

Summer Recreation promises fun activities, events

by Rachel Gill

The Community Center is again sponsoring Summer Recreation For Children. The program begins on Thursday, June 16, 1994, and will conclude on Friday, August 5, 1994.

All those participating in the Summer Recreation Program are required to have a signed consent waiver. These forms are available at the Community Center office. Office hours are 8:00am-5:00p.m., Monday through Friday.

Supervision of the children in the program is supplied by the staff. However, children are encouraged to leave the building between 12 noon and 1 p.m. each day during lunch time, due to adult building use. There will be no supervision of children during this time.

Included in the program are the Friday Field Trips. To attend these field trips children are asked to have a consent form signed by a parent or guardian. The forms are available at The Community Center office. The field trip fees per household are:

- 1 child \$15.00
- 2 children \$25.00
- 3 children \$40.00
- 4 or more \$50.00

(OR \$3.00 per field trip)

The Friday Field Trips begin on June 24 1994 and end on August 5.

On June 24 children 6 years and older will leave at 8:30 am for Kah-Nee-Ta. Some things suggested to bring are: a sack lunch or lunch money, a light jacket, wading shoes, a swim suit, towel, lotion, sun block, and spending money. The children will stay at Kah-Nee-Ta all day and will return at 5:00 p.m..

On July 1, 1994 children will see OMSI/Omnimax/Sky Theatre. The bus leaves at 8:30 am and returns at

7:30 p.m. Admission Fee is required and the prices are: \$7.50 per child and \$11.25 per adult.

The participants will go to Peter's pasture on July 8, 1994. The bus will leave promptly at 8:30 am and will return at 4:30 p.m.. Children should bring: a sack lunch, light jacket, fishing gear, frog catching gear, swim gear, swim clothes, but no thongs or sandals.

Washington Park Zoo is the destination on July 15, 1994. The bus will leave at 8:30 and will return at 7:30 p.m. The admission fee varies. With 25 or more people ages 3-11 the price is \$2.80. From ages 12-adult the price is \$4.40. The regular prices are: ages 3-11 / \$3.50 and ages 12-adult / \$5.50. Children should bring: a sack lunch or lunch money, a light jacket, and spending money.

July 22, 1994 is the day when Summer Recreation participants will visit The Cove. The bus will leave at 8:30 am and children are encouraged to bring: a sack lunch or lunch money, spending money, swim suit, towel, and wading shoes. The bus will return to The Community Center at 4:30 p.m.

On July 29, 1994 the bus will leave for The Discovery Zone. 8:30 am will be the departure time and the returning time will be 4:30 p.m.. Admission is required. The group rate is \$2.99 and adults are free.

The participants shall conclude their Friday Field Trips with a trip to The Dalles on August 5, 1994. The bus will leave at 8:30 am and return at 4:30 p.m.. Brought along on the excursion should be: a sack lunch or lunch money, a light jacket and spending money.

Not only are the field trips available to the participants but also

other various activities including: Wacky Whiffle ball, Rollo games, arts & crafts, Smurf Ball, Tin Can Ice Cream Making, a Penny Carnival, Socko's Soccer, happy feet, Buffo's Boxing & Lifting, Ziggy's game room, Pow-wowcise, Sahaptin class, Bows & Arrows, Nerf games, Scavenger Hunts, Jamaican Jazz, and many other activities.

A structured, daily calendar maps the activities and games. Each week has a theme that introduces what may be expected in the calendar for that week.

Swimming lessons are also available through Summer Recreation For Children. The lessons will be held at Kah-Nee-Ta Village with Red Cross Certified instructor Eugene A. Green, Jr. Pre-registration and parental permission signature is required. Swimmers are expected to supply their own swim suits, towels, and a bag for carrying these items. All personal articles are to be marked with the individual's name, and no spandex or cut-offs are allowed.

The pool fee for the pre-school session will be \$20.00 for child / parent. Tribal and BIA will be charged \$10.00 per session and non-residents will be charged \$20.00 per session.

The first session begins on June 27 and continues through July 7, 1994. This session will hold the pre-school class and the beginner class.

The pre-school class is for children of 2-5 years of age in which each child must be accompanied by an

adult. The class will be instructed by Fran Moses-Ahern and will be in session on Monday, Tuesday, and Wednesday.

The beginners class includes children ages 6 years and older. The instructor will be Eugene Greene, Jr., and his classes will be held Monday through Thursday.

The second session begins on July 11 and proceeds through July 21, 1994. The classes offered in this session will be those for advanced beginners, intermediate, and swimmers.

The advanced beginners is for all ages. The only requirement is that the participant must have passed the beginners class. The instructor will be Eugene Greene, Jr., and the classes will be held Monday through Thursday.

Intermediate class is for those who have passed advanced beginners. Classes are Monday through Thursday, and will be instructed by Eugene Greene Jr.

Swimmers class is for those passing all classes. Instructed by Eugene Greene Jr., the classes will be held Monday through Thursday.

Transportation is available for the swimming classes. A bus will leave The Warm Springs Community Center at 8:00 am and will return at 11:00 am. There will be only one trip per day so participants are asked to be prompt.

For more information on the program, call The Community Center at 553-3243 / 3244.

New counselor explains "good mental health"



by Erin G. Sweden

As the newest member of the Community Counseling Center team, I would like to introduce myself and talk a little bit about what good mental health is. Some people still believe that mental health counselors work only with crazy people. In fact, most people face challenges from time to time in their lives which would be easier to face with a little extra support. Counselors can provide that support and the understanding gained from facing similar challenges and working with many other people who have overcome obstacles. Often the process of talking things out helps people find their own solutions to problems to feel better about them.

This is the ideal which we can create when everything is in harmony. There are many things which can disturb the balance and our mental health including excess stress, depression, anxiety, grief over a loss, uncontrollable anger, child abuse, domestic violence, parenting problems, drug and alcohol abuse, or any traumatic experience.

In the weeks to come, we'll be talking more about some of these things which keep many of us from enjoying good mental health and what can be done but them. All of these problems can be overcome with time, tools, support and practice. The staff at the Community Counseling Cen-

Almost anyone can benefit from counseling at some time.

Good mental health involves feeling good about ourselves and the world around us. When we feel good about ourselves, our world looks bright and we have a positive attitude toward life. Our relationships tend to go smoother, we accomplish our goals, and we work more productively because we expect things to go well and we put our best selves forward. The more we're able to set things up for success, the better we feel about ourselves. We continue to spiral up.

Good mental health includes physical, mental, emotional and spiritual well being. It begins with honoring our physical bodies with healthy, nourishing food, cleansing water, plenty of rest, exercise and abstinence from toxic chemicals like drugs and alcohol. We can't feel good about ourselves when we're exhausted or hungry. We can choose to cultivate a positive mental state by saying encouraging things to ourselves and looking for the strengths in others. We can't feel good about ourselves when we allow our inner critic to beat us up constantly.

We can learn to honor our emotions and inner guides to our growth and enjoy the full rainbow of colors instead of numbing them or escaping into drugs and alcohol. We don't have to be victims of our emotions either. Talking them out can help them change. If we don't like the blue mood we wake up with, we can cultivate a loving pink one for a date, an angry red one for a football game, or a sunny yellow one. Our spiritual resources are always available for us to call on for strength in time of need or celebration, in times of blessing. Our thoughts, feelings and actions all affect each other, and by changing one, we can change them all.

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Students recognized for awards

The Education Services Program would like to congratulate Judy King-

Kalama for her Excellence Award she received from the University of Oregon.

This award is to honor students of color who have demonstrated Academic success, excellent leadership ability and strong campus involvement.

Also congratulations to David Poitras of Boise State. David made the Dean's list. This is his second time.

CONGRATULATIONS Judy and David. Keep up the excellent work.

Internship offered by Serenity Lane

The Northwest Frontier Addiction Training Center is offering a limited number of chemical dependency treatment internships at Serenity Lane, one of America's most respected treatment centers, located in Eugene. Graduates of this professional training program have been highly successful in gaining em-

ployment. The 52-week internship offers 300 hours of classroom instruction and 1,600 hours of supervised practicum experience. Stipends are available. Racial/ethnic minority applications encouraged. For more complete information, write or call NFATC, 555 24th Place NE, Salem, OR 97310 (503) 373-1322.

WSFPI employees enjoy day of festivities

Second annual employee picnic held

The Warm Springs Forest Product Industries held their second annual Employee Picnic at the new park across from the Community Center last weekend. The day included softball games which the D.E. Plant won, Horse Shoe games which were won by Ron Blann and Dan Larson, and a 3 on 3 basketball tournament which the team of Tom Kathrein, Don Howtopat and unknown third player won, and delicious food to eat. A raffle was also held throughout the day which names of about a hundred employees were drawn and those present received donated gifts. Many children's activities were also held throughout the day.



George Boise takes a swing at Barney. Face painting was very popular.



Children took the BIG dive for the money pi, hoping to grab BIG handfuls of change.



Members of the Fire Management crew watched as Redmond Air Center smoke jumpers demonstrated fire fighting techniques in rough terrain about 12 miles southwest of Warm Springs. Twelve jumpers made an impressive entrance.

Warm Springs Elementary News

Perfect Attendance Awards (no absences or tardies)

Alysia Aguilar, Ashley Aguilar, Georgianna Aguilar, Mayanne Aguilar, Frank Fuiava, Manuel Greene, Lee Hellon, Candice Miller, Cody Miller, Armina Moody, Ralph Radford, Wynter Sky Smith, Chris Suppah, Marjorie VanPelt, Larisa Wallulatum.

Outstanding attendance awards (two or less absences, two tardies counted as one absence)

Mathew Vaeth, Andrew James, Jerrold Brunoe, Floyd Frank, Jr., Gerald Tias, Verna Mitchell, Anthony Jackson, Dallas Camas, Victoria Medina, White Dove Cooper, Charlene Moody, Martin Medina, Desirae Boise, Rodney Adams, Jr., Athena Radford, Mary Wolfe, Candace Lillie, Lonnie Caldera, Harold Charley, Rodney Katchia, Jenna Johnson, Tilden McDonald, Jr., Natalie Mitchell, Eric Lucero, Jess Stevens, Louis Smith,

Anthony Torres, Waylon Weaselhead, Tallulah McGill.

May/June Students of the Month
Brandon Tulee, Rae Ann Graybael, Ashley Aguilar, Eric Lucero, Amelia Davis, Felipe Brito, Owen Danzuka, Robert Bailey, Felicity VanPelt, Leanne Johnson, Jerritt Smith, Charisse Haskins, Harold Blackwolf, Steven Govenor, Jenna Johnson, Daleena Frank, Amanda Sanchez, Lucinda Stwyer, Wynter Sky Smith, Edna Winishut, Daniel Bryant, Jerrod Kalama, Shawndell Johnson, Dawn Hoptowitz, Joanna Arce, Deidra Johnson, Laritta Greene, Tatum Kalama, Terron McDonald, Julia Haskins, Julienne Govenor, Martina Stwyer, Talon Stormbringer, Ikie Heath, Bernice Mitchell, Bernadette Winishut, Anthony Jackson, Robert Thomas, Shanda Culp, Monique Johnson, Randy Boise, Raylene Thomas, Sallie Polk-Adams, Tiyanna Tuckta

Special Fifth Grade Awards

Mr. Phillips' Class:

Academic Achievement-Andrew James, Falena Kentura, Chasan Walker and Hester Scott; Athletic Ability-Floyd Frank; Citizenship-Odessa Jones, David White and Shamona Charley; Artistic Talent-Ricky Jim and Agustin Pedraza.

Miss Bagley's Class:

Academic Achievement-Ralph Radford and Winter Dawn Selam; Citizenship-Cecilia Herrera, Adrianna Merrifield and Billie Suppah; Artistic Talent-Chris Suppah and Willard White.

Mrs. Espenel's Class:

Academic Achievement-Michael Martinez and CaSandra Frutos; Citizenship-Gerald Tias and Gena Smith; Sportsmanship-Rosemary Sanchez and Jerrold Brunoe.

Life

Hey all you Indian Braves, have you got a life, or is your mind too tight? Have you tried giving to yourself a living fight, with all your might, and achieve your goals? You will please your soul cause if you don't, your world will be cold, and you will never be known, because you have no control. Look at yourself at your dead end road, so get on the right track, if that is what you lack, and you will receive great payback, until your heart attack, six feet under lying on your back. So live your life on facts and always think twice, like sugar and spice, oh how nice, at least you had a life, cause you knew what was wrong and right, everyday and night, and always let God be your light.

Lyricist, Songwriter, Poet
James E. Greeley

Happy Father's day to the Best

To the Editor,

Delbert Frank, Sr.
You have been a strength to all your children.

Love you every day of our lives.
We're always seeking your fatherly & spiritual advise for moral & traditional strength.

We're very proud of you, for all you've done

for us & our people.
Love, Carol, Bunny, Lillian, Marlene, Annette, Delbert Jr., Charles & Myrna.

Happy Birthday
DeeDee
June 30
Love, Mom