

## Early Head Start news

### Policy Council

ECE Head Start and Early Head Start Parent Policy Council meetings take place the first Thursday of every month.

The Policy Council gives the elected Head Start/Early Head Start parents and community representatives an opportunity to be involved in the decision making process for each program. Meetings usually include what's going on in the EHS and HS Programs, issues or concerns, and discussing ways to improve both program services.

If interested, we encourage you to attend the next meeting. Or if you would like more information, please call June or Versa at 553-3240/3241. Childcare and dinner are always provided and transportation is also provided to any EHS parent who needs it.

### Birthdays

December 11,  
Kandace Hoptowitz (3-years-old)  
December 12,  
Ezra Post (2-years-old)  
December 14,  
Ciara Palmer (1-year-old)  
December 18,  
Caramiah Charley (2-years-old)

### Preventing frostbite

With cold weather comes the potential for frozen skin and tissue, called frostbite. The most important thing you can do to prevent frostbite is to keep warm. Dressing yourself

and your child in layers and staying inside as much as possible are the two best ways to stay warm. Frostbite is more likely to occur in children than adults because they are smaller and lose heat more quickly than grown-ups do. Generally, cold will damage your nose, ears, cheeks, fingers and toes first, so don't forget to protect these body parts.

Skin that is frostbitten is numb and feels hard and looks white and waxy. If you think that you or your child have been frostbitten, you need to change any wet clothing and get emergency care right away. Do not apply direct heat (e.g. heating pad) or rub the frostbitten skin.

Preventing frostbite is simpler and easier than treating it. Staying out of the cold and snow and dressing in layers will help you and your child stay warm and safe. For more information on protecting your child and yourself from cold and frostbite, talk to your health care provider.

### Basic guidelines in toy selection

#### Toys should:

- Be big enough that they cannot be swallowed or become stuck in a child's throat.
- Be chew-proof and unbreakable.

- Have age recommendations from the manufacturer on the packaging for parents to follow.

### Toys should not:

- Have sharp edges or small parts (like eyes) that could come off and choke a child.

- Have attached strings that are longer than seven inches.

- Have joints or other parts that could pinch tiny fingers.

- Carefully check-out toys from fairs, carnivals, and vending machines based on the guidelines above. These types of toys are not required to meet safety standards, so parents must be especially cautious of them. Parents also must inspect home-made toys and second hand or "hand-me-down" toys for potential hazards. Never give a child painted toys made before 1978 because the paint may contain dangerous amounts of lead. Remember, too, that all toys should be checked periodically for loose or broken parts.

For more information on safe toys, contact the U.S. Consumer Products Safety Commission or Nancy Collins, Indian Health Services Sanitarian.

### Early Head Start Group Schedule

December 6, 27 from 11:00 a.m. to 1:00 p.m.

December 13, 20 from 11:00 a.m. to 1:00 p.m. and 4:30 p.m. to 6:30 p.m.

All families are invited and encouraged to attend any socialization

offered. "Group" is a time for families and children to play, eat and try different activities.

Transportation is provided to all scheduled group (call in advance to ensure appropriate pick-up time.)

Early Head Start is a free program, open to all community children ages 0-3 (including those with special needs) and their families. If you are interested or would like more information, please call June at 553-3241. Early Head Start currently has slots available for those interested.

### Activities this month

1. Play time: parent and child play with various toys and materials. (Legos, puzzles, books, cars, balls, pretend play, coloring, etc.)

2. Song time (circle time): parents and staff singing familiar songs with children like "What's my name?" "Itsy Bitsy Spider," "5 little Monkeys," "Jingle Bells," "Willoughby Wallaby," "Glad You're Here," "Chubby Little Snowman," "Head, Shoulders, Knees and Toes."

3. Story time: this month—"Polar Bear, Polar Bear, What Do You Hear?" and "The Snowy Day."

4. Other Activities: Pat-a-Cake, Hokey Pokey, Musical Chairs, Floating Feathers, Humming, Who are You and Where are You? Pass the Snowball, Paper Ornaments, Snow People, Cotton ball snow pictures.

## Date set for School Carnival

The eight annual Warm Springs Elementary School Carnival is coming up. The carnival will be 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 14<sup>th</sup>. 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 14<sup>th</sup> from 6:00-8:30 p.m. for another terrific Warm Springs Elementary Carnival.

## Scholarship information given

**Undergrad scholarship:** Each year, the Morris K Udall Foundation awards undergraduate scholarships of up to \$5,000 to American juniors and seniors in fields related to the environment, and to Native American and Alaska Natives in fields related to health care or tribal policy.

The Foundation will award approximately 75 scholarships to outstanding students, to be known as Morris K. Udall scholars, in the spring for use during the next academic year.

The awards will be made on the basis of merit to two groups of students: 1. Those who are college sophomores or juniors in the current academic year, have outstanding potential, and are in fields related to the environment; and 2. Native American and Alaskan Native students who are college sophomores or juniors in the current academic year, have outstanding potential, and are in fields related to health care or tribal public policy.

Two-year and four-year institutions are eligible to nominate up to a total of six students from either or both categories, although it is recommended that the total be equally divided between them.

To be considered, a student must be nominated by his or her college or university using the official nomination materials provided to each institution. Each scholarship covers eligible expenses for tuition, fees, books, and room and board, up to a maximum of \$5,000.

Scholarship recipients are eligible for one year of scholarship support. Scholarship monies not used during one academic year are not transferable to the succeeding academic year. Scholars selected during their sophomore year may be renominated during the next year's competition. Junior nominees may not be renominated. Freshmen are not eligible.



## High School essay competition launched

Cash awards totaling \$5,000 are available to Oregon high school students through the seventh annual Independence Essay Competition, organized by Cascade Policy Institute. The entry deadline is March 15, 2001; guidelines are available online at [www.cascadepolicy.org/essay.asp](http://www.cascadepolicy.org/essay.asp) or by calling (503) 242-0900.

The Competition's theme, "exploring the foundations of freedom," encourages students to consider the meaning of liberty and the proper role of government in a free society. This year's topic relates to a quote by American Revolutionary Thomas Paine: "The more perfect civilization is, the less occasion has it for government, because the more does it regulate its own affairs, and govern itself. . ."

Students are asked to select per-

sonal responsibility, private charity or free markets as their essay focus, and explain why we are better off accomplishing goals and solving problems through private, voluntary actions rather than through government. Cascade's website offers suggested short readings for background on the topic.

"All high school students are eligible to participate, not just college-bound seniors," notes Angela Eckhardt, program director at the Portland-based Cascade Policy Institute. "Public, private and home-schooled students are all encouraged to enter."

An independent panel of judges will select the winners, who will receive up to \$1,000 each. The judges are Pamela Hulse Andrews, CEO & Publisher, Cascade Business News;

John A. DiLorenzo, Jr., partner, Hagen, Dye, Hirschy & DiLorenzo, P.C.; Karen Hinsdale-Berkman, owner, The Cellar Door; Jackman Wilson, editorial page editor, Eugene Register Guard; and James Winters, president, United Energy, Inc.

Sponsors of the Independence Essay Competition include the Bonavia Family Charitable Trust, Centerpoint Graphics, Constructive Management Foundation, and Friesen Lumber Company.

Cascade Policy Institute is a non-profit research and educational organization that focuses on Oregon state and local issues. The Institute's mission is to explore and promote public policy alternatives that foster individual liberty, personal responsibility, and economic opportunity.

## Warm Springs Elementary news

### Calendar Updates

#### December

14<sup>th</sup>-Winter Carnival 6-8 p.m.

16<sup>th</sup>-January 1<sup>st</sup>-No School Winter break

#### January

8<sup>th</sup>-509-J School Board meeting

9<sup>th</sup>-Title 9 meeting at WSE

15<sup>th</sup>-No school Martin Luther King Jr.

22<sup>nd</sup>-509-J School Board meeting

25<sup>th</sup>-End of 2<sup>nd</sup> quarter 2000-2001 school year

26<sup>th</sup>-No school Inservice & report card prep.

### November All-Star Students

Shawnee Johnson, Martin Smith-Mennealy, Mariah Smith, Merima Made, Theron Spino, Eddie Jones, Micah David, Erica Aguirre, Leanne Smith-Lucero, Kecia Florendo, Jimmy Flores, Lucas Yahtin, Marissa Yaw, Alden Clemens, Cheyenne Wahnetah, Leslee Henderson, Rosey TwoStars Suppah, Mystina Spino-McCormack.

### November Students of the Month

Isabella Miitts, Jesse Hicks, Justin Queahpama-Mehlberg, Bryson Spino, Shaiandra Saunders-Kalama, Charmaine Billey, Stephen Pratt, John Katchia III, Cyril Frank, Doris

Lawrence, Branden Teeman, James Spino, Larry Spino, Antoinette TallBull, Nicole Wahnetah, Gerald Frank, Katrina Greene, Wyatt Rodin, Darrin Tapia, Roschena Sargeant, Trevor Suppah, Eric Mitchell, Shawrisa Bates, Rhyann Smith, Tana Lawrence, Seth David, Gale Lawrence III, Lianna Jim, Gerald Hoptowitz, Desmond Flores, Brianna Walking Eagle, Nathan Melbourne, Levi Jim, Troy Sam-Smith, Laura Bryant, Philip Guerin, Micah David, Charlie Ann Herkshan, Andrea Cook, Laura Thomas, Angela Bellanger, Johnson Heath, Miguel Frank, Latasha Sampson, Allegra Robinson, Elias Gilbert, Ariel Payne, Julia

Begay, Ford Fuiava, Albert Kalama, Kellie Moody, Josephine Zacarias, Anevay Torrez, Maraya Culpus, Lawrence Shike, Jr., Carlos Reynoso, LaRonn Katchia, Trent Centre, Hiram Yaw Jr., Billy Joe Berry Jr., Raphael Caldera Jr., Xavier Gilbert.

### Perfect Attendance 1<sup>st</sup> Quarter

Anevay Torrez, Andrea Cook, Charlie Ann Herkshan, Emerson Culpus Jr., Hilbert Williams, K-Lei Smith-Strong, Kara Katchia, Kelli Moody, Lawrence Shike Jr., Leander Smith, Leslie Robinson, Philip Guerin, Sonny Stacona, Stefan Sutterlee, Timothy Red Dog, Victor Switzler Jr., William Caldera, Leonard Americanhorse, Tyrell Smith, Leanna Boise, Tana Lawrence, Kristi Olney, Marrisu Yaw, Gerald Hoptowitz, Merima Made, Nicolas Heath, Lillitiz Henry, Allegra Robinson, Daniel Alonso, Jason Smartlowit, Antoinette TallBull, Waymon Harry, Larry Spino II, Tanisha Teynosio, Amanda Soriephen-Yazzie, Daisy Thomas, Dorothea Thurby, Chantell Williams, Archie Caldera, Thurman Suppah, Emily LaPage, Levi Jim, Tiana Davis, Nikki Reynoso Hiram Yaw Jr., Chanda Robinson, Victoria Spino, Anthony Arthur, John Katchia III, Aaron Dodge-Arthur, Bryson Spino, Robert Spino, Merlin Ltom, Katrina Greene & Dylan Miller.

## Photo contest open to Warm Springs members

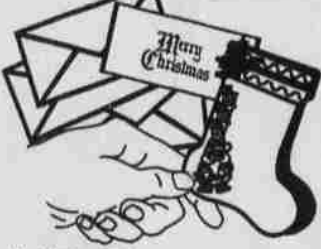
The International Library of Photography is pleased to announce that over \$60,000 in prizes will be awarded this year in the International Open Amateur Photography Contest. Photographers from the Warm Springs area, particularly beginners, are welcome to try to win their share of over 1,300 prizes. The 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](http://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](http://www.picture.com).



## VR Program commends representatives

Two local people, Lamont Brown and Jeannie Brisbois, represented the Confederated Tribes of Warm Springs and the Warm Springs Vocational Rehabilitation Program at the Annual Rehabilitative Services Administration/Consortia of Administrators for Native American Rehabilitation Conference in Bellevue, Washington, October 31, 2000.

Together with their VR Counselors, George Aguilar, Jr. and Cecil Ballou, Lamont and Jeannie were two of ten panelists who gave their history, employment background, and how the VR Program helped them with their employment goals.

Jeannie spoke of her reaching her goal of becoming a secretary at the Children's Protective Services department.

Lamont is employed at the Museum where he is responsible for maintenance and groundskeeping. During his presentation he said, "I am good at stealing. I can see someone else's strength and I steal that strength for own benefit." Lamont's talk was intriguing and captivating and laced with great humor.

Both Jeannie and Lamont represented the people of Warm Springs exceptionally well. The Warm Springs VR Program thanks both participants for attending the conference and sharing their experience.

If anyone is interested in learning about the VR Program or would like to seek services, you are invited to attend an hour-long orientation.

Orientations are held every Monday afternoon at 3:00 p.m. (except holidays). The VR Program exists to help Native Americans with Disabilities obtain, maintain, or become promoted in employment.

## OSU to offer lecture on Microbes

Oregon State University will present a lecture on Microbes on Extreme Diets, Monday, January 8, 2001, 7:00 to 8:00 p.m. This lecture will be presented in a series to discuss the influence of Microbes on Extreme Diets on Global Warming, Nutrient Cycling, and Environmental Clean Up.

Daniel J. Arp, Professor, Botany and Plant Pathology, Director, Molecular and Cellular Biology, of Oregon State University will be presenting this lecture at OSU Central Oregon 20365 Empire Avenue, Bend (corner of US Highway 97 and Em-

pire Ave).

Bacteria are well known for their ability to grow in extreme environments—from Arctic lakes to Yellowstone hot springs and from acid mine drainage to deep aquifers. They are also capable of growth on a remarkable variety of nutrients, many of which are not commonly thought of as nutrients at all. Three such groups are the focus of current research projects at OSU. Come and find out how bacteria that use ammonia, butane and toluene as their source of energy impact our environment.

## COCC closes for year-end

Central Oregon Community College will be closed Saturday, December 23, through Monday, January 1. The admissions and enrollment services and Community Education Departments will be closed Friday, December 22.

The COCC Library and its computer lab will be closed December 9, 10, 16, 17, and January 6, 7. It will be open from 1 to 4 p.m. December 11, 15, December 18 to 22 and January 2-5. The library and lab will be

closed for the holidays December 23 to January 1.

The Pioneer computer lab will be closed December 9 through January 7.

The college bookstore will be closed December 25 through January 1.

The first day of winter-term classes will be Monday, January 8. Community Education classes begin Monday, January 8.

For information call 383-7700.

## United Indian Students in Higher Education is having an Art Contest!

We are looking for some good art work for our logo. We also need a piece to use for our annual spring Powwow poster. If we like your work we'll pay you \$\$\$.

**1<sup>st</sup> Place \$200, 2<sup>nd</sup> Place \$100** F.Y.I. This year our powwow theme is "Ending the Myth"

Put your work on an 8 x 10 piece of paper and ship it to us by January 15, 2001

Don't forget to give us your name, address and phone number so we can send you the cash if you win. Questions? 503-725-5671

Send your work to:  
UISHE @ Portland State University  
P.O. Box 751-SD  
Portland, OR 97207  
(All entries that are not winners will be returned)

## Ahern, Gabriel congratulate students accomplishments

Congratulations to Azeul Charley, he was the recipient of the \$35 for first prize in the poster contest for Red Ribbon Week-Drug Prevention.

Martha Ahern and Marge Gabriel would also like to congratulate the following students for receiving their food handler's certificates from the Jefferson County Public Health Department. The students were administered the standard forty-question exam by an official from the Health Department. It is an Oregon State requirement to have your food handler's certificate in order to be employed in the food and drink business.

Congratulations to: Azeul Charley, Devery Arthur, Jeannette Palacios, Zachary Flu, Robert Lucci, David Fuentes.

## Winter Nites Culture Club Simnasho Longhouse



Monday's from 5:00 to 8:00 p.m.

For more information call Char Herkshan at 553-3205

## Kah-Nee-Ta Resort Saturday Swim Lessons

Red Cross certified instructors  
January 6, 13, 20, 27

Classes offered at 11:00 a.m. and 1:30 p.m.

\$30 per child  
Learn to swim class—5 years and older

Minimum of 6 children per lesson.  
Maximum of 10 per lesson.

Space is limited. Call to make reservation or for more information, 553-1112 ext. 3453, or ext. 3458