

Roots of Strength gathering

The regional conference for Native American cancer survivors, family members, caretakers and medical providers will be held through Saturday, Oct. 2 at Kah-Nee-Ta Resort.

The conference is called "Roots of Strength - Our Roots Are Pathways to Thriving, Surviving." Agenda items are as follows:

Thursday, Sept. 30: "How to start your own cancer support group/ leadership training," (limited to 20 participants.)

Friday, Oct. 1: "Telling your stories," cancer survivors resource panel; afternoon breakout sessions: improving the chemotherapy experience, complementary medicine for cancer patients, financial resources, clinical trials, introduction to "How to start your own cancer support group." There will also be a play, "Understanding Cancer."

Saturday, Oct. 2: Financial re-



sources; pain management; men and cancer; afternoon breakout sessions: "Me-again," reconstructed breast cancer survivors; and further topics.

For information on the conference, contact Celeste Whitewolf is (503) 245-2253, or send an e-mail to c2w2@teleport.com. Lodging arrangements can be made by calling Kah-Nee-Ta at 1-800-544-4786.

Taking control of your health

Carol Devaney
Chief Executive Officer
Health and Wellness Center

The Warm Springs Health and Wellness Center follows the American Cancer Society guidelines for cancer screening.

When you call for an appointment, we suggest that you make an appointment with your primary care provider who knows your health history.

We offer exams to rule out cervical cancer, prostate cancer, breast cancer, and rectal cancer, to name a few. We offer help with smoking cessation.

Our providers make the needed referral if they detect anything of concern. Mammograms, an x-ray test used for breast cancer screening, can be scheduled without a clinic appointment by contacting one of the clinic nurses.

Also, the clinic has arranged for group transportation to Mountain View Hospital for women needing mammograms.

The wait time for an appointment depends on your provider and varies from no wait to 11 days. We have five providers and a same-day provider.

You can usually see the same day provider the day you call in for an appointment. Of course if there is an urgency the patient will be "worked" into the appointment system.

Findings of mortality survey

A mortality review was done for Warm Springs looking at 1991-2000 data. This data is used as a tool to compare the community population to itself and others over time.

Advice on hunter safety

It's hunting season again, and Fire Management would like to remind all those heading out to the forest that the fire danger is still high. The combination of dry weather and high temperatures this summer have created a tinderbox situation in our forests and wildlands - a situation that will not change in the near future, not until there is a significant amount of rainfall.

If you are planning to spend time outside hunting, fishing or camping, please be aware of fire restrictions before you leave. Please follow these hunter safety points:

If you are building a warming fire, clear an area down to mineral earth 10 feet across. Be sure your fire is away from any flammable material such as dry grasses or forest litter.

Never leave your campfire unattended, and make sure your fire is completely extinguished before leaving. Drown the fire with water and stir remains to make sure the fire is out. Keep your fire small and controllable.

Keep a shovel, axe, bucket and/or fire extinguisher handy. If you smoke, clear an area three feet in diameter down to bare dirt. Don't smoke while traveling on foot or horseback.

Limit the use of motorized vehicles to established roads or trails. Do not park vehicles over dry grasses or brush. Hot exhaust systems can and do start fires. If you see a fire, note its location, get to a phone and call 911 immediately. If you have any question regarding fire restrictions please call Fire Management at 553-1146.

Workshop on drug, alcohol abuse prevention

There will be a two-day workshop next week, the topic being, "Community response to alcohol and drug use."

The workshops will be Wednesday and Thursday, Oct. 7 and 8 at the Community Center. The facilitator will be Robert A. Ryan. This is the first in a series of workshops that are scheduled through December.

The primary goal of the first workshop is, "To learn about the effects of alcohol and drug use (addictions, anger, trauma, violence) and how the community can respond to the problems."

Also: "To acquire knowledge of alcohol and drug use history, risk factors and strategies to improve the community response."

Participants will be able to iden-

tify the cultural history of Native people related to alcohol and drug use; identify the impact of historical events on social, emotional, physical, intellectual and spiritual life areas of Native American Indian people; and develop and apply a personal action plan.

The workshop will be a combination of facilitation, narration and collaboration with information and experiential process to provide the people an opportunity to learn about alcohol and drug use in the community and problem solving approach.

The schedule for day one, Oct. 7, is as follows: 9 to 9:30 a.m., welcome and introductions; 9:30 to 10:30 a.m., Honor of All (video); 10:30 to 11 a.m., discussion topic, alcohol and drug use and abuse; 11 to noon, cultural risk factors.

After lunch, 1 to 2 p.m., problem identification in small groups; 2 to 2:45 p.m., problem solving exercise; break, followed by introduction of personal action plan; and concluding with a talking circle.

Day two begins at 9 to 10 a.m. with welcome and introductions; 10 to 10:30, Red Road to Sobriety (video); 10:40 to noon, American Indian philosophy. After lunch, from 1 to 1:30 p.m., American Indian code of ethics; 1:30 to 2 p.m., Identification and problem solving exercise.

After a break, from 2:10 to 2:30 p.m., develop personal action plan; and concluding with the talking circle.

The next workshops will be Oct. 19-20, the topic being, "Rez violence and anger resolution."

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