gateway website providing links and resources information about over 300 non-profit, governmental, and community service organizations located throughout Central Oregon.

Make it a more valuable tool by using it. Visit www.centraloregon.org or call (541) 504-3306 for more information.

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