

Club Hay Fever

Do you get tired of the constant drip, drip, drip of your nose? What about itchy, red eyes? Sore throat, sneezing, coughing? If you are familiar with any of these symptoms, welcome to Club Hay Fever.

Hay fever is also known as allergic rhinitis. Rhinitis is inflammation of your nasal passages. Inflammation can cause runny nose, nasal congestion, sneezing, itching and the feeling that there is something dripping down the back of your throat.

While rhinitis only refers to your nose, many people with allergies also have symptoms that affect their eyes, ears and throat. This includes watery nasal discharge, blocked nasal passages, sneezing, itching, loss of taste, facial pressure or pain, itchy or red eyes, feeling of grittiness in the eyes, sore throat, hoarse voice, congestion or popping of the ears, or itching of the throat or ears. Your sleep also can be disrupted because many people breathe out of their mouth, awaken frequently and then feel tired the next day.

A diagnosis of allergic rhinitis is based on a physical examination and the symptoms described. For many people, rhinitis is a lifelong condition that waxes and wanes. Allergic rhinitis can begin at any time and affects approximately 20 percent of people of all ages. Fortunately, symptoms can usually be controlled.

While we are enjoying a mild winter, it also means that we are seeing people with allergy complaints earlier than usual. I'm told there are even bees out and about. So for folks who know they have allergies, might I suggest you start your daily allergy medicine?

I'm hoping to spare you a trip to see the fine folks at the clinic and possibly a nasty case of sinusitis, bronchitis or an ear infection. For the other people out there, if you're having these symptoms and they aren't relieved by over-the-counter products, come see us and we'll do our best to part you from your box of Kleenex.

Tami Martin, RN, FNP

Adapted from *Allergic Rhinitis (season allergies)* at uptodate.com ■

Walking On...

Jessica Brann

Jan. 31, 1947 - Feb. 18, 2012

Beloved mother, sister and Tribal Elder Jessica Brann walked on on Saturday, Feb. 18, 2012.

She was born on Jan. 31, 1947, in McMinnville, Ore., to Grand Ronde Tribal member Etta Hansen and Richard Younger. The family moved around a good deal, but spent her last school years in Willamina.

She married young at 17 and moved to Clatskanie. When her marriage ended, she returned to Willamina. Jessie married Denny Brann in March 1998 and then moved to Mexico for about three years. Jessie and Denny finally returned to Grand Ronde. Her husband preceded her in death.

Jessie's passion was decorating her home and yard. She loved decorating for the holidays and always had a project in the works. Her dog Pebbles was a constant companion.

Jessie leaves behind two sons, Rick Olean of Clatskanie and Rodney Olean of Lacey, Wash.; sisters, Cassandra Scott and Cecilia Bissonette of Grand Ronde, Stephanie Grim of Salem and Mary Leith of Sheridan; and brothers, Richard Younger of Utah, Lewis Younger of Willamina and Edward Hansen of Salem.

A memorial service was held Tuesday, Feb. 28, in the Grand Ronde Tribal gym. Interment followed in the Grand Ronde Tribal cemetery.

Dallas Mortuary Tribute Center handled the arrangements.



Kick the Habit.

Call these numbers for free from anywhere in Oregon:
1-800-QUIT-NOW (1-800-784-8669)
 Español: 1-877-2NO-FUME (1-877-266-3863)
 TTY: 1-877-777-6534
 Or register online at: www.quitnow.net/oregon/

Recycle Center moved

The Recycle Center has been moved temporarily to 9675 Grand Ronde Road.

For more information, contact Tribal Facilities Manager Michael J. Larsen at 503-879-2407. ■

Confederated Tribes of Grand Ronde Tribal Court Appointed Special Advocate (CASA) Program Wawa pus tenas "Speaking for Children/Youth"

Each year, approximately 780,000 children in the U.S. are caught in the court and child welfare maze because they are unable to live safely at home.

Approximately 13,965 children in the state of Oregon have been in foster care at least once during the past year.

Currently, there are approximately 87 Grand Ronde children in foster care. Half of those children are wards of the Tribal Court right here in the Grand Ronde Community.

The Grand Ronde Tribal Court is looking for committed, caring volunteers who want to help these children by advocating for the child. The Tribal Court CASA Program will train all volunteer advocates. Give these children a voice during this difficult time, help these children to receive the services they need, stay connected to their culture and find safe permanent homes.

If you would like more information on how to volunteer and better serve our Tribal Children, please detach and complete this form and return it to: Tribal Court Programs Specialist, 9615 Grand Ronde Road, Grand Ronde, Oregon 97347. For additional information, call 503-879-4623 or e-mail: Julie.boekhoff@grandronde.org



- please send me a CASA Advocate Application
- please send me more information about the Tribal Court CASA Program

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____

BOOK FOR SALE

"The Kalapuyans: A sourcebook on the Indians of the Willamette Valley"
 by Harold Mackey, Ph.D.



This book, through collaboration between the Cultural Resources Department, Mission Mill Museum, and the Mackey Family, has been re-released in a second edition with a new cover, an updated bibliography with more current and accurate sources, new photographs, and a new afterward explaining the Grand Ronde Tribal perspective.

\$13.00 per book
 Books may be purchased from the Tribe's Cultural Resources Department located on the second floor of Tribal Building 14 (Adult Education Building) for \$13.00 each. To have an order mailed to you, please fill out this form and include an additional \$3.00 for shipping cost per book.

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 # of books x \$15.95 each = _____ total.
 Checks only.



Mail this form to:
 CTGR Cultural Resources
 The Kalapuyans
 9615 Grand Ronde Road
 Grand Ronde, OR
 97347