

Doctor's helpful notes on good eyesight

by **Dr. Lynette Dziuk**
Warm Springs Health & Wellness Optometry Department

What does my glasses prescription mean?

A refractive error is when the eye doesn't bend light correctly, resulting in a blurred image.

Nearsightedness, or myopia, is when an object that is close to you is seen clearly but distance ones are blurry.

Farsightedness, or hyperopia, is when distant objects are seen clearly but near objects appear blurry.

Astigmatism is when the cornea is curved more in one direction than the other, resulting in blurry vision.

Astigmatism often occurs with farsightedness or nearsightedness.

Presbyopia is a normal aging process of the lens of the eye. When this occurs, you have difficulty focusing at close ranges and typically occur after the age of 40.

What are signs that my child may need glasses?

If your child is struggling at school, he or she may have an undiagnosed vision problem.

Often, when a child is unable to see the board clearly or cannot focus on work at their desk, the child may become frustrated.

Although screenings are done at school, your child may pass the requirements

for that screening.

If you notice any of the following signs, you should schedule a full eye exam:

Squinting, tilting or turning the head, sitting close to the television, losing place or using their finger while reading, covering one eye to read or watch TV, excessive tearing, rubbing eyes, light sensitivity, or frequent headaches.

These are frequent signs noted with vision problems.

Why does my child have one lens thicker than the other?

Some children have a significant difference in prescription in each eye, and thus need different lens powers for each eye.

The importance of wearing their glasses all the time is

to avoid developing amblyopia or lazy eye.

If untreated, amblyopia can cause decreased visual potential in one or both eyes.

One main point to remember is that your child will not have exactly the same prescription as you, so if you look through their glasses and feel it is too strong, it is that the prescription is not correct for you but is for your child.

The Warm Springs Health and Wellness Center Optometry Department is open Monday to Friday 8 a.m. to 5 p.m.

Call us at 541-553-2474 to make an appointment. We offer both future appointments and same day availability.

Warm Springs FASD Coalition asking for survey input

The Warm Springs Fetal Alcohol Spectrum Disorders Coalition is conducting a community survey.

The survey asks questions such as, What is your role in the FASD Coalition? Do you attend the FASD meetings regularly? Do the FASD meeting hours conflict with your

schedule? What time fits best for you? And what day of the work week works best for your schedule?

For more information contact Evelyn Aguilar at the clinic, 541-553-1196. You fill out the survey form online at: surveymonkey.com/s/ZD5GNLK

Birth

Roy Packy Heath
Ikke Marie Heath of Warm Springs is pleased to announce the birth of her son Roy Packy Heath, born on December 1, 2014.

Roy joins sisters Cassandra, 9, and Pearl, 3. Grandparents are Alice Wyena and Sacred Heath, and the late Dwayne "Packy" Heath.

Tribal Council summary

December 15, 2014

1. Roll Call: Chief Delvis Heath, Chief Joseph Moses, Chief Alfred Smith Jr., Vice-Chairwoman Evaline Patt, Raymond Tsumpti Sr., Reuben Henry, Scott Moses, Kahseuss Jackson, Orvie Danzuka and Carlos Smith.

2. Warm Springs Casino and Resort Enterprise (WSCRE) Update:

- Motion by Kahseuss to approve and adopt Resolution No. 11,962, Warm Springs Casino and Resort Enterprise Board of Directors to manage the Tribal Real Property known as the Madras Property; second by Reuben; question; Vote:

Joseph/Yes, Delvis/Yes, Kahseuss/Yes, Alfred/Yes, Scott/Yes, Orvie/Yes, Carlos/Abstain, Kahseuss/Yes, Raymond/No; 7 Yes, 1 Abstain, 1 No; chair not voting; motion passed.

- Motion by Scott to approve and adopt Resolution No. 11,963 Warm Springs Casino Resort and Enterprise amended equity agreement; second by Reuben; question; Vote:

Joseph/Yes, Carlos/Abstain, Kahseuss/Yes, Scott/Yes, Reuben/Yes, Delvis/Yes, Alfred/Yes, Orvie/Yes, Raymond/No, 7 Yes, 1 Abstain, 1 No; chair not voting; motion passed.

3. Human Resource Update:

- Motion by Carlos to approve and adopt Resolution No. 11,964. That grants the limited waiver

of sovereign immunity set forth in the Health Comp TPA contract, attached Exhibit A; second by Reuben; question; Vote:

Joseph/Yes, Carlos/Yes, Kahseuss/Yes, Scott/Yes, Reuben/Yes, Delvis/Yes, Alfred/Yes, Orvie/Yes, Raymond/Yes; 9 Yes, 0 No, 0 Abstain; Chair not voting; motion passed.

4. Washington, DC Legislative update.

5. Oregon Legislative update.

6. Motion by Joseph to approve January 2015 Tribal Council agenda with subject to change; second by Reuben; question; Vote:

Joseph/Yes, Carlos/Yes, Kahseuss/Yes, Scott/Yes, Reuben/Yes, Delvis/Yes, Alfred/Yes, Orvie/Yes, Raymond/Yes; 9 Yes, 0 No, 0 Abstain; chair not voting; motion passed.

7. Motion by Joseph to approve Tribal Council travel delegation for January 2015; second by Reuben; question; Vote:

Joseph/Yes, Carlos/Yes, Kahseuss/Yes, Scott/Yes, Reuben/Yes, Delvis/Yes, Alfred/Yes, Orvie/Yes, Raymond/Yes; 9 Yes, 0 No, 0 Abstain; chair not voting; motion passed.

8. Warm Springs Forests Products Industry (WSFPI) Update:

- Motion by Carlos to amend Tribal Council 2015 agenda.

- W.S.F.P.I. follow up report to Tribal Council January 12, 2015 at 10 a.m.

Letter to the editor

Stolen items

Below is a list of items stolen from my home on the evening of Thursday, December 4, 2014.

I would like to get this list out there, in case anyone is approached to buy any of these items. Or if any information is known about these items. Please call me or the WSPD. I would really like to get these back. Thank you. Evaline Patt, 541-460-1403 or 541-325-1580.

As much as I can remember:

Aiwa home stereo player with a 3-place CD player on top, a radio and tuner in the middle and a cassette player and dubber on bottom, all together in one unit. Stands about 2 - 2 1/2 ft. tall with 2

stand alone black speakers.

Gun safe, brown in color, containing: 20 gauge shotgun, 410 gauge shotgun; Winchester 22-250 Rifle with scope, bolt action, Marlin 22 mag. rifle w/scope, lever action; Marlin 22 semi-auto with scope; possibly 22 pump rifle, iron sights.

Minolta 35 mm camera with 2 lenses: 35 mm lens and 90 mm lens. Verizon Home phone connector (w a cut line).

Beaded Appaloosa Horse Pin - pink cut beads, with white and blue, outlined with gold beads. Hanging gold beads for tail and mane. Approximately 2- 2 1/2" in size.

Assorted homemade necklaces. Some made with old and new Wampum, round Wampum, Dentallium, some Seed bead necklaces and

some small bead necklaces. Some of these I purchased from Fred Wallulatum Sr.

List of those I remember and some were keepsakes:

New Wampum with light pink and clear glass beads, silver beads approx 18" long. Old Wampum with orange oblong beads, gold beads approx. 19 - 20" long. Necklace with a silver dollar, with cloudy white beads.

New Wampum, glass beads with a big clear crystal heart. Narrow round Wampum with green beads. Narrow round Wampum with turquoise color beads.

New Wampum with red coral larger beads. Small seed bead with red and white beads in blocks of 4 each of red then 4 each of white. Small bead like short bugle beads, pink, white, maybe black with

clasp.

Approximately 3 Necklaces with a horse figure, one horse is silver. Dentalium necklace with approx. 6 - 8 strands with green/turquoise color beads. Dentalium two strands with dark turquoise beads with inlay horse.

Miniature beaded bag with white bead background with flower design, gold bead corners and buckskin necklace. Miniature Cornhusk bag with E on both sides. One E is larger in size, red color.

Miniature Sidepurse Cornhusk bag with buckskin tie, blue or green design. Approximately 2 or 3 necklaces with mini cedar basket. 2 necklaces with mini woven yarn bags. Assorted Dentalium necklaces. Assorted size 10 bead necklaces.

Evaline Patt

Tribal Council summary

December 9, 2014

1. Roll call: Vice Chairwoman, Evaline Patt, Carlos Smith, Reuben Henry, Orvie Danzuka, Kahseuss Jackson, Alfred Smith, Jr.

2. Carlos Smith gave a report on recent Columbia River Inter-Tribal Fish Commission meeting.

3. A motion was made by Carlos adopting resolution #11,958 approving the 2015 Forest Management Plan budget; Second by Reuben; Question; Alfred, yes; Reuben, yes; Orvie, yes; Kahseuss, yes; Carlos, yes; Motion carried. 5/0/0

4. A motion was made by Carlos adopting resolution #11,959 appointing Barbara

Haslinger as Judge Pro Tempore for 2015; Second by Reuben; Question; Alfred, yes; Reuben, yes; Orvie, yes; Kahseuss, yes; Carlos, yes; Motion carried. 5/0/0

5. A motion was made by Orvie adopting resolution #11,960 appointing Thomas Howes as Judge pro Tempore for 2015; Second by Reuben; Question; Alfred, yes; Reuben, yes; Orvie, yes; Kahseuss, out of the room; Carlos, yes; Motion carried. 4/0/0, one out of the room.

6. A motion was made by Orvie adopting resolution #11,961 approving the 2015 Juror list; Second by Reuben; Question; Alfred, yes;

Reuben, yes; Orvie, yes; Kahseuss, yes; Carlos, yes; Motion carried. 5/0/0

7. Orvie and Kahseuss gave a report on the Impact Aid meeting held on December 8, 2014.

8. A motion made by Carlos amending the Tribal

Council agenda, adding the WSFPI Board to give an update on December 15; Second by Orvie; Question; Carlos, yes; Kahseuss, yes; Reuben, yes; Alfred, yes; Motion carried. 5/0/0

9. Meeting adjourned at 12:10 p.m.

Museum gift shop sales

The Museum at Warm Springs gift shop has some great holiday gift items.

December-January sales include buckleberry jam, 30 percent off. Leanin' Tree magnets and posters, 50 percent off.

Lillian Pitt artwork 20 percent off. Music, 30 percent off. Silver, 50 percent off.

If you have questions call Angela or Jason at 541-553-3331 ext. 309 or 409.



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