

## Title IX funds Attendance Liaison's for Warm Springs students

The 509-J School District has recently hired two new employees from Warm Springs as Attendance Liaisons to improve the attendance of the Warm Springs students attending Madras High School and Jefferson County Middle School. Title IX saw the



Butch David

need to improve attendance of Warm Springs students.

Butch David was hired at the Middle School where he enjoys his new job. "We have a great staff here at the Middle School. I love my job."

David makes phone calls to parents after a student misses three days. He will ask if they need assistance

or the if the student has been sick. He has received good response from the parents he contacted so far.

He hopes all the parents understand that their child is not getting into trouble when they receive a call from him. He responds to attendance problems in a positive manner to keep good relations with the parents. He says, "I am here to help."

David has been working for about seven years as a logger until he was hired as an Educational Assistant for Warm Springs Elementary School from March to June 1998. When school began in the fall he was hired as a Speech Teacher until his current job as Attendance Liaison.

He is working toward his Teaching degree to become a P.E. Teacher or maybe a counselor for the school. He would like to become a football coach for the Middle School or the High School in the future.

To obtain his goals he will take college classes in the summer and evening classes in the fall. He is only two terms away from getting his Associate degree. He attended college right out of high school off and on and hopes to complete his education.

He is thankful to Dawn

Smith, Warm Springs Elementary Principal for hiring him and giving him the chance to work at the school.

**Margie Gabriel-Kalama**  
Margie Gabriel-Kalama is the Attendance Liaison for the Madras High School. She hopes to first get acquainted with the kinds of reports printed out for



Margie Gabriel-Kalama

everyone. She will be documenting each student individually and putting the information on computer for printout so parents can see visually where their student is lacking in attendance. "It's helpful for parents, there are eight periods and their students may not be

attending all eight of their classes," explains Gabriel-Kalama.

She would like to continue talking with parents and student letting them know she is concerned.

She has been doing a lot of paper work to back up her information to present to committees.

Gabriel-Kalama has a high school diploma, a Business Administration Certificate from Business college. She has been employed with the Confederated Tribes of Warm Spring for fifteen years in Employment and Adult Education.

She has experienced committee work in the Land Use Committee. She has also worked on the update of the Comprehensive Plan.

She also worked at a Native School in Canada for two years before returning to Warm Springs in 1998.

Margie and Butch are also working Mariam Tias. Mariam Tias gets involved in family intervention. They compile a list of families whose students have attendance problems and they work together to find the best way to approach each family.

## Spring term classes to begin at COCC, classes offered in Warm Springs

Spring term at COCC College Center in Warm Springs will present two in person (real live instructors) credit classes at the Education Center.

The term will start on March 29th. This involves all college activities such a Credit campus classes, Open campus (credit class via interactive television), Community Education and GED.

On Monday evenings from 6 to 10 p.m., starting March 29th, Math 60 will be taught by Mr. Robert Wright. Math 60 is a beginning course in Algebra designed for students with an adequate knowledge of arithmetic. No algebra background is assumed. A short quiz will be given the first evening of class to determine whether the class is a fit for the student. Mr. Wright has been teaching for the Warm Springs Center for a year. He also teaches Math at Mountain View High School in Bend and raises buffalo at his home in Terrebonne.

Thursday evenings from 6 to 9 p.m., starting April 1st, Ms. Cody Yeager from Redmond will be teaching Writing 40-Basic Writing 2. Basic Writing 2 emphasizes advanced paragraph structure and development and simple essay structures, including some work on addressing specific audiences for special purposes. This course provides extensive practice in developing and organizing fully developed paragraphs and short essays. Ms. Yeager has 12 years experience in the Army and has taught

at University of Oregon.

At this time actual tuition for the classes has not been calculated. Math 60 is a 4 credit class and WR 40 is a 3 credit class.

GED classes will start on March 30th and are held every Tuesday and Thursday from 9 a.m. to 12 noon at the Education Center. Mrs. Janice Alexander has been teaching GED in Warm Springs for 9 years. There have been changes in the time frames in getting your State test completed. If you have taken some of the tests in the last year or past these changes may effect you. If there is any concern, please come in on Tuesday or Thursday and meet with Mrs. Alexander. Tuition is \$20 per term.

The Skill Center is open on Monday and Wednesday, from 12:30 to 8 p.m. Lab monitor person is Ms. Tammy Balfour who will provide service for people to upgrade their skills to become more competitive in the changing workplace. Students may work on basic skills as Reading, Writing and Math, or do Career planning plus the center provides individualized training. Tuition fee is \$20 for 12 weeks of training but may be waived if you are enrolled in any COCC courses.

If you have any questions, stop by the Warm Springs COCC Center and visit with John, Marilyn, Janice or Tammy.

The following is Telecourses via open campus at the Warm Springs COCC College Center.

Spring term starts March 29, 1999.

Phone in registration for students that were enrolled in Winter Term began February 20, 1999 from 8 a.m. to noon. In-person and phone-in will continue through March 12, 1999, 541-382-6114. Spring Tuition is due March 16, 1999 or you will be dropped.

BA 227; Business Law II; Tuesday & Thursdays; 9:30 69 10:45 a.m. Prerequisite: BA 226-Business Law I: Warm Springs section #0353; 3 credits.

HHP 295; Health & Fitness; Monday, Wednesday & Friday; 11:11:50 a.m.; Participation in one fitness outing is required; Prerequisites: WR 121, Math 20; Warm Springs Section #0911; 3 credits.

SPAN 203; 2nd year Spanish III; Monday & Wednesday; 5:15 to 6:55 p.m. Prerequisite: Span 101, 102, 103 or equivalent; Warm Springs section #0721; 4 credits.

HST 106MW; World History-MIC/WIC; Monday & Wednesday; 2 to 3:40 p.m.; Focus on WWI, WWII and postwar reordering of World civilizations. Need not take in sequence; Warm Springs Section #1049; 4 credits.

ENG 103; Survey British Literature III; Tuesday & Thursday; 11:12:15 p.m.; Warm Springs Section #1239; 3 credits.

8.320; Turfgrass management; Thursday; 6 to 10 p.m.; course covers management practices required; for

high-quality turfgrass utilized in lawns, athletic fields and golf courses; Warm Springs section #1183.

PSY 202; Mind and Brain; Monday & Wednesday; 12:30 to 1:45 p.m.; Friday 1 to 1:50 p.m.; Co-requisites: WR 121, LIB 127; Warm Springs Section #1719; 4 credits.

PSY 207; Applied Psychology; Tuesday & Thursday; 2 to 3:15 p.m.; Warm Springs section #1733; 3 credits.

RD 117; College reading; Monday, Wednesday & Friday; 10 to 10:50 a.m.; offers instructions in flexible reading skills; focuses on building reading speed and comprehension; Prerequisite: ASSET score above 42 or instruction permission; Warm Springs section #1767.

**Special Delivery Classes**  
Classes that are delivered by modem Spring term: WR 123-English Composition, CIS 120-Computer Conc 1, LIB 127-Information Research Skills-These classes require student to have their own computer with an Internet account. Please understand that the Warm Springs COCC Center does NOT have the capability to provide computers for students for these modem classes.

For further information call the Warm Springs COCC Center at 553-1428. Classes are held at the Education Center, 1110 Wasco, top floor training room.

## Tutoring Program

Monday, Wednesday, 4 to 6:00 p.m.

Friday's 4 to 5:00 p.m.

In the Warm Springs Community Center Social Hall

If you are interested in this tutoring program contact the Warm Springs Community Center office and sign up. If the hours that are listed do not fit into your schedule, contact Rosa Graybael at 553-1595 and she will be able to schedule a different time to work with you. This tutoring program is for all ages.

## Stolen items still being sought

Stolen on January 13, 1999

1) A 27 inch color TV "Sharp" brand, model 27K-S180 with remote control;

2) Stereo system "Sharp" brand, model CD-C420 with remote control

3) Nintendo 64 game machine with 2 controllers one purple the other gray.

If you have any information or someone tries to sell or trade/hawk to you, please contact Davis Sohappy Sr. and or Tia Wheeler at 553-1207 (home); 553-3224 (work).

Reward offered!

## Poison Prevention week March 15-19

Indian Health Services and the Community Health Education Team have cosponsored the poison prevention project as we enter our fourth year. This year Poison Prevention Week will be March 15-19, 1999.

In conjunction with poison prevention week the Pharmacy has issued some pharmacy bag's for the elementary school, the students will color them, then the pharmacy will use those bags to distribute medication.

At this time our offices would like to thank the local vendors and merchants for your past support and contributions to make this project a success, without your help we would not be able to make this possible.

Your donation contribution would be greatly appreciated by our 509-school district student.

If you have any questions, please do not hesitate to call Lolly Jackson, CHR/MCH Assistant, at 553-1657 or 553-1196 extension 4110.

## Fire Extinguisher class

Come and learn how to use that fire extinguisher that's hanging on your wall!!

March 18, 1999, 10:00

a.m. to 12:00 p.m.

March 25, 1999, 10:00

a.m. to 12:00 p.m.

Classes will be at

Fire & Safety

Please call 553-1634 if you plan to attend.

## Heartsaver Plus Recert class

Cost: \$15.00

March 23, 1999

1:00-4:00 p.m.

(If you have been certified within the last year)

## Certification

Cost: \$25.00

March 26, 1999

9:00 a.m. to 4:00 p.m.

(If its been longer than one year, or you have never taken a class before)

Please call Fire & Safety if you plan to attend, 553-1634.

## COCC board of directors voted to offer rebate to full-time students

The board of directors of the Central Oregon Community College recently voted to offer tuition rebates to full-time students for up to three credits beginning spring term.

For the past five years, tuition has been computed on a per-credit basis, regardless of the number of credits. Starting spring term, students who are taking at least 12 will be eligible to receive a tuition rebate of \$38 per credit (the cost of regular in-district tuition) for the next three credits. The rebate will be \$39 per credit for the 1999-2000 school year. Student fees and lab fees will remain unchanged.

The COCC board is offering this rebate to encourage students to reach their degree goals in a more reasonable and economical time frame. An associate degree, requiring a minimum of 93 credits, is designed to be completed in two years - if a student enrolls in 15 to 16 credits each term. Many COCC students enroll in 12 credits per term, the minimum for full-time status, extending the completion of their degree by several terms.

## Public auction set for March 13

The Curve Systems, Inc. will be holding a Public Auction on March 13, 1999. Preview of auction items will be at 8:00 am, and the auction will begin at 9:00.

The auction will be at the Computer Equipment( Training Center) which is located on 20310 Empire Avenue, Suite A103, Bend.

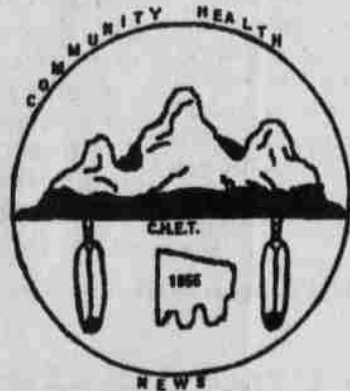
Items to be auctioned off are as follows: 30 Pentium computers fully loaded, servers and peripherals, classroom projection systems, Iwatsu Adix-F4 x 8 phone system, 19 lab

tables 3-8 feet, 5 desks oak and laminate, 10 bookcases, 3 TVs 14-36 inch, printer stands, 25 steno chairs, 7 white boards, calculators, fax, file cabinets, reference books and manuals, current curriculum, office supplies, oak & leather waiting room furniture, refrigerator, wrought iron & glass dining room set, wicker furniture and more.

Everything you need to set up your own computer training center. Buy one item or buy all!

Any questions contact Auctioneer, BJ Fowler @ (541) 389-2839.

## C.H.E.T. news



### Starting off with a walk

At a competitive extreme, walking is a track event. At the casual end of things, it's a shockingly effective strategy for lifelong good health. Walking has an unlikely virtue-it's inefficiency. If you want to work major muscle groups, get your blood moving and take in oxygen, then efficiency is not your first priority. Studies show that walkers who travel just four miles and hour are working hard enough to greatly reduce their risk of heart disease. Walking briskly can also boost immune response, cutting down on colds and flu's.

### Getting started

To begin a walking program, keep in mind that you're in no big hurry. This is lifetime health, not overnight magic. For now, forget stopwatches, heart rates, and technique. Just go for a walk at a comfortable pace slightly above a stroll. Fifteen to 30 minutes would be nice (If you're over 45 or a health problem and this is your first step toward fitness, check with a doctor first).

### Beyond strolling

Measure your time. Start by timing how long it takes you to walk a mile comfortable on flat ground. Chances

are it'll take between 15 and 20 minutes. That's your starting capacity-build from there.

### Measure several courses

Use your car's odometer of the rule of ten city blocks to a mile to measure different routes (why walk the same path every time?). Two miles per course is enough for a start.

### Measure your intensity

The recommendation for "training heart rate" is at least 60 percent of the fastest your heart can beat per minute. Figure your maximum heart rate by subtracting your age in years from 220. Multiply the result by 0.6 to get the beginning of your target zone for aerobic training.

### Set your frequency

The goal is three to five times a week, with a heart rate in your target zone for 15 to 60 minutes. You'll soon learn whether you're in your training zone simply by feel. Schedule your walks in advance and keep your appointment.

### Go

The proper technique is not as important as getting out there and doing something. Keep in mind that healthy people are well overall; though they may not run marathons, their activities help defend them against heart disease and circulatory problems. The key is to stay active.

### Keep it up

To make walking a habit takes willpower-and sometimes a strategy.

Schedule regular walks with a friend if you need an extra push, or walk first thing in the morning before other commitments crop up, or vary your route to keep it interesting, or get a dog.

Finally, don't think if it as exercise. It's time you've set aside for yourself. Enjoy it.

### What to wear

Ass you really need is a good pair of shoes. Running shoes are out-they're too high and squishy. Choose walking shoes with a firm heel counter-the hard piece at the shoe that holds the heel in place-and plenty of room for the toes so they can spread out as they push off. Wear loose, comfortable clothes.

## "55 Alive Driving course offered

The American Association of Retired Persons, (AARP), is sponsoring another 55 Alive/Mature Driving Course, which will be hosted by Mountain View Hospital District. The 8 hour course will be held on Friday and Saturday, March 12 and 13 in the hospital's Multi-Purpose Room. Class times are 4:00pm to 8:00pm on Friday, and concludes from 8:30am to 12:30pm on Saturday.

The AARP 55 Alive/Mature Driving Course is designed to meet the specific needs of older drivers. It covers age related physical changes, declining perceptual skills, rules of the road, local driving problems and

license renewal requirements. All automobile insurance companies conducting business in Oregon are required to provide a premium discount to graduates of the AARP 55 Alive/Mature Driving course. There is a course fee of \$8.00 payable to the American Association of Retired Persons.

The instructor for the Mountain View 55 Alive program is AARP volunteer Dick Montee.

For more information or to pre-register, call the Mountain View Hospital District Wellness office at 475-3882 extension 2307.

## 50/50 Bingo

On Sunday, March 7, 1999, the parents of MHS 1999, the parents of MHS 1999 seniors will sponsor bingo games at the Jefferson County Middle School from 3:00 p.m. to 5:30 p.m.

Cash prizes in the amount of 50% of the pot for each game will be given, and food will also be available. Lots of fun for the whole family.

Please come and support this fund raiser for the MHS Senior All-Night Drug and Alcohol Free party.

## TOBACCO SURVEY PART 1

Please circle one answer:

1. Do you and your family like breathing other people smoke? YES NO

2. Do you want your children to use tobacco products? YES NO

3. Do you think smoking can kill you? YES NO

Did you know that on an average 30 young people begin smoking a day (a school classroom a day) in Oregon.

Your Age \_\_\_\_\_ Sex \_\_\_\_\_ Do you use tobacco products YES NO

Thank you for completing this survey. Please cut out and return to C.H.E.T. dept. Attn: tobasurv. Warm Springs, 97761