



WSE notes December calendar

Calendar Updates:
 December 15 — November & December Awards Assembly, 8:50 a.m., AM Kindergarten, First & Second graders, 9:30 a.m., Third, Fourth & Fifth graders.
 December 16 — Winter Carnival, 6:00 to 8:00 p.m. at the WSE.
 December 17 — Last day of school before Christmas Break.
 December 18 to January 2 — Christmas Break.
 January 3 — Back to school after Christmas Break.
First grade make-it take-it
 Tuesday, December 14, from 6-8 p.m., is First grade Make-it Take-it night. All parents of first graders are invited to come and participate in creating art projects and visiting with their student's teacher. Please mark your calendar and plan to attend and have fun!
4th Grade celebrities
 Mrs. LaPage's fourth grade class has been turning five children's stories into plays. The plays will be presented to other classrooms at WSE on December 14th. The class has been working hard to learn lines, make scenery and make costumes. They have enjoyed the whole process.
Winter Carnival
 Thursday, December 16, 6-8 p.m., at the WSE is the date for the First Annual Winter Carnival. We will have a variety of booths at which people will win tickets that will be exchanged for prizes in the style of Chuck E. Cheese. There will be hot dogs, chili, popcorn, cotton candy and pop available. All food and games will require tickets that will be sold for 25 cents each.
 We are asking parents to donate store bought baked goods for the cake walk. All profits will be spent on playground equipment. Come join the fun.

Powwow scheduled

Bride and Morningstar New Years Powwow is scheduled to start December 31, 1993 through January 1, 1994, at the Indian Heritage High School, 1330 N. 90th Street, Seattle, Washington. There will be over \$10,000 in contest prizes in all categories. A meal will be cooked for everyone on both days.
 This year's powwow is geared towards drumming. There will be a drum contest dedicated to the memory of William Moody, Gibson Moody, Huston Moody, Harold Culpus, and Clarence Meanus.
 For more information about the powwow and drum contest contact Coordinator Ervanna Little Eagle at (206) 850-3215 or Aurelia Stacona at (206) 630-7866.

Jones, Goudy proud of accomplishments made at Madras High School



Sharon Jones

Seventeen year old Sharon Michelle Jones of Warm Springs is a senior at Madras High School. She is the daughter of Dino & Helena Jones. Her grandparents are Raymond and Charlotte Shike of Warm Springs and Elizabeth Jones of Pendleton. She has two brothers; eleven year old Raymond and six years old Dino. She is of the Warm Springs, Yakima, Cayuse and Walla Walla descent.
 She has been involved with NASU (Native American Student Union) since her sophomore year, and Futures for Children her junior and senior year. Jones enjoys traveling, going to conferences and being with her family. She has been on the high school basketball and softball teams since her freshman year. Her favorite sport is basketball she stated "Because it has a longer season" Her favorite classes at MHS are Civics with Darryl Smith, Economics with Matt Henry, and Accounting with Ramona Miles.

Her outlook of the past school years she felt, "went by too fast, I wish I would've accomplished more." She is feeling anxious about this being her last year in high school, yet she is hoping it stretches out enough to enjoy. She will miss most participating in MHS sports, and being with her friends when she leaves high school. Her career choices are becoming an Accountant, or business manager. And she hopes to pursue one of those careers at ITT.
 She would like to comment to the remaining lower classmen, "Enjoy your earlier years and work to your potential, because once you get to be a senior, you wish you could go back and do it all over."
 Madras High School senior, Jo De Goudy is seventeen years old. He is the son of Sal and Dora Sahme of Warm Springs. His grandparents are Sylvia Wallulatum of Simnasho and the late Adeline Miller and Lawrence Goudy. His brothers are Sylvester Sahme, Jr., age 25, Kenny Sahme

who is 24, Willie Sahme, age 23 and Foster Sahme who is 11. His sister, Selena Sahme is deceased. Goudy is of the Yakima, Wasco descent.
 The activities he takes part in at MHS include SMILE (Science Math Investigative Learning Experience) Club which he has been involved with since Jr. High, NASU (Native American Student Union) since his sophomore year, and Student Council his junior and senior years. His special interests include, "Women and leadership activities."
 He was a member of the MHS football team all throughout high school and the MHS baseball team since his freshman year. His favorite sport is basketball he feels because he excels the most in that sport compared to football. His favorite classes while attending Madras High School include; English 10 with Colleen Sullivan, Intro to Business his freshman year with Larry Larson, Business Law with Joe Blincoe his junior year, Personal Finance with

Joe Blincoe this year.
 Special awards Goudy has received include honor roll at least once a year all throughout his high school days, and varsity letters in football and baseball. His outlook of the past school years he feels he has achieved maturity in some ways and also that they have been the best years of his life. He is feeling "happiness, yet uncertainty" about this being his last year in high school. He will miss the relationships with classmates, teachers and the administrators the most when he leaves Madras.
 His career choices will be in either the Health or Business areas. And he would like to attend Stanford, if not Oregon State University. He would like to comment to the remaining lower classmen, "This is a major turning point in your life, make it a good one." In five to ten years Goudy sees himself in school somewhere gaining a higher education.



Jo De Goudy

Student receives SMILE scholarship

Meet Russell Graham, a freshman at Oregon State University. He lights up with enthusiasm when asked about his new venture — about college life and the subjects he is taking. His entry to college began with a journey years ago when, as an eighth grade student, he was encouraged to prepare for his future.
 Russell Graham of Warm Springs is first SMILE graduate to attend OSU. "SMILE has the best extra-curricular program I know. It gets your mind going. It gets you learning subjects like chemistry and math," says Graham.
 Russell, a Native American, has lived all his life on the Warm Springs Reservation in Central Oregon. He went to elementary school there, and continued on to junior high in the adjoining town of Madras. It was then, in junior high, that he was first introduced to the SMILE Program. He continued in the program in high school and through the activities became interested in and challenged by math and science. And he's been applying science to almost everything ever since, from ham radio communication to playing the trumpet.
 Many people were influential in Russell's life. First mentioned was George Beekman, OSU computer science instructor. "I met him when I was in the 8th grade and he introduced

me to computers," Russell exclaimed. "Chris Warloe and Art Ochoa, SMILE Summer Camp instructors were role models for me. SMILE helped me understand science; it became fun. David Vick, a SMILE teacher made every activity the group did a challenge, whether we were working in the lab, doing recycling, a riparian project or calculating time and distance on the bus ride to Challenge Weekend. We even built a bridge out of spaghetti. Anything I did in SMILE was helpful to me." Impressed early on by a tour of Hewlett-Packard he added, "I'd even like to work there someday. I like their calculators; I have one!" Reminiscing further he added, "Carrie Bodensteiner, the Madras High School SMILE leader, is a great qualified leader and she told me about the scholarship and encouraged me to go to college."
 Overwhelmed at first, but very happy about receiving the scholarship, Russell looks forward to learning all he can about computer science and other applied engineering. He is taking 16 credit hours this term and enjoys all his classes, especially a history class taught by Cliff Trow. His new schedule is challenging and he is learning to balance his time. SMILE is most proud of Russell and wishes him a successful year ahead.

ECE offers ideas for Christmas gifts for your children

As the holidays approach and shopping begins, look for sturdy and safe toys to buy. To help you make careful, informed choices for your child here is some sound advice.
 • Choose a toy that helps a child to learn. When selecting a toy, think about its potential for stimulating discovery and creativity. Are there lots of different ways for children to use it and learn from it? Does it stimulate the senses and intellect? Does it offer lots of opportunities for success? All of these are essential factors in stimulating self-confidence and the love of learning — perhaps the most important gifts you can give a child.
 • Choose a toy that will grow with the child. Is it a simple toy that could provide a number of uses? Are the toys generally non-explicit so that children can fill in the details with their imaginations? Is it built to last and does it have a replacement guarantee if it should break within the designated warranty period? If you answer "yes" to these questions, then you've found a lasting toy. A toy for the long run.
 • Choose a toy that fosters creativity. When you give children the opportunity to create their own world, they will exercise and stretch their imaginations in the process.
 • Choose toys that are "kid-powered."

A toy should engage a child's attention, demand action and then respond in a way that will keep the child interested. These toys help develop the ability to concentrate a skill that will benefit children from the earliest years.
 • Choose toys that are geared to a child's age group. There's nothing worse than being frustrated by something because you just don't know how to do it, and play should not be a frustrating experience. That's why it's important to select a toy that is geared to the child's age group and performance level.
 • Choose a toy with a variety of play possibilities. Variety — it's a spice of life. Think about how many different ways a toy can be played with.
 • Choose a toy that encourages

decision-making. Look for toys that give options, allow children to make choices and have open-ended play value. Building toys are great for this.
 • Choose toys that encourage parent-child interaction. Toys provide a natural way for parents to spend "quality time" with their children. Here's your chance to give your child some long-desired attention in a fun setting while sharing some of your own knowledge, attitudes and values.
 • Select toys for all of your child's developing needs. Try to build up a varied collection of toys that address the needs of the whole child. Look for toys:
 1. That teach basic concepts like numbers & letters.
 2. that are for physical activity to

help develop muscles and fine control of the hands and fingers.
 3. that encourage emotional and social growth.
 • Choose toys that guarantee a child's safety. Items to look for:
 - Labels that state "non-toxic" on painted toys; "flame retardant" or "flame resistant" on fabrics; "UL Approved" on electrical toys as well as cords and plugs.
 - Small parts, such as eyes and noses, on stuffed animals and cloth dolls that can't be pulled or chewed off.
 - Rattles, squeakers and teething toys should be too large to fit in an infant's mouth.
 - Age labels and warnings on toy packages. Remember that toys bought for older children can be dangerous for small children in the same home.
 For questions about any toy or product that has been recalled, contact the US Consumer Product Safety Commission's toll free hotline at 1-800-638-2772.
 The greatest gift a child can receive is your love. Make a goal to give each child a special hug every day during the hectic holidays ahead.

It's the ECE Parent Club "Giant Stocking" Raffle
Prizes include: books, toys, clothes, hats, mug, bag, thermos, jar of salmon, jewelry and more! Something for everyone in your family!
Cost is \$1 each or 6 for \$5
(proceeds go to stocking stuffers for ECE children)
Drawing will be December 17, 1993, at 4:00 p.m. in the ECE Center Lobby.

Working mothers need to relieve stress

It isn't easy for a working mother

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 Sundays at 11am on 91.9FM KWSO
 Sponsored by Warm Springs Early Childhood Education

to leave a job and arrive home with a smile on her face. If you feel stressed, try some of these ideas before you come home to the kids:
 • Take an exercise break. Even 10 or 15 minutes of fast walking can help make you feel better.
 • Sing. If you're in the car, turn on the radio and sing out loud! If you're walking, sing or hum your favorite song to yourself.
 • Laugh! Read the comics or a joke book. Tell a joke or share a

funny story. Laughing helps to reduce stress.
 • Eat a snack. Eat something you really like, very slowly.
 • Daydream. Think about yourself in some quiet, relaxing spot such as the beach or a park. Think about every detail, how it looks, smells and what it feels like.
 Before you enter the door, take a deep breath and think about something that you really enjoy about your children.

A young child under six months old will learn fast by exploring his environment — putting anything and everything into his mouth. Never leave small objects in your baby's reach, even for a moment. Never feed him hard pieces of food because he will choke. Learn how to save the life of a choking child by taking a CPR class. You can find out what classes are available by contacting Fire & Safety.
 A safety message from Warm Springs Early Childhood Education

Dress children appropriately for winter play

Despite what many people believe, for most children there is no harm in being outdoors in cold or snowy weather, keeping in mind that children should be dressed appropriately; for example, they should wear layered clothing that dries easily. (It's also worth pointing out that children shouldn't be overdressed indoors.) Being outside gives them a chance for fresh air, a change in environment, and an opportunity to burn off energy by using their large muscle groups.
 There are certain children who cannot go outside for medical reasons, but they are a small minority. And certainly common sense would not support sending your children outdoors when the weather is extreme.
 So please remember to dress your child appropriately when you send them to Early Childhood or school. Layer their clothing and let them know they can peel off some layers to be comfortable while inside. This way children can enjoy their time outside without feeling cold.

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