

## New school year brings unwanted pest

By Joyce Oberly  
Public Health Educator  
Community Health Education Team

As the new school year begins, so does a predictable yet unwanted problem, head lice. Pediculosis capitis (head lice) is a common problem, especially among school children where it is easily transmitted by head to head contact or sharing objects, such as hats, combs, towels, etc.

These tiny wingless insects make their home in human hair and feed on the blood from vessels in the scalp. Head lice do not jump, fly or swim but walk from one hair or head to another. Anyone can catch head lice, so it is important to be aware of the symptoms of an infestation and also how to prevent head lice from spreading.

The Warm Springs Community Health Education Team offers these tips on detecting head lice, treatment and prevention.

### How do I know if my child has head lice?

Itchy head; nits (eggs) stuck to the hair shaft; adult lice crawling around the head; red bite marks on scalp and neck.

### How do I treat the head lice?

A simple home remedy is to apply a thick coat of mayonnaise to the hair and scalp, then cover with plastic shower cap. Leave the cap on for three to four hours. The mayonnaise will smother the lice and eggs, then wash the hair with warm water and shampoo. The dead eggs will still be attached to the hair so remove them with a mixture of vinegar and water.

Medicated shampoos and rinses (NIX, Nad's, RID or Scabene) are effective in treating head lice without a

doctor's prescription. Use a fine comb to remove all nits, then repeat the process to prevent re-infestation.

Wash clothes, bed linens, and towels. Use hot water and dry on HOT cycle for at least 30 minutes. Items such as stuffed animals, hats, headphones or anything else that is not machine washable can be dry cleaned or stored in a tightly sealed plastic bag for two weeks.

Soak child's combs, brushes and other hair accessories in hot water for at least 10 minutes at 130 degrees Fahrenheit or hotter.

Clean your home by vacuuming carpets, pillows, mattresses and upholstered furniture. Also vacuum your car seats and interior.

Re-check your child's hair after 2-3 days. If lice and nits are present, see a healthcare provider before retreating.

### How do I prevent my child from getting head lice?

Since lice is spread by head to head contact, try to eliminate all situations of sharing children's clothing, hats, helmets, hair accessories, combs and brushes.

Schools can do their part by keeping each student's jacket, hat and personal items separate.

Check your child's hair regularly throughout the school year.

Don't panic if your child comes home with head lice. This doesn't mean that your child is dirty or got lice from dirty children. Simply begin treatment and be vigilant against a re-infestation.

If you have any questions regarding head lice, please consult your health care provider and/or the Warm Springs Health and Wellness Center at 553-1196.

## Lake Billy Chinook Day is Sept. 25

Lake Billy Chinook Day - part cleanup event and part cultural celebration - will offer its unique blend of experiences for the eleventh consecutive year on Saturday, Sept. 25. The event is at the Cove Palisades State Park.

A special welcome and program orientation program will kick off the event in the park's Crooked River day-use area at 9 a.m., before volunteers scatter to clean up the lake, the lake's shore and the canyon rim at 9:30 a.m.

Entertainment, exhibits and other festivities will occur from 12:30-4 p.m., also in the Crooked River day-use area. Displays and information areas will be open to visitors beginning at 11 a.m.

Oregon Parks and Recreation Department event organizer Paul Patton said the primary focus of Lake Billy Chinook Day remains the same: Instilling stewardship ethics through participation, while building awareness of the diverse natural features and cultural history of the area.

Patton said, "There's really nothing quite like Lake Billy Chinook Day. It's a unique hybrid of activities common to a volunteer event, county fair and a family visit to a museum."

Registration for the cleanup will begin at 7:30 a.m. Parks and Recreation will reward cleanup volunteers by waiving the Cove Palisades day-use fee, providing one night of free camping and serving a free hot dog lunch. Visitors not participating in the cleanup will need a daily (\$3), 12-month (\$25) or 24-month (\$40) day-use vehicle-parking pass.

For the ninth consecutive year, Lake Billy Chinook Day will give Oregon a link to the annual worldwide cleanup effort coordinated by Clean up the World Ltd. of Sydney, Australia. Clean up the World Ltd. organizes support for hundreds of cleanup events and activities around the globe, and is affiliated with the United Nations Environment Programme.

"This affiliation is appropriate and symbolic," said Warren R. Clements, the director of tribal relations for the Confederated Tribes. "Lake Billy Chinook Day is a time for all of us to come together, gain knowledge and make a positive impact on our water and our lands."

Lake Billy Chinook Day is also a featured event of the month-long observance of the Oregon Archaeology

## School: parental support is a key to learning

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Parental involvement in children's lives doesn't need to be limited to scheduled visits. According to Butch David, a spur of the moment, unplanned visit may be even better:

"I ask parents to come in and visit

with us. You're not stepping on any toes when you visit a school. Drop in unexpectedly and say, 'Hey, I'd like to go visit my kid for a few minutes.' It makes a lot of difference to the kid, the parents and to the staff here. You don't have to come in every day, just once in

a while. That's a big thing. When you're in town on payday, or whatever, just drop in and have lunch with your kid."

If the kids have that support, they'll settle down to the business of learning a little quicker - a winning situation.

## Salmon: recovery plan would cost \$600 million year

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Lohn said that President Bush's promise not to remove the Snake River dams did not shape the biological opinion, because NOAA Fisheries had already advised the White House that salmon could be restored without removing the dams.

The agency based its analysis on two models. One was based on operating the dams in the best interests of fish,

and the other was based on actual dam operations.

The dams are operated by the U.S. Army Corps of Engineers and the Bureau of Reclamation. The power is sold by the Bonneville Power Administration.

By collaborating with them, NOAA came up with a plan of operations that would not jeopardize salmon survival, Lohn said.

The biggest single step is installation of removable spillway weirs that would increase survival of young fish migrating downstream to the ocean by easing them over the dams while requiring less water to be spilled rather than run through turbines, Lohn said.

Overall, the plan will cost about \$600 million a year for 10 years, Lohn said.

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