

News from Early Childhood Education Center

Calendar
December 25, 1996, "Merry Christmas To All & To All A Good Year!" From ECE program.

Toy Safety
Keeping kids safe
Know how important it is to make sure your child's toys are safe for him or her to play with. Here are some things to keep in mind when you buy toys for your children.

Tips for safe toy buying
• Pay attention to the age guidelines and safety instructions on toy boxes. Ages are an important safety measure. If your child is to young for a toy, don't buy it. Small children may hurt themselves with toys meant for older children.

• Stay away from large bead-filled beanbag chairs or pillows. They may cause suffocation in children.

• Be sure to check all toys for rough edges and loose parts before you buy them.

• Make sure squeaky toys don't have parts that can be removed and swallowed.

• Look for rattles that are sturdy and cannot be easily broken.

• Be careful when buying a toy chest to make sure the lid cannot fall on a child's head. Look for braces to keep the lid up or buy a toy chest with no lid.

• No matter what your child's age, buy toys that reflect your family's values. If you don't approve of guns or war toys, don't buy them. Make

sure your actions support your words.

Toys of the ages
Babies younger than six months of age enjoy toys they can hold and toys that make noise, like stuffed animals or rattles. Be careful that your baby cannot put the toy in his or her mouth.

Babies older than six months of age love toys that make noise and can be pulled or banged, such as drums or other musical instruments. An activity center in the crib with soft toys and bright colors is also a good idea at this age.

One-year-olds are interested in toys they can move, such as wagons or doll carriages. Toys that can be taken apart and put back together again are also good ideas. Kids this age also like board books and vinyl books.

Two-to three-year-olds are entertained by tricycles, baby dolls and knob puzzles. Play telephones, play kitchens and toy cars and trucks are also popular.

Four-to Seven-year-olds like arts and crafts, puzzles and building sets. Kids this age also like dollhouses, farm sets and realistic toy animals.

Eight-to twelve-year-olds enjoy computer games, board games and sports toys. They also enjoy more complex building sets, radio-controlled toys and model toy kits.

Starting early with healthy eating
With busy lifestyles, it's

sometimes a struggle to pass up the fast foods for the better-for-us foods. Yet, for your young child's good health and weight control, it's worth the effort. An overweight preschooler runs a 25 percent risk of being an overweight adult - and the risk increases the older the child grows.

If your child seems a little overweight, first consult your pediatrician, who may check for a slow metabolism, a genetic predisposition, or a combination of factors. Look, too, at your family's eating and exercise patterns. Here's help in developing good eating and exercise habits in young children:

• Think about the type of food you keep in the house. Focus on having tasty, balanced meals and snacks that are low in sugar and fats. Rather than putting your child on a diet, plan for moderate changes in the way the whole family eats.

• Try to set regular mealtimes and sit down together to eat. This offers a reassuring, predictable routine for your child and can make it easier to control snacking between meals. Plus, you're present to model good eating habits and table manners.

• Offer your child mainly water, milk and low-sugar juices as beverages rather than high-sugar carbonated or non-carbonated drinks.

• Try not to use food for rewards, withhold it for punishment, or use it to comfort a fussy or hurt child if the child isn't hungry. These actions may

influence your child's attitude toward food.

• Take more outdoor walks, swims, and bike and trike rides together with your child. Moderately increasing your child's exercise level can help replace baby fat with muscle.

Nutrition tips
As you shop and plan meals for your family, keep these simple reminders in mind:

• Whenever possible, serve fresh fruits and vegetables. They provide more vitamins and other nutrients than frozen varieties.

• Use low-fat products such as low-fat yogurt, mayonnaise, and cheese. These are used more efficiently by the body to produce energy. Children under two years, however need the calories in fats for growth.

• Add healthful extras to dishes, such as fresh fruit to homemade rice pudding or nuts or raisins to a fruit or vegetable salad. These little "surprises" can make healthy dishes more appealing to your child.

• Read labels carefully and check for ingredients that might take away from the nutritional value of a food. Keep in mind that ingredients are listed in order of volume.

• When cooking, look for ways to adjust a recipe to make a dish more nutritious. For example, use unsweetened fruit concentrates instead of sugar and avoid deep-fried foods.

Across the Wire....

Family members to receive Thorpe's medals

EAU CLAIRE, Wis. (AP)—The family of a man considered one of the greatest athletes of all time is expected to receive sports medals once stripped from him when they attend a ceremony in Wisconsin this spring.

And the Leader-Telegram in Eau Claire reports that it's all due to a simple question from a high school girl.

Jim Thorpe, who was born more than 100 years ago on an American Indian reservation in Oklahoma, was named the world's greatest athlete for the first half of the 20th century by a panel of experts several decades ago.

Thorpe died in 1953. He played professional football and baseball. But Thorpe is best remembered for winning gold medals in the decathlon and pentathlon at the 1912 Amateur Athletic Union national championships in Boston and the Olympic Games in Stockholm, Sweden.

He was stripped of those medals a year later when it was discovered that he had played semiprofessional baseball in the summers of 1909 and 1910. The International Olympic Committee restored Thorpe's amateur standing in 1982 and returned the medals to his family at a ceremony during the 1984 Olympic Games in Los Angeles.

The AAU, whose national championships served as the U.S. Olympic Trials until 1978, restored Thorpe's amateur standing in 1973. But the organization never returned the medals they took from him.

It will do that at a ceremony March 1 at the American Indian-run LCO Casino, Lodge and Convention Center in Hayward. Thorpe's widow and six children are expected to be there to receive replicas of his 84-year-old awards.

The Thorpe family has a curious Colfax High School student to thank for that. Keith Noll, president of the Wisconsin AAU, remembers walking into the Colfax gymnasium one night in October to serve as a line judge at a volleyball match and being approached by one of the students.

The girl, who Noll said prefers to remain anonymous, had read in history class about Thorpe's athletic accomplishments and the fact that the AAU had never returned his

medals.
"She wanted to know why we would do that to him," Noll said. "I didn't have an answer."

A week later, Noll brought up the matter at the AAU's annual presidents meeting. "The board was completely blown away. We've got people who have been in the organization for 50, 60 years and nobody knew his medals had never been returned," Noll said. "The group decided right then it was something we had to rectify. It was only right."

Noll took it from there, contacting the Thorpe family and getting local American Indian groups on board to organize a ceremony for the family in Hayward. Noll, from Colfax, thought Hayward would be a good location, because American Indians in that area responded enthusiastically to the idea.

Another ceremony will be held at the 1998 AAU Junior Olympics in Oklahoma, Thorpe's home state.

"We think it's a good thing the AAU is going to return his medals," said Lynn Draper, president of the Jim Thorpe Association in Norman, Okla. "It's long overdue, but well deserved."

"Based on the sports ethics of today, Jim Thorpe's situation looks absolutely ridiculous."

Just what did Thorpe do that was so wrong? Students at the Carlisle Indian School, which Thorpe attended from 1907-1913, spent about half the school year working in various parts of the country to fund their education.

Thorpe and several of the school's best athletes went to North Carolina in the summers of 1909 and 1910 to play baseball. Thorpe received \$2 a day playing in what was a semipro league.

Sheryl Fink, LCO public relations manager who is helping coordinate the Thorpe ceremony in Hayward, plans a walk-through memorabilia display about Thorpe.

"Returning his medals is the completion of a major event in American Indian history," Fink said. "We want to encourage everyone, in particular our tribal youth, to come and learn about this man who is such a part of our history."

School retains mascot; Indians fight decision

WICHITA, Kan. (AP)—American Indians plan to fight a decision by North High School to keep its Redskins mascot, saying the symbol is racist.

Principal Ralph Teran announced last week the school would keep the nickname after consulting with the site council, made up of parents, teachers and community members who examine issues of concern to the school.

The site council overwhelmingly recommended retaining the mascot after a special committee found that although American Indian feeling in the community was mixed, more than 90 percent of parents, students and staff responding to a survey wanted to keep the name.

The decision prompted a group of American Indians to ask Wichita's Civil Rights and Services Board to investigate the issue, said Gayl Edmunds, one of five American Indians who plan to speak at the board's meeting Dec. 16.

"I think a thorough investigation will

really bring to light that maybe it's more offensive than we realize," said Edmunds, a Lakota Sioux.

The meeting, which begins at 5 p.m., is open to the public. It will be held in the City Hall personnel training room, on the second floor.

The Civil Rights and Services Board is an advisory board to the Wichita City Council. Council members each appoint one person. The board can choose to investigate complaints of discrimination, said Annie Montgomery, Civil Rights and Services director. The board also can choose other options, such as setting a public hearing and referring people to other sources.

"The board will determine what they think is the best way to pursue it," Montgomery said.

The school's decision to keep the mascot won't influence the board, Montgomery said. "If we don't get relief here, we will find relief," Edmunds said. "Whatever means it takes, we're going to see this to the logical end."

Gaming commission chair resigns position

GREAT FALLS, Mont. (AP)—The chairman of the National Indian Gaming Commission, former Great Falls attorney Harold Monteau, is resigning effective Jan. 31.

Monteau, 43, told President Clinton of his decision in a letter Friday. "I decided (to resign) several weeks ago. It was a matter of getting everything in line," Monteau told the Great Falls Tribune. "I'll just wait and see what's out in the private sector."

Monteau, a Rocky Boy native and a member of the Chippewa-Cree Tribe, was appointed chairman of the regulatory panel in 1994.

Sen. Harry Reid, D-Nev., earlier this year demanded Monteau's resignation during hearings before the Senate Indian Affairs Committee. Reid, a longtime critic of the Indian gaming industry, charged that tribal casinos were ripe for scandal because of lax regulation by the commission.

Monteau also was criticized in a Wall Street Journal article that examined the

commission's dealings with a Connecticut Indian tribe that was opening a casino with backing from South African businessman Solomon Kerzner.

The article suggested that Monteau had cut corners on a background check to make it easier for Kerzner to build and manage the \$275 million casino for the Mohegan tribe.

Monteau said the story was false and that he was vindicated when Kerzner passed a background check by the state of Connecticut.

Monteau said enforcement actions by the commission have more than tripled since he took office in 1994. During the same time period, Indian gaming gross revenues grew from \$2.2 billion to \$4.4 billion.

"I do not think Congress ever envisioned this kind of rapid growth" when it passed the Indian Gaming Regulatory Act, said Monteau. "The Indian gaming industry is still in its infancy and the commission must continue to work with the tribes to establish strong, consistent federal and tribal regulatory programs."

Tulalip general council ousts contracting officer

MARYSVILLE, Wash. (AP)—The contracting officer for the Tulalip Tribes could lose his job over allegations of misuse of a \$2.5 million low-income housing program.

The tribes' general council voted 95-41 Saturday in favor of ousting Mike Alva from his post with Tulalip Tribes Housing Authority. Though advisory, the vote leaves the Tulalip Housing Commission little choice but to fire Alva, tribal Chairman Stan Jones Sr. told the Seattle Post-Intelligencer.

"When the general council speaks, you do it ... Mike is gone," Jones said Sunday.

The call to dismiss Alva came after The Seattle Times reported that Alva and his wife, Patti Gobin, the housing authority's executive director, built a 5,296-square-foot luxury home using agency funds.

Though the money is intended for low-income families, the husband-wife team earns \$92,000 a year.

No action against Gobin was recommended by the general council, which is made up of the tribe's 3,000 members.

Neither Alva nor Gobin could be reached for comment.

"It was a rather emotional meeting. It pitted family against family," said John McCoy, the Tulalips' executive director of intergovernmental affairs. "They didn't care what The Times said. They just wanted to get rid of him."

Jones credited Alva for helping the Tulalip Tribes get scarce federal housing money that has helped build 18 homes on the reservation north of Everett.

"He brought us from near the bottom of the list to the top of the list," Jones said.

The Alva-Gobin home is under scrutiny by the Department of Housing and Urban Development, which funds the \$2.5 million tribal housing program.

The tribes consider the matter closed, because the couple got a conventional loan and repaid the housing authority money they received to help finance the home, McCoy said. The tribes contend the couple needed a large house to accommodate their extended family.

"As far as we're concerned, the issue is dead because no HUD money is used," McCoy said.

The Times, however, reported the tribes would end up covering the cost of a portion of the home if a federal audit determines the house is worth more than has been paid and the couple can't afford to make up the difference.

The Tulalip Housing Authority will meet after its six board members return this week from a conference in Arizona, where tribal housing officials from around the nation will discuss new federal housing regulations.

The new rules give tribes even greater autonomy in spending federal housing funds. But Jones says the Tulalips will be keeping close tabs on the money.

"We're going to have overview from the board and from the general council," he said. "The tribes have been wounded. All we can do now is heal."

Food Services Manager retires



Hazel Williams

Hazel Williams began her involvement with the local early childhood education program as a Head Start parent helper. She may very well end her 18 years employment the same way. Hazel will officially retire on December 31, 1996.

Eighteen years ago Hazel started as a parent helper for the Head Start Program. She then became a substitute teacher eventually working in all the programs. She was a kindergarten teacher for three years before becoming the Acting Food Services Manager in the spring of 1988. Hazel became the Food Services Manager and has been until her retirement.

Before the Early Childhood Center was open and all classrooms were scattered throughout Warm Springs agency, Hazel and Pat Tanewasha were alternating as Director. She had always wanted to become

a cook before she went to college for nursing. Because her family moved from town town, Hazel was not able to finish college. This was discouraging, and Hazel sat around at home, until Liz Rhoan told her, "You can't just sit around." After that she became a parent helper in the Head Start Program.

After retirement she hopes to finish projects that are unfinished and visit her children. "I may even be busier after I retire," Williams says.

Her husband David Williams has also retired after working for Warm Springs in the BIA Forestry office. They lived in Warm Springs for 24-25 years before moving to Madras.

Williams wants to come back to help out in the classrooms as a parent helper at the Early Childhood Center so she's not abandoning them completely. Her co-workers say, "She's only a phone call away."

Christmas events

December 23—Sledding at the Summit in Mt. Hood cost \$7, bring spending money. Bus will leave at 9 a.m. and return 5 p.m.

December 24,—Nintendo Challenge tourney from noon to 3 p.m. Christmas Crafts with Carol from 10 a.m.-2 p.m.

December 26—Matinee in Bend cost \$3 per child. Bus will leave at 11 a.m. and return 5 p.m. Talent show 6 p.m.-7:30 p.m.

December 27—Monty Larson Basketball Camp from 10 a.m.-4 p.m.

December 30—Skiing the Summit, cost \$35 plus spending money. Bus leaves at 8:30 a.m. and return 5 p.m.

December 31—Popcorn & Movies 11 a.m.-1p.m. Dominos Tourney 6 p.m. Youth New Years Eve Party 9:30 p.m.

January 2—3 on 3 shootout begins at 9 a.m.

January 3—Movie starts at 10 a.m.

Happy holidays!

