



Students visit Warm Springs Elementary library during summer hours. Library is sponsored by Johnson O'Malley. August 8 was the final day of summer operation.

Headstart Program registration continues

Registration for the Warm Springs Headstart Program is now taking place for the 1991-92 school year. Eligible participants include all children living on the Warm Springs Reservation who will turn three years of age on or before September 1, 1991.

Those children who were in either headstart or tribal preschool during the 1990-91 school year; need to update your child's current files. For incoming 3 and 4 year olds who were not previously in one of these programs must have a registration packet filled out. If your child has not had a physical examination, this must also be done.

In order to schedule an appointment for either registration or updating files, please call 553-3241 or

check in at the Headstart office in the Community Center. Registration will continue through the end of July.

The public is invited to a Retirement Reception for superintendent Darrell Wright

at the Madras High School cafeteria

Friday, August 23 from 2:30 to 5:00 p.m.

No gifts please

Students increase reading skills in summer program

This summer, Chapter I, a federally funded supplementary educational program, offered a four week reading program for first, second and third grade students. Classes were held in the mornings so the kids could enjoy summer afternoons but the mornings were filled with hard work for the students.

Teacher Carol Bailey helped students develop their reading and retention skills through exercises. Throughout the month long session, young students read stories, wrote stories and listened to stories. They also learned to read instructions necessary for making snacks during the day.

According to Bailey attendance has been "great," more than she had expected. And the students showed many successes in increasing their reading skills.



Winter Owl Boyd participates in the Chapter I Reading program.

Mental Health Tip

Rational Thinking Changes How We Feel (for the better-by golly!)

Your Self-Help Guide to a Healthier and Happier Life.

The way we interpret events has a powerful impact on the way we feel and the way we behave.

Example: When you hear a siren—"I hear a fire truck passing." Rational thought evokes concern.

"I hear a fire truck passing and my house may be on fire." Irrational thought that evokes fear...

Stop Self-Sabotage

The 1st step: When you are having negative feelings, look for the thought that may be lurking in the background. When you find your mood changes, when you suddenly discover that you are angry or anxious, do an instant replay. What was going through your mind, what were you saying to yourself that could have caused the change in mood? Watch out for these common distortions which may be reigning over your feelings.

□ All-or-Nothing thinking. Either the situation is right or it's wrong and there's nothing in between. If your careless driving results in a car accident, you blame yourself as being totally incompetent.

□ Jumping to conclusions. You have one bit of evidence (your car won't start, for instance), and you jump to the conclusion that the day is going to be a never-ending pattern of bad events.

□ Mind reading. In this type of distortion, you assume you know what another person is thinking about you, and you almost always assume those thoughts are unkind.

□ "Catastrophizing." You take a situation and you blow it out of proportion. You say, for example, "I forgot to mail the monthly payment. The bank is going to auction off my home." Think how much easier life would be if you said to yourself, "Okay, so I forgot to mail the mortgage payment; I'll take care of it right away."

□ "Awfulizing." "I'll never be able to make new friends in the new city and that will be awful."

□ Mental filtering. You take an experience, filter out the positive things about it and let only the negative things through.

□ The tyranny of 'shoulds.' Also called 'the fallacy of fairness' or 'shoulding on yourself.' This distortion is based on the belief that things 'should' be fair. My boss 'shouldn't' treat me that way.

□ Overgeneralizing. All of the neighbors don't like me all of the time.

□ "Crystall-balling." "I know our vacation will be a disappointment."

Hunt these distortions down in your thought patterns. Get in the habit of answering negative thoughts through the following exercise:

Divide a sheet of paper in half. Write the negative thought on the left hand side. Counter the Irrational statement with a rational statement that will evoke a feeling that you can deal with.

IRRATIONAL

RATIONAL

"I like that person and he/she should like me." feeling = less than, worthless

"I like that person and want him/her to like me." feeling = disappointment

You can change how you feel if you own your own feelings! That is both the beginning and the end....

I didn't need to read until I lost my job.

Millions of adults in the U.S. and Canada are functionally illiterate. They can't read an ad or fill out a job application.

YOU CAN HELP. Organizations in your community offer free individualized tutoring in reading and writing skills.

You can make a difference for the future of your community:

- Be a friend—Encourage someone who cannot read to join a class.
- Contribute time. Tutor. Provide transportation. Help raise funds.
- Get involved—Join with the General Federation of Women's Clubs' 400,000 volunteers working nationwide to eradicate illiteracy.

For more information call: The Adult Learning Center at 553-1428.

Unkind words can hurt

They believe what you tell them about themselves. "Helpful," "Creative" and "Curious" are building words. Unkind words like bad or stupid tear children down and teach them that they just aren't good enough.

This tip is brought to by the Jefferson County Council on Child Abuse Prevention. People working to keep families together.

Chemawa announces opening date, courses

Chemawa Indian School (CIS) Superintendent, Gerald J. Gray, announced that classes for the 1991-92 School Year will begin September 5, 1991. Students, who are enrolled, will travel September 3-4, 1991, by bus, train, or air as arranged by CIS.

CIS is an off-reservation boarding (residential) high school accredited by Northwest Association of Schools and Colleges and the State of Oregon, and offers a wide variety of programs for Indian youth.

The school's beautiful campus includes 400 acres near Salem, and is 50 miles south of Portland. It is situated between the majestic Cascade Mountain range and the scenic Pacific coast.

Course offerings include general, vocational, computer, art, personal relationships, special education, Chapter 1, gifted and talented, career development, and a personalized education program where students are provided addi-

tional academic and remedial help evenings and weekends. According to Gray, the school is noted for and emphasizes alcohol and drug education/treatment, counseling and guidance, nutritional food service, modern dormitories with an enhanced home living environment, varied cultural and Native American activities, diverse athletic programs, and a broad range of interesting recreational opportunities.

On September 1, 1990, Chemawa School's Drug and Alcohol Program was identified and selected as one of twelve (12) outstanding programs in the Bureau of Indian Affairs school system. The program was determined to have made a positive difference in the academic, cultural, social and personal lives of the American Indian students attending Chemawa. As a Bureau of Indian Affairs' Sharing Excellence Network school, Chemawa was featured in the Bureau's Annual "Showcase of Excellence." Many students have been helped to overcome their chemical dependency and abuse problems through

Chemawa's Drug and Alcohol Program according to Gray.

A new instructional education television news network program (Channel One) will be available for the students this school year. A computerized instructional program, Writer's Workbench, will also be available for the students. Two fully equipped computer laboratories were built and established for students use beginning on September 1, 1991.

Recreational and leisure activities include skiing, river rafting, swimming, mountain hiking, camping, attendance at NBA and many college basketball games, excursions to the Pacific coast, and participation in many clubs, social events, student banquets, school barbecues and picnics.

Students, parents, and/or guardians are urged to submit enrollment applications as soon as possible to Chemawa Indian School, 3700 Chemawa Road NE, Salem, Oregon 97305-1199, or call the Registrar, (503) 399-5721, FAX (503) 399-5870.

Warming—Continued from page 3

everyone must be part of the solution.

The Greenhouse Effect

Sunlight passes through the atmosphere and warms the earth's surface. The earth then radiates infrared energy, but trace gases and water vapor absorb part of the infrared radiation. The gases then emit some of the radiation back to earth, further warming the surface. This warming of the surface air is known as the greenhouse effect.

Scientists project that increased emissions of greenhouse gases will warm the earth rapidly. Climate change in 50 to 100 years could be as great as the change over the last 10,000 years. Climate models estimate the world risks a 3° F to 8° F warming. Such a rapid increase in temperature would disrupt natural and social systems. However, there is uncertainty regarding how much and how quickly the climate will warm. We do not have scientific predictions of change for the region or the state.

The gases that are of most concern are carbon dioxide, methane, nitrous oxide, and chlorofluorocarbons (CFCs). Carbon dioxide contributes 70 to 80 percent of the potential warming. Americans contribute about five times as much carbon as the world average per capita.

Oregon's Contribution

Oregon adds most to global warming by burning fossil fuels, which creates carbon dioxide. Oregon generates about 40 million tons a year of carbon dioxide from all sources. Transportation contributes the largest share of carbon dioxide, about 53 percent. Oregon has no CFC manufacturers. Apportioning U.S. use on a per capita basis, Oregon accounts for about 9 million pounds of CFCs. The largest amount of methane for Oregon from human activity comes from the cattle and other ruminants we raise. Natural gas use and landfills are also important. Human activity generates more than 200,000 tons of methane a year in Oregon.

POTENTIAL IMPACTS

Water

Changes in climate will change the amount and distribution of water in the state. Such changes would affect municipalities, forests, agriculture, fish and wildlife, recreation, and the state economy. Changes in precipitation, cloud cover, wind, temperature, and ocean currents could fundamentally alter historic storm patterns in the Northwest. There could be higher rates of evaporation from soil, lakes, and streams. If Oregon's climate becomes warmer with less snow pack and drier summers, the water levels and

Numerous powwows to be held

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| <p>August 10, 11, 1991
Lower Brule Annual Powwow
Lower Brule, S.D.
(605) 473-5316</p> <p>August 6-11, 1991
70th Annual Intertribal Indian Ceremonial
Red Rock State Park
Gallup, NM
1-800-233-4525</p> <p>August 15, 1991
Cataldo Mission Pilgrimage
Cataldo, ID
Fisher Connolly:
(208) 274-5871
Wass, Feast, Pageant,
Traditional Dancing,
No Contests</p> <p>August 10, 11, 1991
Ermine Indian Days
Hobbema, Alberta
(403) 585-3741</p> <p>August 10, 11, 1991
Omak Stampede, Encampment & Rodeo
Omak, WA
Cactus Jack Miller:
1-800-572-6650</p> <p>August 10, 11, 1991
Nelta Little Powwow
402 Park Way Government Hill
Siletz, OR
(503) 444-2532/Karen Bell
Call ahead to reserve camping space & vendor space. Shuttle Bus service to & from Powwow Grounds.</p> <p>August 11, 1991
Roasting Ears of Corn Food Fest
Lemhi Language Historical Society
Allentown, PA
(215) 797-2121</p> <p>August 10, 11, 1991
Little Shell Powwow
Newton, ND
(701) 627-4781</p> <p>August 10, 11, 1991
Parmelee Traditional Powwow
Parmelee, SD
(605) 747-2136</p> <p>August 10, 11, 1991
Shoshone Bannock Festival & Rodeo
Fort Hall, ID
(208) 238-3700</p> <p>August 17, 18, 1991
80th Annual Chief Seattle Days
Squamish, WA
(206) 598-3511</p> <p>August 17, 18, 1991
Eagle Spirit Celebration
Sata, WA
(509) 865-8121</p> <p>August 17, 18, 1991
Chief Looking Glass Powwow
Kamiah, ID
(208) 935-2144</p> <p>August 17, 18, 1991
Santa Fe Indian Market
Santa Fe, NM
(505) 983-5225</p> <p>August, 1991
International Native Arts Festival
Calgary, Alberta
(403) 251-3825</p> <p>August 17, 18, 1991
Kamloops Powwow
Kamloops, B.C.
(604) 372-9575</p> <p>August 17, 18, 1991
Twin Buttes Celebration & Powwow
Twin Buttes, ND
(701) 627-4781</p> | <p>August 17, 18, 1991
Crow Creek Annual Powwow
Fort Thompson, SD
(605) 243-2221</p> <p>August 17, 18, 1991
White River Powwow
White River, SD
(605) 255-3670</p> <p>August 17, 18, 1991
Kalispell Powwow
Uk, WA
(509) 445-1147</p> <p>August 17, 18, 1991
Wakpala Powwow
Wakpala, SD
(701) 854-7231</p> <p>August 17, 18, 1991
Masak Days
Neah Bay, WA
(206) 545-2301</p> <p>August 17, 18, 1991
116th Annual Rosebud Fair & Powwow
Rosebud, SD
(605) 747-2381</p> <p>August 24, 25, 1991
Oil Discovery Celebration Powwow
Poplar, MT
(406) 448-2546</p> <p>POW WOVES IN SEPTEMBER</p> <p>Labor Day Wknd.
Numaga Indian Days Celebration
Reno-Sparks Indian Colony
Reno, NV
(702) 329-2936</p> <p>Competitive Arts & Crafts</p> <p>Labor Day Wknd.
Cherokee Nation Powwow
Tahlequah, OK
(918) 455-0571</p> <p>Labor Day Wknd.
Cherokee & Arapaho Labor Day Powwow
Colony Indian Park
Colony, OK
(405) 353-3542</p> <p>Labor Day Wknd.
Two-Glitch-N-Me-E-Dim Powwow
Leech Lake Reservation
Case Lake, MN
(218) 335-6211</p> <p>Labor Day Wknd.
Numaga Indian Days Celebration
Reno-Sparks Indian Colony
Reno, NV
(702) 329-2936</p> <p>Labor Day Wknd.
Cherokee Nation Powwow
Tahlequah, OK
(918) 455-0571</p> <p>Labor Day Wknd.
Puyallup Tribe's Annual Powwow & Salmon Bake
2002 S 28th
Tacoma, WA
Lauren Butler:
(206) 597-8200
E201 135 00T I-S Camp Space & Tips
P.O. Box Available</p> <p>Labor Day Wknd.
77th Annual Spokane Tribal Fair & Powwow
Walla Walla, WA
(509) 235-4581</p> <p>Labor Day Wknd.
Ankwapamni Omaha Traditional Powwow
Poplar, MT
(406) 768-5155
No Contests. All dancers & Singers will be paid.</p> | <p>Labor Day Wknd
Tulalip Powwow
Mayville, WA
(206) 653-4584</p> <p>Labor Day Wknd
Pyramid Lake Rodeo & Elders Day
Nixon, NV
(702) 374-0140</p> <p>Labor Day Wknd
Native American Festival
Edison High School
Stockton, CA
(209) 544-4803</p> <p>Labor Day Wknd
Lakota Powwow
Elbert, WY
(307) 856-6117</p> <p>Labor Day Wknd
Annual Turtle Mountain Powwow
Belcourt, N.D.
(701) 477-6451</p> <p>Labor Day Wknd
Red Star Powwow
Reno, NV
(702) 329-2936</p> <p>Labor Day Wknd
Cherokee River Labor Day Powwow
Eagle Butte, S.D.
(605) 964-4155</p> <p>Labor Day Wknd
Cherokee Nation Labor Day Festival
Tuskihahoma Capitol Grounds
Clayton, OK
(405) 924-8280</p> <p>Labor Day Wknd
Potawatomi Powwow
St. Patrick's Park
South Bend, IN
(616) 75-6323</p> <p>Labor Day Wknd
Lakota Day Weekend Powwow
Caddo Tribal Grounds
8 mi east of Binger, OK
(405) 656-2344</p> <p>Labor Day Wknd
Bull Creek Traditional Powwow
17 1/2 mi east of winner
on Hwy 44 by Dixon, S.D.
(605) 747-3391</p> <p>Labor Day Wknd
Navajo Nation Fair
Window Rock, AZ
(602) 871-6659</p> <p>September 7, 1991
3rd Annual Powwow
Squatin Island
Shelton, WA
(206) 428-9781
Arrival by boat only
No vendor tables
Salmon Dinner noon to 2 pm/juut
on by Squatin Island Youth</p> <p>September 7-8
Trail of Tears Intertribal powwow
Recreation Complex
Napoleon, WA
(502) 886-8033 Beverly Baker
Camping Available for dancers & vendors. Proceeds to Trail of Tears Park</p> | <p>September 7-8
30th Annual Grand Valley
American Indian Lodge Powwow
North Grand Rapids, Mich
(616) 791-4014 or
(616) 361-5280</p> <p>Canadian Date:
Annual Blackhawk Powwow
Umattila Reservation
Pendleton, OR
(503) 276-3155</p> <p>1st wknd after Labor Day
22nd Annual United Tribes
International Powwow
United Tribes Technical College
3215 University Drive
Bismark, N.D.
(701) 255-3285</p> <p>1st wknd after Labor Day
29th Annual National Championship
Powwow
Traders Village
2506 Mayfield road
Grand Prairie, TX
(214) 647-2331</p> <p>2nd Wknd
Southern Use Tribal Fair & Powwow
Ignacio, CO
(303) 563-4525</p> <p>2nd wknd
Annual Cultural Heritage Center
Celebration
Yakima Nation Cultural Heritage
Center
Toppenish, WA
(509) 865-2500</p> <p>2nd wknd
Pendleton Round-Up
Pendleton, OR
(503) 276-3155</p> <p>3rd wknd
Pine Nut Festival
Walker River Paiute
Reservation
Sears, NV
(702) 773-2306</p> <p>3rd wknd
Choctaw Annual Powwow
Arrowhead State Park
Canadian, OK
(405) 524-8280</p> <p>3rd Saturday
Tribal Powwow
Llano City Park
Llano, TX
(817) 498-2873</p> <p>3rd Wknd
Eagle Plume Society Powwow
Napoleon, WA
(509) 634-4711</p> <p>Last Wknd
19th National Indian Days Powwow
(Istaba Hall) Manatoba Park
parkers AZ
(602) 668-9211</p> <p>Last Wknd
Northern Plains Tribal Arts
Sioux Falls, S.d
(605) 334-6050</p> |
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Additional information about the Powwows or any information about other Powwows, please contact: Uwee Lawson at (503) 553-2331 or (503) 553-2312