

Cardenas a SMART reader from the beginning



Rolin Morning Owl listens as SMART Program volunteer, Pam Cardenas, reads "Franklin Gets Bossy," to him.

The Start Making A Reader Today (SMART) Program has been at Warm Springs Elementary since 1995 and so has Pam Cardenas. Cardenas has been a volunteer since the very beginning and continues to read and encourage others to become readers. Cardenas reads to six children a week, three children on Tuesday and three children on Thursday. "She is my best reader. If it wasn't for her a lot of kids wouldn't get read to," says

Wanda Buslach, SMART Coordinator. She reads with the children to help them with their reading. They read to her or she reads to them.

She asks the kids if they understand what symbols are or what could be happening in their stories. So the children are improving their reading skills and understanding the stories they are reading.

She says the children talk with her

about what they are doing at home. "One boy tells me about their horses," Cardenas shares. They share about their hobbies, their birthdays gifts and what they do at home.

Other volunteer work she does is in her son Gerald's classroom.

Cardenas is a homemaker. She has a son, Gerald Cardenas, Jr, who is in the third grade. Her husband, Gerald Cardenas, Sr., is employed at Warm Springs Forest Products.

Before becoming a homemaker Cardenas had a variety of jobs. Her first job was baby-sitting, then she worked at Alice's Restaurant, she worked in housekeeping at Kah-Nee-Ta and her last job was at the Apparel Industries.

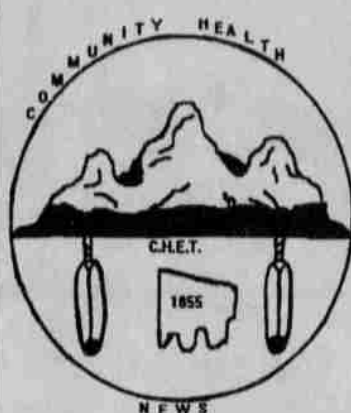
Her hobbies are beadwork and crocheting yarn belts.

Being involved with the SMART Program since the beginning Cardenas has seen many readers come and go. Tribal departments send employees to the reading program. Since November Salmon Corps members have become reliable readers to the program. Readers who show for a few times then quit are missed and are encouraged to return to the program.

Readers who return continually developed relationships with the children and they look forward to seeing their reading partner.

The books most popular with children are "Clifford," "Franklin," and "Curious George." Each of these books has an adventure, Clifford, Franklin or George could go shopping, go to a birthday party, ride a bike or even be bossy. They teach a story about subjects and learning new things.

Corner on Wellness



Exercise and Heart Rate

Any activity that gets your heart pounding and your lungs breathing harder gives your cardiovascular system a workout. When you are sitting still, your heart pumps about 65 times a minute, pushing roughly one gallon of blood around your body. But during intense bursts of exercise, your heart can beat up to 200 times and pump six gallons of blood per minute.

During exercise, muscles demand more oxygen. As your lungs work to provide it, your heart is forced to move blood faster so that your muscles can

get enough of what's available.

Pumping harder and faster makes your heart more efficient even when you aren't exercising. Full benefit to your heart and circulatory system comes when you exercise enough to make your heart pound faster for at least 20 minutes at a time and between three and five times a week.

Benefits of Exercise:

- *Lungs expand to take in more oxygen.

- *Heart pumps more efficiently.

- *Skin gets twice as much blood for a healthy looking glow.

- *Cardiovascular activity helps fight heart disease.

- *Helps you sleep soundly and look fitter and better.

- *Improved circulation boosts the immune system to help fend off infections.

Tips for Success:

- *A little everyday or so is better than a lot once a week.

- *For best effect, try to work your heart hard for 20 minutes at least three times per week.

- *Always consult a doctor if you have any questions or concerns about your health before

you start.

- *Start low then work up to moderate, never start fast.

Arteries and Heart

Keeping your circulatory system (heart, lungs, veins, arteries) in shape by regular exercise is one of the best ways to avoid heart disease, particularly among non-smokers who eat a low-fat diet.

Exercise also seems to lower cholesterol levels. One study showed that people who had heart disease that ate a low-fat diet, did a cardiovascular exercise and stress reduction techniques were shown to result in clearer arteries for most participants.

So, exercise may not only prevent heart disease, but also reverse it. If you can't imagine a clogged artery and the stress it puts on your heart, imagine a clogged sink or bath tub, water doesn't travel through the drain as easy. With your heart, it would have to work harder to get blood and over time, your heart becomes weak, especially without exercise.

Submitted by Community Health Education Team

Attention 4th Grade Parents

You are invited to talk with Jefferson County Middle School staff on Thursday, February 26, 1998 at 7 p.m. at the Warm Springs Elementary gymnasium.

This is your chance to help prepare your student for that big move to the Jefferson County Middle School. As well as ask questions.

Questions prior to February 26, 1998 can be directed to Pat Kelly at the Jefferson County Middle School at 475-7253.

Heart Smart dinner to be held

The Warm Springs Diabetes Program and The Senior Program proudly present their Annual Heart Smart Dinner. This will be held on February 11, 1998 at the Agency Longhouse from 5:30 to 8:00 p.m.

Everyone welcome! There will be games, fun and laughter! We've got it all!

Menu: Kung Pao Pork with steamed rice, Sesame broccoli and fortune cookies. For further information, call the Diabetes Program at 553-2478.

Warm Springs Elementary School to begin book store sales February 3. All books will cost \$1.00.

Seat belt survey results of 454 people interviewed

Recently the Warm Springs Human Services Community Health Education Team and the Tribal Sanitarian conducted a survey concerning whether people on the reservation would support a seat belt law for the reservation. A total of 454 people were surveyed of which 37% were male. Two questions asked:

1. Would you favor a tribal law requiring the use of seat belts/safety for: Children ages 0-4; Children ages 0-16; All ages; Would not favor legislation.

2. If legislation were passed, how would you prefer if be implemented?

Transition by handing out warning first and then going to fines; Fines; No fines; Other

Of the 454 people surveyed, 324 or 71% said that they would favor seat belt/safety seat legislation for everyone. The majority of people that wanted legislation for everyone, said that the implementation technique that they preferred was a transition where only warning tickets would be issued for a period of time, say 1-3 months, and then not wearing seat belts would issued fines after that time.

Some of the comments that were

made by those that favor legislation for everyone include, "We need to allow for vehicles that don't have seat belts and help them to get installed", "No road blocks in order to get people stopped". "People not wearing seat belts should have to do mandatory community service with no political exclusions", "Have public meetings prior to the implementation of the law and put articles in the newspaper and on the radio, then give out warnings and finally fines".

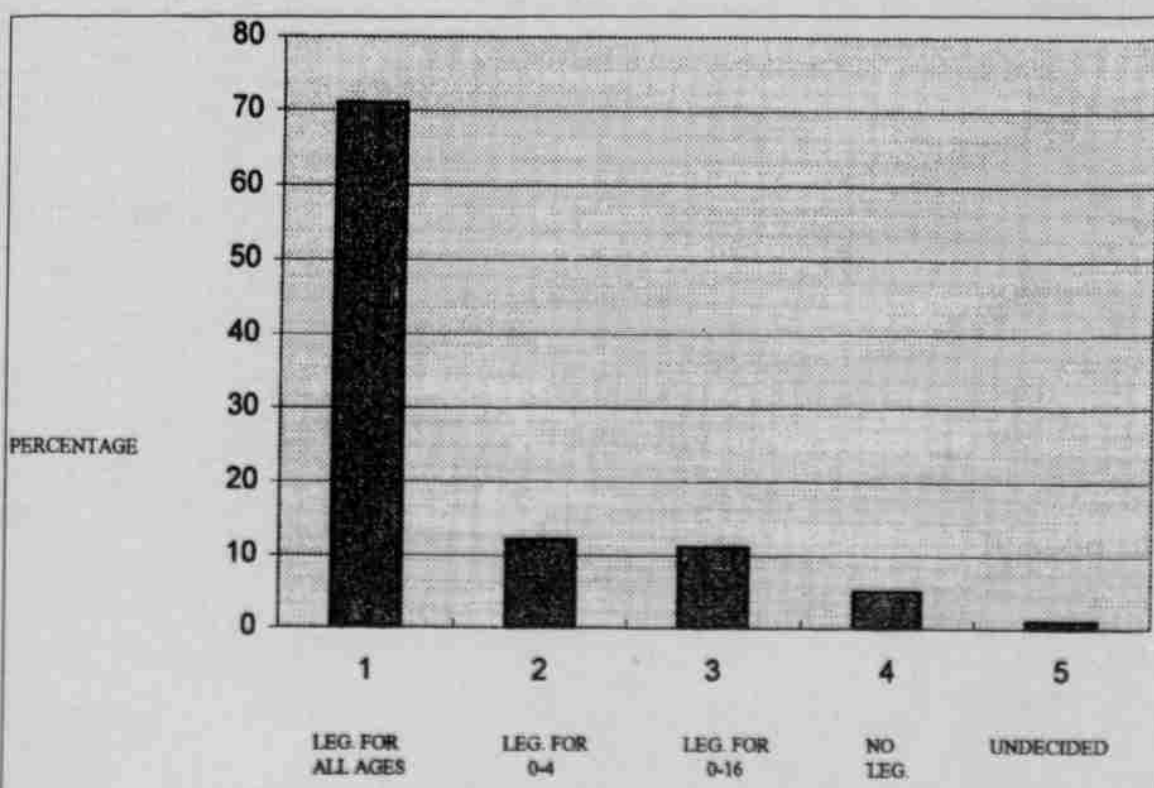
A total of 54 people or 12% favored legislation on safety seats for children 0-4. Again the most favored

implementation method was a transition. Comments made by people in this category were: "People that not have the kids in safety seats should have to go to counseling". "Have the law enforced only by the Tribal Police, not the state". "Offenders should have to attend a support group of survivors of accidents".

Forty-eight people or 11% favored legislation for children 0-16. Transition was again the favored implementation method. A couple of people stated that they only favored legislation to ages twelve. Some people also stated that they wanted warnings with no fines given.

A total of 23 of the 454 people of 5% did not favor legislation of any kind. Some of the reasons given were that "it violates my rights". "I would favor seat belt legislation in areas where the speed limit is greater than 35 miles per hour". "I don't favor legislation because there isn't anyone to enforce it and it would just be another law". "Would favor legislation if there was a way to have the baby boards".

One percent of the people surveyed did not have an opinion or were undecided at this point. There are several educational activities being planned on the reservation. On January 29, a car seat clinic will be held at the Early Childhood Center. The Community Health Education Team and Warm Springs Fire and Safety will also be doing a number of seat belt observational surveys in the upcoming months. The Warm Springs Elementary School will also be working with the seat belts and safety seats. The Community Health Education Team will also be running public service announcements and articles for the Spilyay.



Committee seeks queen candidates

Warm Springs will celebrate the signing of the Treaty June 26, 27, 28, 1998 at the Community Center.

The committee is asking for girls interested becoming a candidate and selling raffle tickets for the powwow. Candidates for Junior Miss Pi-Ume-Sha must be between ages 8 and 12. Senior Miss Pi-Ume-Sha candidates must be 13 or older.

If interested call Minnie Yahtin at 541-553-3257 (work) or call her at 541-553-9211 (home).

For vendor information call Cassie Katchia at 541-553-7015.

For powwow information call Nathan "8 Ball" Jim at 541-553-1403. No collect calls please.

Title IX to meet

The Title IX Parent Advisory Committee will meet at Warm Springs Elementary Library on Tuesday, February 10, 1998 at 7 p.m. Carol McClelland will be speaking on "Parenting For A Positive Future", and membership will be discussed.

Title IX meetings are open to all members of the public. The Committee meets at 7 p.m. at the Warm Springs Elementary Library on the second Tuesday of each month. 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 the meeting. Please call Georgia Sosa at 475-6192.

Computer Center Classes

February 1998

- The GL transfer form must be received at least a week in advance of a selected class. If there are not 8 people enrolled then the class will not be held. We MUST receive a call to notify non-attendance at least one day before the class date, otherwise you will be responsible for the cost of the class. Notification to 553-1428 is the only assurance that policy will be followed.
- Introduction to MicroSoft WORD;** 8:30 to 12; February 2, 4, 9 & 11; Cost \$75
- Intro to MicroSoft EXCELL;** 1-4:30; February 2, 4, 9 & 11; Cost \$75
- Groupwise E-Mail;** 8:30-4; February 3; Cost \$50 (this class is continually asked for but attendance is lacking-make this a new year resolution to attend now)
- Intro to WINDOWS;** 8:30-4; February 10, 12, 17 & 19; Cost \$75 (This is a required class before you can take MicroSoft classes)
- Intro to MicroSoft WORD;** 1-4:30; February 10, 12, 17 & 19; Cost \$75
- Windows 95;** 8:30-12; February 18, 20, 23 & 25; Cost \$75 (please note that there is a Friday class because of the Monday holiday)
- Intermediate Windows;** 1-4:30; February 18, 20, 23 & 25; Cost \$75
- If you are interested in group training for your department, please give Marilyn a call (553-1428 or E-mail your request) We will try to work out a schedule that is best for your department.