of the many supplies that have been purchased by the Healthy Nations/ Robert Wood Johnson Foundation.

Students will wear their T-shirts on field trip days. They will be allowed

to take them home when summer

Students 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. Attendance will only be kept for statistical purposes.

Bus Schedule

Students will be picked up at

Students will be picked up at their usual stop by the same bus and driver (except for Simnasho) as the regular school year, but the buses will be approximately 1/2 hour later. Simnasho, Kah-Nee-Ta, Wolf

Point and Sunnyside students will

academy is over.

## Early Head Start news June, 2000-

Sun-Safety Tips, Protect Your-

Take care of your kids inside and outside. Make sure your children are eating well-balanced meals, drinking plenty of water and getting enough sleep to take care of their inside, but their outside needs special care too.

As a parent, your attitude and behavior towards sun protection is very important. Building safe sun habits into your family's daily routine is easier than you think. Children will respond better when they understand that skin protection is important.

Sun facts

Research shows a link between childhood sunburns and an increased risk of melanoma and skin cancer

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 ray

How to Protect Your Child From

Avoid the strongest rays of the day, normally from 10 a.m. until 3 p.m. in the northern hemisphere. If your child is in the sun between these hours, be sure to apply sun screen.

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. For example, if you use sunscreen with an SPF of 15, it will multiply by a factor of 15 the amount of time you or your child can stay in the sun without burning. So, if you or your child would be sunburned after 20 minutes of sun exposure, applying sunscreen of SPF 15 theoretically will allow you to remain in the sun for 300 minutes (about 5 hours). 20 minutes x 15 SPF = 300 minutes.

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 regu-

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.

T-shirts 4 sale

553-1547 for information.

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 (ultraviolet) 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

One of the most Common questions Lillian helps new parent with is when to introduce solid baby food and juice. She suggest starting babies on cereal and juice at 6 months. Lillian recommends not introducing foods to babies younger than 6 months because they are more likely to develop food allergies later in life.

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. Even though the decision is completely up to the parents, she has information stating that breast-feeding is beneficial to babies. Lillian has told us that the breast-feeding rate in Warm Springs is up to 1% compared to the 84% from several years ago.

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. Ticks will attach themselves to people, dogs, cats, etc. without you even realizing it. Some ticks cans also spread diseases such as Lyme Disease or Rocky Mountain Spotted fever. So, it is very important for families to get in the habit of doing tick checks after playing outside. Make sure you look carefully all over yourself or your child's body as ticks

can sometimes be hard to spot. 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. People of all ages can be affected but impetigo is more common in infants and children.

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. The blisters are said not to hurt but may itch. The rash may sometimes be accompanied with a slight fever.

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 first factor is having skin that is sensitive to the sun and the chemicals in some soaps and makeup. A recent illness, poor nutrition, poor hygiene has also been known to attribute to the infection. Warm, moist weather and crowded or unsanitary living conditions are also risk factors.

The skin infection can be prevented. Bathing daily with soap and water is a major combat for any infection, especially when preventing impetigo. If there is an outbreak in the family all the members are urged to use antibacterial soap, as well as using separate towels. Keep the fingernails short and clean, making sure the blisters are not scratched, another way of preventing the spread of infection is not to share razors and especially shaving brushes because

they might harbor germs.
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 Thurs-

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! Remember to bring your favorite elder and watch, share and learn together!! For more information contact Lucinda Greene at 553-1196.

Support Groups

The Community Counseling Women's suppport 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. Child care is not provided. This is a woman's only group where women can get support and also have a place to find understanding and positive input in their daily lives. First, you go through introductions why you are there, what the last week has been like and what are three positive things going on in your life today. The focus is on a healthy mind, body and Spirit.

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. Please call 911 for emergencies and 553-7704 for support in dealing with domestic violence for battered women, men & children. There is a shelter and lots of support for those families that need it. All services are CONFIDENTIAL. No one but the caller and VOC representative will know upon initial contact. For further information contact Rene or Toni at 553-7704. If you have any further questions concerning community resources please feel free to contact

#### Summer Academy to begin July 5 being purchased for the students and staff at WSE. The shirts are one

Basic Daily Schedule 8:00-9:00 Breakfast 0:00 First Bell 12:00-1:00 Lunch (individual class times to be scheduled)

:00 Dismissal Swimming Lessons
Students who are signed up for swimming lessons will need to be in

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. The first swim lesson day will be July 6 and the last day will be July 27. The swimming lessons have been limited to 30 students. If a slot becomes available, parents of students on the waiting list will be notified.

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. You are welcome to bring your own lunch to the cafete-ria if you would like to eat lunch with your child.

Summer Academy T-shirts are

#### be picked up by the same bus. Add-ing Simnasho at the beginning of the run may delay the Kah-Nee-Ta, Wolf Point and Sunnyside pickup time by approximately 45 minutes. 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

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. First prize in the adult categories is \$1000. The best drumming groups in America are attracted to the powwow's top prize of \$7000.

On Saturday the activities begin 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

July 1, at Tamasislikt Cultural Institute. Twenty pieces of fine art have been collected from such well-known Indian artist as Terrence Guardipee, Maynard Lavadour and George Flett and will be auctioned off with the profits t benefit local charities. Nearly 100 vendors will offer a variety of foods and Native American arts and

Dancer registration begins at 3 p.m. on June 30th and ends at 1 p.m. on July 1st. The Wildhorse Powwow is a drug and alcohol free event.

For more information call RaeAnn Crane or Kathy Barkley at 541-278-2274. For vendor space and information, call Kathy Barkley at 541-278-2274.

Wildhorse Casino Resort is located four miles east of Pendleton in Northeast Oregon. The resort features. an 18-hole championship golf course, 100-room hotel, restaurants, gift shops, 24-hour casino, RV park and the renowned Tamastslikt Cultural Institute. Wildhorse is owned and operated by the Confederated Tribes of the Umatilla Indian Reservation. More information on Wildhorse Casino Resort is available at (800)

www.wildhorseresort.com.

### **Public Notice**

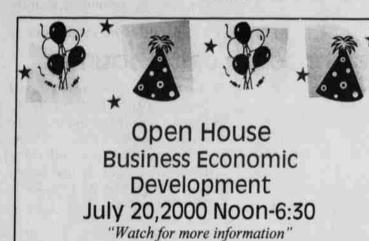
Attention all Warm Springs, Simnasho and Schoolie Flat water

As a public water system, we are your home visitor, she may be able to required by the United States Envi- Copies are available by calling answer any questions you may have. required by the United States Envi- Copies are available by calling ronmental Protection Agency (EPA) the water treatment plant 553-1472.

under the 1996 amendments to the Safe Drinking Water Act (SDWA) to publish the Consumer Confidence Report (CCR).

# Central Oregon Fire Management assist in fire outbreaks

Yamaha clarinet for sale, \$300 at printing if you are interested



#### 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. The program exists to help individuals with Disabilities obtain, maintain, or become promoted in employment.

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 impediment to substantial 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 Holliday 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.

#### Clarinet for sale Kalama Family Reunion June 2000 Tee-shirts are now on sale for

\$15 each. See Moses Kalama or call

#### New Websites aid the Central Oregon Community

The Community Network lo-cated at www.centraloregon.org is a gateway website providing links and resources information about over 300 non-profit, governmental, and community service organiza-tions located throughout Central Oregon. The exciting aspect of this site is that anyone can add a community event or their organization just by logging onto the website. Direct links and contract information are easily accessed on this site, and the local search engine makes finding information fast and easy. For example, a search on "Warm Springs" will only produce local listings that include those two

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

www.workforceconnection.org was developed to make services more readily available for job seekers and employers, and extend those services throughout Central Oregon. In addition to a training calendar, newsletter, and service finder, the site provides links to on-line classijob training, employment regulations, and general employ-ment information. The services pro-vided by the Central Oregon Workforce Connection come from six partner organizations: Adult and Family Services (AFS), Central Oregon Community Action Agency Network (COCAAN), Central Oregon Community College (COCC), Central Oregon Intergovernmental Council (COIC), Oregon Employment Department and Oregon Volument Department and Oregon Department Department Department Department Department Department D ment Department, and Oregon Vo-cational Rehabilitation Division VDR). Visit workforceconnection.org or call [541]-504-2955 for more informa-

Central Oregon Fire Management Hotshot crews in the Northwest will is no estimated time of containment. careful with fire. ments today on three fires which broke out within ten minutes of each

other near Bend, Cloverdale and Fire 326 was reported to Deschutes

911 at 2:27 p.m. at the junction of SW Wells and SE 15 street in Bend. Cause of the fire is unknown and under investigation. Bend Rural Fire Department responded with assistance from Oregon Department of Forestry and the Deschutes National Forest wildland firefighting engine crews. The fire is estimated at about 5-7 acres in size and quickly contained.

Cloverdale Rural Fire Department responded to fire 325 in a transfer station located 5 miles southeast of Sisters at 2:32 p.m. Assisting was ODF and Deschutes National Forest and the fire as put out. Cause of the fire is unknown.

Lapine Fire Department responded to the 329 fire in LaPine at 2:40 p.m. The tenth of an acre biaze was quickly put out by engines from LRFD, ODF and Deschutes National

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. today and burned quickly in grass, sagebrush and scattered junipers. Cause of the fire is unknown and under investigation. Wildland firefighters resources assigned to mop up the Seattle Flat Fire quickly responded to the incident. Firefighters will be on the fire tonight and there is no estimated time of containment.

Other Fire news, the Prineville Hotshots along with three other

Services assisted rural fire depart- be leaving for Alaska at approxi- Fire officials warn that conditions mately 10:30 a.m. from Redmond Air Center Tuesday.

A handful of overhead and the Missoula Smokejumpers will also be joining the Hotshot crews. The crews will be flown from here to Fort Wainwright, Alaska before being assigned.

The hot weather is making for serious fire conditions and agency officials want to remind the public to be careful with fire and check local fire closures when you plan to visit central Oregon. For fire information visit COIDC's website at www.fs.fed.ns/us/r6/centraloregon/

The Seattle Flat Fire has burned 1060 acres of private unprotected lands ten miles northeast of Madras and is continuing to spread. The fire was reported at 11 a.m. June 23, 2000 and the cause is still under investigation. Seattle Flat threatened Hwy. 97 and at 4 p.m. the highway had to be closed from mile marker 79 (Lyle Gap) to mile marker 82 (Willowdale). Firefighters are taking a stand at the highway, using fire to fight fire, stopping the threat to the highway. At 5:30 the highway was reopened, intermittently, to one lane

Currently more private unprotected lands and Bureau of Land Management (BLM) lands are the only threatened areas at this time. No homes or towns are threatened. Resources on the fire are one BLM helicopter and ten BLM engines; approximately 23 people currently fighting the blaze. The fire is burning off the flat into rolling, steep and rocky draws, and continues to burn in grass, sagebrush and juniper. There are getting dryer and urge the public to be careful with fire. Please call your local fire agency to get current fire regulations and find out if a fire is even allowed in your area. Help stop fires before they start.

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 Prineville Hotshots, Three BLM engines, helicopter and two engines from the Ochoco National Forest responded to the incident and are currently battling the blaze that is now estimated to be at 700 to 800 acres as of 5:52 p.m.

The BLM has sent a law en-

forcement official to the incident to begin a fire investigation. The cause of the fire is unknown.

The fire is being pushed by northwest winds at 10 to 15 mph with gusts to 25 mph and is burning is steep canyons of sagebrush, grass and scattered juniper trees. No structures or homes are being threatened.

The BLM has jurisdictions of the fire because it began within a quarter mile of the river.

The Seattle Flat fire, which closed Highway 97 and burned approximately 3400 acres Friday, was contained approximately 8 a.m. Highway 97 remains open, but may be closed intermittently due to smoke. Seven BLM engines remain assigned to the incident and the estimated time of control is expected to occur at 6 a.m.

Fire officials warn that conditions are still dry and urge the public to be

The Blue Pool Fire, of unknown cause, was found burning on BLM

> 2000 1.5 miles south of Maupin closing the Lower Deschutes River. The river is temporarily closed due to helicopter use of the river to bring water to the fire, which is es-

public lands at 8:33 a.m. June 27,

timated to be at 350 acres. In a separate incident, a Burlington Northern railroad tanker car derailed 1.3 miles downstream from the fire stopping train traffic on the river. The car was carrying sulfuric acid of an unknown industrial strength. Initial attack of the fire was delayed for health and safety of firefighters enroute to the fire until it was safe. A State hazardous material investigation team is enroute to secure the derailment incident assisted by Or-

egon State Police. The fire is burning in grass and sagebrush moving away from the river uphill towards agricultural lands. The fire is currently under investigation.

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. Juniper Flat fire Department also responded to the fire.

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. A high pressure in the region is expected to produce drier conditions through Thursday.

# 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. The hosts will be the Oglala

Sioux Tribe. 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.

Participants will share tribal traditions through native dress, dancing, music, and sports. Our exciting tour in the heart of the Black Hills will include a visit to the Crazy Horse Memorial and Mt. Rushmore.

A highlight of the seminar is the

awarding of the national Joseph T.

Provost Youth Award and the Francis X. Guardipee Grey Wolf Award, which recognizes distinguished service to Indian youth. Workshops will be available to

assist adults responsible for leader-

ship and administration of youth programs by providing training and a forum for the exchange of ideas. AISA is a collaboration between Indian tribal leaders, and two of our

nation's leading youth agencies-Girl Scouts of the USA and Boy Scouts of America. This national organization was formed to provide training for adults and leadership opportunities for

American Indian youth. The American Indian Scouting Association seeks to enable American Indian Youth to develop their talents and capabilities so they will

be able to maintain their cultural identities while building bridges which will allow them to be successful and productive members of both societies.

The fee for the seminar is \$145 for adults and youth. After June 26 the fee will increase by \$20. This fee includes room and board and membership. Funds are available for Youth Scholarship Grants, based on financial need.

For more information and registration forms contact: Rita Niemeyer, Advisor; Girl Scouts of the USA; 420 Fifth Ave. 15th Floor; New York, NY 10018; Don Rogers, Advisor; Boy Scouts of America; 1325 West Walnut Hill Lane; ;PO Box 152079; Irving, TX 75015-2079; or Charlotte Barker; AISA Publicity Chairman, Tam-O-Shanter-Drive: Blythewood, SC 29016

#### 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. Your child can be excluded from school because of non-compliance with the school laws. Immunizations may be obtained by scheduling an appointment for the Ambulatory Care Nursing Clinic at 553-1196, Ext. 2632.

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