

Early Head Start news update

To all EHS Staff and Families, Congratulations! WE have just completed our first year of program services to children and families here in Warm Springs. We would like to congratulate all who have participated in EHS throughout the 1999-2000 year. Thank you for being a part of EHS and we look forward to serving you again in 2001.

Picture Day at ECE
September 11, 12, & 13. If interested, please let your home visitor now or call 553-3241 for information on rates packages, and times.

We will miss you!
We have 5 children from EHS who are moving on into Head Start. We wish them continued success: Trevor Rodrigues, Jovon Heath, Alias Charley, Benjamin Charley and Austin Dodge.

What's going on in Group?
The first 20 minutes of group time are free play, a time for you and your child to play together. Next, everyone gets in a circle to listen to a story and sing songs. After circle time, we all line up and wash hands, and then we sit down together for a meal.

After finishing lunch and brushing teeth, children participate in art projects sensory activities, and explore the classroom. While the children and home visitors play, you will get helpful parenting information and ideas for fun family activities. We hope that you will let us know what kinds of topics you would like us to discuss in parent time and what would make this time more valuable to you.

In August, we read "When you Give a Mouse a Cookie", sang "The Wheels on the Bus Go Round and Round", played "Willaby Wallaby" and puppet peek-a-boo. The dads did feather and tissue paper art, and parents watched a video on infant massage, heard presentations by Dr.

Mendoza and Juanita Simpson on preventative dental care, and learned about the HELP assessment.

In September, we will continue reading "When You Give a Mouse a Cookie" and sing lots of fun songs. The kids will make texture books and play with squishy bags, and parents will talk about a variety of topics, including stress management/organization, temperament and more.

Reminders:
Please remember:

1. Transportation is available to all EHS groups. If you need to be picked up for a group on Wednesday, please call by 9 a.m. and for the Tuesday evening group, before 2 p.m.; we do call families on the day of their assigned groups as a reminder. If you need a ride to a group other than your assigned one, please be sure to call us to request a ride.

2. Remember that all children under 3 must be secured in a carseat that been secured in the EHS van, and all passengers must wear seatbelts.

3. Finally, NO food or drinks are allowed in the van. Please help us keep our EHS van clean and comfortable. THANKS!

Parent Information
Teething is the normal process of new teeth emerging through the gums. Typically, teething begins at around 6 months of age (it can begin sooner) and continues until a child is around three years of age. Around the age of six, kids usually begin losing their baby teeth as their permanent teeth push up through the gums.

Signs that may indicate your baby is teething include: 1) Drooling 2) Gumming toys or other objects 3) Swollen, red gums 4) Irritability 5) Difficulty sleeping and 6) Crying more than usual.

Some ways to help ease the pain of teething are: 1) Rubbing your child's gums with your finger (remember to wash your hands thoroughly first). 2) Offering your baby a chilled teething ring, a clean frozen washcloth or teething biscuits. 3) Applying Orajel to baby's sore gums. 4) Giving your baby ibuprofen (children's motrin) or acetaminophen (children's Tylenol).

If your child has a fever or severe, swollen, red gums, call the Health and Wellness Center at 553-1196 to speak with your provider or make an appointment for your baby.

We are still accepting applications for pregnant women and families with children ages 0 to 3 years. If interested please call 553-3241 and ask for June. She will gladly answer any questions that you may have.

E. Y. I. (For Your Information)
Hand washing is one of the most important things that everyone can do to prevent disease.

*Cigarette smoke contains 43 chemicals which are known to cause cancer. Exposure to cigarette smoke dramatically increases a child's risk of ear infections, asthma and other lung diseases, SID (Sudden Infant Death Syndrome), and may other health problems.

*Studies show that holding and cuddling your baby helps to ease her pain when she doesn't feel well.

*It is a fact that long finger nails (real or fake) are a nice place for dangerous germs to live. So, keeping your nails short helps to keep you and your children healthy.

*Zinc oxide ointment, which is commonly used for diaper rash, is an excellent skin soother and protectant for people of all ages.

*Allergies are a malfunction of a person's immune response. To prevent food allergies, you should not

begin introducing foods to your children until he is about six months old. Generally, you should introduce foods to your baby in this order: infant cereal, vegetables, fruits (except citrus and strawberries), and save meat for last. For details, please contact the Nutrition Department at the Health and Wellness Center.

*Statistics show that children who are breastfed are generally healthier and smarter than children who weren't breastfed.

*Proper use of seatbelts and carseats save lives, can prevent serious injuries, and is required by CTWS Tribal Code and Oregon state law. Please buckle Up!

Happy First Birthday to Jenessa Boise! September 16th.

September 2000
EHS Group Socialization

1st-ECE Closed In-Service Day
4th-Holiday
5th-1st Day of School; Group #1 4:30-6:30 p.m.

6th-Group #2 11 a.m.-1 p.m.
11th-Picture Day @ ECE 9 a.m.-4 p.m.

12th Picture Day @ ECE 9 a.m.-5:30 p.m.

13th-Group #5 11 a.m.-1 p.m.
Pictures 9-10:30 a.m.

19th-Group #1 4:30-6:30 p.m.
20th-Group #2 11 a.m.-1 p.m.

27th-Group #5 11 a.m.-1 p.m.

Parents: We are looking for members (parents or community representatives) to be a part of the Head Start-Early Head Start Policy Council for the 2000-2001 program year. If interested, and want to know more about how our programs work or what you could do to change things, please call June or Versa @ 553-3241.

Meetings are held once a month, with dinner & child care provided.

Madras Senior High School Snack bar price list for 2000-01 school year

| Breakfast items | |
|--|--------|
| Breakfast bar (egg, sausage and cheese) | \$0.60 |
| Breakfast burrito | \$0.80 |
| Ham and cheese pocket | \$1.25 |
| Cinnamon roll | \$0.50 |
| Maple bar | \$0.50 |
| Raspberry strudel | \$0.50 |
| Bagel & cream cheese | \$1.00 |
| Muffins 4 oz. | |
| (chocolate, poppy seed, blue berry, apple) | \$1.00 |

| Entrées | |
|------------------------------|------------------------|
| Burrito-Bean fiesta | \$1.25 |
| Burrito-Beef combo | \$1.25 |
| Burrito-Chili cheese | \$1.25 |
| Calzone (pepperoni or combo) | \$2.50 or 1/2 \$1.50 |
| Pepperoni Pizza | \$1.60 |
| Cheese Pizza | \$1.60 |
| Pizza Pocket | \$1.00 |
| Pizza Stick | \$0.75 or 2 for \$1.25 |
| Nacho's | \$1.25 |

| Sandwiches | |
|------------------------------|--------|
| Ham & Cheese Croissant | \$1.50 |
| Turkey & Cheese Croissant | \$1.50 |
| Turkey & Cheese Hoagie | \$1.50 |
| Hot Chicken N' Cheese Hoagie | \$1.50 |
| Cheeseburger | \$1.50 |
| Corn Dog | \$0.50 |

| Baskets | |
|--|--------|
| Chicken Nugget Basket | \$2.75 |
| Includes: six chicken nuggets, seasoned potato wedges, choice of beverage. | |
| Hamburger Basket | \$2.75 |
| Includes: Hamburger, seasoned potato wedges, choice of beverage | |
| Seasoned Potato Basket | \$1.25 |

| Snack items | |
|-------------------------|--------|
| Otis Spunkmeyer Cookies | \$0.35 |
| Rice Krispies Treats | \$0.75 |
| Candy | \$0.75 |
| Chips (3oz) | \$1.00 |
| Pringles | \$1.00 |
| Wrigleys gum | \$0.25 |
| Bubblicious gum | \$0.75 |
| Suckers | \$0.50 |

| Beverages | |
|----------------------------|--------|
| Hot Chocolate | \$0.35 |
| Hot Cider | \$0.35 |
| Capri Sun | \$0.60 |
| Grab & Go Milk | \$1.00 |
| Bottled Water | \$1.00 |
| Pop (20 oz) | \$1.00 |
| Sunny D (18.5oz) | \$1.25 |
| Eclipse (18.5oz) | \$1.25 |
| Gatorade (20oz) Wide Mouth | \$1.35 |
| Snapple (20oz) | \$1.35 |
| Sunny D (20oz) | \$1.35 |

| Condiments | |
|--|--------|
| (ranch dressing cup, BBQ cup, fry sauce) | \$0.20 |

Madras High School Presents
Please join us for a free Chili Dinner and Open House
September 8, 2000
Chili Dinner starts at 6:00 p.m.
Menu includes: chili, cornbread, chocolate cake, milk or punch.
Presentation starts at 7:00 p.m.
Take this opportunity to meet with your students new teachers and walk through their class schedule.

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.

News from IHS- seatbelts, dogs
days. If the owner fails to confine the dog, any tribal officer can have the dog removed from the owner's property and taken to a veterinary hospital for reclamation. The owner is required to reimburse the tribes for this expense.
Dogs in violation of this ordinance can be impounded by any Tribal Police officer or person appointed for this purpose. Dogs will be held for a period of five (5) days and if not claimed, destroyed.
Persons found in violation of this ordinance are guilty of a misdemeanor if convicted, assessed a fine or imprisonment.
The Environmental Health Program also issues certificates for reduced spray or neutering services. Female dogs can be sprayed for a \$15 and female cats for \$10. Male dogs can be neutered for \$10 and male cats can be neutered for \$5. Few people seem to be aware of Ordinance 36 and most Warm Springs residents agree that we have a dog control problem. Perhaps if we all did our part to live up to the ordinance we have in place and to participate in the programs that are available, some of the problems would be taken care of.
Seatbelt Usage Rates
Congratulations to the Warm Springs community for taking steps to improve the health and safety of our members! When I came to Warm Springs community in August 1991, the seatbelt usage rates were about 10%. The Tribal safety Committee tried in 1993 to pass a seat belt ordinance but were told to do community education. In April 1999 after six years of education activities, our usage rates were still only about 13%.
The Tribal Council recognized that education alone was not bringing the seat belt and child restraint ordinance in October. The law went into effect in April of 2000. Between October, 1999 and April, 2000 the seat belt usage rates went from 13% to 33%. The police decided to give a 60-day warning period and in July, 2000 the usage rates were 53%. Imagine what the usage rates will be once enforcement really begins! We could be a leader in the state. Of course the most important reason to wear your seat belt is because it will save your life and ultimately this is everyone's goal.

ONABEN CLASSES
You and Your Business Idea - A two-week series of classes designed to "Discover" and Encourage the Development of your Business idea beyond, "Just an Idea" on Tuesday's- September 19th & 26th from 6:00-9:00 p.m., Cost: \$10.00
STARTING A SUCCESSFUL BUSINESS- A ten-week series of classes designed to guide participants through the business plan writing process. The course materials and individual counseling sessions allow participants to work through the business planning process. The end results is a comprehensive business plan that can be taken to financial institutions for loan consideration! These classes will be held on Tuesday nights-October 3rd through December 5th from 6:00-9:00 p.m. every Tuesday thereafter. Cost \$100.00
Both classes will be held at the SBDC Conference room, 1134 Paiute Street, WSO for further information or to sign up please call the SBDC @ 533-3592/3593 or drop by the SBDC.

Live Positive Rap Concert
September 22 & 23, 2000
Warm Springs Community Center (Featuring RP Artist) Frost from East L.A. Jason Neville, Praise Chapel
Also featuring local Rap artists, their positive rhymes, break dance contest & more!
7 to 11 p.m. nightly; \$2 admission
For more info. contact Pastor Billy Joe Berry (541) 553-5983 (hm) (541) 410-7227 (cell)
PO Box 1442; Warm Springs, OR 97761

Mountain View Hospice Invites you to attend our Bereavement Recovery Seminar
Mondays, Noon to 1:30 p.m.
September 25 to October 30
In conference room A, (on the main level of the hospital)
Bereavement is one of the most difficult times in a person's life. As with most challenges we face, it is easier to cope with it if we know what to expect, are not alone in the process, and have enough support. To this end, we are offering this free six week seminar for those who have lost someone through death.
For more information, or to pre-register, please call the hospice office at 475-3882, ext. 2310.

Notary training available
Wouldn't it be nice to always have a notary available? Protect yourself and 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 97220.
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 84th 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.

Dog Vaccination Clinic
September 27, 1-4:00 p.m., 6-8:00 p.m.
September 28, 9:00 a.m. to 1:00 p.m.
Location to be announced.

Surprising as it may seem, Warm Springs does have a Dog Control Ordinance. The ordinance was passed in 1962 and is known as Ordinance 36. The ordinance provides for the licensing of dogs, control and destruction of unwanted dogs, and penalties for violations of the ordinance.
The ordinance requires that dogs kept, harbored, or maintained within the boundaries of the reservation be licensed on or before May 1 of every year. Dogs over six months of age must be licensed. The only dogs that are exempt from the licensing requirement are "seeing eye" or "guide" dogs and non-residents that are temporarily visiting the Reservation. Failure to license the dog will be considered abandonment of the dog by the owner. Currently, there are only seventy-one (71) licensed dogs on the Reservation.
Before dogs can be licensed, the owner must show proof that the animal has a current rabies vaccination. The Warm Springs Environmental Health department currently has an animal certificate program that allows owners to obtain a vaccination series for just \$5. The certificates may be obtained by stopping by the Sanitarian's office in the Warm Springs Health and Wellness Center or by calling 553-4943.
Owners are also required to provide their dogs with a substantial collar or harness to which the license and rabies vaccination tag is attached. This collar must be worn whenever the dog is "at large" or "running loose. Female dogs in heat, fierce or vicious dogs, or dogs that become a nuisance to others when they are walking along the streets are now allowed to run "at large" regardless of whether they are licensed or unlicensed.
Dogs that have bitten a person are required to be confined in an enclosed or by a substantial chain by the owner for a period of ten (10)

USDA Farm Service Agency
USDA to provide \$5.5 Billion in supplemental AMTA payments
WASHINGTON, Aug. 30, 2000--Agriculture Secretary Dan Glickman announced today that starting September 1, USDA will begin making \$5.5 billion in supplemental payments to about 1.4 million producers. "These payments, part of a \$7.1 billion relief package, will help our Nation's farmers weather these difficult times," said Glickman. "Even with these payments, and other assistance USDA is providing, there remain serious, long-term, structural problems in American agriculture. The Clinton-Gore Administration has repeatedly said that the 1996 Farm Bill does too little to help farmers during bad times. The pain felt in farm country today is evidence that the 1996 Farm Bill is fundamentally inadequate and a stronger farm safety net is desperately needed."
USDA's Commodity Credit Corporation will issue payments to those farmers who received a final fiscal year 2000 Production Flexibility Contract (PFC) payment; sometimes called Agricultural Market Transition Act payments or AMTA payments. These payments will be automatically paid to eligible farmers, who will not have to file any forms or visit any offices.
NOTE: USDA news releases and media advisories are available on the World Wide Web at USDA's Home Page: <http://www.usda.gov>

WEDD offers orientation
Orientation to Workforce Development Programs and Services
This is a special invitation to employers and prospective applicants to learn about the employment and training opportunities available through Workforce Development programs, Tribal and Federal for both adults and youth.
The first orientation will be held August 23, 2000, 9:30 a.m.-10:30 a.m., at the Workforce Development Department office located at 2101 W. Wasco Street. Thereafter, orientations will be held every second and fourth Wednesday of the month.