

A relay team from Warm Springs ran a 216-mile race recently. The Mz Fits competed in the Cascade Lakes Relay from Diamond Lake to Bend.

Team members were Laurie Danzuka, Gerald Danzuka, Penny Danzuka, Nathan Danzuka, Carla Patt, Atcitty Begay, Kim Skunkcap, Chris Smith, Tashina Smith, Leslie Cochran-Davis, Nancy Seyler, and Robin Smith. Robin Smith said, "This was the first year for this relay race. It was fun and exciting." The Mz Fits finished the relay in 33 hours, 20 minutes and 38 seconds. The team would like to thank volunteers Jeri Polk, Aaron Mitchell and Louie Smith, as well as Fire Management and Warm Springs Forest Products Industries for the use of two vehicles.



Submitted photo.

### Birthday wishes...



Raylene with her uncle Ty.

Happy 21st Birthday Rae Rae, on August 19th, from your all of your family in Warm Springs. We love you!

Happy Birthday Kutblas, Love, your Grandma Daisy.

Happy Birthday Raylene, we love you! Love, Uncle Fred (Laddie), Auntie Pat, Lara, Felicia (Feish), Dawn and Iylani, all the way from Becker Rd in Toppenish.

Happy Birthday Raylene Alana, I love you lots and lots. If you felt a big slap on your face, that was me throwing you a big kiss

from home. Love, your mama Lovie Ike.

Happy Birthday Rae Rae, love your YA YA, Walsey James Thomas, I never thought I'd say it, but I miss you everyday, AYES!

Happy Birthday big sista, we love you and miss you! Thanks for being a good sister, Love Dena Marie & Daisy Mae Thomas.

Happy 21st Birthday cuzzin, love your Bro's, Jonathan, Mario, Julius, baby Julius, & sister inlaw Holli Madplume.

Happy B-day Rae, I will always love and miss you! Hurry and get home, so we can hit the PW trail again. I can't travel without you. Love, Auntie Leona.

Happy Birthday Rae, from Uncle Ty, Venus, Tarver, Corbin & baby Janae.

Happy Birthday Raylene, we love you everyday! Love Lucas Ike & Debbie Thompson. We are proud of you!

Happy Birthday Rae Rae, we love you niece, love Auntie Lena Ike, Uncle James Greene, James Jr., Fred, Nelson, and you favorite cousin Natasha Mae Edwards.

Happy Birthday to Raylene, we love you, Mike and Emily Panyah of Tuba City, AZ.

Happy Birthday Rae, we love you! From the Suppah's, Margaret (Mugli), Jaylyn, Joyce & Jill of Simnasho.

Happy Birthday Raylene, love Auntie Agnes Arthur, we miss you baby girl.

Happy Birthday Little Mama Rae, love Mary & James Bailey.

Happy Birthday on August 19th Raylene Ike-Thomas, courtesy message from Bruce Reece and Family. We are so proud of you, serving our country. We'll keep in touch via email.



## Pharmacist offers advice for allergy sufferers

By Marta Wojas  
Pharmacist, Warm Springs Health and Wellness Clinic

As a Pharmacy Student, stepping off the plane and setting foot for the first time in Oregon, I was greeted by beautiful scenery, friendly faces, and a shining sun. Then I sneeze, and then came the runny nose, itchy throat, and watery eyes. All of this happened for over a week, until I finally realized it was allergies. Working at the Warm Springs Pharmacy, I know I am not alone. If your allergies are not that severe and you don't have any other medical problems, there are many things you can do to prevent and reduce your symptoms.

Allergens are the things that make your allergies worse, such as pets, plants, or dust. If you can figure out what makes your

symptoms bad, it will be a lot easier to keep away from the allergen. Here are some ways to lower your allergy symptoms:

Close both your car and your home windows.

If using an air conditioner, put it on recycle.

Shower nightly. Shampoo your hair to help remove allergens.

Dry laundry indoors or in a dryer, rather than outdoors.

Keep your pets out of the bedroom and off furniture.

Use "allergen impermeable" mattress or pillow covers and wash your bedding weekly.

Vacuum and dust regularly.

If you have made these changes and your allergies are still bothering you, you can try over-the-counter and prescription medications.

Saline nasal spray and artificial tears (rewetting eye drops) are available over-the-counter in the pharmacy. By using them after you have been outside, you help get rid of allergens that may have been trapped in your eyes or nose.

Antihistamines help with a runny nose and itchiness. The older antihistamines are diphenhydramine (Benadryl®) and chlorpheniramine, available at the pharmacy in Warm Springs. However, they tend to make people very drowsy so be careful and do not take the medication if you need to be alert. Newer antihistamines don't cause as much sedation. Warm Springs Pharmacy has loratadine liquid for kids and cetirizine and fexofenadine tablets for adults by prescription. You can also buy loratadine and cetirizine at most stores.

Decongestants help reduce the "stuffy head" feel with allergies. Phenylephrine (Sudafed®) is available over-the-counter, but pseudoephedrine

(Sudafed®) is available only by prescription. Oxymetazoline (Afrin®) is a decongestant that is sprayed directly into the nose. It is recommended to be used for a MAXIMUM of 3 days.

Nasal steroid sprays have been shown to be the same or better at reducing allergies when compared to antihistamines. These medications are only available with a prescription and need to be used daily to work properly. Full benefit may take up to 7 days.

If you have tried these various strategies to get rid of your allergies and they are still bothering you, make an appointment with your healthcare provider. It is also important to remember that these recommendations are not for everyone, and if you have asthma or high blood pressure, it is important to talk to a healthcare provider or pharmacist before starting on any new medications. Remember, avoiding allergens is key. Happy summer!

## For safety, look out for the 'hot side' of your home

by Suzi Macy  
Prevention Technician  
W.S. Fire Management

Experienced fire observers have determined that your home have an 80 percent greater chance of surviving a wildfire if you complete some basic steps to create defensible space.

A good first step is to determine the most likely direction a fire would spread toward you home. This of this direction as the "hot side" of your house and work on this side first.

Homes located on steep hillsides are at greater risk than those on level ground, because a fire will burn fast and hotter as it travels uphill. The side of the home facing downhill is the "hot" side. Up to 100 feet of

defensible space may be required.

Homes located in mountain valleys are often exposed to winds. The windward side is your homes hot side.

Injured or diseased trees may die, which increase their susceptibility to fire, creating another hot side. These trees should be removed. If you prefer to make it a wildlife tree, remove top and branches.

Starting your actions on the hot side of your home makes good sense if you live in areas prone to wildfire. Plan ahead and take the time now to create a defensible space for your home. Be aware, be prepared, and be concerned. If you have any questions, please contact Fire Management at 553-1146.

## Chronic pain support group to meet

Do you or a loved one suffer from chronic pain?

Chronic pain is one of the most challenging conditions to deal with and effects many aspects of life. Sometimes it helps to talk about it and share ways to cope with it.

The Chronic Pain Support Group will meet at 5:30 p.m. on Wednesday, Aug. 20 in the atrium of the Warm Springs Health and Wellness Center.

Topic of the month will be: "Meditation and Journaling,"

with Lahoma Roebuck. Future meetings are as follows:

Sept. 17: "The Mind Body Connection," with Linda Crosby.

Oct. 15: "The Body Mind Connection," with Linda Crosby.

Nov. 19: "Acupuncture," with Kim Schmith.

Podluck dinners are served at each meeting. Please bring food to share.

Questions? Contact Linda Crosby or Celestine Brunoe at 553-1196.

**NOTES**

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