

Early Childhood Education news

September Calendar

September 9, Head Start Vision Screenings all week. Parents you are welcome to assist with the Health Screenings. If you are interested contact Suzie Moody, Parent/Health Coordinator.

September 11, Head Start Parent Policy Council meeting, Conference Room 2E, 5:30pm - 7:00pm.

September 16, Head Start Vision Screenings all week.

September 18 & 25, Head Start Home Base Socialization, 8:30am - 12:30pm.

September 23, Head Start Hearing Screenings all week.

September 27, ECE Cultural meeting, 1:30pm - 3:00pm.

September 26 & 27, Head Start "Rummage Sale!" Time to clean out those closets. Parents you are welcome to set up your own table and the program is gladly accepting donations. Watch for flyers and announcements for more information.

September 30, Head Start Vision Screenings all week.

Positive Guidance & Discipline will discontinue temporarily until January 1997 and will start again. If you have any questions or concerns please contact Tryna Muilenburg, Education Coordinator and/or Suzie Moody, Parent/Health Coordinator.

"Cold-Proofing"

Top 9 Tips for the Classroom

1. **Keep the bleach and water coming!** Continually use a bleach solution of 1/4 cup bleach to one gallon of water to disinfect tables and equipment. Leave to air dry or wipe off with a paper towel. Either use paper towels to wash tables or

change the rag you use often. Try to avoid using a cloth towel for drying - it can become contaminated with germs.

2. **Wash your hands.** Washing your hands is one of the best ways to keep cold and flu germs from spreading throughout the classroom. Wash before and after serving food, wiping noses, using the bathroom, and cleaning up toys.

3. **Teach children to wash their hands.** Make sure children wash their hands every time they use the bathroom, play with toys, play outside, eat, and blow their nose.

4. **Clean the toys.** While it's almost impossible to keep all of the toys clean all of the time, it's important to clean them with bleach or soap and water, as often as possible. An easy way is to fill a sink with bleach and water and submerge a lot of toys at once. Again, let the toys air dry to prevent transporting germs via a towel.

5. **Don't share cups.** Put up a disposable cup dispenser in the bathroom or near the sink to teach children to use a clean paper cup when they need a quick drink. And make sure they know never to share cups with others.

6. **Stock up on tissues.** Put tissue boxes around the classroom for easy access. Help children learn to take a tissue when they sneeze, and to blow their noses often when they have a cold. Always make sure they wash their hands immediately afterwards.

7. **Try to keep sick children separate.** When a child is showing symptoms of a cold or flu, try to put him or her in a "get-well room" or a side

area to rest. Contact his or her parents to arrange for when the child can be picked up.

8. **Encourage immunizations.** While immunization is usually a standard requirement for enrollment, it's a good idea to encourage parents strongly to maintain their child's immunization record and, when age appropriate, get a flu shot if prescribed.

9. **Give guidelines for keeping sick children at home.** There will be times when children are too sick to go to school but their parents bring them anyway. Make it easy on yourself and parents by establishing a set of criteria to follow for when to keep a sick child home.

Celebrate September Greeting Tree

Give your children a big, warm welcome. Have a "GREETING TREE" on a low bulletin board or wall near the cubbies.

Make the "Greeting Tree" BULLETIN BOARD

1. Before School begins take photos of the children with their families. You can take them:

* When the children register for school.

* When parents bring their children the first day.

* At a home visit before school actually begins.

* At a family get-together the beginning of the year.

* By asking a family member to bring one in.

2. Make a large tree with a very squat trunk and a huge open tree shape. Put this in the center of the bulletin board. Have a big sun and

clouds floating over the tree. Have grass around the tree. Add animals and flowers if you'd like.

3. Cut pieces of construction paper a little larger than the photos. Glue each photo to a piece of paper. Hang the photos on the tree.

Talk With The Children

* Have the children point to their photos. Encourage them to "introduce" the people in the picture to you.

* Talk about what the families in different photos are doing.

* If a child gets lonesome, let him look at and touch his family's photo.

Mexican Independence Day September 15-16

Classroom Parade

Celebrate MEXICAN INDEPENDENCE DAY with a classroom parade. During the morning let the children make brightly colored vests out of large paper bags. In the later part of the morning or afternoon, have a classroom parade. Let the children wear their vests and play musical instruments as they march.

First Day of Fall September 22

Colored Leaf Collage

Colored leaves are probably the most obvious sign of fall. To celebrate the beautiful leaves, have an ongoing collage activity.

Hang a long piece of butcher paper low on a wall. Have several glue sticks nearby. Encourage the children to find and bring in colored leaves each day. Have them smear a little glue on the butcher paper and stick their leaves to it.

If you want, write the children's names near the leaves they brought in. After the whole paper has been

filled with colored leaves, hang it in the hall for others to enjoy.

Welcome Back Teachers!

The program would like to recognize all of you for your hard work, dedication, support and most of all welcome back! Welcome to Head Start Jessica Tufti, Julie Mills, and Valeda Jackson.

For Our Families

Make Everyone's Day Easier:

>Prepare the night before for the next day. Talk with your child about what she might want to wear, any papers that need to be returned to the teacher, what she wants to put in her backpack, etc.

>Try to get up early enough in the morning so you have lots of time.

>Remember to let your child wear "work" clothes to school - comfort-

able clothes that can get dirt, paint, and playground on them.

>Plan to stay for a few minutes when you drop off and pick up your child. He may want to show you some things he plans to do that day or share projects he's completed.

>Plan a regular juice break when you arrive home. Take a few minutes to relax and discuss what you and your child have done during the day. Other times bring juice to enjoy on the playground or at a park on your way home.

>Start a SCHOOL JOURNAL. Send a notebook to school with your child. Print his name and your daytime phone number in it. Correspond with us by writing notes or responding to notes we've written to you in your child's notebook/journal.

Slander can be hurtful

Dear Editor,

Slander: "The speaking of bas and defamatory words tending to injure another in his/her reputation, community standing, officer, trade, business or means of livelihood."

Oral Defamation: "The speaking of false and malicious words concerning another, whereby injury results to his/her reputation."

Quotes from revised edition of a Black's Law dictionary. To the people of Warm Springs Reserva-

tion. Please refrain from the above.

Many types of damages are created from slander. Violence, hate, conspiracy, provocation and much more.

The existence of slander is in the community, and must stop! The above can be addressed by the Tribal/ State courts for money damages.

Very Truly Yours,
Martinez Eugene Charles
PO Box 945
Warm Springs, OR 97761

Celebrity "Rez" Diet can help

To the editor,

My personal experience as client and as a Counselor of the nationally known Weight Loss Clinic, I know what it takes for you to lose weight in a fast, supportive and positive way.

I created THE CELEBRITY "REZ" DIET program to fit the needs of the people who live and work in our community. With this in mind, I devised the program to begin with a QUICK weight loss at the very beginning. Because I know what it's like to really work hard to stay with a diet program and see very minimal results or nothing at all after a week or so. I'd get discouraged and go back to my old behaviors...sounds familiar?

With this diet you'll see results right away to encourage you to stay with your diet! You'll also receive my personal support and counseling, plus the support of others whom may be signed up with you.

THE CELEBRITY "REZ" DIET

program can be used as a pre-DIET diet, a plateau breaker, as a quick way to lose 5-10 pounds to fit back into those jeans that are getting too tight after splurging during a vacation or holiday, or before attending a special affair or occasion like a wedding or high school reunion.

All you have to do is commit to FOUR days! You'll eat chicken, steak, hamburger, delicious fruits and crisp veggies, all prepared and served to you by me, support and counseling, a personal weight analysis and menu plan to help you maintain the weight you lost and/or set up to start a long-term weight loss program designed for you to lose 1-2 pounds week until you've reached your goal weight!

I want to give my clients the best possible results for their money, so I'll be enrolling ONLY 4-6 clients at a time. Sounds exciting? Then what are you waiting for sign up today!

Sincerely,
Roxanne Langnese-Casey

Please vote for me, writes child

To my people,

I am Tamiasha Dalrae' Brown, child of Keith V. Charley, Jr. and Darla J. Brown. I was born on September 29, 1991 and have resided here on the Warm Springs Reservation since birth. My desire to become an enrolled tribal member of a recognized tribe is very great and important for my future as a Native American.

My maternal grandparents are Phillip and Linda David of Simnasho, OR and Arthur and Vicki Brown of Alturas, CA. My great-grandfather was Jim Tahem, who was one half Warm Springs and one half Soldier.

Most of my know relatives reside here on the WS Reservation and are enrolled here. My paternal grandparents, Keith and Joyce Charley, Sr. and great-grandfather, Wesley Charley, Sr. (Riggs), have made an

appropriate paternal family list as follows: Father-Keith V. Charley, Jr.; Aunts: Reanna Charley, Louisa Tuckta, Aurel Surface; Uncles: Thomas and Frank Charley; Grandparents: Keith Charley, Sr.; Granddaunts: Leslie Quiemphen, Lilly Suppah, Merda, Bonnie and Wanda Charley; Granduncles: Wesley, Jr., Robert & Dewayne Charley; Great grandparents: Wesley Charley, Sr.; Great granddaunts: Joyce Quinn, the late Victoria Smith, Hazel Suppah & Carrie Johnson, Margaret Boise, Gladys Thompson; Great granduncles: Russell & Alvin Charley.

Please vote for me, as well for all others, when the upcoming election for adoption takes place in October of 1996. I would very much like to be part of the Confederated Tribes of Warm Springs future! Thank you for voting "yes" for Tamiasha Dalrae' Brown in October.

Darla Brown for Tamiasha

Happy 24th Birthday
Frankie
From, Mom, Pierson,
Larry, BC, Betty, Hotzie & David

To my wife..

Happy 3rd Anniversary to my loving wife Rebekah Hunt-Lucei on September 5, 1996

Love, David Lucei

Congratulations sent

To the editor,

We would like to congratulate Jason Palmer on his recent competition in the Lineman Rodeo held in Portland, Oregon. He placed third in the overall competition in the apprenticeship class. Some of the events are Pole Climb with a raw egg (in the mouth), Deadman Down (lowering a dummy from an electric pole), Wire Split, Knot Tying (for fastest time), Obstacle Pole Climb and the Written Test of Knowledge.

Jason is in a Lineman Apprenticeship program to become a lineman with the PGE Company within the next two years. He will be traveling to Kansas City, Kansas on September 26-28, 1996 to compete in a higher level Lineman Rodeo. Good luck Jason.

Eraina & Hank Palmer

Zamora-Lomas hopes to become enrolled member

To the editor,

My name is Lisa Zamora-Lomas I am 7/32 Warm Springs, Wasco Indian. My mother is Josephine (Zamora) Tafoya and my father is Leo Montiel. My adopted parents and grandparents are Leola (Yo-ham-e-lui) Suppah Zamora and Fernando Zamora. Even though my brother and I were adopted by our grandparents, they raised us to have a close bonding with our parents, both my brother and I respected our grandparents wishes and are very close to both our parents. I have one sister Bonita Leonard and one brother the late Mike "Little Mike" Zamora, with whom I was raised with, and I also have a sister named Marcella Tish Clements who I had gotten to know in later years due to her being adopted outside our family. I also have two children, one son E.J. Lomas and one daughter Rochell Zamora.

My mother Josephine (Zamora) Tafoya and my late adopted mother and grandmother, Leola (Yo-ham-e-lui) Suppah-Zamora are both enrolled members of this Tribe. My father Leo's mother, Jesse Montiel is an enrolled member of a non-recognized tribe in New Mexico.

I am employed at the Warm Springs Tribal Court, and have been employed there for the past three years. With this job I am able to work and service the Community and the Tribe, and get to know my people at the same time. It is a real honor to work for the Tribe at a job that I really enjoy doing.

I know there is a residency requirement of 3 years. I lived on the Reservation from infancy to my 3rd birthday, while my mother Josephine worked at Kah-Nee-Ta. I would also like for you to take into consideration that I have lived in Madras for 27 years. My adoptive parents and grandparents Leola (Yo-ham-e-lui) Suppah-Zamora and Fernando Zamora had purchased this home and land from my great-grandmother, Delia LeClaire when they moved here from Alameda, California. My mother, Josephine and her brother and sisters were raised in this home. My brother, cousin and I also were raised in this same home. I now own this land that was willed to me by my adoptive mother and grandmother, Leola (Yo-ham-e-lui) Suppah-Zamora, and now raising my own children in this home. This house I am living in has gone through 3 generations of my family and it has a lot of sentimental value to me as well as to all my family.

Most of my relatives know where the "Zamora" home is located at, and some can't believe our family still occupies this home for as long as we have. Even the people who live in Madras for some time can also tell you where the "Zamora" home is located at.

I have gone to school in Madras with a lot of my relatives and have made several friends with people who are Tribal Members who I still keep in close contact with.

The hobbies I enjoy are beadwork,

I also help my mother in making shawls and vests for memorials and name givings. These are things that I am now working on passing on to my own children who are eager to learn.

My aunt Ellen Thompson has helped our family out a lot in learning and understanding the traditions and beliefs of our Tribe. I and my family really owe her a lot for teaching us, she has been really patient with us all.

I try to attend most of the Powwows and take my children to the youth and family activities such as the penny carnivals, and family fun nights and the employees picnic the tribe has each year.

Lisa Zamora-Lomas

Happy 31st Birthday
Uncle Hodzie
from Bla, Rose, Tony,
Andrew, Jessi & Leander

Thanks for all the help

To the editor,

Thanks for the new beginning. This is my thank you letter to all the people whom have made it very possible for us to have what we do have in our home now.

And for all the people whom have worked very hard and over time. I know it has been very stressful, but thank you all very much: Tribal Council, vital stat, Housing/Credit dept., Red Cross & WS Red Cross, Laura Kelly & family, Pat Speakthunder, Leander Williams & family, Carolyn Strong & family, Doug & Eva Williams, Dempsey & Nettie Polk, Duran & Jan Bobb, Gary & Rosa Chiquito, Dena Smith & family, Roni Smith & family, Sherrie Smith & family, Myrna & Selena Bobb, Shirley Heath, Billy Jo McConville, Cooks for fire shower, Edna Gonzales, Jim & Vesta Miller, Staff at ECE, Barbara Bobb and Vivian Yahtin & family.

Losing our home has been very hard and sad to deal with. It was suppose to be our home for life, where

my kids would grow up and know where home was always gonna be (only there for 6 years).

Thanks to Tyrone for working so hard on our new home which is going to be on the same lot. Our prayers and blessing to all. If we have forgotten to list your name, you're not forgotten. I wanted all of you to know that the past 1/2 month has been very special to me and my family.

Thank again,
Mae Dickson, Leni Miller
Tommy, Curtiss & Theodore

Help plan senior party

Parents of Madras High School seniors are urged to attend a general planning meeting for the 1997 drug and alcohol free graduation party. The meeting will be held at 7:30 p.m. Wednesday, September 18 in the Madras High School library.

SAFE KIDS Coalition offers safety tips for children in school

First Lady Sharon Kitzhaber, Oregon SAFE KIDS Coalition Chairperson, reminds parents and children to review and practice important safety guidelines. Each year approximately 6,700 children are killed and another 50,000 are permanently disabled from unintentional injuries. The Oregon SAFE KIDS Coalition and the National SAFE KIDS Campaign suggest these guidelines for a safer back-to-school season:

Walking to school

The Oregon SAFE KIDS Campaign recommends that children under 10 never cross the street alone. Each year nearly 1,000 children ages 14 and under die; 29,000 are injured in pedestrian-related incidents. Make sure children follow these guidelines:

* Teach children not to enter the street from between parked cars or from behind bushes or shrubs.

-The majority of pedestrian fatalities among children ages 14 and under occurs from darting into the street.

* Teach children to obey all traffic signals and markings.

-A flashing "walk" means the pedestrian has permission to cross, but must first stop and check for cars.

* Make sure children look in all directions before crossing the street.

-Teach older children to stop at the curb or road-edge and look left, right and left again for traffic before and while crossing the street.

* Choose the safest route and walk it with your children.

-Look for the most direct route with the fewest street crossings, crossing at corners and crosswalks; take the same route daily, avoiding shortcuts, walk facing traffic.

* Walk with children until they demonstrate traffic safety awareness; Warn children bad weather can create poor visibility and make it difficult to stop.

* Demonstrate proper pedestrian safety by being a good role model. School bus safety

Many injuries happen when children are boarding or exiting the bus; a blind spot extending approximately 10 feet in front of the bus obstructs the drivers' vision. Children, not aware of this blind spot, mistakenly believe if they can see the bus, the bus can see them. In 1994, 32 children ages 14 and under were killed; 25 were pedestrians. An estimated 7,000 children were injured in school-bus related incidents. The Oregon SAFE KIDS Coalition and the National SAFE KIDS Campaign provide these school bus safety tips:

Waiting for the bus

* Avoid horseplay; stay out of the street.

* Wait for parents on the same side of the street as the school bus loading/unloading zone.

* Cross at least 10 feet in front of the bus.

* Arrive at the stop 5 minutes before the bus arrives.

On the bus

* Keep the aisles clear, remain seated at all times.

* Do not throw objects; keep heads and arms inside the bus at all times.

* Let the driver concentrate by not shouting or distracting.

Getting on and off the bus

* Wait, walk and board in a single file line.

* Use handrails to avoid slipping or falling.

* Remove loose drawstrings or ties on jackets and sweatshirts, replacing with Velcro, snaps or buttons. Loose drawstrings and ties can snag on bus handrails increasing the risk of children dragging alongside a vehicle by clothing or other item caught in the handrail or door.

* Wait until the bus comes to a complete stop before exiting.

* Exit from the front of the bus.

* Be aware of the driver's blind spot (10 feet in front of the bus) when walking away from the bus.

Riding bikes to school

With 40 million riders ages 14 and under, bicycles are associated with more childhood injuries than any other consumer product except the automobile. Oregon SAFE KIDS offers these safety tips for children riding their bikes to school for fun or out of necessity.

* Bike helmets should be worn at all times when bicycling. Head injuries are the leading cause of death in bike crashes; accounting for 60

percent of bicycle related deaths and one-third of hospital emergency room visits. Bike helmets reduce the risk of head injury by as much as 85 percent and brain injury by as much as 88 percent. Wear only tested and approved helmets. Make sure children wear helmets correctly on every bike ride.

* Children under 10 riding on the road should ride only with direct adult supervision.

* Plan a safe cycling route with children and ride with them. Safe cycling routes to school may be different from safe walking routes. Streets with steady flow of fast-moving traffic are not appropriate for young cyclists with limited traffic experience.

* Follow the rules of the road. Ride on the right side of the road, with traffic, not against; use appropriate hand signals; respect traffic signals; stop at all intersection, marked and unmarked; stop and look left right and left again before crossing the street.

* Don't ride at night. Riding in non-daylight conditions, which includes dawn, dusk, or at night, is 3.6 times more risky for children ages 14 and under than riding during daytime.

* Work with schools to provide cyclists with "safe areas." Bike racks should be in areas where there are fewer motor vehicles and pedestrians. Bicyclists should avoid drop-off and pick-up zones in school parking lots.



Proud congratulations shared

To the editor,

Dear Family & community, We would like to share with you how proud we are of our Dad, Mark Jackson, and tell him congratulations on you graduation from OSU. We watched you in two years of hard work and dedication, and the best was watching you wearing your head-dress and raising your dance stick as

you received your Masters Degree at the graduation ceremony.

Now our Dad has brought us back home to Warm Springs and he has gone back to work here in our community. So join us in congratulating our Dad, and hello! from all of us. We're glad to be home.

The Jackson Kids,
Michael, Aiyana, Kalliah and Halona