

HOT members spruce up community



Members of the Madras High School HOT club helped the Warm Springs community by picking up litter in areas needing it.

Madras High School students have become actively involved in community service projects through the Healthy Options for Teens (HOT) project. Dozens of students boarded buses last week and helped clear numerous areas of debris and overgrowth.

In Metolius, students helped remove an old building behind Rico's Store, helped work on the old train depot, weeded flowerbeds and moved some wood which will be used in renovating the depot building.

In Madras, students worked on an

area near Buff Elementary that is to be prepared for landscaping.

In Warm Springs, students removed debris from around the Woody Smith residence and cleared a path behind the Community Center that will become a jogging path in the near future.

The students participating in the recent work project worked in cross-cultural teams. The HOT board's goal is to build unity through trust and board hopes students working together for the community will form new bonds.

The local HOT program is funded in part by the Confederated Tribes (30 percent), national foundations (65 percent) and community monies (five percent). HOT program members are "still working on fund raising" for the community's five percent share, said HOT club coordinator Virginia Raymond.

The HOT board hopes to conduct icebreaker activities to help bring students together. They have also started a peer mediation program at the high school, explained Raymond.

Senior outlook... Students aim toward college, careers

With the new school year rolling along students have become better acquainted with the new year, new rules and what not. As another year goes by, in comes a whole new group of students, one of which is starting their last and final year of high school. Among those seniors, is the Native American student of Warm Springs. The Native Americans of Madras High School in the class of 1992 will be presented throughout the year to let the community know a little about them, and what they plan for the future.

Seventeen-year-old, Shirley Allen of Warm Springs is the daughter of Alfred Allen of Portland, Oregon and Frances Allen of Warm Springs. Her grandparents are Elmer and Christine Tom of Madras, Oregon. She has five brothers, Larry, Richard, Duane, Merle, and Kenneth, along with two sisters, Diana and Sammy.

She is of the Warm Springs, Paiute, and Colville descent. Activities Allen enjoys is working with the Native American Student Union at Madras High school and being in forestry also. Her hobbies include being in rodeo's and traveling. Throughout high school she has participated in volleyball and basketball. She feels her favorite sport is rodeo. She states, "You get to travel and make some money if your good." Another favorite includes her forestry class with Bill Wysham because that happens to be the study of her interest. Special awards she received in school include, second place at a Forestry Skills contest. Best defensive player in basketball includes another along with Most Improved in volleyball.

Allen's outlook of the past school years were, "long and bumpy. With a lot of ups and downs." Her feelings about this being her last year in high school she feels it is off to a slow start as always, but, as stated, "I have senioritis!" Being around good friends most of the day is what she will miss the most about being in high school. Her career choice is Forestry Administration, but she feels it is too early in the year to have chosen a

college. Her comment to the remaining lower class is, "Take advantage of how easy high school and teachers are." In ten years from now Allen would like to be running a Forestry Administration with a happy environment and participate in some type of activity to help Native Americans sober up and get educated.

Ronald Norman Benjamin Palmer is also 17 and from Warm Springs. His parents are Henry and Eraina Palmer of Warm Springs. His grandparents are Norman and Edith Danzuka of Warm Springs, also Benjamin and Florence Palmer of Ft. Hall, Idaho. He has one brother, twenty-three year old Jason Palmer of Troutdale, Oregon, and three sisters, Lori Curr, age 29, Raynelle Palmer-Martinez age 26 and Kelli Palmer age 13.

He is of the Warm Springs, Wasco, Paiute, Yakima, Hoopa, and Shoshone descent. His senior year he has been involved with Native American Student Union. Other special interest include weight training, reading books, hunting, fishing, and paintball which he par-

takes every two weeks. He is a member of the 1991 varsity football team, which is his favorite sport due to the fact that it is a contact sport. His favorite teachers and classes are Robin Gerke who teaches art, Matt Henry who teaches economics, Steve Hillis who teaches english and Jack Gallagher in Algebra II. Special awards Palmer has received throughout high school include his perfect attendance his sophomore year, and an academic award given to him his freshman and sophomore years.

Palmer's outlook of the past school years he feel were, "long, but rewarding." He feels that because this is his last year in high school he would like to, "go back and do stuff I didn't do. He will miss the growing experience the most about high school. His career choice is Psychology. His college preference is Oregon State University in Corvallis. He would like to comment to the remaining lower classmen, "Get more involved, your only in high school once." In five to ten years from now Palmer sees himself with a good job, and starting a family.



Ron Palmer



Shirley Allen

Prevention specialist... Hintsala assists students

Madras Senior High School now has a Prevention Specialist, Laurain Hintsala of Warm Springs is the Native American counselor hired by the tribe and Community Health and Promotion. She began this position on October 1 and is employed permanently throughout the school year. During the summer months she will be working on things at the office in Warm Springs.

The department of Education felt that there was a need for a Native American counselor to help the Indian students of Madras high school. Hintsala took the position because it has been her career choice, to work with students and to help them from dropping out of school and to teach them skills to succeed in high school, such as suggesting ways to improve study skills, test taking tips and to also help students get their lives organized. She helps the Native American students with both personal and academic counseling.

Hintsala went to the University of Oregon for four years to study for her Bachelor of Arts degree and graduated in the spring quarter 1991. She

received her curriculum education degree, not a teaching degree. She is available to the students every day at the high school and also to parents by appointment, and will make home visits if necessary.



Laurain Hintsala

COCC Madras Center sets open house

The new Central Oregon Community College Madras Center will hold an open house on Friday, November 8, 1991 from 8:00 a.m. until 1:30 p.m. Planned activities include a ribbon cutting ceremony during the Jefferson County Chamber of Commerce "Coffee Coppers" at 8:00 a.m. demonstrations by Center Instructors and refreshments. The Center is located at 3rd and E streets behind the Pacific Power and Light offices. Everyone is invited to attend.

Workshop looks at angry child

Ever wonder about how to help your child deal with anger? Or how a preschool teacher helps children with their anger? There is a workshop coming up that will shed some light on this troublesome topic.

Kasandra Firman is an early childhood specialist in anger management. She will present a workshop on "Behavior and Anger Management: At home and in the classroom" on Saturday, November 2, 9 a.m. to 4 p.m., at the new COCC building in Madras (corner of 3rd and E Streets, behind Pacific Power). A fee of \$10 covers the workshop, lunch, and childcare. That's a great deal!

The workshop is sponsored by the Jefferson County Great Start Committee. It is open to parents, preschool teachers, and caregivers. Call Jodi at Jefferson County Early Intervention, 475-3770, to register for the workshop and child care.

Childcare course offered

A special training for infant and toddler caregivers is scheduled for two consecutive Saturdays November 9 and November 16 at Central Oregon Community Education Center at 3rd and E Streets in Madras.

The class will be of interest to parents, family childcare providers, employees of centers and those interested in or providing care for ages newborn to two years of age.

The objective of the 12 hour training will be learning about the emotional needs of this age group, the importance of good parent/provider communication, the ages and states of development, stranger anxiety and the importance of a sense of place for the infant that is stimulating and safe. Featured presenters include Elizabeth Conway, Instructor of Psychology and Education at COCC. Participants will be taught Infant/Child CPR by Dr. Todd Unger. Child Care Resources, a project of COCAAN, is sponsoring the training with funds from the Oregon Child Care Initiative.

Cost for the training will be \$10 for pre-registration and \$15 at the door. For registration information, call CCR at 1-800-445-5770 or 385-6753.

Police report shows domestic violence increase

Hunting violation discovered: On October 18, the Warm Springs Police Department was called to the scene of a small fire that later led police to the discovery of an elk gut pile. Vehicle tracks at the scene let to further investigation and a search warrant executed turned up evidence of an elk being taken out of season as well as two female deer taken out of season. Four suspects have been identified. They were later cited to appear in the Tribal Court.

Sobriety checkpoint: The most successful DUII (Driving Under the Influence of Intoxicants) sobriety checkpoint was conducted to date on Saturday, October 5 at 11:00 p.m.. It resulted in the arrest of five people for drunk driving. In addition to drunk driving, one of the suspect vehicles was found to have 3.5 grams of suspected marijuana which led officers to various drug paraphernalia and evidence linked to the drugs. The suspect was charged with DUII and NDDHD (Narcotics, Dangerous Drugs, Hallucinogens and Delerients).

Domestic Violence/Disturbances: WSPD responded to two gun calls where it was reported that someone's

life was being threatened. In both incidents alcohol was a determining factor which led to charges of being in possession of a firearm while intoxicated.

Truancy: On average, the truancy officer has been finding from 10-5 students per week in violation on truancy. Formal hearing notices have been filed with the Juvenile Coordinator's office awaiting disposition.

Wellness Committee sponsors "The Awakening"



Conference held for community women focused on problems women deal with in everyday life.

Friday, October 18 the Warm Springs Community Health and

Wellness committee sponsored a conference called "The Awakening", which was held for women in the community, regarding women's role in personal and family health by the year 2000. The day included activities and speakers with subjects such as the AIDS virus, stress, and learning methods of relaxation and coping, dealing with violence and abuse, alcohol, and learning self-respect.

find another way of releasing the energy built up by talking about it rather than doing it destructively. To look inside themselves first, reclaiming their identity, language, culture, themselves as a person again, and help their life to be balanced and then comes their family.



Cecelia Fire Thunder

Guest speaker, Cecelia Fire Thunder, an Ugalala Sioux spoke of Indian women and their feelings, and how they should deal with those feelings and release their pain they carry inside. Most Indian women feel pain in many forms, and the pain they feel was put their by someone else. Whether it be from abusive situations or grief given by others. Most of these women learn to put their fear and anger away inside of them and it just builds up over a long period of time and is only released by anger. She tells women they need to

Parenting Classes
Wednesdays
 5:30 to 7:30 p.m.
 and
Thursdays from
 5 to 6:30 p.m.
No sign-ups necessary
to attend
South entrance
Basement of Old
Girl's Dormitory

Walk in Beauty

MAY IT BE BEAUTIFUL BEFORE ME...within time itself and as I walk on this Mother Earth. My path may it lead along the corn pollen path in harmony with all that I touch. Let me be the carrier of happiness and not the messenger of gloom. That understanding which I seek of myself and my environment let it come to me in beauty giving to me knowledge and inner strength. May it may beautiful before me.

MAY IT BE BEAUTIFUL BEHIND ME...those steps I've already taken in this life let it me that I am not ashamed. Those people I've come in contact with, let it be that I left them in harmony and in beauty.. All the things which I've accomplished, all the thoughts which I've had, let it be a good memory. So that I may look to the past with happiness. May it be beautiful behind me.

MAY IT BE BEAUTIFUL BELOW ME...from the bottom of my feet to all creation on my Mother Earth. The walking creatures, the flying creatures, the swimming creatures, and all that is living on this earth. May all they inter-relate in harmony. Let me be a contributor rather than a destroyer to all brothers and all sisters, to all my relations upon this Mother Earth. Let it be that we living of all creation inter-relate harmoniously and in beauty. May be beautiful below me.

MAY IT BE BEAUTIFUL ABOVE ME...from the top of my head to those distant solar systems. May the heavenly beings be in harmony so as to come within my being creating harmony. May it be that the natural laws be heeded so that beauty in inter-relations of the galaxies, of creation can continue in beauty. Let it be that my stars, my sun, my atmosphere continue on in beauty effecting my life in positive ways. May it be beautiful above me.

MAY IT BE BEAUTIFUL ALL AROUND ME...along the four direction, within the four directions, for 360 degrees, all around me there will be beauty.. The physical aspects of life, let them integrate with the spiritual aspects of life, and those two let it be that they integrate with the emotional and cognitive aspects of life. All around me, let these things exist in harmony. May it be beautiful all around me.

IN BEAUTY IT IS FINISHED...I come from beauty, I walk in beauty and I go in beauty.. Harmonious it is again, whole it is again, perfect it is again, as it was it is again. Hozhonahasdlii, Hozhonahasdlii, Hozhonahasdlii, Hozhonahasdlii!

James Bilagody
 (Revised November, 1988)