

Jefferson County Middle School honors veterans



The school's marching band and all students gathered to walk in a parade at their school honoring veterans of all wars. Before the parade an all school assembly was held to present information about the Veterans.

Date set for School Carnival

The eight annual Warm Springs Elementary School Carnival is coming up. The carnival will held in the W.S.E. gym on Thursday, December 14, 2000 from 6:00-8:30 p.m.

All proceeds from the carnival will go toward the Accelerated Math Program. Accelerated Math is an individualized program on the computer used to strengthen math concepts.

A cake walk will be one of the many attractions. Donated cakes, cookies, cupcakes, pies, etc. will be on Wednesday, December 14th. The donations will be greatly appreciated.

The carnival will include many exciting games, prizes, food, pictures with Santa, and lots of fun.

Please join us on Thursday, December 14th from 6:00-8:30 p.m. for another terrific Warm Springs Elementary Carnival.

Parent Teacher Conferences held



Teachers from the high school were available to speak with parents Thursday, November 9 at the Warm Springs Elementary School gym.



In conjunction with parent-teacher conferences a Scholastic Book Fair was held in the Warm Springs Elementary School library.

Photo contest open to Warm Springs members

The International Library of Photography is pleased to announce that over \$60,000 in prizes will be awarded this year in the International Open Amateur Photography Contest. Photographers from the Warm Springs area, particularly beginners, are welcome to try to win their share of over 1,300 prizes. The deadline for the contest is January 31, 2001. The contest is open to everyone and entry is free.

"Everyone has at least one memorable photo that captures a special moment in time," Stated Christina Babylon, Contest Director. "When people learn about our free photography contest, they suddenly realize that their own favorite photos can win cash prizes, as well as national exposure," continued Babylon.

To enter, send one photograph in only one of the following

categories: People, travel, pets, children, sports, nature, action, humor, portraiture, or other. The photo must be a color or black-and-white print (unmounted), 8"x10" or smaller. All entries must include the photographer's name and address on the back, as well as the category and the title of the photo. Photographs should be sent to: The International Library of Photography, Suite 101-9009, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by January 31, 2001. You may also submit your photo directly online at www.picture.com.

The International Library of Photography is an organization dedicated to bringing the work of amateur photographers to the public's attention. You can view the work of over 1.1 million amateur photographers at their website, www.picture.com.

Wellness for men topic of workshop

Gathering of Men VI - Holistic Approaches to Men's Wellness will be held Dec. 5-7, 8 a.m. to 5 p.m. at the Warm Springs Community Wellness Center.

Presentations and exercises in holistic health and solutions for today will be featured during the workshop. Meals will be served.

The workshop is open to men of all ages. For more information contact C.H.E.T. at 553-4922.

COCC helps students prep for college

Central Oregon Community College (COCC) is offering several sessions to help incoming students prepare for college. Placement tests and "Next Steps" orientation programs will be offered starting Nov. 16 at 3 p.m. and Nov. 20 at 8 a.m. in the Boyle Education Center of the COCC Bend Campus.

The two-hour ASSET placement test measures current skills in reading, writing and math, and is used to determine the correct level of course work. It is required for students who intend to pursue a college degree or certificate, and for those planning to enroll in math, writing, or other courses requirement placement scores for registration. Results are available after the Next Steps session.

The one-hour Next Steps session, which follows the placement test, offers an orientation to the college and some helpful hints about planning a course of study. The session is mandatory for all new students who plan to earn a degree or certificate.

There is no charge for these services, but reservations are required. For more information or to reserve a seat, contact the COCC Counseling office at 383-7515. To register online go to www.cocc.edu/admit/registration/placement_test_reservation.htm.

Anyone wishing to attend this event who has special needs resulting from a physical disability should contact Gene Zinkgraf, ADA coordinator, at least three days in advance of the event. He can be reached at 383-7775 or through the college's TTY number, 383-7708.

Dilated exams urged for people with diabetes

Do you have diabetes? Is it affecting your vision?

About 10.5 million Americans have been diagnosed with diabetes. Between 40-45 percent of them have some degree of diabetic retinopathy, a potentially blinding eye disease that is a complication of diabetes. What can you do to help save your eyesight?

The Oregon Optometric Physicians Association, along with the National Eye Institute, is urging people with diabetes to have annual dilated eye exam to detect eye disease in its early stages and help prevent vision loss. Diabetic retinopathy has no early warning signs, so you may not notice changes in your vision until it's too late. With early de-

tection, routine monitoring and timely treatment with laser surgery, vision can be saved in more than 90 percent of those who may otherwise become legally blind from the disease.

Diabetic retinopathy causes fragile, abnormal blood vessels in the eye to swell and leak fluid, leading to blurred vision. It is estimated that between 600,000 and 700,000 Americans have diabetic retinopathy severe enough to cause vision loss. The longer you have diabetes, the greater the change that you will develop diabetic retinopathy. If you have diabetes, you are 25 times more likely to lose vision than someone who does not have it. That is why it is important for people with diabetes to have dilated eye exam at least once a year.

People with diabetes can slow the

onset and progression of diabetic retinopathy and reduce the likelihood of vision loss through better control of blood sugar levels. A program of diet and exercise is a great way to help control blood sugar levels. Ask your health care provider how this program can work for you. People with diabetes are urged to take the initiative-call your eye care professional, make an appointment, and go in for a dilated eye exam. If you have a friend or loved one who has diabetes, encourage them to have regular dilated eye exams.

To find an optometric physician in your area who provides dilated diabetic eye exams contact the Oregon Optometric Physicians Association 1-800-922-2045.

Early Head Start news

The Head Start/Early Head Start meets once a month to discuss program issues, concerns, or changes that may affect the children or the programs in which they are enrolled. Parents are encouraged to attend and ask questions or give input that they feel is important. This forum allows parents to advocate for their children's continual educational experience before they move into kindergarten.

If you have any questions or would like more information, call June, Versa or home visitor at 553-3241.

Group this month

This is the month for thankfulness and sharing. Please come and join us for singing, playing, and fun activities. We have many toys and books for everyone to choose from such as soft dolls, potty time books (for him or her), play food for pretend play, various types of balls, and of course the infant gym for exploration.

This month's songs include: Glad You're Here, Twinkle-Twinkle, Itsy Bitsy Spider, ABC's, Three Little Monkeys, and Old MacDonald.

Activities this month include: Thanksgiving and decorative projects.

Group is every Wednesday in classroom F6 at ECE.

We also offer an evening group that meets every other Wednesday of the month.

Mid-Day 11:00 a.m. to 1:00 p.m.

Evening, 4:30 p.m. to 6:30 p.m.

All groups are listed on the monthly calendar.

When attending group, we ask you to follow a few simple rules:

1. No outside food or drink can be brought into the group classroom.
2. Everyone must stay in the classroom unless accompanied by a home visitor.
3. During meals, everyone

must stay seated to avoid choking, spills, and accidents.

4. Remember to play with your child and keep track of his or her activities.

5. Always walk in the classroom, be courteous and kind, and please don't yell because there are babies sleeping next door.

6. No food or drinks on the EHS bus.

7. All children must be secured in a car seats appropriate for their ages and weights, and the car seats must be properly secured in the bus.

8. All passengers and the bus driver must wear safety belts at all times in the bus.

9. The bus driver only drives to and from group. There are no unscheduled stops.

Happy Birthday

Genesis Lucel

November 17, 1999

Isaac Reynoso

November 25, 1997

Torey Thomas

November 28, 1998

Early Headstart staff:

Executive Director: Julie Quaid

Family Interventionist: June Smith

Home Visitors:

Joie Simtustus-Chavez

Gabby Sohappay

Julie Humphreys

Jessica Cole

Happy Thanksgiving from WSCP

Congratulations to Shadrack Martinez!! Shadrack has been chosen as WSCP employee of the month for October. He was chosen based on his excellence in attendance, work ethic, and productivity.

Due to the success that WSCP has enjoyed so far this year, we would also like to express our appreciation to all of our employees for their continued dedication and hard work. Prior to the Thanksgiving Holiday, WSCP will be handing out turkeys to all of our current employees. We understand that the continued success of the company depends upon the continued efforts of our employees.

WSCP would like to wish everyone a safe and Happy Thanksgiving Holiday.

World AIDS Day...

World AIDS Day
December 1, 2000

What is World AIDS Day?

World AIDS Day is a day bringing messages of compassion, hope, solidarity and understanding about AIDS to every Indian reservation and to every country in the world, North and South, East and West. Since December 1, 1988 World AIDS Day has a special place in history of the pandemic.

What prompted this extraordinary response? World AIDS Day emerged from the call by the World Summit of Ministers of Health on Programmers for AIDS Prevention in January 1988 to open channels of communication, strengthen the exchange of information and experience, and forge a spirit of social tolerance. Since then, World AIDS Day has received the support of the World Health Assembly, the United Nations system and governments, communities and individuals around the world. Each year, it is the only international day of coordinated action against AIDS. Each year there is a theme cho-

sen for World AIDS Day, the theme for the 13th Annual World AIDS Day (2000) is:

AIDS: Men make a difference

The purpose of this theme is to recognize the millions of young men world-wide who are affected-directly and indirectly by HIV/AIDS.

HIV/AIDS: Deadly but avoidable.

AIDS is a chilling disease that has already taken the lives of thousands of people including Native Americans. You may be worried and confused by the rumors and half-truths that surround AIDS (acquired immune deficiency syndrome) and the virus that causes it HIV (human immunodeficiency virus). But, you are far from powerless against HIV infection and AIDS. In fact, once you understand how HIV infection is transmitted, you can learn and practice behaviors that lower your risk of coming into contact with the virus.

If you or someone you know would like to receive the Red Crossing HIV education please contact the CHET program staff at 553-4922 to set up an education class.



Partnership formed for Native Education advancement

The American Indian Higher Education Consortium (AIHEC), the National Congress of American Indians (NCAI), the National Indian Education Association (NIEA), and the National Indian School Board Association (NISBA), today signed a Memorandum of Agreement (MOA) establishing a formal "Partnership for the Advancement of Native Education," and guiding their work together on common national issues and activities regarding the education of American Indians and Alaska Natives. The MOA was signed by the Presidents of each organization at a signing ceremony held in Sioux Falls, South Dakota, during the First General Assembly of the Annual Convention of the NIEA.

The historic MOA is the first such formal agreement bringing together all of these organizations. As stated in the MOA, the purposes are "to establish a formal partnership, improve communications, and enhance the cooperative relationship among the parties." The intents of the

MOA are "to develop, support, and promote unity among the parties on common national education issues and activities that affect American Indians and Alaska Natives," and "to establish, facilitate, and support among the parties timely and effective communications and interactions regarding common national education issues and activities that affect American Indians and Alaska Natives."

Under the MOA, each organization pledges to designate a representative who will be responsible for and authorized to make official communications about the MOA; to timely identify and communicate to all other parties common national American Indian and Alaska Native education issues and activities; to regularly and timely dialogue, plan, and collaborate with each other on developing and presenting official positions on these issues and activities with the goal of reaching consensus wherever possible; and, wherever possible, to re-

fer to consensus reached in its official communications and correspondence.

Throughout their histories, the organizations that are parties to the new partnership for the advancement of Native Education have worked with each other on various matters. They have also discussed the idea of an inter-organizational Partnership, but until now they not acted upon that idea. Recent events such as the two Executive Orders signed by President Clinton-No. 13021 on Tribal Colleges and Universities and No. 13096 on American Indian and Alaska Native Education-have helped make American Indian and Alaska Native education more of a national priority. That has increased the responsibilities of the organizations in holding the federal government accountable and in communicating and planning with their memberships and with each other. The growth of the organizations and their heightened roles lead them to actualize the Partnership.