

Spilyay Tymoo Sports



Exerciser of the month for December exercises to kick old habits and feel great

Congratulations to December "Exerciser of the Month" Esmade Made.

Made works out five to six days a week for three to four

hours each day. He is doing several types of exercising, including aerobics, weight lifting, running, walking, punching the bags, kung fu.

His exercising has been on a regular basis for about five years.

He was inspired by Joey Ortiz, "because he worked

out very hard. He was my very good friend and when he passed away I wanted to keep working out as hard as we used to when we worked out together," says Made. "I'm always open to help anybody who wants to come down and work out with me," Made adds.

The benefits of his exercise

program are happiness, strength and making new friends, but most of all it makes him feel great every day.

His goal is to beat out all of the old habits like drinking, laziness and getting into trouble. His stumbling blocks to reach this goal is schedule conflicts from his job and his exercise partners not showing up to work out with him. "It is always better if you have a partner," says Made. He exercises with his daughters, brothers, cousins and anyone who would like help with their work out. He manages this stumbling block by making exercise a priority in his life.

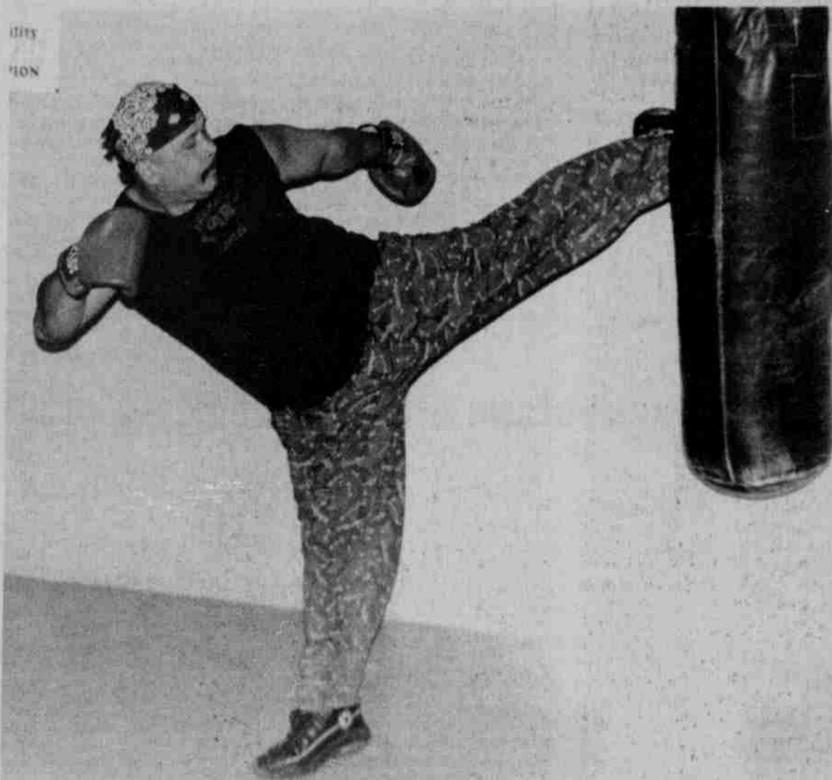
He also enjoys his active hobbies of basketball, kung-fu and exercising. He would some day like to be a personal trainer.

"It's exciting to watch the changes in yourself when you exercise a lot and improve your self-image," says Made.

"I want to encourage everybody to come down and work out. It's the best way to have a healthy life, happiness and feel good about yourself every day. So what you need to do is get off the couch, come down to the community center and start working out. You'll feel better every day.

Exercise will help keep you out of trouble and it will make you feel better every day. The more you keep exercising the easier it will become for you to get a healthy life. You will be happy the rest of your life.

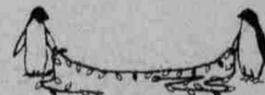
START EXERCISING NOW!" Esmade said.



Kickboxing is part of Made's exercise program.



His karate instructor taught him forms with knives.



SMILE program is to promote higher education

The Warm Springs Elementary School and Smile Program, held a family math and science night on October 6, 1998. It was held inside the school gym. Smile members from all around the district showed up for the event. There were over 100 plus parents and students that attended also. A presentation was made by OSU staff, and there was a variety of booths to look at, and games to play were also available.

The purpose of Oregon State's SMILE (Science and Math Investigative Learning Experiences) Program is to increase the number of minority and disadvantaged students who graduate from high school, qualified to go to college and interested in science-related careers. To achieve this goal, SMILE works in partnership with nine, mostly rural Oregon school districts, providing a year-round program of science and math enrichment.

The program functions as a "pipeline," taking students from the 4th to 12th grade and ultimately into post-secondary education. SMILE conducts a year-round schedule of activities. These include weekly after-school science clubs that emphasize hands-on learning, monthly field trips, problem-solving Challenge Weekends on college campuses, science camps, computer access, and a summer bridge-to-college program for SMILE high school graduates entering OSU. SMILE also conducts workshops for the teachers who lead the SMILE program in their communities. These workshops are designed to increase their knowledge of science and help them become better teachers by providing curricular materials, projects and activities, and computer training. Through SMILE, OSU faculty and SMILE professional staff provide scientific and pedagogical expertise, access to equipment, mentoring, and computer networking.

SMILE was established in the fall of 1998, with 80 middle school students in four schools. Ten years later, SMILE serves more than 600 elementary, middle and high school students, along with 60 teachers in 30 schools. Each year, about 80% of SMILE's participants are minority students, mostly Hispanic and Native American; 20% are low-income white students. About 60% of SMILE students are female. The students

SMILE serves are economically disadvantaged and educationally under-served. Their family levels of income and educational achievement are below state averages.

SMILE's pipeline is producing high school graduates who go on to college. Students with one or more years in SMILE graduate high school at a rate of 85%-well above the state average regardless of income or ethnicity. Students who stick with SMILE through their senior year graduate at a rate of 98%, and more than 80% of them go on to college. For financial reasons, almost all of SMILE's graduates continue their education at public colleges and universities in Oregon. For example, more than forty SMILE graduates now attend OSU (almost all were "regular admits") and they are doing very well. Their grades are a little better than OSU undergraduates generally, and their retention rate is comparable, too. SMILE's undergraduates at OSU had, in Fall, 1997, a cumulative GPA of 2.97; the average for all OSU undergraduates was 2.9. Soon, these SMILE students and many more to follow will be completing and beginning their careers as productive members of Oregon's workforce.

SMILE has high expectations. SMILE is not a "talented and gifted" program. SMILE focuses on minority and low-income students, succeeding at grade level. These students generally have no family background in higher education and face low expectations along with barriers to college access. We let them know from the day they join SMILE that they are "college material." We assume that they are capable of academic achievement. We provide long-term, interesting, hands-on, science and math enrichment, with college enrollment as a clear goal. We expect achievement from our students.

SMILE focuses on science and mathematics. They are the "gatekeepers" to higher education for minority students. SMILE uses the REAL (Realistic Experiences Activate Learning) framework for all its major activities. Activities focus on hands-on experiential learning, integrating science and math concepts, and infusing technology throughout. Research sup-

ports the motivational power of teaching mathematics and science in context. This approach directs students to study science by first acquiring the appropriate background knowledge. Then students tackle complex problems of current societal interest that require them to collect real data, analyze the data, and present the results. Integral to this approach is the interaction of students with practicing scientists and mentors throughout all phases of a given project. Students also learn about career opportunities from the scientists and other mentors.

SMILE provides a continuity of enrichment experiences. SMILE Clubs meet weekly throughout the school year for fun, integrated math and science activities which build a cohort of interested and excited students. Each club accommodates about 20 students and is coordinated by two of the school's teachers. Clubs also take monthly field trips and attend the SMILE program's annual special events. Research supports the claim that early intervention is key to students' success, which is why SMILE begins in the fourth grade. Student involvement can continue through 12th grade. By maintaining the continuity of students' exposure to and support for learning science we are creating a "pipeline" of students who are motivated and prepared to go on to higher education.

SMILE clubs have a strong connection with OSU. Students come to campus for more than a tour; they actually do science and math on campus and meet and work with college faculty and students. Teachers tell us that these on-campus events are the most influential factors in motivating their students to prepare for higher education. The SMILE staff also visits each community at least once each year-bringing OSU to the school and community. The highlights of these visits are Family Science Nights involving the local clubs and OSU faculty.

SMILE emphasizes teamwork and collaboration. Teachers establish a club rather than a classroom atmosphere. Culturally appropriate teaching techniques and activities are used. Good behavior is required and developed of self-esteem and

self-confidence is emphasized. SMILE students are motivated to work hard and to develop their own skills and talents. They practice teamwork and learn that it is OK and fun to be smart. We involve family and community, use positive adult role models from the community and provide a connection to school that is both social and academic.



What do you see?



Smile Program enjoyed by all ages.



The microscope was popular.