

Senior year went by fast for seniors Tulee, Santos and Minnick

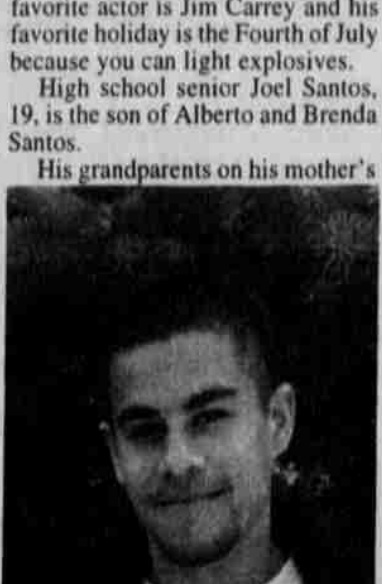
Adrian Tulee, 17, is the son of Cecil Tulee Sr. and Patricia Gabriel. His grandparents on his Mother's side is Ed Gabriel Sr. On his father's



Adrian Tulee

side Clifford Tulee Sr. Adrian has three brothers and one sister Cecil Tulee Jr., Craig Tulee and Brandon Tulee and Cheryl Smith. His hobbies include riding his mountain bike and playing video games. Adrain thinks his senior year went by really fast. Career plans include going to Wyoming tech for automotive training or just getting a job. Native American descendency is Yakama, Warm Springs, Wasco

and Stoilo. Favorite sport is football because it is a full contact sport. Favorite group is Wu-Tang Clan, favorite actor is Jim Carrey and his favorite holiday is the Fourth of July because you can light explosives. High school senior Joel Santos, 19, is the son of Alberto and Brenda Santos. His grandparents on his mother's

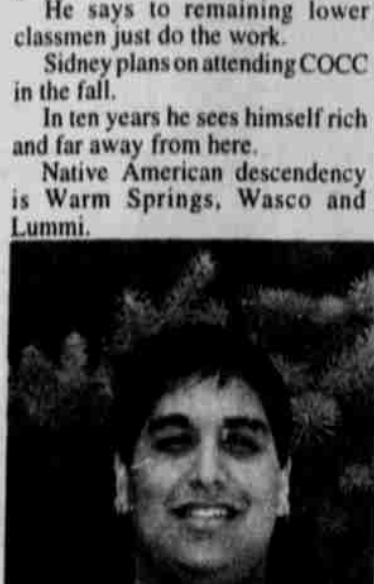


Joel Santos

side are Chuck Thompson and Shirley D'Moss. On his father's side his grandparents are Alberto and Lena Santos. He has four brothers Eligio, Albert, Isaac, and Anthony. Joel hobbies include hunting, fishing, shooting guns, and teasing

people. He also enjoys playing sports, basketball and football. Basketball is his favorite because he can't be stopped. When asked if he received any awards he said "in 8th grade a got knock out champion award, and got a coaching award for coaching my brothers sixth grade flag football team." Joel says his dad inspires him the most because he always has the right thing to say and he says it in a funny way. His senior year is the funnest because he feels he has no enemies. Joel would like to thank the lower classmen for their respect. He would like to go to college at COCC and study to be a Game Warden here in Warm Springs. In ten years Joel sees himself living on the Reservation and catching poachers. His Native American descendency is Warm Springs/ Yakama. Jon Middaugh is his favorite teacher because he says things that are funny. Favorite singer is Too Short, song is It's Alright. His favorite actor is Pee Wee Herman. Senior Sidney Minnick, 18, is the son of Ralph and Jewell Minnick. His grandparent on his mother's side is Dorthey Phare. On his father's side Ralph Minnick Sr. He has a brother and a sister Sheldon and Sunmiat Minnick. He participates in weight training. His main Hobby is bowling. He won a sports award at a football

camp, at Linfield C.C. He made the all camp team there. He feels that his senior year is going by really fast. He says to remaining lower classmen just do the work. Sidney plans on attending COCC in the fall. In ten years he sees himself rich and far away from here. Native American descendency is Warm Springs, Wasco and Lummi.



Sidney Minnick

His favorite sport is football because its the best sport to watch. Favorite singer is Jay-Z, favorite movie star is the good fellas, and his favorite holiday is X-mas because they get a X-mas break.

DeLeon is new Public Health Educator for C.H.E.T.

Diana DeLeon, a member of the Colorado River Indian Tribes of Parker, Arizona, has moved to Central Oregon as the Public Health Educator for the Warm Springs Community Health Education Team (C.H.E.T.). Ms. DeLeon is currently commuting from Redmond. She started her new job on March 22. "My job is to educate the community to changing health issues here on the Warm Springs Reservation," DeLeon said. The new health educator comes to Warm Springs after working for her tribe as a consultant in Parker, Arizona. "I served as a Public Health Advisor, and one of my projects was to compile a five-year health plan that I put together for our community. I hope it will serve as a bridge for them, into the new millennium."



Diana DeLeon

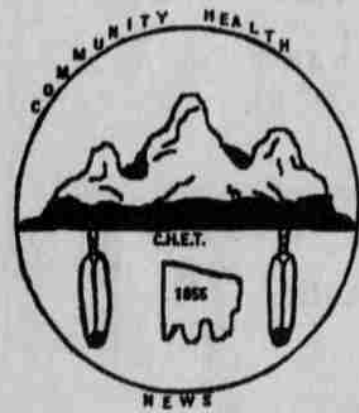
DeLeon is also a registered nurse and has worked in primary care for over 6 years, working in ER and ICU. "I've done pediatrics and some OB's," DeLeon commented. "Working in the Emergency Room has really prompted me to get into public health education. I've seen more of the direct hits of drinking and driving, substance abuse, women's health's issues, delivering premature babies in the emergency rooms when there was no prenatal care, and so on."

The native of Parker, Arizona received her degree from the University Of Arizona. She participated in extension courses in Flagstaff at Northern Arizona University while working part-time in nursing and also working on a multi-cultural aids prevention project on campus. The project was a research base project through center for disease control. Diana DeLeon bring a varied background to Warm Springs. She served as the assistant fire chief on her reservation for over five years. "I was a paramedic/firefighter for five years until I felt I needed more of a challenge, so I went off to college where I pursued my nursing degree and my Masters in Public Health," DeLeon said. "My experience as far as working on other reservations besides Warm Springs, include my own

in Parker, Arizona, and working as an Agency Nurse in Northern Arizona I traveled to the Hopi and Navajo reservations," DeLeon remembers. "I worked as a registered pool nurse for the San Carlos and White Mountain Apache reservations." DeLeon explained that northern Arizona is multi-cultural, with 30 to 40% being Native Americans. DeLeon said that the people at CHET are planning programs to try and work in collaboration in making it a much more multi-disciplinary approach to educate the community so that they are well informed. "Our motto here at CHET is that the community comes first and we want to build resilience within our families on this reservation." DeLeon said as the new Public Health Educator for Warm Springs, she would like to encourage the community to come to her with any concerns or any health related issue. "If we are not able to accommodate them, we could certainly refer them to another department who will be able to answer their questions." DeLeon goes on to say that we continue to offer training and educational workshops for the community. Such as youth health/wellness, elder/Sr. health, as well as men and women's health issues.

Diana DeLeon invites you to stop by the Community Health Education Team office or call (541) 553-4922.

Hepatitis B Vaccine: What you need to know-Part two of three



1. Why get vaccinated? Hepatitis B is a serious disease. The virus can cause short-term illness that leads to: *loss of appetite *tiredness *pain in muscles, joints and stomach *diarrhea and vomiting jaundice. It can also cause long term illness that leads to: *liver damage *liver cancer *death. About 1.25 million people in the United States have chronic hepatitis B virus infection. Each year it is estimated that 2,000 people, mostly young adults, get infected with hepatitis B virus. More than 11,000 people have to stay in the hospital because of hepatitis B. Between 4,000 and 5,000 individuals die from chronic hepatitis B. There is a vaccine which can prevent Hepatitis B. It is the first

anti-cancer vaccine because it can prevent a form of liver cancer. 2. How is hepatitis B virus spread? The virus is spread through contact with the he blood and body fluids of an infected person. A person can get infected in several ways, such as: *by having sex with an infected person *injecting illegal drugs *being stuck with a used needle on the job *by sharing personal items, such as a razor or toothbrush with an infected person. People can get hepatitis B virus infection without knowing how they got it. About 1/3 of cases in the United States have an unknown source. 3. Who should get hepatitis B vaccine and when? 1) everyone 18 years of age and younger 2) Adults over 18 who are at risk. Adults at risk for hepatitis B virus infection include people who have more than one sex partner, men who have sex with other men, injection drug users, health care workers, and others who might be exposed to infected blood or body fluids. If you are not sure whether you are at risk, ask your doctor or nurse. People should get 3 doses of the vaccine according to a doctors schedule (please note there are different schedules for infants who mother is and is not infected). If you miss a dose or get behind sched-

ule, get the next dose as soon as you can. There is no need to start over. Also, there is an required amount of time needed between each dose. All three does are needed for full and lasting immunity, and it can be given at the same time as other vaccines. 4. Some people should not get the vaccine or wait. People should not get the vaccine if they have ever had a life threatening allergic reaction to baker's yeast (the kind used in making bread) or to a previous dose of the vaccine. People who are moderately or severely ill at the time the shot is scheduled should usually wait until they recover before getting the vaccine. Ask your doctor or nurse for more information. 5. What are the risks from hepatitis B vaccine? A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of the vaccine causing serious harm, or death, is extremely small. Getting the vaccine is much safer than getting the disease. Most people who get the vaccine do not have any problems with it. Mild problems: soreness where the shot was given, lasting a day or two and mild to moderate fever. Severe problems: serious allergic reaction. 6. What if there is a moderate or

severe reaction? What should I look for? any unusually condition, such as a serious reaction, high fever or behavior changes, signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives paleness, weakness, a fast heart beat or dizziness. If such a reaction were to occur, it would be within a few minutes to a few hours after the shot. What should I do? Call a doctor or get the person to a doctor right away. Tell your doctor what happened, the date and time it happened, and when the vaccination was given. Ask your doctor, nurse or health department to file a Vaccine Adverse Event Reporting System form. 7. The National Vaccine Injury Compensation Program. In the rare event that you or your child has a serious reaction to the vaccine, a federal program has been created to help you pay for the care of those who have been harmed. 8. How can I learn more? Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information. Call your local or state health department's immunization program. Contact Centers for Disease Control and Prevention 1-800-232-2522.

Nathena Jim princess candidate



Hello, my name is Nathena Jim. I'm a candidate for Princess for the Na Mee Pacha Ma Celebration to be held at Whit Swan, on the weekend of April 30- May 2, 1999. My parents are Tonia Hall and late Nathan Jim Jr. My grandparents are Ella Jim and Nathan "8-ball" Jim Sr., of Warm Springs, OR, Naomi Polk of White Swan, WA. I live in Warm Springs, OR. I'm in kindergarten at the Warm Springs Elementary school. I'm 5 years old and I like to go to pow-wows and Jingle dance. I am Yakama and Warm Springs descent.

Warm Springs Elementary news



Calendar Updates

- May 12-WSE School Council Meeting, 4:30 p.m. in WSE library
- May 13 & 14-Scholastic Book Fair
- May 13-Spring Music Program grades 2-4 1:15 p.m. WSE gym
- May 14-Hot Air Balloon demonstration 8:45 a.m. upper field
- May 28-4th graders visit JCMS
- May 31-No school Memorial Day

- Holiday**
- June 2-4th grade farewell assembly 10 a.m. in WSE gym
- June 3-All school play day
- June 4-All school assembly 9 a.m. Early dismissal end of school

March All-Star Students

Jessica Arthur, Tanaya Hunt, Allee Tewee, Simeon Kalama & Jose Medina

March Students of the Month

Leanna Boise, Teresa Fuentes, Kamianna Lujan, Red Sky Suppah, Martin Smith-Mennealy, Preston Johnson, Lawrence Caldera III, Ethan Smith, LaTonia Smith, Rachelle Herkshan, Ronald Smith, Palcena Spino, Chelsey Yahtin, Rosetta Danzuka, Ryan Thomas, Chesley Yahtin III, Sheryl Lee Lopez, Armando Becerra, Devin McGill, Chelsea Hudson, Jeremy Herkshan, Derek Kelly, Kashayla Ball, Idelia Cloud, Kristi Olney, Amy Burrell, Charlie Ann Herkshan, Troy Sam-Smith, Jessica Arthur, Liane Wabaunsee, Bobby Thurby, Olea Yahtin, Rebecca Taylor, Rolin Morning Owl, Erika Miller, Samantha Kalama, Sophia Williams, Aaron Hunt, Caroline Ascencio, Joshua Moody, Evelyn Aguilar, Chester VanPelt, Jose Alvarez Jr., Eilene McGill, Ashley Davis, Elizabeth Orozco, Hazel Martinez, Atcitty Begay, Cameron Wallulatum & Kevin Ruiz.

Don't miss the Scholastic Book Fair

May 13th & 14th in the Warm Springs Elementary library. All books will be sold 2 for price of 1. Fair hours will be from 8:30 a.m. to 3:30 p.m. both days.

Third Quarter Perfect Attendance

Jessica Longknife, Lindsey Yallup, Nicolas Katchia, Rosetta Danzuka, Tonya Boise, Theodore Stwyer-Greene, Amy Martinez, Bridget Longknife, Clinton Tainewasher, Cody Wallulatum, Destry Begay, Jasper Smith, Jessica Tufti, Victoria Katchia, Nancy Charley, Alyssia Meanus, Cody Switzer, Jacoba Smith, Jonathan Culpus Jr., Tianna Herkshan, Curtiss Dickson, Evelyn Aguilar, Joanna Williams, Jose Alvarez Jr., Ryan Smith, Wilma Tufti, Bobby Thurby, Evelyn Polk, Rachelle Herkshan, Chelsea Hudson, Clarissa Wolfe, Kip Culpus, Raymond Torres, Atcitty Begay, Hazel Martinez, Valene Wheeler, Hazen Davis, Andrea Cook, Colleen Kalama, Samantha Cole, Charlie Ann Herkshan, Kara Katchia, Katherine Quid, Daniel Alonzo, Tana Lawrence, Cassandra Sam, Allee Tewee, Perry Kalama III, Kristi

Olney, Patricia Sam, Kyle Climer, Archie Caldera, Jesse Wallulatum, Justin Queahpama-Mehlberg, Raymond Williams & Maria Farias.

Perfect Attendance Year-to-Date

According to our records, the following students have perfect attendance, so far, for the school year. This means no absences or tardies. If you don't find your child's name on the list and feel that there may be an error, please contact the school office immediately.

Lindsey Yallup, Nicolas Katchia, Clinton Tainewasher, Nancy Charley, Cody Switzer, Evelyn Aguilar, Joanna Williams, Wilma Tufti, Atcitty Begay, Hazen Davis, Kyle Climer & Jesse Wallulatum.

Collage of Culture Hot Air Balloon Visit

On Friday, May 14th at 8:45 a.m., a balloonist will be here to do a hot air balloon demonstration in conjunction with the Jefferson County Collage of Culture Celebration. Parents and community members are invited to participate, the demonstration will be on the upper field.

4th Grade to visit JCMS

On Friday, May 28th, WSE fourth grade students will have a day-long visit at JCMS. Parents are encouraged to attend the visitation with their child. If you would like to have lunch at the middle school, please contact the school office to purchase a lunch at the adult price of \$2.25.

Insights for Parents

Start early to help children enjoy math Educator emphasize that parents need to start early helping children recognize that mathematics is more than adding, subtracting, multiplying and dividing. It's a subject that teaches children to learn to reason, communicate and solve problems. Since children are naturally curious and bless with unbridled energy, parents have endless opportunities to show them that math is fun and important.

The following suggestions are combined with tips from the U.S. Department of Education and National Urban League to help you and your children become involved in mathematics in nature and interesting ways. (The complexity of many of these tasks can be reduced or elevated, depending on the age of your children.)

- *For very young children, think numerically when dressing and feeding them. For example, point out that there are five buttons on his or her shirt, one shoe has eight holes for laces, a slice of toast has been divided into four equal pieces, etc. Expand these counting activities to include addition and subtracting by adding or taking away various pieces.
- *Play games that include various shapes, such as squares, circles, rectangles, hexagons, diamonds and ovals. Many children's puzzles include these shapes and most children love the challenge of fitting the pieces together.
- *Play games that encourage children to find numbers in the newspaper. Sort, identify and classify the items that they find, then add the number of clippings to see which pile is the largest.
- *Take children through the house on a treasure hunt. Gather things like buttons, pencils, pens, thread, pennies, etc. Again sort and classify them. Then use the items to build a story problems, such as "If I have three pencils, how many more do I need to make eight pencils."
- *Help children become familiar with the denominations of money by playing with dice. The person who rolls the dice gets the number that shows up on the dice in pennies. As the pennies mount up, children can exchange their coins for nickels, dimes, etc. See who ends up with the most money after 10 minutes.
- *Combine family genetics with mathematics by picking a common human characteristic, such as hair. Determine how many family members (either immediate or extended

family members) have hair that is brown, black, red or blonde. Help children draw a simple graph to illustrate the results. With older children, you may want to carry this project a step further and discuss genetic characteristics and probabilities.

- *A trip to the grocery store can provide a host of opportunities for problem-solving for all ages. Discuss:
 - The total cost of produce or fruit based on the cost per unit.
 - The price of 5 green onions, which cost 2 for \$1.
 - Different prices for different brands of the same item. What are the difference in price?
 - A comparison of servings in cups, pints, quarts and gallons. How many ounces do you get in each? How many in a serving?
 - The number of servings needed for one person, two people, etc.
 - Containers that seem different but actually contain the same amount.
 - If a box of dried food provides 4 servings, how many boxes will you need to serve 12?
 - *Encourage older children to estimate the cost of groceries in their head. Show them how to round out prices to an even number. Then ask them to estimate how much change they will get back if they pay for the groceries with a \$50 bill. Will that bill be enough?
 - *Use cards to play games that encourage children to count, add and subtract. Compare the numbers on cards. Which are higher? Which are lower? Sometimes this is easier to understand if you help them develop a graph or chart of the results.
 - *When eating pizza with your children, talk about percentages and fractions. What percentage of the pizza is one slice? Two slices? etc. If you eat three slices of the pizza, which percentage of the total pie have you eaten? What percentage of the pie is left for others? What percentage does each person get if all get an equal share?
 - *While cooking in the kitchen,

discuss amounts in terms of teaspoons, tablespoons and measuring cups. Talk about the measurements printed on butter cube wrappings. How much of each ingredient do you need if you double or triple the recipe?

- *If someone in your family is a builder, there are many opportunities to teach mathematics in the shop. Measure a sheet of plywood. Is it a square or a rectangle? How much lumber would it take to build a box that is two feet high and two feet wide? Compare the diameter and shape of screws and bolts. Discuss angles.
- *Encourage children to use calculators and other technology whenever possible, but only if they understand the concepts and can do the figuring on their own.
- *If you a computer, invest in computer games that help children understand mathematics. Children are intrigued by games, color and shapes.
- *When traveling by car with your children, encourage them to notice license plates with numbers and to add the numbers they see on the next three cars, within the next block, on all of the blue cars, etc.
- Be patient with your children. Remember, even the wrong answers can help determine, by elimination the correct answer.

Title IX to meet

The Title IX Parent Advisory Committee will meet at Warm Springs Elementary Library on Tuesday, May 9, 1999 at 7 p.m. The meeting will focus on membership. Anyone interested in becoming a member is encouraged to attend. Title IX meetings are open to all members of the public. The Committee meets 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 Service office about special arrangements that may allow you to fully participate in the meeting. Please call Georgia Sosa at 475-6192.