

Northwest Power Planning Council initiates projects

The Northwest Power Planning Council is initiating three research projects to assess salmon populations and habitat in the Columbia River. The studies include an assessment of the impact of the Columbia River hydropower system on salmon survival in the estuary and the nearshore Pacific Ocean environment.

The studies are intended to gather information and review current scientific theories about salmon recovery for use by regional decision-makers.

The Council recommend the three research projects for funding by the Bonneville Power Administration in Fiscal Year 1998. Bonneville is the federal agency that sells electricity generated at federal dams on the Columbia River and its tributaries. With a portion of its revenues, Bonneville also funds the Council's Columbia River Basin Fish and Wildlife Program, which is designed to mitigate the impact of dams on fish and wildlife.

With Bonneville's approval, the

Council's staff will work with the Independent Scientific Review Panel, a group of 11 scientists who conduct an annual review of projects proposed for funding through the Council's program, to review proposals for the three studies and make recommendations to Bonneville. Bonneville will review these recommendations, select the contractors to do the work, and manage the studies. Briefly the studies would provide: An assessment of the impacts of development and operation of the Columbia River hydroelectric system on the river's mainstem salmon spawning and rearing habitat; an assessment of Columbia River Chinook salmon populations and state-of-the-art theories about population structure, and how to apply this knowledge to fish recovery efforts; an assessment of the impact of hydroelectric development and operation on the Columbia River estuary and nearshore plume.

In recent years, scientist who have studied the salmon decline in the Columbia River have recommended

that protecting and restoring spawning and rearing habitat for core populations of salmon should be a critical component of restoration efforts. These scientist also recommended that more needs to be learned about the nature of salmon spawning and rearing habitat in the Columbia River, how productive the habitat is or was, and where it is located. In addition to this information, the studies will give the Council a better understanding of historic salmon population structure in the mainstem of the river, what might be done to protect and restore the habitat and the potential effects of protection efforts on salmon populations.

The Council is an agency of the states of Idaho, Montana, Oregon and Washington and is charged by the Northwest Power Act of 1980 with developing a program to protect, mitigate and enhance fish and wildlife at the Columbia River Basin, and also plan to afford the region an adequate, efficient, economical and reliable electric power supply.

Parents offered tips on alcohol prevention

Quick Tips for Parents
Talk with your child about alcohol. Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media, such as "everybody drinks".

Learn to really listen to your child. Children are more likely to communicate when they receive positive verbal and nonverbal cues that show their parents are listening.

Help your child feel good about himself or herself. Self-regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.

Help your child develop strong values. A strong value system can give children the courage to make decisions based on facts rather than pressure from friends.

Know what to do if you suspect a problem. Parents can learn to recognize the tell tale signs of alcohol abuse and experimentation.

Help your pre-teen deal with peer pressure. Children who have been taught to be gentle and loving may need parental "permission" to assertively say "no" to negative peer pressure.

Make family policies that help your child say "NO". It's helpful when parents clearly verbalize

specific family rules against alcohol use by minors and the consequences of breaking those rules.

Encourage healthy, creative activities. Hobbies, school events, and other activities may prevent children from experimenting with alcohol, tobacco or other drugs out of boredom.

Team up with other parents. When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.

Be a good role model or example. Parent's drinking habits and attitudes may strongly influence their children's perceptions about alcohol.

Sunnyside involved in Neighborhood Watch

by Starla Green
Community Policing Officer

Crime Prevention Month is upon us. It is a good starting point for YOU to recognize and congratulate the Sunnyside Community for successfully starting their Neighborhood Watch Group. The first meeting was held at the end of the September and the second one is scheduled this month.

So far they have great plans and goals for the future of their community. I believe that with the community becoming actively involved with Neighborhood Watch, the small housing community will become united and a choice place to

live. Also with all the extra eyes watching and the increase of home security, I believe that the crime rate will dramatically decrease. Let's watch the Sunnyside Community grow in strength from their unity and involvement with Neighborhood Watch.

The rest of the community can also become involved in a Neighborhood Watch group and start taking back their community a little at a time. A little at a time is all it takes, because it is always a little better than it used to be. Let's start a group in your neighborhood.

It's time to take back our community...Together!!!

Join a Neighborhood Watch



Celebrating the Family Conference 1997

October 31 and November 1, 1997

9 a.m. to 4 p.m. daily at Kahneeta Lodge

Invitation to the whole family

Children's activity room, games, play session, door prizes

Come and enjoy the dynamic KEYNOTE SPEAKER Cecilia FireThunder as she shares about Indian Families; Yesterday, Today, Tomorrow.

Cecilia is exciting, humorous, Interactive, serious, alive and funloving, don't be left out.

Bring your family for this First Annual Family Wellness Conference.

There is no registration fee for you and your family; lunch served both days to participants.

October 31: 8 a.m.-Registration; 9 a.m.-Invocation, Keynote; 12 p.m. lunch; 1 p.m.-Concurrent sessions; 2:30 p.m.-wrap up

November 1: 8 a.m.-Registration; 10 a.m.-Invocation, Skit; 12 p.m. lunch; 1 p.m.-Family Circle; 2:30 p.m.-wrap up

For more information call Marita at 553-4922.

Women's Self Defense class offered

The Wing Chun Studio in Redmond is teaching a Women's Self Defense Class Saturday, November 8, 1997 from 9 a.m. to 4 p.m. at 518 NW Greenwood, next to the Country Nook. Bring a sack lunch and wear comfortable clothes. Cost is \$20. Pre-registration is required, call The Wing Chun Studio at 382-4958 for more information.

Sculpture class set for November 4

Madras COCC Community Education is accepting registration for its Sculpture class which begins November 4. Classes will meet Tuesday evening from 7 to 9 p.m. Madras artist Coralee Popp will teach form, imagery and design using basic sculpture techniques. Pre-registration is required and can be done at the Madras or Warm Springs College Centers or by calling 475-2136.



The Red Ribbon NATIONAL CELEBRATION

Warm Springs Elementary School news

Calendar Update

October 26--Daylight Savings time. Turn clocks back one hour.

October 28--School pictures

October 31--No School. Building Inservice. End of 1st quarter.

November 3--Awards Assembly. K-2 at 8:50, 3 & 4 at 9:30.

November 10--No School. Parent Conferences.

November 11--No School. Veteran's Day Holiday.

November 26--Early Dismissal Students & Teachers. 1 & 2 Gr. at 11:25 and K, 3 & 4 Gr. at 12:20.

November 27, 28--No School. Thanksgiving Holiday.

Impact Aid

As specified in School Board Policy 911, the District plans to afford patrons an opportunity to make comments and recommendations relative to application for and use of Section 8003 Impact Aid funds. A public hearing has been scheduled

during a regular School Board meeting beginning at 7:30 p.m., Monday, November 10, 1997, in the library at Warm Springs Elementary School. The public is invited to attend and encouraged to ask questions and state opinions regarding District 509-J programs and the use of funds. If you have a disability, please advise the District 509-J Support Services office about special arrangements that may allow you to fully participate in this meeting by calling Gail Stone or Cindy Harris at 475-6192.

Book Fair

This year's first Warm Springs Elementary Book Fair will be held on November 10, 9:00 a.m. to 4:00 p.m. This is the same day as Parent Conferences. Scholastic books will be on sale with a 10% discount on your total purchase. There will also be door prizes given away. Don't forget to stop by.

Red Cross offers safety tips for Halloween trick or treaters

With witches, goblins and superheroes descending on neighborhoods in Central Oregon, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun. "Most Halloween injuries are predictable and preventable, if parents and children take some simple precautions," said Bob Alexander, Red Cross Director of Health and Safety. The Red Cross today released the following 13 important safety tips for parents to keep in mind and share with their trick-or-treaters to prevent injuries.

Red Cross Halloween Safety Tips: Walk, slither and sneak on sidewalks; not in the street.

Look both ways before crossing the streets; check for cars, trucks and low flying brooms.

Cross the streets only at corners. Don't hide or cross the street between parked cars.

Wear light-colored or reflective-type clothing so you are more visible. (and remember to put reflective tape on bikes, skateboards and

brooms!)

Plan your route and share it with your family. If possible, have an adult go with you.

Carry a flashlight to light your way.

Keep away from open fires and candles. (Keep in mind that costumes can be extremely flammable).

Visit homes that have the porch light on.

Accept your treats at the door and never go into a stranger's house.

Use face paint rather than masks or things that will cover your eyes.

Be cautious of animals and strangers.

Have a grown-up inspect your treats before eating. Don't eat candy if the package is already opened.

For more than 80 years the American Red Cross has been a national leader in health and safety education. In 1996, the Red Cross enrolled nearly 14 million people in CPR, first aid, swimming, lifeguard training, caregiving and HIV/AIDS education. The Central Oregon Chapter of the American Red Cross offers two first aid courses especially designed for youth: When I'm in Charge and Basic Aid Training (BAT). When I'm in Charge, teaches 7-10 year old

children who are occasionally left at home alone before and after school how to be safe. Lessons include how to safely answer the phone, how to handle visitors at the door, behavior with brothers and sisters, basic fire safety tips, house safety rules including kitchen safety, and how to handle un-expected emergencies and get help.

BAT introduces children in the fourth grade to safety information and first aid procedures for breathing difficulties, bleeding, poisoning, burns, shock, and other emergencies. "Giving your children the skills and necessary information to cope with being home alone will give them confidence and security," Alexander added.

The mission of the American Red Cross is to improve the quality of human life; to enhance self-reliance and concern for others; and to help people avoid, prepare for, and cope with emergencies. We are not a federal agency; we receive no funding from the government. We are a "home-town" agency that relies upon each community for volunteers and financial support to assist the victims of local disasters. Help support the Red Cross with your donations; sup-

port this years United Way Campaign.

For more information on these and other Red Cross Safety Courses, and for volunteer opportunities please call 382-2142 or stop by the chapter office in the Mountain View Mall or at Blood center, 382-4630 in the Twin Knolls Retail Center across from COSTCO.

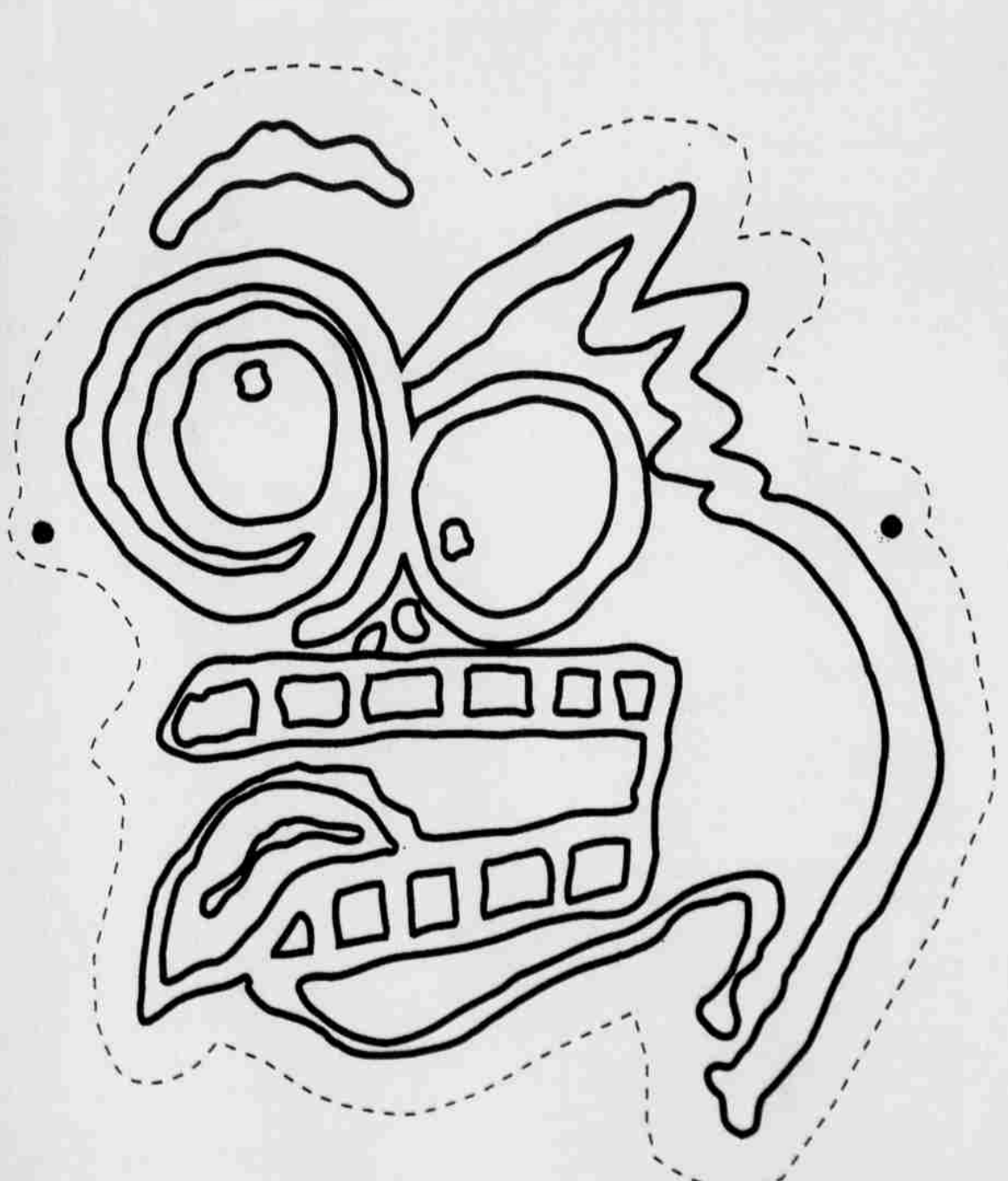


- October 3, 1997
Happy belated Birthday Mom Margie O Love, Cena & Rich
- October 29, 1997
Happy Birthday Lil Bro Love, Cena, Richard
- October 30, 1997
Happy Anniversary Dad & Mom Don & Martha Love, Cena & Richard
- October 31, 1997
Happy Birthday Grandma Love, Cena, Rich
- Happy Belated Birthday Grandma Margie O Love, Lil Rich, Charles, Tyrin Franny O
- Happy Birthday Uncle Percy Love, Lil Rich, Charles, Tyrin, Franny O
- Happy Anniversary Tilla & Grandma Don & Martha Love, Lil Rich, Charles, Tyrin Franny O.
- Happy Birthday Super Grandma Love, Lil Rich, Charles, Tyrin, Franny O
- Happy Birthday Grandma Norene!! 10/31 Love Shey, Donut & Treyvon

- Happy Birthday Marcal Meanus "Yup" October 30th Have a good one... Kunya & Leslie, Larry, Elijah, Della & Joyce
- Happy Birthday Reanna (sister) From your cousins Larry, Elijah, Della, Joyce
- Happy 1st Birthday October 28th Devon James Wolfe Have many more.... Lots of Love Great-Uncle Kunya & Great-Aunt Leslie, cousins Larry, Elijah, Della & Joyce
- Happy "35" Birthday Dewayne A. Charley October 28th Be thinking of you on your special day! Lots of Love your sister, Leslie & Kunya, Larry, Elijah, Della & Joyce
- "Happy Birthday" Jolene Ora Charley October 28th Lots of Love Niece from Auntie Leslie, Kunya, Larry, Elijah, Della, & Joyce
- "Happy Birthday" Reanna J. Charley "Pumpkin" October 30th Have a good one! Lots of love from Auntie Leslie & Uncle Kunya

- November 4, 1997
Happy birthday Robert Sam, Jr. Love you lots Ita, Alberts, Sisa Tony, Roseracks & Leonard too.
- Wendell Green Happy Birthday Take care of yourself. Ita, Albert, Sisa, Tony, Roserack & Leonard
- November 7, 1997
Happy Birthday Pearl VanPelt Love ya, Ita, Albert, Sisa, Tony Roseracks, Leonard
- Happy Birthday Daddy Anthony Jay Tiger VanPelt November 11, 1997 Wish I was with you, Love & miss you, your daughter Margie "Baby Ann" VanPelt
- Happy Birthday Grandpa Jack!! 10/22 Love, Shey, Donut & Treyvon "Brat"
- Mom, Happy Birthday to you on October 31. Thank you for beign the loving, caring and understanding person that you are. I appreciate you for everything you've done for me. Loving me unconditionally, even when I brought you pain and disappointment. I see so much all around me and makes me realize how lucky I am to have you! Love you lots! Sandra

BOO coloring mask



Color your Boo Mask, no rules here. Color it any way you like! Cut out your Boo Mask by cutting along the dotted line. Punch holes in the black circles and tie yarn or string to adjust to fit. Cut eye hole to fit your face. Have a safe and drug-free Halloween. Boo Coloring Mask compliments of Community Health Education Team.