

## 509-J School District School supply list

### Kindergarten

2 boxes of crayons, basic 16, standard size (not chubby)  
10 pencils, size #2  
2 4oz. bottles of white, liquid glue  
2 glue sticks-small, solid  
1 large box of tissues  
1 package of baby wipes (80-150 count)  
No permanent markers

### First and Second grade

1 box of 16 small crayons  
Pencils, size #2  
1 eraser  
1 pair of metal scissors  
2 4oz. bottles of white glue  
1 box of tissue  
No permanent markers

### Third grade

1 box of 16 or 24 small crayons  
Pencils, size #2  
Pink Pearl erasers  
1 pair of sharp-point scissors  
2 4oz. bottle of white glue  
1 large box of tissue  
1 12-inch ruler (inches and centimeters)  
No permanent markers

### Fourth and Fifth grade

1 box of 16 or 24 small crayons  
Pencils, size #2  
Pink Pearl erasers  
1 pair of sharp-point scissors  
1 4oz. bottle of white glue  
1 12-inch ruler (inches and centimeters)  
Notebook paper  
1 box of tissue  
No permanent markers  
Westside Elementary only: 1 box of 16 colored pencils.

### Sixth grade

1 box of 16 or 24 small crayons  
Pencils, size #2  
Pink Pearl erasers  
1 pair of sharp-point scissors  
1 4oz bottle of white glue  
1 12 inch ruler (inches and centimeters)  
Notebook paper  
1 box of tissue  
Ballpoint pens, blue or black (not erasable)  
No permanent markers

### Seventh and Eighth grades

College-ruled notebook paper  
1 2-inch, 3-ring (metal ring) binder with dividers  
No PeeChee folders.

**Please note:** Some classes may require additional materials. If so, students will be notified during the first week of school by their classroom teacher. Some school supplies will need to be replenished throughout the school year.

First day of kindergarteners is determined by a conference with parents beginning

September 5. Contact local elementary school for scheduling.

### New this year

Metolius fifth graders will remain at Metolius Elementary School. Westside fifth graders will attend Westside Elementary School. All other fifth graders will attend Jefferson County Middle School.

## First day of school is Tuesday, September 5th

## News from Early Headstart education

**Cheap-n-Easy BBQ Recipes**  
For great outdoor taste and flavorful food, try marinating your meat before grilling.

**Italian Dressing:** One real easy marinade that works great with chicken or pork is Italian salad dressing. Put your meat in a shallow dish, pour in the Italian dressing, cover and refrigerate overnight of all day. Grill your meat as usual and enjoy the zesty flavor of dressing.

**Yoshida or Teriyaki:** Another easy marinade to use is Yoshida or any variety of Teriyaki sauce. The thicker, the better, so it can stick to the meat. Place your steak, chicken or other meat into a shallow dish. Pour the marinade over the meat, cover and refrigerate until you are ready to grill. Both they dressing and the sauce cost under \$3.00.

**Variation:** A variation on both of your above ideas is cut your meat Shish Kabob style. You can use metal skewers if you have them or else there are bamboo sticks available for less than a couple of bucks. Cut your meat into 1-2 inch cubes and marinate as suggested above. Place on the skewers and grill 'em up.

**Vegetables:** If you are using marinade or making shish kabob—it's quite easy to grill up veggies as a side dish. Using skewers is the best way to keep the vegetables from falling into the grill. Save some marinade to pour over veggies as you grill them, and even toss a bit more on after they are cooked, for flavorful and healthy experience. Some vegetables you can use are: onions, tomatoes, green/red peppers and mushrooms. Make sure you cut pieces big enough that they can be skewered without breaking. It does work best to put all the same veggies on a skewer. Onions might take a while to cook but the tomatoes go fast—so you can keep things from burning by waiting to put them on until the heat is almost ready. Be safe and have fun while barbecuing.

### In the Spotlight

On June 3<sup>rd</sup>, 2000, Terri Carnes achieved an outstanding accomplishment. Terri, 19, completed her high school career by graduating from Madras High School. Terri was originally in the graduating class of 1998, but she took some time off to have her children. Terri took a year off of school to work after giving birth to her son Te-Yush-Y in April 1998. Then after having her daughter, Sequoia in July 1999, Terri only took six months off. When Terri was asked how she achieved, she said it wasn't easy. When Terri attended Buff Learning Center she would have to re-enroll every time she stayed home longer than three days to take care of her children if they got sick. When COIC returned to Warm Springs, she went there in the mornings to complete her work at her own pace. After she left COIC, Terri would work eight hours behind Kah-Nee-Ta Lodge's front desk in the evenings. Terri didn't have regularly scheduled days off, it varied on a weekly basis. But that didn't stop her from going everyday. Terri says that determination was her key to success. She also says that she couldn't have done it without the support from her boyfriend, Lil Bull Owl Suppah, his mother Mercedes Miler and his sister Penny. They took care of the children while Terri worked and attended school. Terri is originally from Phoenix, Arizona and is an enrolled member of the San Carlos Apache Tribe. Terri said that life was pretty hard moving from Arizona to Oregon. She had few friends and no family other than the Lil Bulls. Terri also thanks her friends Lori Suppah, Carol and Joe Tornbom and Cyndi Treadway for helping make her life easier by supporting her and helping her feel at home.

Terri's advice to other teen parents is to set your mind and heart on something and believe that you can get it done. "Life is too precious to

waste, not fulfilling everyday to it's fullest."

### Quit Bugging Me

Warm weather brings many things with it, including ore insects. Mosquitoes, flies, ticks and fleas are all bothersome, but any people really dread bees and wasps. But, if we learn a little bit about bees and wasps, we can avoid them more easily. And that means we can reduce our chances of being stung.

Bees and wasps (which includes hornets and yellow jackets) are kind of like distant cousins to each other. They have some basic things in common, but they are different from each other, too. They are all flying insects, all have work to do, and all have homes. Also, many of the females will sting to defend themselves. Yet, they are different from each other, do different kinds of work, live in different kinds of homes, and some are less likely to sting than others.

Generally, bees are less likely to sting than wasps are. This is because most kinds of bees are solitary (live by themselves, not in a hive), so they do not need to defend a large nest by stinging. All bees spend their days visiting flowers to gather pollen and nectar to feed themselves and their young. Three kinds of bees that most people know about are honeybees, bumblebees and carpenter bees. Honeybees are social bees; this means that they live in large communities (called nests or hives) and work together to raise young and to maintain the nest. They are small, furry and yellowish with black markings.

Bumble bees are much larger than honeybees (4-5 times bigger) and usually are yellow and black and make a deeper buzzing sound. Bumblebees live in communities like honeybees do, but there are fewer bees in a bumblebee nest than honeybee nests. Carpenter bees look very much like bumblebees but are not as fuzzy and carpenter bees are solitary, so they do not live in community nest. Instead, each female makes her own burrows in wood (that's why they are called carpenter bees) where she puts pollen and then lays her eggs. Because honeybees live in very large communities where they raise many young, they are very protective of their hives. So, if someone disturbs their nest, they will sting to defend it. Bumblebees are also protective of their nests but are not as likely to sting as honeybees. Because carpenter bees are solitary, they have no community to defend, so they are less likely to sting unless they are squished.

Unlike bees that collect pollen and nectar for food, wasps hunt insects to eat and to feed their young. Adult wasps also drink sugary flower nectar for extra energy. Like bees, some wasps are social and some are solitary (some live in communities and some live alone).

Yellow jackets and hornets are social wasps: they build communities and work as a group to raise the young. So, an important part of their job is protecting the 'babies' of the community. That mean they are very aggressive when their nests are disturbed. Both yellow jackets and hornets build their nests of wood that they have chewed to make a past, but yellow jackets build their nests underground while hornets build theirs above ground in trees or bushes. Yellow jackets are usually yellow with black markings and are large and longer than honeybees. Hornets are larger than yellow jacket and they are black with white or yellow markings.

There are many other kinds of wasps besides yellow jackets and hornets. Other wasps are generally very slender; they are usually shiny and can be black, brown or reddish in color. Some may have minor yellow or white markings. Paper wasps build nests of chewed wood and mud daubers build their homes with mud. All wasps hang on with their mouthparts when they sting, so they can sting re-

peatedly.

Now, if we remember what these insects look like and which are aggressive, we have taken a big step towards not being stung. If we also think about where they like and work, we can be even more careful. Because yellow jackets build their nests in the ground, its very hard to know a nest exists unless you see a yellow jacket entering or leaving the nest from the small hole in the ground. Often people are stung by yellow jackets when they mow across the nest entrance or disturb the nest in some other way (digging around it, etc.) Also, yellow jackets are attracted to sugary substances like soda, juice and fruit and they are attracted to carrion, so they are often in and around trashcans and may crawl inside drink cans or bottles. Hornets and paper wasps, which build nests in trees, under eave, under awnings, etc., are often disturbed and sting when people are cutting wood or pruning trees/bushes, cleaning gutters or repairing roofs. Bee stings can happen when people sit in clover or in wild flowers and when people are gardening or picking flowers, don't see the bee and accidentally grab it, squish it or sit on it.

Being aware and careful in these situations can really help to prevent stings. There are a few other things to remember, too. Bees, yellow jackets, hornets, and other wasps are less active in the dark and cool hours, so plan to do certain chores, like mowing the lawn, in the evening (but please don't mow in the dark). Wearing light-colored, drab clothing is less likely to attract these insects and wearing fitted clothing rather than baggy or flowing clothes reduced the chances that a stinging insect will become trapped inside your clothing. Also, avoid wearing perfume or other fragranced products because they can attract stinging insects. And, finally, don't swat at them!

However, if you are stung, it is important to know what to do. Remember that these insects are most likely to sting when you are near their nests, so your first reaction should be to run at least 50-100 feet away from the area where you are stung. When they sting, bees and wasps release an 'alarm pheromone'—a chemical signal that tells the others in the community that the nest is in danger—so the others in the nest will fly toward that signal to help. So, if you fun, you are moving away from that signal, and you will decrease your chances of being stung again.

Honeybees loose their stingers when they sting (this means they die after they sting), and the stinger often remains on your skin. The stinger will be visible and should be removed by scraping it out with a driver's license, credit card, or something similar. Do not remove a stinger by pinching it with your fingers or with tweezers because you will squeeze more venom into your skin. Wasps, yellow jackets, hornets and most bees do not lose their stingers when they sting. So, if you are stung by one of these gals, your next step after running should be to stop them from stinging you as quickly as possible (it's okay to smack these insects now because they are already stinging you) Then, you should treat the sting. Taking and over-the-counter antihistamine such as diphenhydramine (Benadryl) and a pain reliever (ibuprofen or acetaminophen) will help control your body's reaction to the sting and ease the pain and swelling. Applying ice wrapped in a towel can also decrease discomfort and swelling. Making a paste out of meat tenderizer and water and applying it to your skin will help to break down the protein in the insect's venom. Be sure to use a brand of tenderizer that contains papain (papaya fruit enzyme). After being stung, if you begin to get hives, have a dry cough of difficulty breathing, have abdominal pain, feel nauseated or vomit go to the emer-

gence room for treatment because you are probably having an allergic reaction that can be deadly.

Remember, if you know that you are allergic to any stinging insects or if you have a parent, who is allergic, please talk with your health care provider now about what to do if you stung. Hopefully, by knowing a little more about bees and wasps, you and your family will be able to avoid being stung. Best wishes for a summer free of stings.

**"The Pocket Guide to Insects of the Northern Hemisphere."**  
McGavin, George C.

**HIS Question of the Month:**  
"What is the Chicken Pox Vaccine and what are the requirements?"  
This month, EHS Home Visitor Gabby Sohappy asked the question, What is the Chickenpox Vaccine and Why do you need one?

Chicken pox, (also called Varicella) is a common childhood disease. It is usually mild, but can be serious, especially in young infants and adults. The chickenpox virus can be spread from person to person through air, or by contact with fluid from the chickenpox blisters. It causes rash, itching, fever and tiredness. It can also lead to severe skin infection, scars pneumonia, brain damage or death. About 12,000 people are hospitalized from chickenpox each year in the United States. The Chickenpox vaccine can prevent chickenpox. Most people who get the chickenpox vaccine will not get chickenpox. But if someone who has been vaccinated does get chickenpox, it is usually very mild. They will have fewer spots, are less likely to have a fever and will recover faster.

**Who should get Chickenpox Vaccine and When?**

Children should get one dose of the chickenpox vaccine between 12 and 18 months of age, or at any age after that if they have never had chickenpox. People who do not get the vaccine until 13 years of age or older should get doses 4-8 weeks apart. Ask your doctor or nurse for details. The chickenpox vaccine can be given at the same time as other vaccines.

Some people should not get the Chickenpox Vaccine, or should wait.

People should not get the vaccine if they have ever had a life-threatening reaction to gelatin, the antibiotic neomycin or (for those needing a second dose), a previous dose of the vaccine. People who are moderately or severely ill at the time the shot is scheduled should wait until they recover before getting the vaccine. Pregnant women should wait and get the vaccine after they have had the baby. Women should not get pregnant for one month after getting the vaccine. People who have recently had a transfusion or were given other blood products should check with their doctor about whether they should get the vaccine, including anyone who has HIV/AIDS or another disease that affects the immune system, is being treated with drugs that affect the immune system, such as steroids, for two weeks or longer. Anyone who has any kind of cancer should not get the vaccine and anyone who is receiving cancer treatment with x-rays or drugs.

**What are the risks from the Chickenpox Vaccine?**

A vaccine, like any medicine is capable of causing serious problems, such as severe allergic reactions. The risk of this vaccine causing serious harm or death is extremely small. Getting the vaccine is much safer than getting the chickenpox disease and most people who get the vaccine do not have any problems with it. For more information on the side effects on this vaccine, ask your doctor at the clinic.

**What should I do?**

You can call HIS at 553-1196 and ask to speak to a doctor or a nurse for more information on the vaccination. They will be glad to help!

## Hepatitis B Vaccine shots required

The state of Oregon is requiring additional shots for school children. Beginning in September 2000 children who will be entering the 7th grade must have Hepatitis B vaccine, second dose of measles vaccine (MMR), and varicella vaccine (or have had chickenpox).

Please check your child's immunization record so you have time to get the shots for your child before school starts. Immunizations may be obtained by scheduling an appointment at 553-1196 ext. 2632 or call the Public Health Nursing at ext. 4142 if you have questions.

## Solar energy seminar on tap

Sunlight Solar Energy will continue its Solar Seminar Series on August 26, 2000. The series has been well attended by area residents interested in solar for recreational vehicles, remote home power, stock water pumping and homes already attached to the power grid.

This free workshop HOME SOLAR, will feature an hour of design and system basis in an informal classroom setting. There will be one hour of hands on experience with the major experience of solar home system. Off grid and grid tied systems will be discussed.

"We have heard from all areas of central Oregon especially Juniper Acres, Three Rivers, Crooked River Ranch and Bend and they are asking to learn what it costs and what is

needed to live with solar electricity" said Paul Israel, Owner of Sunlight Solar.

Especially fascinating will be information on hooking up a home to solar electricity and feeding power into the power grid with green electricity.

Sunlight Solar is asking participants to bring information on any personal projects.

The cost to attend the seminar is free and will be limited to twenty attendees. Please call Sunlight Solar to sign up for the class or for additional information.

The classroom work and hands-on experience will be at 1436 S. Highway 97 in the big bright yellow building in Redmond 10 a.m. to 12 noon call (541) 923-9897 for more information.

## Notary training available

Wouldn't it be nice to always have a notary available? Protect yourself and or your employer's business by educating yourself on the Notary Laws you are required to know before practicing notarial services for your state.

### Register early and save \$20

Enroll one (or more) of your employees for our one-day (6 hours) training seminar. Ideal for commissioned notaries who are required to know the current laws. Extremely beneficial for those who want to become a notary.

For the first person, cost is \$139 (\$159 if postmarked after Monday, Sept. 11). Each additional person, cost is \$119 (\$139 if postmarked after Monday, Sept. 11). This includes a workbook, sample testing, and certificate of completion. Notary journals will be available for \$15.00 each.

### Training sites are:

Portland, Oregon, Tuesday,

September 19 at the Sheraton Portland Airport, 8235 NE Airport Way, Portland, Oregon 97720.

**Olympia, Washington,** Wednesday, September 20, Indian Summer Golf & Country Club, 5900 Troon Lane SE, Olympia, Washington 98501.

**Seattle, Washington,** Thursday, September 21, Holiday Inn, 22318 84<sup>th</sup> Ave. South, Kent, Washington, 98032.

Registration is 7:15 a.m. to 7:45 a.m.; training is from 8:00 a.m. to 2:00 p.m. (continental breakfast is served). Seating is limited, so it is recommended that you register early. Previous seminars have been completely filled.

Call toll-free now to register, 1-800-600-7201, N.S.I., Notary Seminars Inc.

Mail registration payments to: 4735 Rolando Blvd., San Diego, CA 92115.

## Gold to participate Crow's Shadow

Crow's Shadow Institute of the Arts is the host site for Oregon and welcomes participants to join in the Millennium 2000 project with artist-in-resident, Pat Courtney Gold, renowned basket weaver. The project goals incorporate: researching general cultural heritage while exploring personal family, tribal and community history, partaking in museum tours and rediscovering significant tribal sites, and harvesting traditional plant fibers to process for various Plateau weaving techniques. Two collaborative pieces will be developed during the three-month residency and will be shown as featured art pieces at Crow's Shadow Institute of the Arts gallery. This residency encourages and supports the revival and preservation of Native American arts and culture, which cannot be separated.

Weekly class meetings will be held Thursday evenings at 7 p.m. Plans will be made for Saturday field trips to Museums and Cultural sites. The meetings will be at Crow's Shadow Institute gallery near Pendleton, OR located on the Confederated Tribes of the Umatilla Indian Reservation in the old historic St. Andrew mission school house. Crow's Shadow Institute of the Arts is a non-profit organization that provides educational, economic, and social opportunities for Native Americans through artistic development. The Millennium project is a three-month curriculum and participants are encouraged to attend as many classes as possible. Registration fee is \$10. For more information call (541) 276-3954.