

Provide children with learning opportunities while traveling

Travel Math

Dear Parent:
"How much farther? When will we get there?" Sound familiar? Before you automatically respond, "Not far. Soon." Consider what a perfect opportunity you have for involving your middle grader in doing some practical math.

Travel is full of such math opportunities—for example, dealing with distances and speeds, figuring gas mileage, comparing fuel costs and comparing travel routes. Suggest keeping a small notebook (with a pencil attached) in the car, ready for travel calculations.

Getting to Uncle Bob's

When you pose a travel math challenge for your child, be ready to work along with him or her to get the most math mileage out of the situation. Try breaking down problems into steps. Then walk through each part together, settling on the answer to one part before going on to the next. In that way you can catch problems your child may be having early in the process.

For example, in that "how much farther" situation you might try the following:

The sign we just passed said 29 miles to Supercity. We'll exit there, and Uncle Bob's is about 3 miles beyond. How will that be in all?

"Now, on the highway we can travel at about 55 miles per hour, almost a mile a minute. (With pencil and paper, your child may want figure out that it's actually .92 of a mile per minute) If we have 29 miles to go, about how many minutes will that take us?"

"The last three miles we'll have to go slower—each mile will take two minutes. How long will that take?"

Taxi Fare

Trips don't have to be the long distance kind to try travel math. Suggest that your child collect and chart

mileage data for those regular "taxi" routes you take around the area.

Help your child prepare a record sheet with columns labeled "place," "beginning reading," and "mileage." Fill in the names of places you travel to frequently.

As you head out for one of these destinations, your child can record the car's odometer figure in the "beginning" column. When you arrive, have your child take the odometer reading again. Then he or she can find the differences between these two figures—dealing with decimals in the process—to find the miles traveled.

In a similar way, help your child complete the chart. This pool of mileage data can be drawn upon to settle all sort of math situations. For example: If we travel today to Places A, B and C, what will the total mileage be? If our family "taxi" charged \$.25 a mile, how much would the trip cost a passenger?

What do you estimate to be the average miles traveled per day in going to places on the chart? How does your estimate compare with the actual average mileage over a five day period?

Preparing for Kindergarten

Kindergarten is a big—and important—step for your child. We want to be certain that everything is "just right" for your child as (s)he begins this important year in school.

We will do our best to be sure that the school is well-prepared for your child. At the same time, it is also important to be sure your child is ready for kindergarten.

Before entering kindergarten, your child must be 5 years old on or before September 1, 1993.

Your child will be more successful in kindergarten if (s)he can show most of these characteristics most of the time:

Can be away from for an extended period of time without becoming upset.

Enjoy unstructured play with other children.

Takes turns and cooperates in a group.

Sits still for brief periods of time. Uses the toilet without assistance. Tolerates the frustration of not getting something right away.

Holds a pencil, colors and traces, and can pick up small objects.

Identifies familiar objects at home, and colors and sounds.

Puts away toys when asked. Feeds self with a fork and spoon.

Hops on one foot two or more times in a row, catches a large bouncing ball, and runs and stops on a signal.

What you can do to prepare your child:

Most young children look forward to starting school, but, at the same time, may be a little anxious about what may lie ahead.

Your child's teachers are aware of these feelings and will help your child get acquainted and feel comfortable in school. You can help, too, in the following ways:

Talk with your children about school and what they will learn, the friends that will be made, and what to expect. Let your child know that learning is an exciting and enjoyable activity—because it is.

Familiarize yourself—and your child—with the school before school begins. Take time to meet the principal and your child's teacher.

Encourage your child to ask questions and share fears and/or excitement about school.

Carefully review your family's safety rules and safe walking routes.

Relax! Your child will be in the care of people who want nothing but success for your child—just like you.

Safety tips for Parents

1. Know everything you can about your children's activities and friends. Monitor children's activities and participate with them. Don't allow children to play alone in fields, on playgrounds, or in other dangerous or isolated areas.

2. Teach your children about strangers.

3. Teach your children to refuse anything from strangers, including money, gifts or rides. Know where new items come from.

4. Teach your child how to safely enter home alone. Teach them how to pretend you are home and how to answer the phone if they are alone.

5. Teach your children to keep a safe distance from strangers and not to give strangers' directions for help. Adults need to get help from other adults.

6. Use secret codes with your children (for use when may need to positively identify each other or ask for help).

7. Do not let your children go to public places, especially rest rooms, alone. Develop a family plan stressing where to meet if lost, when you are away from home. Do not have children meet you in the parking lot.

8. Do not place your children's names on their clothing or on the outside of their possessions.

9. Teach your children to say NO to "touches" on the part(s) of their bodies covered by a swimming suit.

10. Teach your children to say NO, to Tell Someone, and to Get Away if someone bother them.

11. Join with other concerned parents to set up safety systems for your neighborhood.

12. Teach your children about secrets and that some "secrets" have to be told if children and their parents are to be kept safe.

—From Project SAFE, HISD, and the Child Abuse Prevention Network, Houston, TX.

A few words for thought offered

The greatest thing, bar none, in the world ♦ Love
The greatest thought ♦ God
The greatest mystery ♦ Death
The greatest puzzle ♦ Life
The greatest need ♦ Common Sense
The greatest sin ♦ Fear
The best work ♦ What you like
The best play ♦ Work
The best day ♦ Today
The greatest comfort ♦ The knowledge tht you have done your work well
The greatest mistake ♦ Giving up
The greatest deceiver ♦ One who deceives himself
The greatest bore ♦ One who will not come to the point
The cheapest, easiest thing to do ♦ Find fault
The most expensive indulgence ♦ Hate
The most dangerous person ♦ The Liar
The most disagreeable person ♦ The complainer
The worst bankruptcy ♦ The soul lost of its enthusiasm
The most agreeable companion ♦ One who would not have you any different
The biggest fool ♦ The person who will not go to school
The best town ♦ Where you succeed
The cleverest man ♦ The one who always does what he thinks is right!
The meanest feeling of which any human being is capable ♦ Feeling bad at another's success

ten ways to raise a delinquent

1. Begin at infancy to give the child everything he wants. In this way he will grow up to believe the world owes him a living.
2. When he picks up bad words laugh at him. This will make him think he is cute.
3. Never give him any spiritual training. Wait until he is 21, then let him decide for himself.
4. Pick up everything he leaves lying around: books, shoes and clothes. Do everything for him so that he will be experienced in throwing all responsibility on others.
5. Quarrel with your spouse frequently in his presence. In this way he will not be shocked when the home is broken.
6. Give a child all the spending money he wants. Never let him earn his own. Why should he have things as tough as you had them?
7. Satisfy his every craving for food, drink and comfort. Denial may lead to frustrations.
8. Take his part against neighbors, teachers and policemen. They are all prejudiced against your child.
9. When he gets into trouble, apologize for yourself by saying: "I never could do anything with him."
10. Prepare for plenty of headaches. You are sure to have them.

COCC summer hours started June 21



Like all schools in the State, Central Oregon Community College will have summer hours starting June 21. The Warm Springs Center office will be open Monday, Tuesday and Wednesday from 8:00 a.m. to 2:00 p.m.

If you have any questions or concerns during off hours just leave a message at the Education Secretary office or leave message on the phone answering machine.

Challenge of MHS classes possible

Students entering ninth through twelfth grades are invited to challenge the following courses at Madras High School: Health 9, Health 10, Personal Finance, Economics, Keyboarding and Career Education.

Study guides and text books will be available for check-out on and

after June 14 at the MHS office.

Challenge tests for all subjects listed will be given on August 27, 1993, at the MHS Library from 9 a.m. to 12 noon, and from 1 to 3 p.m.

Students may challenge two classes. You may only challenge a course one time.

Study hard!

The Man in the Glass

When you get what you want in your struggle for self, and the world makes you king for a day, just go to a mirror and look at yourself, and see what that man has to say. For it isn't your father or mother or wife, whose judgment upon you must pass. The fellow whose verdict counts most in your life, is the one staring back from the glass. Some people may think you're a straight-shooting chum, and call you a wonderful guy. But the man in the glass says you're only a bum, if you can't look him straight in the eye. He's the fellow to please, never mind all the rest, for he's with you, clear up to the end. And you've passed the most dangerous, difficult test, if the man in the glass is your friend. You can fool the whole world down the pathway of life, and get pats on your back as you pass. But your final reward will be heartaches and tears, if you've cheated the man in the glass.

Anonymous

Results of the ECE "Made in Warm Springs" raffle given

Here are the results of the ECE Parent Club "Made in Warm Springs" raffle:

Quilt Pledge, Rick Saunders; Pillow, Aileen Moses; KNT Water Bottle, Floyd Gibson; Beaded Key Ring, Rose Aly; Heshi Necklace, Marceline LeClaire; Animal Print Quilt, William Moses; Boy's Choker, Phyllis Tohet; Lil' Girls Wing Dress, Benson Heath; Horse Tile, Max Clements; Boy's Ribbon Shirt, Eric LeClaire; Dollboard Tile, Sharon Miller; Barret, Rose Aly; Key Chain & Mirror Decoration, Caroline Torres; Lil' Indian & Deer Picture, Geneva Charley; Dollboard, Sally Whiz; Keychain, Devery Arthur; Bracelet & Ring Set, Luana Macy; Yarn Bag, Alaina Johnson; Cornhusk Key Ring, Mike Gomez; Beaded Hair Clips, Camilla Szalai; Boys Ribbon Shirt, Ralph Minnick; Baby Quilt, Ken Lydy; Eagle Tile, Maria Herkshan; Dream Catcher Earrings, Guy Wallulatum; Children's Moccasins/Melinda Jim; Star Quilt Picture, Sharon Miller; Key Chain, Austin Smith, Jr.; Butterfly Hair Ties, Andrea Smith; Blue Braided Belt, Dorothy Simustus; Earrings, Orlando Doney; Beaded Bracelet, Verna Mitchell; Bird & Turquoise Earrings, Joanne Casey; Purple Wapus Bag, Howard Crawford, Jr.; Red & Silver Key Chain, Corey Clements; Beaded Heart Pin, Rafael Queahpama; Quill Earrings, Max Clements; Turq. &

Pearl Earrings, Benson Heath; Red, White & Blue Child's Yarn Belt, David LeClaire, Jr.; Purple Braided Belt, Alley David; Blue & White Child's Yarn Belt, Myrna Courtney;

Yellow & Red Child's Yarn Belt, Nola Queahpama; Basket Earrings, Benson Heath; Coyote Tile, Lawrence Heath.

You can claim your prize in the

ECE Center Front Office. Big thanks to everyone who donated items to this raffle, to everyone who took time to sell tickets and to those who purchased tickets.

Head Start pre-registration held throughout July

Head Start pre-registration, for fall 1993, will begin June 22nd at the Early Childhood Education Center. Parents, guardians can come in and pre-register their 3 & 4 year olds on Tuesdays, Wednesdays & Thursdays through the month of July. To be eligible for Head Start your child must be 4 or 3 on or before September 1, 1993.

Selection of children for the Head Start Preschool Program will be done in August, so early pre-registration is encouraged so packets can be completed by then. Using the criteria below children will be rated anonymously by the Head Start Parent Policy Council. When you come in to pre-register your child ask for Sue or Nancy. Please bring with you proof of income. You will also need to provide an immunization certificate for your child as well as a physical form.

The following is the criteria used in enrolling children in the Warm Springs Head Start Preschool Program:

Warm Springs Early Childhood Education Recruitment Policy. It is the goal of Warm Springs Early Childhood Education to serve as many children as possible who meet one of the following conditions: Live on the Warm Springs Indian

Reservation, the service area for Warm Springs Early Childhood Education.

Be enrolled in Warm Springs Confederated Tribes, or a verifiable descendant of, Warm Springs Tribal Members.

Have parents/guardians who are employed on the Warm Springs Indian Reservation.

Head Start Preschool placement criteria

Head Start serves three and four year old children. It is the goal of Warm Springs Head Start to serve all 4 year olds in the community. This is to give them preschool experience to better prepare them for a positive transition into Kindergarten at Warm Springs Elementary. The following is in order of priority:

1. Income eligible four-year-old.
2. Families with hardship or trauma: foster, homeless, family death, extended family dwelling.
3. Children with disabilities.
4. Single parent/guardian families.
5. Other: Distance from program (Simnasho, Sidwalter, etc.), No preschool experience prior to Kindergarten entrance.
6. Over-income four year old.
7. Income eligible three-year-old.
8. Over income three-year-old.

Full Day Programs placement cri-

teria (for Day Care, Latch Key and Head Start Full Day)

1. Ability to pay or qualify for the CCDBG and or AFS.
 2. Both or single parent(s)/guardians are 80% employed, or actively involved in a verifiable training or education program.
 3. No past due child care bills or outstanding accounts from any previous Early Childhood Education service.
 4. Child's Name, Date of Birth, Parent/Guardian Name, Current Address & Phone number must be submitted to have child placed in the ECE Recruitment pool.
 5. Completed contract, registration packet, up to date physical form and immunization certificate.
 6. A commitment from parents/guardians that the child will attend on a regular basis. That is 85% of the time or 17 out of 21 days per month.
- Currently the Head Start Full Day program is at capacity. As slots become available, children in the "Full Day Request Recruitment Pool" is reviewed and slots are offered to those meeting most of the above combined criteria.
- If you have any questions about Head Start registration please call the Early Childhood Education Center at 553-3241 and ask for Sue or Nancy.

Mt. View Clinic expanding office hours

The Mountain View Family Care Clinic is expanding weekday office hours to include lunch times and early evening hours. Family Practice Physician Roy Nakamura, MD will now see clinic patients on Monday mornings and between 8:00 a.m. and 5:00 p.m. Tuesday thru Friday. Family Nurse Practitioner Karen Potampa, FNP will see patients between 10:00 a.m. and 7:00 p.m. Monday, Tuesday, Thursday and Friday.

"We are pleased to expand the clinic hours to better serve the patrons of the District" remarked Hospital District Administrator Ron Barnes.

Baby-sitting during Pi-Ume-Sha

Residents of 1631 Foster Street (off West Hills drive, 2nd house on left) in West Hills area will be baby-sitting Pi-Ume-Sha weekend, starting Friday night.

Two age groups determine rates. Children 1 month to 3 years of age are \$2.50 an hour per child. Children age 4 years and up are \$1.50 an hour per child. Payment in advance requested.

Will begin baby-sitting Friday night at 7:00 p.m. until 9:00 a.m. Saturday morning. Begin Saturday night at 10:00 p.m. and end Sunday morning at 9:00 a.m.

"With the success of recruiting Dr. Matthew Eschelbach to the full-time weekend emergency room position

Dr. Nakamura can now devote his practice to family medicine in the clinic" said Barnes.

Army offers help with college

The Army is a bridge, not a detour to a college degree. The Army's Concurrent Admissions Program ensures that even before a new recruit leaves for initial training he's already enrolled in college back home.

The Army guarantees its soldier's money for college and now Army recruiters are helping new recruits with pre-admission to a college or university of their choice before the soldier leaves for basic training.

"This kind of support helps the new recruit focus on his goals—he has a plan and knows where he's going," said Lt. Col. Thomas L. Snyder, commander, U.S. Army Recruiting Battalion - Portland. "Having a son or daughter pre-admitted to college also reassures parents that their goal of a college education for their child has not been set aside."

As of February 1993, 835 colleges are participating in the Concurrent Admissions Program.

CONAP, a joint program of the U.S. Army and the Service members Opportunity Colleges (SOC) began in 1989 as a pilot program only in the Northeast. Now, colleges and uni-

versities throughout the United States are admitting Army alumni, many with the Army College Fund and Montgomery G.I. Bill, to their class of 1998 and even Class of 2001. So far, Army recruiters have referred more than 4,000 young people to CONAP.

Once a new recruit has enrolled in CONAP, the college has the opportunity to monitor the college courses the recruit may choose to take while on active duty. They can then tell the recruit whether a course fulfills one of their requirements, so the recruit doesn't waste time taking unnecessary courses.

Most soldiers with deferred admission indicate they will pursue a four-year degree in a specific area like communications or business. Colleges may not enroll them in a degree program right away because they may change their minds while fulfilling their military commitment. They are, however, encouraged to take basic courses in the meantime.

For more information on CONAP and how it can work for you, contact your local Army recruiter.

Class of 2008



The Early Childhood Education Center held a graduation ceremony for half of the outgoing "Striders" on Tuesday, June 8, Monday, June 14, they moved on to their first year of headstart. Pictured above are, back row, left to right: teachers, Renee Silversmith, Jerri Lillie, Patsy Lenbeck and Vanessa Gabriel. Middle row: strider friends, Colecia Moses, Erica Miller, Byron Scott, Taylor Smith, Kadie Manion and Victoria Katchia. Front row: Jaime Rae Bagley, Elery LeClaire, Edward Williams, Brandon Thompson, Regia Clements and Alyssa Selam.