

Warm Springs students receive outstanding academic awards at JCMS

The Jefferson County Middle School held an awards assembly June 2 at JCMS. Academic Achievement awards were given during this time and several students from Warm Springs were recognized by the school for high academic achievement.

These students are:

- MayAnne Aguilar, SMILE
- Martha Alvarez, JOM
- Jake Binder, JOM
- Camille Clements, SMILE
- Daleena Frank, SMILE
- Jessi Fuentes, Art, Math, Peer Mediator, 3.8 GPA
- Tianna Greene, JOM, SMILE
- Julia Heath, JOM
- Lewis Hellon, JOM
- Lee Hellon, SMILE
- Jenna Johnson, JOM
- James Kalama, JOM
- Scott Kalama, Math
- Nicole Main, Health, JOM
- Laura Manion, 3.6 GPA
- Michelle Manion, Health
- Marlana Manion, Art, Math
- Tasha Mares, JOM
- Candace Miller, Algebra, Earth Science, Social Studies, PE, 4.00 GPA, Perfect Attendance and recently elected Vice President of Freshman Class for next school year.
- Aaron Mitchell, Social Studies, Math, 4.00 GPA
- Natalie Mitchell, SMILE, Peer Mediator, 3.6 GPA
- Arthur Mitchell, Social Studies, 3.8 GPA
- Sarah Rodgers, SMILE 3.6 GPA
- Stephanie Rowe, JOM

- Veronica Russell, JOM
- Becky Sampson, Art
- Wilfred Sando, JOM
- Gordon Scott, Art
- Dustin Seyler, Math
- Louis Smith, Math, Art, PE
- Pasha Smith, PE, Peer Mediator
- Melvin Stahi, JOM

- Jess Stevens, JOM
- Lydell Suppah, Health, JOM, SMILE
- Jeannette Thompson, Computer, JOM
- Victor VanPelt, SMILE
- Gary Villa, Peer Mediator
- Jake Wise, JOM, Math

Spilyay Tymoo would like to thank Phyllis Griffith for arranging the photo and providing the information.
GPA=grade point average
JOM=Johnson O'Malley tutoring program
PE=Physical education

SMILE=Science and math club
Peer Mediator=specially trained young people, selected by their teachers and peers, to help mediate problems among students.
Math, Algebra, Earth Science, Social Studies, Computer, Health, Art=regular classes.

Cross the Bridge this summer

Are you expecting to go to college in the fall? Have you talked with Tribal Higher Education? There are requirements that you need to meet. Do you know what those requirements are?
Summer Bridge—What is it? To whom does it apply? Do I have to attend?

Summer Bridge is an eight-week college credited class to help students prepare for college. This environment will expose students to a realistic participation at attending college. This foundation will help students develop skills to survive in a college atmosphere, class timing, and workload. Classes include developmental course work in Math, Reading, Writing and Computer training.

Students who need to attend are traditionally high school seniors who are graduating, GED graduates and individuals who are interested in completing their education.

Classes begin Monday, June 22 at 8 a.m. in the Education Center. Classes are held Monday through Friday from 8 am, to 12 noon.

How do I apply for this program? Make an appointment to see Higher Education Counselor Laurain Hintsala, by calling 553-3311. Tribal scholarships are available for this program to those students who are eligible. Class size is limited to 25 participants.

If you are planning on going to college, make sure you know what YOUR responsibilities are to become eligible for Tribal Higher Education aid. Called 553-3311 today.



Thirty-eight Warm Springs students received outstanding academic awards for the 1997-98 school year from Jefferson County Middle School. Students from the seventh and eighth grade.

Warm Springs Elementary honors students with awards

Perfect and Outstanding Attendance awards

Kindergarten—Michelle LaPage, Merima Made, Devin Winishut.

First Grade—Colleen Kalama.

Second Grade—Atcitty Begay, Destry Begay, Chelsea Hudson, Ellery LeClaire, Jose Medina, Jessica Tufti.

Third Grade—Evelyn Aguilar, Jessica Arthur, Nancy Charley, Jerard Cook, Jonathan Culpus, Jr., Shanell Kalama, Aldwin Keo, Jr., Jessica Longknife, Paul Miller, Ursela Russell, Katie Smith, Cameron Smith-Lucero, Joyce Squiempfen, Cody Switzler, Bobby Thurby, Wilma Tufti, Lindsey Yallup.

Fourth Grade—Georgiann Aguilar, Matthew Alonso, Blaine Begay, Sissalea Graybael, Roosevelt Heath, Jr., Rodney Katchia, David LeClaire, Jr., Ericksen Lucei, Sirena Medina, Julia Simtustus, Anthony Torres, Julian Wallulatum, Randall Wallulatum.

Bold=Perfect Attendance

Student of the Month

Rodin & Sprecher's class

Daniel Alonso, Andrew Gilbert, Kashayla Ball.

Ms. Graham's class

Colton Trimble

John Nelson's class

Jenni Van Pelt (all star), Jeleah Sam, Jenni Van Pelt, Weston Heath, Verna Mitchell.

Moore's class

Machell Tailfeathers, Sonny Yahtin, Stephen Vaeth, Wesley Graybael.

Anne Jasa's class

Tyson Adams, Erica Wewa.

Ms. Beck's class

Sirena Medina

Mr. Gallagher's class

Sasha Caldera, Evelyn Aguilar, Jenna Johnson, Alfredo Orozco, Terri Jo Squiempfen-Yazzie, Nancy Charley, Vanessa Sahme, Sophia Williams.

Ms. White's class

Galen Northrup (all star), Jonathan Culpus (all star), Warner Williams (all star), Natalie Fuiava, Clara Arthur, Justine Wallulatum, Wilma Tufti, Mary Hoptowit, Aldwin Keo.

Mr. Rodin's class

Shirelle Adams, Randy Felter-Switzler, Anthony Caldera, Alyssia Meanus.

Ms. Ohman's class

Addie Estimo, Traci Suppah, Shanell Kalama, Joyce Squiempfen, Chesley Yahtin, Bobby Thurby, Dustin Suppah.

Ms. Espenel's class

Chester VanPelt, Olea Yahtin, Jessica Longknife, Curtiss Dickson, Whitley Ruiz, Ester Lawrence, Cameron Smith-Lucero, Joanna Williams.

Ms. Pederson's class

John Marcum, Daniel Arce, Becca Taylor, Raymond Torres, Atcitty Begay.

Mr. Monson's class

Erika Miller, Deborah Heath.

Ms. LaPage's class

Elizabeth Orozco, Kevin Ruiz, Steven Arce.

Ms. Bennett's class

Chris Ortiz, Nicki Smith, Clinton Tainewasher, Julia Selam, Brett Yahtin, Bryce Bailey, Keshia Yaw, Jonathan Gilbert.

Ms. Reil's class

Kevin Ball, Chanda Hoptowit.

Mr. Brown's class

Tara Tufti, Brandy Herkshan, Salena Sahme, Victor Switzler, Jr.

Ms. Miller's class

Sabrina Plazola

Ms. Fuentes' class

Carlena Heath, Latasha Sampson, Kendall Bobb, Ashley Johnson.



Students check out their awards while they await announcement of other award recipients.

MHS receives grants

Madras High School forestry instructor Bill Wysham was recently notified by Associated Oregon Loggers that the school's Educator of the Year grant has been renewed in the amount of \$1,000 for another year.

Additionally, Nick Kezele, chemistry and physics teacher at MHS, received the 1998 Wal-Mart Teacher of the Year Award in the form of a \$500 grant.

Third annual Huckleberry Harvest August 7 and 8

Fundraising event is in support of The Museum At Warm Springs and is tax deductible. Call 553-3331 for more information.



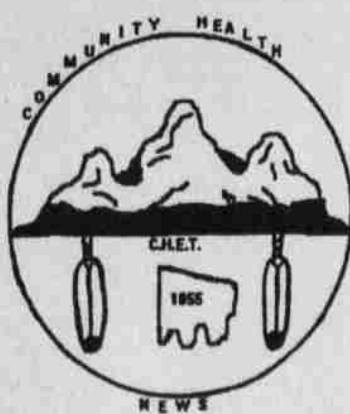
Happy 21st birthday DeeDee Love, your fam!

Happy 23rd Anniversary to my wife Sharon Crooked Arm from Richard Crooked Arm



Happy 22nd Birthday to my husband Tracy Sam on June 30 Love, your wife Natalia

Corner on Health



We are what we eat/we eat what we are

It amazes me what we will put up with. We tolerate feeling tired day in day out. We suffer in silence with mild depression that interfere with enjoying life. We give in to food cravings, then we blame ourselves for being weak and willed. We're grumpy or irritable and assume we were born that way. We think that because we can't think clearly or remember details that we must not be very smart. We endure feeling sluggish as if it were our destiny in life. Along with everything else we have learned to create elaborate excuses to justify our problems. From blaming fatigue on the fact that "we're getting older" and "can't do what we used to" to assuming that feeling sad or stressed is a natural consequence of juggling so many responsibilities, we rationalize our bad mood or low energy as being normal.

But why put up with the second best? Why settle for less than feeling good, or even great? Why tolerate

the fatigue and depression that undermine our quality of life? There is much more to life than just getting by. Life can be filled with joy, adventure and vitality when you feel your best, your healthiest, your youngest—regardless of your age. Pizzazz is a basic human right, but no one will hand it to you. You must reach out and grab it, and the first step is to change your style, behavior or motto to "It doesn't have to be this way."

Extreme depression, fatigue, or the emotional stumbling blocks often are signs of a more serious underlying illness that requires medical attention.

However, for many of us, mood and energy problems are a result of what we eat and how we live. In most cases, making a few simple change in what we eat could be all it takes to feel better. Combined with physical activity, a positive mental attitude, and relaxation, eating right could make the difference between getting by and feeling great! Most people recognize that "they are what they eat." That is, what they eat affects their health today and their future risk for diseases.

We know that eating a high-fat diet increases our chances of developing heart disease and that not including enough calcium in our diets today increase our risk for developing osteoporosis later on.

However, many people ignore the profound effects that food can have on a mood, intellect, and energy level. In fact, not eating right will affect your memory, mood and vitality long before it will affect your heat and bones. It takes decades of eating a calcium poor diet before your bones become fragile; however what you ate this morning (or didn't eat) could affect how you feel this afternoon.

What you ate for dinner could affect how well you sleep tonight.

When and what you last ate could determine whether or not you could give into a food craving or lose the weight-control war. Even something as simple as not eating enough iron-rich food could result in chronic fatigue, poor concentration, and mild depressions. It is much like filling your car tank with dirty gas. You may get to work, but it won't be a smooth ride. On the other hand, using high quality fuel keeps your car running efficiently and smoothly.

The link between food and mood, however, goes further: you also eat what you are. In other words, your mood (often created by the foods you choose) determines what you eat at your next meal. Unbalanced eating habits trigger a vicious cycle where you feel worse and worse and turn repeatedly the wrong foods for a quick fix. These foods only perpetuate the fatigue and depression. In essence, you create a mood monster by repeatedly making food choices that drag you down. In contrast, when you make the right food choices you're providing fuel for a healthy body, a good mood, an active mind and a high energy level.

All in all, I dare to look within and discover what needs to be changed in my daily diet. I can slowly begin to take the necessary steps to change. I do not have to change my entire diet today. I can make a change one at a time. Each small change gives me the confidence to make another one and then another one. Each one gives me strength that I need to move forward.

Today I have the courage to look without fear at what needs to be changed in my life. After all, we are what we eat.



Happy, Happy Birthday June 29, 1977 Ulla-Granmothe-Mom and Grand Grandma We all love you very much! From all of us Tracy, Natalia, Sadie, Elsie, Neda, Robert, Jr., Neda, JeLeah and Thomas Sam #1 G.G. Sn Woody Jr., Charmine, Prenincia, Jenny-Patrina Van Pelt and G.Son Quindon Calica Mycheal-Chet III and Kenneth Van Pelt Margie Ann Van Pelt, Eliza, Tona, Marella and Leonard Levi and Pearl Van Pelt, Robert and Marella Sam, Chet and Becky Van Pelt, Tiger and Thersa Van Pelt, Lillie Van Pelt Wolfman-Farrell and Lil'Wolf Jericho

Happy Anniversary June 25 Levi and Pearl Van Pelt We all love you! Mom, Marella and Family Itta and Family Wolfman and Family Chet and Family

Tiger and Family Love you Dad and Mom Prenincia-Jenny and Patrina VanPelt Carlos and Charmine Your #1 Grandson Quindon Calica



Happy 21st Anniversary to our Dad and Mom Robert and Marella Sam, Sr. Love, your Tribe Tracy-Sadie Elsie Robert Jr.-Neda-JeLeah and Thomas Chester Sam and your #1 grandson Woodrow Picard, Jr. Natalia Sam