

News from IHS Health & Wellness Center: Folic Acid & Posture



What Every Young Woman Needs-Folic Acid!

by Miles Rudd, MD

The Confederated Tribes of Warm Springs has set a goal to become the Healthiest Indian Nation. A Healthy Nation must begin with healthy babies. Folic acid is an important part of giving all babies a healthy start.

Between the 17th and 30th day after a woman becomes pregnant, the neural tube forms in the developing baby and then closes. The neural tube later becomes the baby's spinal cord, spine, brain, and skull. A neural tube defect (NTD) occurs when the neural tube fails to close properly, leaving the developing brain or spinal cord exposed to the outside. The two most common neural tube defects are anencephaly and spina bifida.

Spina bifida occurs when the lower end of the neural tube fails to close. Thus, the spinal cord and back bones do not develop properly. Paralysis of the infant's legs, loss of bowel and bladder control, water on the brain (hydrocephalus), and learning disabilities are among the disabilities associated with spina bifida. Eighty to ninety percent of infants born with spina bifida live. Despite varying degrees of disability, many lead successful and productive lives.

Anencephaly is a fatal condition in which the upper end of the neural

tube fails to close.† In these cases, the brain either never completely develops or is totally absent.† Most of these pregnancies end in miscarriages.† Infants who are born alive die very soon after birth.†

Folic acid is a vitamin supplement that, when taken one month before becoming pregnant and throughout the first trimester, has been proven to decrease the chance of babies developing neural tube defects by 50 to 70%. Spina bifida and anencephaly are birth defects that occur in the first four weeks of pregnancy, before most women know that they are pregnant. Because about half of all pregnancies are unplanned, it is important to include folic acid in the diet of every woman of child-bearing age (12-50 years old).

The recommended amount to prevent spina bifida and other neural tube defects is 400 micrograms (0.4 milligrams) of synthetic folic acid daily.† Convenient ways to make sure that you get enough folic acid are:

Take a multivitamin with 400 mcg of folic acid or take a single pill of 400 mcg of folic acid every day (Folic acid pills are small and easy to swallow), or

Eat a bowl of a breakfast cereal containing 100% of the daily value of folic acid per serving.† Total, Product 19, Cheerios Plus and Smart Start are some examples.

With either of these approaches, you should eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid.† "Enriched" cereal grain products such as pasta, rice, bread, flour, and cereals have been fortified with certain amounts of folic acid.† Foods con-

taining folate include fruits; green, leafy vegetables; and dried beans.

Even though there are several ways to get the recommended amounts of folic acid every day, two thirds of women in the United States do not consume adequate amounts of folic acid. So to give your baby a healthy start make sure to get your folic acid.

Posturing for good health

Correct posture is the position in which the least amount of stress will be applied to each joint in the body, particularly the joints of the spine. Any position that increases the joint stress is considered faulty posture. If a person has strong and flexible muscles the body can more easily adapt to poor posture. But if the joints are stiff and muscles weak, the person may not be able correct poor spinal alignment and it can result in what we recognize as back or neck pain.

When we use correct posture our ear lobe is in line with the tip of our shoulder which is over our hips. Assuming this posture allows our vertebrae to stack neatly on top of one another, reducing the stress on our muscles. To get an idea try stacking blocks so that they are leaning over but not falling. Without some sort of external support it is almost impossible. The straighter and more aligned the blocks are placed on top of one another the higher they may be stacked without falling.

It's unrealistic, of course, to hold perfect posture all day long but by being more aware of how we are sitting, standing or doing work is the

first step. Just by slouching when you sit, the pressure on your discs may increase by about three times. If your occupation requires you to sit for long periods, your chair should encourage proper posture and support the low back in a slight arch position. You should sit close to your work and computer screens should be at eye level. When driving, your feet should reach the pedals comfortably without forcing you into slumped-sitting. Take a few minutes every hour to slowly stretch your neck, your back and shoulder blades in all directions.

Remember that it's what we do now which will largely determine the health of our backs and necks in the future. The cumulative effect of poor posture may eventually lead to injury and/or determine how quickly we can recover from other setbacks we have in this life. If you have more questions about how to maintain good posture and exercise to encourage strength and flexibility of the spine, contact your doctor or physical therapist.

The Warm Springs Physical Therapy clinic is currently located at the community wellness center and offers evaluation and treatment of conditions such as neck and back pain, shoulder, knee and ankle strains and various other pre or post surgical rehabilitation. To be seen at the clinic requires a referral from your primary care provider and authorization from Managed Care. The Warm Springs Physical Therapy clinic is currently open on Monday and Wednesdays from 8:30 to 4:30 as needed. For more information call 553-3381 on Mondays and Wednesdays or 553-3225 on other days.

Two tribal members complete nursing assistant course in Madras



Lucy Gadberry and Stacy FastHorse have completed a 90 day course at Mountain View Hospital for CNA (Certified Nurse Assistant). The course involved classroom work as well as direct patient care. They will take a state exam for nursing assistant's certification. Both are employed at the Warm Springs Health and Wellness Center in the Medical Department. Congratulations to both from your co-workers and the ACN/Medical department.



Voc Rehab holds orientations

Have you heard that the Vocational Rehabilitation program helps people with Disabilities? The disability must result in a substantial handicap to employment. A substantial handicap is defined as "physical or psychological challenge which impedes or will impede an individual's occupational performance by preventing or making very difficult his or her obtaining, retaining, or preparing for employment consistent with his or her capacities and abilities".

If you are an enrolled Native American and you have a physical or

psychological challenge that prevents you from obtaining, maintaining, or being promoted in employment, you are invited to attend an Orientation at the Vocational Rehabilitation program. Orientations are held every Monday at 3 p.m. up in the Industrial Park, Food Commodities Warehouse, in the Social Services side of the building. Orientations are open to anyone interested in learning more about the program.

It is important to note that you must be physically or psychologically able to work before seeking Vocational Rehabilitation services.

Seeking Choctaws in Portland area

Dear Choctaws,

Once again, Assistant Chief Mike Bailey and I are looking forward to traveling to your area to visit with the Choctaw people. We will be in Portland, Oregon on July 15, 2000 and Seattle, Washington on July 16, 2000. We feel it is extremely important to keep you personally updated on your tribe's activities.

We also feel it is very important to have an opportunity to listen first-hand to your views and concerns. Tribal programs have been initiated because of concerns and wishes that have been voiced at previous meetings in your area and other cities. The Housing Loan Program and the Language Program are two widely utilized service programs that have begun in the past few years.

Staff members from the Tribal Membership Department will be ac-

companying us, and will be making tribal photo identification cards at each location. This will allow you and your family members to travel to your area without having to travel to Oklahoma.

I respectfully invite all Choctaws and your families in the Portland area to join us on July 15th at 1 p.m. at the Holiday Inn Downtown, 102 NE Grand Avenue, Portland, Oregon (503) 235-2100.

Seattle area Choctaws are cordially invited to join us on July 16 at 1:00 p.m. at the Seattle Hilton located at Sixth and University (206) 624-0500.

I sincerely hope you can attend one of these meetings. I look forward to seeing you there.

Sincerely,

Gregory E. Pyle, Chief
Choctaw Nation of Oklahoma

Stay strong in your schooling everyone is cheering for you.
from Louisa T.
From everyone
well you know where

July 11th Happy 18th Birthday to my Dear Son Man, Reggie Gleason-who I love very much on your special day. I hope you the Best. send all my love to you. XOXOXO
From your mom Valena S.

July 11th
Wishing my bro
Reggie Gleason
a Happy 18th Birthday
with lots of Kisses & hugs
from your sis Clara G.

To my big brother
Who I miss very much
God bless you on
your 18th Birthday
note: lil sisters love
you very much
Adeline G, Roberta G.
& Olivia G.

Tribal & WSFPI Board member shares his ideas

To the editor,

To the enrolled membership of Warm Springs, I would like to share with you some of my ideas as a member of the Warm Springs Forest Products Industries Board. This being my first appointment, it has been an enjoyable and educational learning experience.

I bring fifteen years of forestry experience to the Board. I started out as the Timber Stand Improvement Supervisor at the mill, when the department was moved to the Tribal Forestry/BIA Forestry compound I took advantage of every opportunity to expand upon my knowledge of Forestry. I was fortunate in being able to attend a multitude of Forestry related training seminars. I was involved in a number of special Forestry Projects such as collecting continuous Forest Inventory Data, Stand Exams, Timber Sale Lay-Out etc. This expertise was gained from people openly shared their formal education with me and projected to me a real concern for the best management of our resources. I now possess a solid background in Forestry to base all of my opinions on.

Strategic Planning is required of any intelligence operated business, it is a guide that ensures the survival of a business in this day and age of global economics. This plan must allow for a certain amount of flexibility, as priorities will change as they inevitably do. Strategic planning is a very important process, that will enable our enterprise to develop realistic long-range plans and provide feedback that indicates if and when revisions must take place. A smart business most certainly bases all of its business, economic and financial decisions upon a solid foundation of factual data.

The Continuous Forest Inventory Data, (CFI) that is gathered every ten years must be an integral part of any planning. This pantry of timber must identify all of the remaining old growth quality timber, by species, net volume and density so that we can estimate long range revenue potential and harvest to take advantage of any favorable market conditions. Computer modeling programs can estimate the revenue potentials of this old growth tree(s). Since we don't have the luxury of waiting 400+ years for our timber to attain these highly preferred traits, it makes the most sense to make these projections before hand. Since we are only a harvester of timber we rely upon our trustee agency BIA Forestry to provide us with this vital information. Up to this point all that we as a Board know is that our enterprise will be harvesting 55 MMBET of timber annually.

This leads me into the next area of concern that I see our enterprise facing, the co-operation that once existed between WSFPI and the BIA Forestry is nearly non-existent. We must re-establish this so that we are

not at odds and ensure the tribe that we are working towards common goals. At this point in time it seems very hard to get this communication even started. **This is one area that the Tribal Council can support the Board, by reminding the Superintendent of its Treaty obligations.**

One of the most important seminars that I attended was Data Collection methods and Analysis. It instilled in me the importance of understanding and verifying the data that is generated and provided to you. Since it is prudent for any business to develop realistic plans the accuracy of the data must be confirmed. This is where we have to understand the importance of the formal education that our competitors utilize to manage a successful operation. The importance of an education cannot be overlooked because it will definitely improve our planning processes and revenue potential.

Perhaps the greatest impact that we have had to adjust to, is the Integrated Resource Management Plan, which has reduced the Annual Allowable Cut to half of its historical level, our Commercial Forest acres to one-third its historical level, two very major impacts! Now that IRMP is being revised, lets do so in a fashion that won't hinder WSFPI. One hindrance pertains to logging sale approval process, which takes nearly three times as long as other entities. The mill must have a continuous supply of timber in order to operate efficiently, there were a few times where this just wasn't happening!

Now that we have to comply with the Endangered species Act and National Marine Fisheries provisions also, a time table must be established so that these two Federal Agencies understand the importance of their timely recommendations. It must be given a top priority. If they cannot guarantee cooperativeness then we must take a stand based upon the fiduciary and plenary duties of these federal agencies to comply with treaty language or take a similar stand as the states of Washington and Oregon have. **If you don't set a realistic time line for your input or don't send along the additional funding to ensure compliance then we cannot implement the guidelines period.** Another arguing point in our favor states that any regulation that creates such an economic hardship on a treaty tribe, there's a good chance that they will not have to meet certain stipulations.

Once we receive a logging sale we must be able to interpret specific data to generate a recovery and marketing analysis, then we must see how well we came to these estimations, (FEEDBACK). This may require some changes so that we are better able to track material coming into the mill yard and throughout the manufacturing process. In short it should provide and overall picture of

our manufacturing process, identify any changes that must occur and inform us if we can pay for these requirements without having to borrow money. This revenue is what we base capital expenditures on and provides us an estimation of the net profit/loss for a particular year, logging sale or block. In order to maintain the profitability standard addressed in the five-year plan of operations we must have the education and expertise to understand and utilize this information to meet our goals for that time period.

One of the best tools we have today we have today is the computer modeling programs that are in existence today. They can generate a multitude of information and scenarios before one tree is even harvested. This is a great expense saving tool if used wisely. It can generate specific information too, such as identifying all of the old growth quality timber on each and every logging sale or block. We can then estimate the best marketing possibilities of this limited resource, which ideally should generate more revenue to our tribe. We want the best prices for this wood fiber wouldn't you agree. We must also realize that this second growth timber will only generate twenty percent of the stumpage rates that we are seeing today. This presents a problem in itself.

Probably the hardest question that must be addressed is the one pertaining to our tribal loggers that have been drastically affected by the reduced cut. The harvest level that has been quoted to WSFPI is half its historical level, which is reflected in the reduced quotas. One option that will lessen this impact is that our loggers must show a concerted effort to target the timber that is contracted to outside loggers to lessen this financial impact. The obvious impact pertained to the financing contracts that our loggers already had in place before the adoption of IRMP. Their contract payment expectations remained the same, the quotas didn't. Consider also that in some instances the rules and regulations that have been put in place with the onset of IRMP, The National Marine Fisheries and the Endangered Species Act all have had financial impacts. Combine that with encountering times when loggers were forced to sit idle waiting for logging sale approval, or having to move equipment from one area to another, having to also deal with possible timber volumes that were miscalculated, of having to comply with IRMP policy. All of which cumulatively could very easily have nullified the ten per cent stumpage differential that people have been so concerned about.

What our loggers must realize is that if they all choose to remain in business they must adjust to the quotas that are delegated to them. The other alternative is that they target the timber volume that is contracted

to outside logging contractors to offset quota reductions or work outside of the reservation. They must face the fact that the harvest level will not carry the historic level of local loggers that it once did. They must make every effort to decide among themselves who will be committed to a small log operation and who will be a larger log operation. Another important reason to have the CFI data shared with WSFPI. They could then decide if its actually appropriate to continue logging, continue to replace equipment or to acquire the needed machinery to adjust to the second growth harvesting needs.

The last area that must be addressed is the idea of trading our large wood for material that we can profitably run through WSFPI. At one time as much as 11 MMBFT of logs was owed to WSFPI by other mills, our competitors. No interests was being charged for accounts that went beyond thirty days, no one produced the contract that we entered into with these companies. It has so far just been past along to the board by word of mouth that everything is kosher. I know that I have personally asked for this information twice. This trading material is the most valuable timber of the Annual Allowable Cut and should be administered to ensure that we are indeed benefiting from this action. I don't know of any other company that would allow this to continue without some very close monitoring.

What I have presented here are my personal ideas of what it will take for our enterprise to remain truly competitive in this global economy. We produce a very small amount of the worlds demand for lumber products, the timber that we own consist of some very high valued timber that we must market to generate the best money possible. This cannot happen with out some sort of long-range plan, it must be inclusive of all the business and economic tools that are available to us. We cannot overlook the importance of the multitude of information that is there for our use, but its imperative that we use it wisely. We must face the reduced harvest with diligence just because of its significant impacts to WSFI and the tribal organization. Current demands of our operation indicate that the future will require that we buy forty to fifty per cent of our timber from outside the reservation in the near future. The next millennium looks to be quite interesting, our survival is dependent of how well we as a tribal entity adapt to the changes that must occur to guarantee our stability far into the future, for ourselves and for future generations. But it cannot happen without co-operation and support of our trustees, the tribal organization and Warm Springs Forest Products.

Respectfully Yours,
Randy Smith

Auction is for good cause

Dear Potential Buyer,

The 4-H and FFA programs are a valuable learning experience for many of the youth in our community and they provide a means for these youth to earn money towards their higher education.

On Saturday evening, July 29, 2000 at 6:00 p.m. the Jefferson County Livestock Association will be sponsoring the Annual 4-H/FFA Livestock Auction Sale at the Jefferson County Fairgrounds. Your support for the auction and the youth who have worked hard over the past year on their individual projects is much encouraged.

We would like to see you and your support at the auction to bid on the animals. However, if you are unable to attend we have an order buyer program through which you can place an order for an animal and the order buyer will bid up to the dollar amount you specify. Upon being the successful buyer, you and/or your business will be recognized during the auction as the purchaser. An average animal will cost between \$250 and

\$500 above the market floor price. If you would like to join forces with another business or individual and co-purchase an animal, we can accommodate your requests. In the case of a co-purchased animal, all participants buyers will be recognized during the auction.

Please fill out the enclosed, self-addressed, stamped card indicated how you wish to support the 4-H/FFA Program. If you check the second or third boxes you will be contacted before the auction to assist you in your requests. By returning the card, we will send you two day passes for Saturday and two barbecue tickets for the 4-H/Kiwanis Barbecue Saturday evening.

If you have any questions please call the Extension Office at 475-3808.

We look forward to seeing you at the 2000 4-H/FFA Livestock Auction Sale on Saturday, July 29th.

Your support is appreciated.

Sincerely,

Candy Gomes, President
Jefferson Co. Livestock Assoc.
AUCTION STARTS AT 6 P.M.
JULY 29TH.



Milton & Phillip
Oh my goodness
our babies are already "two"
Hope it's not too terrible
Love you guys anyways.
Dad & Mom

Happy Birthday
Lil' Bro's July 7th
I could still take ya!
Love, Isaiah

Video Closeout Sale
Indian Trail Restaurant
All movies must go!!!