Warm Springs Oral History Program holds community open house

Community members gathered at the Agency Long House to share information on traditional fishing

On Thursday, May 27, at the Warm Springs Agency Long House, a community open house was held to address the community in information about the Warm Springs Oral History Program. The open house offered information from several traditional local guest speakers. Tribal member, Robert Charley talked about fishing at Shears Bridge, who taught him, and stories of past fishing days from relatives and friends. Charley, also presented and talked about the materials that are used when dipping for salmon.

There were other areas of interest opened for viewing such as tribal member Margaret Boise, who did a presentation on how to cut salmon and eels for drying to store.

Another Warm Springs fisherman and tribal member, Terry Courtney, spoke on the fishing subjects that Indians are connected with. Sam Culps, also shared stories and talked about who taught him how to fish, where his family site is located, and just general information on fishing.

Nola Queahpama shared on how Head Start Teachers emerge Traditional Culture into the class room such as language, Legends, making outfits for the mini pow-wows they have at our Agency Long House, and how the children are taken to field trips to traditional food sites. The Oral History Program open house, was offered and presented by the Warm Springs Cultural Resources department.

Department staff were available during the open house for answer ing questions about the program.

There were tables set up with materials they use for community people to see. There were videos, maps, reading materials and other things of interest for community members to view.

The Oral History Staff would like to thank all tribal members that participated and for all that they gave us on their knowledge of Ancestors past to protect and store away for our future generations.

For more information about the Oral History Program, please contact tribal Archaeologist, Scott E. Stuemke at the Cultural Resources department, (541) 553-3265.

In-school child care implemented at MHS

Madras High will implement an in-school child care service next fall in hopes of keeping some of the 44 students in its Teen Parent Program from dropping out because of baby-sitting problems, but the decision was not without controversy.

"Some students have extreme difficulty finding child care, and this will enable us to retain them through graduation," MHS Principal Ken Cantrell told 509-J Board members during a presentation made Monday night along with Teen Parent Program Coordinator Lisbet Hornung.

Hornung said three of her students had dropped out this year because their child care arrangements fell through and they had to stay home and take care of their babies rather than attend school.

Cantrell said the day care facility in the former library of Buff Learning Center would start out small, with room for only eight toddlers ages 6 weeks to 30 months. If successful, the day care could expand into a house or modular unit, but those options would be more expensive, he said.

Child care would only be available to MHS students, not outside persons or school staff, he noted, referring to concerns from other local child care businesses about competition. Besides providing stable infant care, the facility would also be used for MHS Human Development classes taught by the school's home economics departments. Hornung estimated it would cost about $10,000 to remodel the room at Buff Learning Center for infant care, and said she is applying for a grant of $25,000 from the Department of Education to cover that cost plus provide for start-up equipment and materials. Citing philosophical differences, board member Tom Norton was against schools getting into the child care business and felt emphasis should be put elsewhere, such as on high school students who can't read.

Board member Jim Manion said he shared Norton's reservations about taking on child care but said, "I also agree (it could) provide the opportunity for these young parents to graduate. It's unfortunate we have to do it, but we have to." Nine-year board member Jeff Sanders said he supported in-school day care 100 percent. "I'd like to see us saving kids, not judging parents. We've made some inroads with the drop out rate, and anything that can be done to help with it should be done."

Story courtesy of Madras Pioneer

Students with outstanding attendance noted

Margie Kalama-Gabriel shares the attendance of Native American students attending Madras High School. Following is a list of students with 90% attendance and better:

99.6% Craig Graham and Leonard Charley.

99.5% Evan Cochran.

99.3% Cody Johnson and Nicole Main

99 % Anna Brunoe

98.8 % Jessie L. Adams

98.6 % Cecilia Herrera, Chasan Walker, Candice Miller, Natalie Mitchell.

98.5% Valerie Miller, Stephanie Chavez, Michelle Manion.

98.3% Una Johnson

98.1% Foster Sahme, Armina Moody, Louis D. Smith.

98% Gordon Scott, Jr., Molly Fuentes, Marie Kalama.

97.8% Alfred Estimo, Falena Kentura, Oscar Queahpama, Tamera Bryant, Bernadine Jackson, Sidney Minnick.

97.6% Lori Suppah, Gerald Tias, Amelia Spino.

97.5% Jerrold Brunoe, Jennifer Russell, Angela Dawalt.

97.3% Vernon L. Tias.

97.1% Joseph Anderson

97% Shamona Charley, Aaron Wewa, Anthony Brunoe.

96.8% Amanda Tom

96.6% Reina Estimo, Aaron Greene, III, Steven Tias, Mayanne Aguilar, Adrian Tulee.

96.5% Winternight Selam, Andy Fuentes.

96.3% Eleanor Gunshow, James McInturff, Remo Stormbringer.

96.1% Robert Givens, Mathew Vaeth, Steven Courtney, Bernadette Smith, William Ashburn, Kye Wells, Melvin Stahi, Trevern Yazzie.

95.6% James Wolfe, III.

95.5% Michael Martinez, Darylynne Scott, Daleena Frank.

95.1% Daniel Bryant.

95% Kiradawn Langnese, Devery Arthur, Kodiac Stormbringer.

94.6% Joseph Thompson.

94.5% Tashna Hicks

94.3% Alysia Aguilar, Jess Stevens.

94.1% Alex Williams, Tianna Greene.

93.8% Liana Tom, Nikiya Courtney.

93.6% Jefferson Greene, James Kalama.

93.5% Gabriel Walker, Julia Heath, Sarah Rodgers.

93% Renee Courtney.

92.6% Travis Moschetti.

92.5% Levi Dowty, Christopher Queampts.

92.3% Sheena Courtney.

92% Charlie VanPelt, Sunshine Yubeta, Jasmine Caldera.

91.8% Annie Kirk.

91.5% Lee Hellon, Bradford Courtney, James Johnson.

91.3% Anthony Anderson.

91.1% Rachel Smith.

91% Melanie Smith.

90.6% Lydell Suppah.

90% Sheena Stevens, John Kalama.

Prayers helpful in time of need

To the Community of Warm Springs,

I would like to thank each and every person who has offered their prayers and support to me and my children it helped to hear all of the words of encouragement that I received. Unfortunately I have also had to deal with the misfortune of other people with their lack of understanding of my personal situation adding more grief to myself and my girls, which I can do without.

If these people would put themselves into a similar situation as myself and my girls maybe they would be more sympathetic and every person who has said a prayer or thought I believe it has truly helped. Please continue to pray for William.

Thank you
Stacy Fasthorse

News from the H & W Center: Women's Health Program

Women's Health Program

Joy Harvey is working at the Health and Wellness Center as a Family Nurse Practitioner. She has a special interest in women's health and would like you to know that she is available for your health care needs.

Joy does see male and female patients for a variety of health care concerns and counseling. Examples are: Sports Physicals, Boarding School Physicals, and Marriage Physicals.

What Women's Health care can Joy help you with?

There are a variety of reasons why Joy sees patients. Including:

Pap testing
Family Planning
Hormone Replacement Therapy (HRT)
Physicals
HIV counseling
STD counseling
Menopause
Osteoporosis
Breast Health
Premenstrual Syndrome
Medical counseling on
* staying fit
* knowing your body
enjoying life

Call the Appointment desk at 553-1196 and tell the clerk you want to have an appointment with Joy!

Women's Health
Questions and ANSWERS!

Why do you need to have a PAP yearly?

A Pap test every year can find early changes in the cervix. If not treated these signs could lead to cancer.

When should I start having mammograms?

The American Cancer Society recommends: One baseline mammogram by the age of 40, a mammogram every one or two years between the ages of 40 and 49, an annual mammogram after age 50 and if there is a family history of breast cancer, you may need a mammogram earlier.

What can I do for PMS?

Sleep-The quality and quantity of your sleep can be a critical factor . Try to get at least 8 hours of uninterrupted sleep each night

Stress Management-Relax! A few techniques to try on your own are deep breathing and visualization, exercise, nutrition, vitamin and mineral supplements, and a healthy diet.

Avoid caffeine, nicotine, alcohol, and artificial sweeteners

Why are doing self-breast exams important?

Knowing how your breasts usually feel can help you notice an unusual change, such as:

A thickening or lump, a puckering of the skin of the breast, an unusual increase in the size of the breast, a change in the skin of the nipple, an unusual cloudy or bloody discharge from the nipple.

What is Menopause?

Menopause, the end of a women's monthly menstrual periods, is a time of natural transition. Most women go through some physical, mental or emotional changes. Such as: Disrupted sleep, irritability or mood swings, hot flashes, flushes or night sweats.

You can better understand your own changes by learning more about them.

Soraya Yvana Mendez
I can't believe it has been a year already since you were born. I give thanks to God every day for blessing me with you,
Angel Girl.
Happy 1st Birthday
June 7, 1998
with lots of love,
Mom, Carlito's & Damian

Happy 15th Birthday
to my uncle
"Yazzie DeShaun"
I love you always & forever
xoxoxoxoxoxoxoxoxoxoxo
You are the GREATEST uncle there can be.
From Theyliah Vernaya Tonika Henry

Happy 15th Birthday
to my brother Trevern
Love Always,
your sister Tiffiney

Happy 15th Birthday
to Trevern
From, Tanner,
Jeremiah & Paul

Happy 15th Birthday to Trevern
with love always,
Grandma & John

Happy 15th Birthday
"Yazzie"
Love, Grandpa

Happy 15th Birthday
to "Chipmunk"
From Chris, Trish &
Amanda

Trevern DeShaun Yazzie,
(my sonny boy) I send my love to you now and always. Remember I'm here for you. Life does have struggles but you can survive.
Educaiton is the way.
Always My heart to yours,
Mom

Happy Birthday Big Na-Na,
Tonya Mitchell
from Lil' Sister, Carol
Lawrence, Daniel Lawrence and
the kids

Happy Birthday Baby Girl,
Reen-a Butt Maureen
from Mom & Dad, Carol &
Daniel Lawrence & brother Tyrone

Happy B-Day Danni Lawrence
From Dad, Carol & Maureen,
and Tyrone

Happy Belated Birthday
Ty Addison Eagle Speaker
May 21st, 1981
And yes I placed fresh flowers
on Grampa Hopp MaGundee's
grave, since he passed away on
your birthday.
Forever Love you,
Grandma, Neda Wesley

Happy Birthday
to my brother
Bill Man Stahi
Love your sister,
Mae & your nephews
Tommy, Curtis & Theodore

COCA to hold Senior Day

Plans are underway for the first annual Senior Day at the new Deschutes County Fairgrounds and Expo Center to be held Tuesday, June 15, 9 a.m to 4 pm.

Festivities, exhibits, program presentations, participatory Health activities, Musical entertainment and tours of the fairgrounds, will be presented by individuals and organizations from the communities of Madras, Prineville, Warm Springs, Sisters, LaPine, Bend and Redmond. This special day will present itself as a mini fair atmosphere. Shuttle vehicles will be available from all of the Central Oregon communities.

Exhibitors and sponsors are being sought for the event, and interested businesses, community resources for seniors, and individuals, may obtain more information about participating, by calling Central Oregon Council on Aging at 548-8817.

Happy Birthday
May 21, 1921
Farmer &
Congratulations
on your Graduation.
EEMoo & Auntie Hot Dawg,
Davis, Pearl & Arnold

Congratulations 1999
Graduate White Swan High School
May 30, 1999
Your family is very proud of your GPA and all of your accomplishments.
Continue to do your Best.
Loving Grampa Jim, Grandma Neda,
Luci, Tina, Gutsy, Curty & Theo

Happy Birthday
Marella VanPelt Sam
May 21, 1959
Auntie Neda &
Uncle Jim

Attention

Indian Trail Restaurant is now accepting quality arts and crafts on consignment for sale to the public.
Interested artists and craftspersons may contact Richard or Vivian Macy at Indian Trail Restaurant at the Plaza at Warm Springs.
(541) 553-1206

Soraya Yvana Mendez
Happy 1st Birthday
June 7, 1998
With love, Grandma Yvonne, Jolene, Hector, Traci, Adriel

Tommy Hilfiger Story

I'm sure many of you watched the recent taping of the Oprah Winfrey show where her guest was Tommy Hilfiger. On the show, she asked him if the statements about race he was accused of saying were true. Statements like: "...if I'd known African-Americans, Hispanics, Jews and Asians would buy my clothes, I would not have made them so nice. I wish these people would "**NOT**" buy my clothes, as they are made for upper class white people."

His answer to Oprah was a simple "YES". Where after she immediately asked him to leave her show.

My suggestion? Let's give him what he asked for. Let's not buy his clothes! Let's put him in a financial state where he himself will not be able to afford the ridiculous prices he puts on his clothes. Join me in the boycott!!

Please send this message to anyone you know who spends their hard earned money on clothes made by someone who does not respect hem as a person or a people!

From:
Soulstice<rationalmind@yahoo.com>

The best of wishes to the class of "99" & friends
Back row Ramos Chavez, Sam Pablo, Randon Nakai, Nicole Garcia, front row Sissy O'neal, Madge Castillo, Kristina Horrato.
& everyone else from Sherman Indian High School class of "99"