

(Continued from Page 4)

Through children, the future is ensured. So educating children

is of great importance to every culture. To counteract the results of a majority rule voting procedure, and to ensure equality among all peoples, the concept of equal educational system that children learn concepts that will carry them through life. So it is through schools, that equality should be taught and carried out as examples of the belief. The result has been Affirmative Action Programs, the ESEA Title VIII Bilingual Education Act, the ESEA Title IV Indian Education Act and Regional General Assistance Centers, ESEA Title IX, and ESEA Title I for disadvantaged youth. All of the mentioned ESEA Titles is an admission of unequal treatment in education, that the Anglo-Saxon culture has forced its beliefs on other cultures instead of giving respect to people they teach, when speaking about the Constitution and the Declaration of Independence.

FROM O.S.U. EXTENSION

Ground beef is one of our best meat buys. Not only does it have a lower cost per serving than most meats, it's probably one of our most versatile and popular meat items.

The limit for fat in regular ground beef is 30 percent. If the label carries a descriptive term such as "lean," the fat percentage must be listed.

Ground beef is usually made from the less tender and less popular cuts of beef. Grinding tenderizes it. Trimmings from higher priced cuts also may be used.

CLASS OFFERED BY COCC

There have been two classes completed and one to be offered during the Spring Term. Class that have been completed were "Care and Diseases of Horses", and "Hoof Trimming and Beginning Horseshoeing".

"Beginning English Equitation," will be offered during the Spring Term.

Care and Diseases of Horses was offered during the winter quarter through Central Oregon Community College's Native American Program. Classes were held in the Adult Learning Center on Tuesday evenings 7-10 p.m. The class was instructed by Dr. Robert Huckfelt of the Redmond Veterinary Clinic. This class was a big success with an enrollment of 26 adults from Warm Springs and Madras.

The course fundamentals of care of horses and common defects, diseases, disorders, etc. and treatment of these. Two lab sessions were held at the Redmond Veterinary Clinic during the course of the class, and the class observed common medical procedures in the general care and upkeep of horses such as giving shots, tubing for worms, aging a horse by its teeth, castration of horses, floating teeth, and many other common treatments. Many horses with defects, unusual diseases and unsoundnesses

Ground beef should be refrigerated or frozen as soon as possible after purchase. If you plan to use the ground beef within a day or two, it can be stored in the coldest part of your refrigerator — usually near the ice cube department or in a special meat keeper.

Ground beef wrapped in transparent film can be refrigerated without rewrapping. But ground beef wrapped in butcher paper should be unwrapped, placed on a platter, and covered with wax paper or plastic wrap before refrigerating.

If ground beef is to be stored in a freezer for two weeks or less, it may be kept in transparent film without moisture loss. For longer storage, it should be wrapped tightly in moisture-resistant material like aluminum foil, freezer paper or plastic bags specifically designed for freezing. Plastic bags from breads or vegetables do not protect the food as well.

This additional wrapping can be added over the transparent film it comes in. Ground beef kept frozen at 0 degrees Fahrenheit can be stored for two to three months with little loss of quality.

Ground beef should be thawed in the refrigerator. Keeping the meat cold while it is thawing is essential to prevent growth of bacteria. If you must thaw ground beef rapidly, put the meat in a watertight wrapper in cold water or in a closed double paper bag at room temperature; then cook as soon as thawed.

Ground beef, often made from trimmings, has been handled more than other cuts of meat. Grinding exposes more of the meat surface to bacteria, normally occurring in the air, on the butcher's hands and on the equipment. These bacteria will cause a loss of quality and spoilage if you mishandle the meat.

were also observed throughout the labs.

Hoof Trimming and Beginning Horseshoeing were held Wednesday evenings at the homes of students. The class was instructed by Buck Sherwood of Bend, and there was an enrollment of eight students in this class. All of the classes for this course were labs. This class concentrated on hoof trimming in the beginning, and later those who wished to advance into the shoeing of the horses did so.

Beginning English Equitation class will be a 10-week class on Wednesday evenings 7-9 p.m. at the Madras Indoor Arena. Mrs. Judy Palmer, a professional trainer out of Redmond, will instruct this class.

Those taking the class should have their own horse and the use of English riding equipment will be required. While the required equipment might present a problem to some, there is a possibility equipment can be rented.

It is the understanding that what is learned in this class will be basic riding, the fundamentals of English and Western are very similar with the difference being equipment. This would also be a good schooling opportunity for horses as English riding does touch on the fundamentals of dressage. For more information contact the Adult Learning Center.



A NEAR CAPACITY crowd see the championship basketball game between Lapwai and Yearington at the Community Center Sunday March 14.



Boxing

Warm Springs boxing club entered a 20 man team against the Yakima Nation on March 20, at Toppenish Wa. The match will be held in the Yakima Community Center starting at 7:00 p.m.

The Community Center Teen Girls, and 12 year old and under boys basketball teams traveled to White Salmon Wa., on the weekend of Mar. 19-20. This was to be a two day trip for the youngsters.

Sarah Greene named

Sarah Greene, 17, who wore a buckskin dress her great-grandmother had beaded, was named Miss Warm Springs.

The newly selected Miss Warm Springs, who may compete later this year for Miss Indian America and or Miss NCAI (National Congress of American Indians), carried a fan feather and wore a single head feather which had been given to her by her grandfather, Alex Tohet, a deceased tribal religious leader. All were eagle feathers.

According to her mother, Verbena Greene, Sarah's grandfather selected both her English and Indian names. The Indian name, Xou-nic (the X represents a sound which has no counterpart in the English language), means "never tip over," Mrs. Greene said.

Although selected by her grandfather, the Indian name was not "really given until Sarah was 16." The ceremonial naming took place during an Indian Week at Madras High School where Sarah is now a senior.

Mrs. Greene said that Sarah's beaded head band was given to her by a greatuncle and her leggings, cuffs, and bag were beaded by various relatives.

Two of the wampum necklaces she wore are family heirlooms and a third is newer, Mrs. Greene also said.

The selection of Miss Greene was Miss Warm Springs was not an easy one. Although they used a point system, the scores given by three judges, all members of the Confederated Tribes of the Warm Springs Reservation, resulted in a tie between Miss Greene and her sister, Romona Greene.

Both girls were asked to circle dance a second time to help break the tie but the

judges finally requested audience applause as a tie-breaker.

Judges scored the contestants for completeness of regalia, knowledge of Indian dances, poise, personality, beauty, education and talent.

In answer to a question from judges, Miss Greene said she plans to study for a careers in agricultural extension following high school graduation. Her parents are Mr. and Mrs. Perry Greene of Warm Springs.

Miss Warm Springs



SARAH GREENE, Miss Warm Springs, accepts an award from Juanita Bourland, supervisor of the steno pool, which sponsored the contest. Miss Greene, a senior at Madras High School, will go on to compete for further honors in the Miss Indian America or Miss NCAI (National Congress of American Indians) with the steno pool funding her expenses.

Pioneer Photo by Sandy Rangila