

Protect your family against head lice

Head lice can only live on human beings and can be spread quickly by using a brush or comb, or wearing the hat of an infected person. It can be spread simply through close contact. Anyone can get head lice, despite good grooming habits and frequent hair washings. The nits (eggs) normally hatch in about one week. With proper treatment of lice, all nits and lice can be killed. Many pharmacies carry the special shampoo and head lice removal system needed to eradicate head lice, most treatment shampoos need a prescription from a doctor or health care provider.

This special shampoo kills the lice and nits, but then the nits must be removed from the hair. Remove the nits by combing with a fine tooth comb or pull them out individually. Even though the nits are dead, most schools won't allow children back in class if nits are present in the hair. Obviously, the hair does not need to be shaved to cure lice.

If you notice any lice or nits in the eyelashes, apply petroleum jelly to

the eyelashes twice a day for eight days. They won't survive.

Lice cannot live for more than 72 hours (three days) off of the human body. Your child's room should be vacuumed. Combs and brushes should be soaked for one hour in a solution made from anti-lice shampoo. Wash all sheets, blankets, and pillowcases in hot water. Items that cannot be washed, like coats and hats, can be placed in plastic bags for at least three weeks. (The nits can survive for three weeks.) There are anti-lice sprays and fumigators that can be purchased for the rest of the house if necessary.

Lice is hard to see with the naked eye. Your child may have lice if he or she is experiencing a very itchy scalp, redness in the scalp, or has a rash on the scalp. The back of the neck is a favorite area, and also may itch. The nits look like dandruff, but cannot be shaken off or merely brushed out.

Call the Health and Wellness Center for more information.

Culture Board meeting change

Kwelth Tahlkie Culture and Heritage Board will hold its monthly meeting beginning at 10 a.m. on Saturday, September 12 in Conference Room A of Spirit Mountain Casino. (This is a change of date due to Labor Day weekend. Normally, the Board meets on the first Saturday of each month.) Tribal members are al-

ways welcome to attend meetings.

The agenda includes introduction of the new Executive Director and a logo contest. Other agenda items include: master planning for the Culture and Heritage Interpretive Center, planning of upcoming cultural activities, and the 1999 Proposed Budget.

College students needed for Advisory Council

The Tribal Student Advisory Council is recruiting for new members. To be eligible to serve on the Council you must be a tribal member enrolled and attending a college or university. Activities the Council participates in are: quarterly education planning

meetings, Oregon Indian Education Association participation, Achievement & Recognition awards activity for youth, and leadership activities.

If you are interested please contact Hollie Larsen at 1-800-422-0232, ext. 2275 to request an application.

U.S.D.A. DISTRIBUTION

— SALEM —

Sept. 1: 3 to 7:30 p.m.

Sept. 2: 8 a.m. to 8 p.m.

Sept. 3: 8 a.m. to 5 p.m.

— SILETZ —

Sept. 21, 22, and 23:

8:30 a.m. to 4:30 p.m.

Wellness prize winners

Congratulations to the winners of the prizes in the Wellness Pow-wow activities. Participants who won prizes were Alan Lane, Shelby Cook, Lacey Leno, Jordan Cook, Tenatia Jackson, Fabian Quenelle, Mykal Stewart, and Desiree Kipp.

A most memorable day for Verna Larsen's 82nd birthday

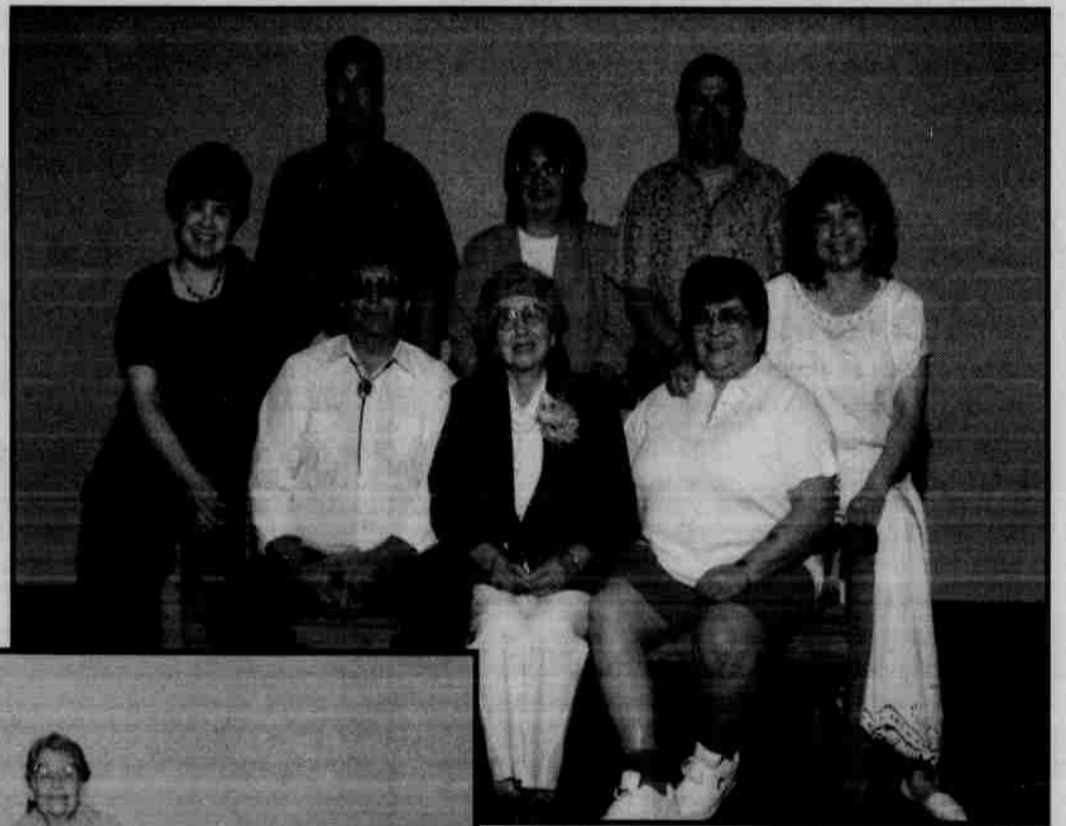
Thanks to all my beautiful kids, their kids and their kids. It was great, and thanks to the many nice friends and relatives who came to help celebrate. I hope they enjoyed themselves. I sure did!

LOVE, VERNA

A belated thanks from the Larsen kids for helping to celebrate Mom's birthday.

We waited for the pictures, hope you like them.

THANK YOU ALL



FAMILY

Top photo clockwise from left: Susie Gilliam, Ken Larsen, Candy Robertson, Mike Larsen, Carol Scott, Jeanne Larsen, Verna, and Ed Larsen.

FRIENDS

Bottom photo sitting from left: Arvella Houck, Mabel Gaston, Verna Larsen, Minnie Reibach, and Velma Mercier. Standing from left: Ruby Rink, Ila Dowd, Alice Knox, and Bonnie Wymore.