

## Senior Wellness team attends conference at Seaside this week



Senior Wellness Team consists of Iris Smith, Lucinda Green, Viola Governor, Millie Colwash, Irene Towe and Louise Jackson.



Together, they made a basket and filled it with special prizes for a raffle to be held at the Conference they are attending.

"This is the most energetic, informative, organized conference I've ever attended," says team leader, Lucinda Green.

## Hammond receives national award

Dr. Michael Hammond, Executive Director of The Museum At Warm Springs, received the Directors' Chair Award at the Annual meeting of The Western Museums Association in Anchorage, Alaska on September 26. The Western Museums Association is made up of museum professionals from Alaska, Hawaii, Oregon, Arizona, California, Idaho, Utah and Montana. The award is given annually to a museum director whose achievements have been noteworthy. Dr. Hammond is

the first Oregonian to receive the award.

The award was presented by Jill Rullkoetter, Director of Education of the Seattle Art Museum and past president of the Western Museums Association. She read comments from his nomination letter by Greta Brunschwyler of the Museum of Man in San Diego. Others presenting comments about Dr. Hammond were Daniel Crandall, Director of Pittock Mansion in Portland and the President of the Oregon Museums Association as well as Janice Clements of the Board of Directors of The Museum At Warm Springs.

In his acceptance remarks, Dr. Hammond gave praise to The Museum At Warm Springs, its staff and its Board of Directors. He indicated that all have helped in achieving the national and international acclaim that The Museum has received.

For further information, please contact The Museum At Warm Springs at 541.553.3331.



**Halloween  
Family  
Movie Night  
Wednesday,  
October 28**



**Geo Quiz**-14-year-old Lydell Suppah of Warm Springs, correctly identified our last Geo Quiz and recieved a year's subscription of the Spilyay Tymoo and a Indian Head Casino T-shirt and cap. Correctly identify this next location and win a year's subscription of the Spilyay and a Kah-Nee-Ta Resort T-shirt. Please, no calls before 1 p.m. Monday, October 26. Our number is 553-3274. You must be specific.

**Tutoring offered by  
appointment only**

**Mondays from 4 to 7 p.m.**

**Wednesdays from 6:30 to 8 p.m.**

**Tribal Education Center**

**Contact Foster Kalama at JCMS or MHS**

**Tribal Education at 553-3311**

**Andy Leonard at 553-3243**

—Remember to VOTE November 3—

### Senior Outlook...

## Kalama and Suppah enjoy sports and school activities



**Marie Kalama**

Spilyay Tymoo introduces high school seniors Marie Kalama and Deece R. Suppah in the Senior Outlook.

### Marie Kalama

Seventeen-year-old Marie Kalama is the daughter of Foster and J'Dean Kalama of Warm Springs. Her maternal grandparents are

Elvis Frank and the late Carol Burke. Her paternal grandparents are Edith Kalama and the late Roland Kalama, Sr.

She has three brothers: John 17, Simeon 8, and Titus 9, and two sisters: Marissa 19, and Graceann 6.

Kalama is of the Warm Springs, Yakama and Umatilla descent.

Her activities and interests in school are NASU (Native American Student Union), SMILE (Science & Math learning Investigation Experience), basketball, tennis and cross country.

Basketball is her favorite sport because she's been playing for a long time, it's fun and it's very active. Her favorite subject in school is math.

She doesn't look up to anybody, she just looks into the future and wants her dreams to come true.

Her senior year has been fun so far and she's glad that it's her last year in high school. After high school she plans to go to college and study to be a physical therapist or something in the medical field.

She comments to remaining lower classmen, "Do your best and don't slack off in school because if you plan to go to college it will help if you do your best all your years and



**Deece R. Suppah**

not wait until last minute." Ten years from now she sees herself working in a hospital.

### Deece R. Suppah

High School senior Deece R. Suppah is the daughter of Anna M. Suppah and Roger Suppah of Warm Springs. Her maternal grandmother is

Rosalie Slim John. Her paternal grandparents are Hazel (Charley) Suppah and Matthew Suppah.

She has two brothers, Garret Suppah, Sr. and McKie Suppah and two sisters Janice Suppah and Candice Suppah.

Deece is of Warm Springs and Yakama descent.

She participates in high school volleyball and basketball, Ossom and NASU in school and she enjoys writing letters and listening to music at home.

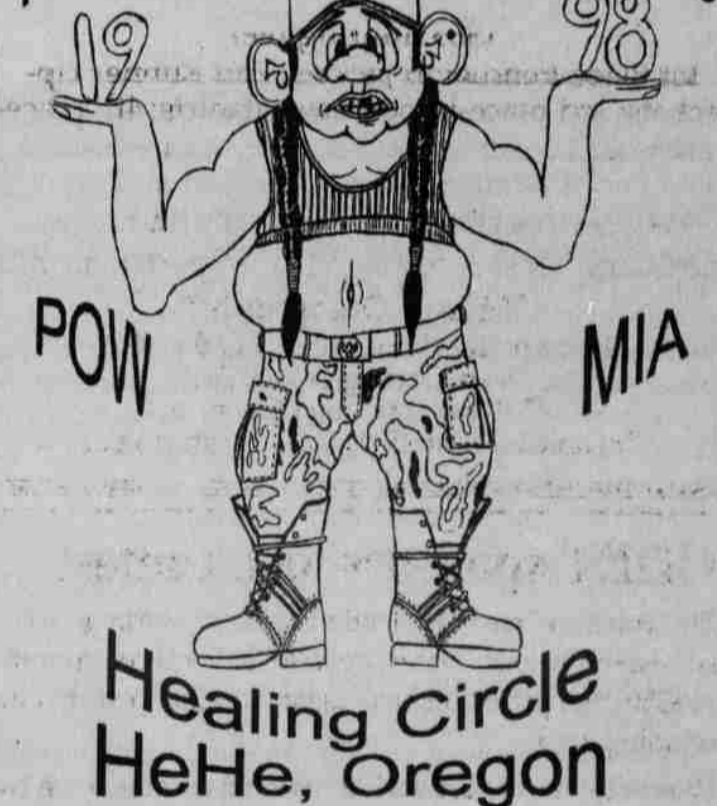
Her favorite class is math and Mr. Hicks is her favorite teacher. She comments on her senior year, "Just for all the seniors to have fun on whatever you do."

After high school she plans to go to college and try a double major in computer science and an interpreter for sign language.

She comments to lower classmen, "Stay in there, you are almost there." She doesn't see herself ten years from now because she doesn't look that far ahead, just for tomorrow and today.

See the next Spilyay Tymoo for high school seniors from Warm Springs graduating from Madras High School with the class of 1999.

**Gathering of All Relations  
November 6, 7, and 8, 1998**



FOR FURTHER INFORMATION CALL:  
Larson Kalama, Sr., PO Box 111, Yelm, WA 98597 (360) 458-1874  
Foster Kalama; PO Box 623, Warm Springs, OR 97761 (541) 553-1392

## Warm Springs Early Childhood Education news

To achieve your dreams Remember your ABC's

Avoid negative sources, people, places, things & habits.

Believe in yourself.

Consider things from every angle.

Don't give up & don't give in.

Enjoy life today, yesterday is gone, tomorrow may never come.

Family & friends are hidden treasures, seek them & enjoy their riches.

Give more than you planned to.

Hang on to your dreams.

Ignore those who try to discourage you.

Just do it.

Keep trying no matter how hard it seems, it will get easier.

Love yourself first & most.

Make it happen.

Never lie, cheat or steal, always strike a fair deal.

Open your eyes & see things as they really are.

Practice makes perfect.

Quitters never win & winners never quit.

Read, study & learn about everything important in your life.

Stop procrastinating.

Take control of your own destiny.

Understand yourself in order to better understand others.

Visualize it.

Want it more than anything.

Xcelerate your efforts.

You are unique of all God's creations, nothing can replace you.

Zero in on your target & go for it.

### A Pod room 1

Learning to play together.

We have ten children enrolled in our classroom. We've been getting acquainted and learning about ourselves. Along with some cutting, gluing and P. body language.

We are talking about the weather now and Halloween is coming (Trick or Treat time).

We had our family gathering October 13. We would like to thank the parents for coming to our meeting. So thank you!!

### from Winona & Elaine's room

#### A Pod room 2

October's here! in our classroom you will see black cats, spiders and bats, pumpkins and more pumpkins. We will read stories and sing songs about fall, Halloween safety. We'll paint, draw, glue and cut. During this month, your child will bring home art and language activities. Please stop and take time to look, listen and enjoy these special projects your child has proudly made.

We welcome you to come volunteer in our classroom. Happy 4th Birthday to Bryson Spino, from all your friends and Happy Birthday to the October Babies: Billymae Berry, Zillah Florez, Melinda Tohet (1/2 of the M & M Team), and Michael Smith 19th.

### From all your co-workers at

#### Head Start.

A Pod room 3  
We would like to congratulate George Clements and Raylene Jones

for Perfect Attendance in September. For all the parents that came in and volunteer some time with their child, like to thank you and welcome you anytime.

There are 13 friends in our class this year. We have been busy for the month of September. Learning the colors red & yellow. Sharing our whole name with our friends and teachers. One day we had Fire & Safety and Fire Management come show us their work equipment. Talked with us about matches and if we find matches we give to our moms & dads. If there was ever a fire in their house, not to hide but make sure to go outside and get help.

We had one friend that had a birthday September 25. He turned big 5 so Happy Birthday to Walter Payne IV. This is all we have to share for the month of September.

### Nola & Phyllis

#### A Pod room 5

Teachers Melinda Tohet and Marceline LeClaire would like to share some good news. We would like to welcome all 15 of our 3 year olds to our classroom and parents. We've spent most of September month getting acquainted with each other and getting used to our daily routine. Thank-you "Parents" for letting us come to your home for our 1st get acquainted home visits.

Perfect attendance for September were Mariah Coffee, Katrina Greene, Inez Jones, Wyatt Rodine, Shaiandra Saunders, Ann Edward Winishut. \*Wonderful parent helper Arlene

Winishut earned \$262 Headstart Bucks. Thank-you Arlene for all your support.

### Tips for keeping Halloween safe but fun

With Halloween only days away, the Massachusetts Poison Control Center recommends the following precautions for the safety of little witches, goblins and ghosts during Halloween:

#### Treats

Children should be urged to wait until they return home before eating treats. Parents should inspect all treats before they are eaten.

Treats with torn or unsealed wrapping should be discarded immediately. Fruit treats should be washed and cut open to check for foreign objects.

Homemade treats should be discarded.

Bringing candy or other treats for x-ray is strongly discouraged. Many substances cannot be detected by this method. Moreover, x-raying is no guarantee of safety and is costly in terms of health resources, without benefit to the public.

Any suspicious treats of harmful objects should be reported to the local police.

Parents of children with food allergies should carefully check the ingredient list of treats.

#### Trick or Treating

Parents should set curfews for children.

Children should understand that they must trick or treat only at homes

of neighbors they know.

Walkways and lawns can be made safe by removing obstacles and leaving outside lights on.

Pets should be kept indoors or confined to an area where they will not interfere with children.

Younger trick or treaters should be accompanied by an adult.

Neighborhood parties for children are a worthwhile and safer alternative to trick or treating.

#### Costumes

Children's masks should be easy to look through and breathe through. Costumes should be flame-resistant and roomy enough to allow a child to dress warmly underneath.

Face paints, glues and glitter should be made of non-toxic materials.

Parents should be aware that some children can have allergic reactions to these products.

Neon glow sticks and neck bands contain a chemical that is irritating to skin and could be harmful to eyes. Teach children not to bang, crush, or throw glowsticks or to risk breaking the outer surface in any way that might release the chemical inside.

#### Pumpkins/Jack O'Lanterns:

Children can have fun drawing a face on a pumpkin and scraping out the contents, but an adult should do the carving.

Jack O'Lanterns with candles should be watched carefully and be placed where they cannot start a fire.

Text reprinted with permission from the Massachusetts Poison Control System.

## Warm Springs Community Wellness Fall Schedule

Nov. 5-26 Thurs.	Reading for Information (Ages 7 and up)	6:30 to 7:30 p.m.
November 2-23 Mon., Wed.	Art Thru the Scriptures Teens and Adults	6:30 to 7:30 p.m.
Daily/Ongoing Mon. thru Fri.	After School Program	3:30 to 6 p.m.