

Self-satisfaction keeps Julie exercising

"Satisfaction with myself is my primary motivator and keeps me exercising," says Julie Mitchell, January Exerciser of the Month, who was recently selected for that honor by the Wellness Office.

Julie, a mother of one, has very little free time. As Early Childhood director, Julie's schedule requires that she be healthy and mentally and physically fit for whatever the job demands. On Mondays, Wednesdays and Fridays, Julie participates in the noontime aerobics class and spends time on the rowing machine. On Tuesdays and Thursdays, she plays volleyball or runs and on the weekends, she cross-country skis or rides a stationary bike. She averages eight hours a week participating in various athletic activities.

Julie began regularly exercising when she became pregnant. "I wanted to have a healthy child and an easy, enjoyable pregnancy. I didn't want to carry or gain excess weight."

The benefits of exercise include "reduced stress levels and a healthy attitude toward myself and others." She is also able "to enjoy physical activity at most levels" and can serve as a positive role model for her daughter.

Julie says she exercises day by day, then "reviews the week to make sure I have had one day off and six days of exercise." Her primary goal is to "continue exercising on the same schedule and not set unreachable goals."

As for stumbling blocks, Julie finds that keeping her lunch hour unscheduled is a challenge because that's her only free time. "An invitation to eat lunch is difficult to refuse, but I would rather exercise than eat." Injuries are also stumbling blocks for her. "They make exercise painful and days have to be missed."

To get around those stumbling blocks, Julie refuses lunch meet-

ings and to eat out. She also tries not to push herself beyond her physical limits—"I don't like being injured or ill."

Julie says that her husband Isaac and her daughter Natalie don't routinely exercise, but that she would like to interest them in nordic skiing and walking. "But they need to be self-motivated." They do swim together at Kah-Nee-Ta, but it's more "therapeutic than exercise."

If there were no limitations, Julie would devote more time to run-

ning. "I would like to run in the morning, but my schedule limits workouts to lunch hours only. My limits are time." Running has its drawbacks—getting chased by dogs. "There are too many mean dogs in the good running neighborhoods."

Julie stresses that "exercise is something you do for yourself. No one can make you do it and no one can claim its benefits but you." And Julie's positive mental health is a result of her physical health. "Exercise has a different meaning for every individual."



Spilyay Tymoo photo by Belverd

Julie Mitchell spends an average of eight hours a week in exercise of one form or another.

Journalism club submits work

The following stories were written by Warm Springs Elementary fourth and fifth grade students who have started a journalism club. Each student signed up for a story, interviewed their chosen teacher and wrote the story.

Mrs. Cotel is the ERC teacher. She works with 35 students in small groups. Her helpers are Lorraine Lavenik, Nola Huff, and Janice Good. They work with kindergarten through 5th grade students. They help the students who need help with spelling, language, reading, math, and physical and occupational therapy.

Written by Harry Histake and Trish Tanewasha, grade 4

Mr. Belveal is our new librarian. He taught in Lincoln County High School in Eureka, Montana before coming to Warm Springs.

He has a young reviewer's club made up of students. They are reading books and writing book reviews. They had a Christmas party. Now they are planning a field trip to visit the library at Buff Elementary School in Madras. The students in the club will also be going to Madras Senior High School to look at the computers.

Written by Angie Wolfe, grade 5

Mr. Spencer is our school custodian. He has to order all the supplies for Warm Springs School. He is going to paint the doors and put them in. He makes sure the building is warm and clean. He makes sure everything works.

He works for the whole school service at Warm Springs School. He has two people working for him: Kay West and Keith Urbach. They are responsible for the classrooms and the bathrooms. Mr. Spencer has been our custodian for seven years.

Written by Adrian Kennedy and William Suppah, grade 5

The students in Miss Baisden's fourth grade room are going to watch a video tape called Landmarks of Oregon. It is about the Indians of Oregon.

The students are practicing writing paragraphs. They are going to make penguins from paper plates.

Written by Adrian Kennedy and William Suppah, grade 5

Mrs. Graham's kindergarten class is going to start number stations. They have been learning colors and shapes. They have been counting from 1 to 50.

The students have been saying their ABC's. They have made bears and are going to make mobiles out of them.

Mrs. Henry's kindergartners are working on the letter p and are making penguins. They learned about pets and are going to make popcorn in their study of P. They made up poems.

They are reading Pecos Bill and Peter Rabbit in reading.

Written by Adrian Kennedy and William Suppah, grade 5.

The students in Mrs. Davidson's room are learning about plant cut-

tings in science. They are going to plant flowers. First they are going to put them in water for several days.

In reading they are doing poems. They have groups with one person in charge of the group. When their poem is ready, the students will present it to the other fourth graders in the class.

Written by Adrian Kennedy and William Suppah, grade 5

Miss Moore's fourth grade students have been doing math facts. The students have been studying Chief Joseph. They have been making sail boats in the middle of winter for art.

Written by William Suppah, grade 5

Miss Earlene Anderson has enjoyed working at Warm Springs Elementary for 26 years. In Miss Anderson's class of 26 they are doing special things like Secrets of Success Health Education program and Haiku.

Miss Anderson enjoys working with the kids, enjoys being part of the community, and enjoys living in Warm Springs.

Written by Rhea Pierre, grade 5

Meeting skills topic of class

Learn the secret to better note-taking along with improving skills in listening, summarizing, agenda planning, group problem solving and decision-making. The office of training services and Central Oregon Community College will present a three hour workshop focused on improving these skills.

The training session will be taught by Adeline Rosomer on four different days: Friday February 20, 9 a.m.-12 noon; Friday February 27, 9 a.m.-12 noon; Friday March 6, 9 a.m. to 12 noon; Friday March 13, 9 a.m. 12 noon.

Class will be held at the Office of

Training Services in the old boys' dorm. Register by calling Geoff Bury at 553-1428.

Lone winner in boxing tourney

Sonny Jackson representing the Warm Springs Boxing Club won the 13-14 year old, 130 pound class at the Inland Empire Boxing tournament held in Spokane, Washington, February 7-8, according to coach Gerald Smith, Boxing coach. Complete details were unavailable at press time.

Warm Springs Elementary News—

Families, Tribe, and school work to improve attendance

Students know well how attending school regularly helps them to keep up with their studies. Absences cause students to fall behind in their studies and become discouraged. For this reason families of Warm Springs Elementary students have put forth much effort to see that their children arrive at school as regularly as possible. Due to their efforts, our students have an attendance rate of 93 percent. A special thanks from us to all of the families who have been so diligent in waking up their children and getting off to catch the bus, walk, or ride to school.

At school we have a program designed to further encourage students to attend regularly. At the end of each quarter students who have had regular attendance receive the "Feather Award" for good attendance. Students who have been absent three or less days receive this award. (A tardy counts as a half day's absence). During the first quarter of this school year we presented 215 students with these awards. The second quarter, which ended January 23rd, had 164 students who received the "Feather Award" for regular attendance. Our "Feather Award" was designed by Carol Wewa, a parent of one of our students.

Even with all the efforts of most

families, we have some children who continue to have problems attending school regularly. To assist these children and their families to solve this problem, our counselor, Ed Roley, the classroom teachers, and I review attendance records each week. Students who have unexplained or excessive absences become a focus of our attention. The classroom teacher contacts the family by phone or letter to alert the family of the concern. In most cases, the parent or guardian is able to work with the teacher and Ed to find a way to improve their child's attendance. When a solution to the problems does not develop, we pass on our concern to Daisy Ike, Juvenile Coordinator for the Warm Springs Confederated Tribes. Through the cooperative efforts of the Juvenile Coordinator's office and the school it is hoped we can find the means to assist the family to better meet the child's need to attend school regularly.

January Outstanding Citizens of the Month

Kindergarten—Josephine James, Violet Heath, Jody Miller, Sidney Minnick; First grade—Kim Estimo, Brook Schmidt, John Kalama; Second grade—Aaron James, Dabid Rodriguez, Jolene Simtustus; Third grade—Trish Stradley, Michelle Charley; Fourth grade—Helen Clements, Rusty Calica, Daniel

Chavez; Fifth grade—JoDe Goudy, Freddy Colazo; Reading—Yvette Brunoc, Roxanne Johnson; Math—Angie Wolfe.

December Class of the Month

The Outstanding Class of the Month for December was awarded to Ms. Rodgers' first grade class. Ms. Rodgers' class has really shown a great deal of improvement since the beginning of school. They have shown this in many different areas.

One area in which they have shown such an improvement is in the way they have begun to work together as a class. The children have learned that when they work well together they can help each other to learn more and to learn faster. Their cooperation means the class has better discussions and creates even more interesting projects.

Anyone who visits their classroom can see how they work diligently and quietly on what they are doing. For example, when they have finished their individual seatwork they were able to move to free time activities, without any disruptions. They could choose any activity they wished as long as they could do it quietly by themselves or with a friend.

Congratulations to Ms. Rodgers' class for the great job they have been doing in their classrooms. Keep up the good work.

January Class of the Month

One of our school goals this year has been to work to help the children learn to be more supportive of each other. Mary Soliz's second grade class has been selected as Outstanding Class for the month of January because of their progress in this area. Miss Soliz reports that her students have always been polite to the many family members that visit her classroom. Through the school year they have been learning to extend this same politeness to each other. They are giving each other more compliments, at the same time they are trying to be less critical of their classmates.

Beginning last year, Mary Soliz began grouping students together into teams of four students. These teams work together during certain instructional activities to help each other to master the lessons. During social studies lessons, the students listen to a presentation from their teacher or read a selection together from the textbook. After this presentation, they then work together in their teams to complete an assignment on the material they have been studying. The students have learned to ask each other for assistance, before they ask Miss Soliz for help. When the assignment has been discussed and corrected, each student takes a quiz over the material. It is hoped that as the students learn to help each other, they will be able to effectively pool their skills and under-

standings so that all members of each team can be successful with each lesson. Mary reports that the students are patient and willing to take the time to help each other to learn.

Math class is another place you will see these students working together as teams to learn their lessons. Congratulations second graders. We are proud of the way you are learning to work together as a team.

Students impress their families and teachers at the Math Fair

Denver Sensibaugh, WSE Math Specialist, held our second annual Math Fair on February 3rd and 4th. During these two days, each student had a chance to visit the fair with his/her classroom. While at the fair, each student went through a series of math activities. At each math station, students were challenged to use their critical thinking ability to solve math problems. For example, students estimated the distance they could throw a cotton ball, the number of marbles they could pick up in one hand, the number of scoops of popcorn it would take to fill a jar, and other estimating activities. In some other activities, students had to reconstruct patterns of colored shapes, puzzles, construct graphs, and determine how patterns were alike and different.

Students in the third through fifth grades assisted Mr. Sensibaugh with the Math Fair. These students worked at each station demonstrating for the participants what was to be done. All who attended were impressed with the skill these students had at smoothly and effectively carrying out their duties.

Both teachers and students appreciated the large number of family members who visited the Math Fair during the time their children were participating in the activities. School activities take on additional importance to the children when their families show interest in what they are doing. Thank you for your support.

January and February are Legend Months at Warm Springs Elementary

During these two months, students are reading and listening to a variety of legends. The major source of the legends is through "The Indian Reading Series" which was written and developed through the Northwest Regional Laboratory in Portland. Several Warm Springs residents were involved in this project as writers and illustrators. Other means for studying legends has been to listen to the legends that are broadcast daily on KWSO, reading legends from our collections of books in our school library, listening to legends told by parents of our students, and listening to a

legend told to the entire school by Aaron Grey Horse of KWSI/KWSO at a recent school assembly.

The week of February 9th has been designated as "Legend Week." The week of legend study will be culminated by an assembly on Friday, February 13 at 9:00 a.m. At this assembly, the staff will be dramatizing a legend for the students. As always, families are welcome to attend our assemblies.

Classroom Newsbits

Laurie Sensibaugh's third grade classroom has been working all year to improve their writing abil-

ity. One of the activities they do regularly is to keep a log of the events that occur during their school day.

Dawn Smith's first grade class has been listening to legends over KWSO on two days each week. The students really enjoy the stories. They are doing a good job at answering questions about the legends. They draw pictures showing what happened in the legend. They have listened to legends about a hare and an otter, a sea witch, a woman that turned into a bear, and more.



Spilyay Tymoo photo by Shewczyk

Godzilla welcomed children back to school from Christmas vacation in Russell Kaiser's first grade classroom at Warm Springs elementary. The students wrote about the impending figure. "Godzilla has sharp teeth. He has a long tail. He has green arms and skin. He has sharp spikes on his back. Godzilla is big. He is mean. He has two big feet. He eats meat and plants. Sometimes he is funny. He is cute. He is dangerous. He could step on people and crush them. He is fun to play with. Our Godzilla is not real—he is fake. He can eat dragons if they are mean to him. He can squish buildings. Our Godzilla is just a balloon to look at and he is funny when he sits on a chair. You are welcome to come and see our Godzilla."

KAHNEETA RESORT TRAINING

GET TRAINING THAT COULD HELP YOU TO GET A JOB IN THE RESORT INDUSTRY. ATTEND FREE TRAINING AT KAHNEETA TAUGHT BY PROFESSIONAL STAFF FROM COCC, INN OF THE 7TH MOUNTAIN, AND KAHNEETA RESORT.

GET YOUR STATE ALCOHOL SERVERS LICENSE. LEARN HOW TO BE A WAITER OR WAITRESS. IMPROVE YOUR PROFESSIONAL IMAGE.

TRAINING SCHEDULE:

Type of Training	Date	Time	Location
Waiter/Waitressing	Fri Feb 20	8-5pm	Lodge
Waiter/Waitressing	Sat Feb 21	8-5pm	Lodge
Your Professional & Personal Image	Mon Feb 23	1-5pm	Lodge
Housekeeping Training	Tue Feb 24	8-12	Lodge
Front Desk Training	Tue Feb 24	1-5pm	Lodge
Guest Relations	Wed Feb 25	8-5pm	Lodge
Housekeeping Training	Thur Feb 26	8-12	Lodge
Alcohol Server Licensing	Fri Feb 27	1-5pm	Lodge
	Sat Feb 28	8-12	Lodge

REGISTER BY PHONE 553-1428

LUNCHES AND TRANSPORTATION FROM WARM SPRINGS WILL BE PROVIDED