



Spilyay Tymoo Sports

"Shoot the Rock" Camp held for kids



Katy Steding talks to some of the kids that were in the "Shoot the Rock" Camp.

The "Shoot the Rock" camp was founded in 1995. The camp founder Randle Cook did it as a exchange, when their kids came down from LaConner, WA and in return a group traveled to LaConner to participate in their activities. Randle Cook was the instructor of the camp from 1995 to 1997. Then in 1998 Monte Larson held the camp in his ab-

sence.

This year Andy Leonard and Katy Steding held the "Shoot the Rock camp." Katy Steding won a National Championship with Stanford in 1995. She also received All-American honors. In 1996 she was an Olympic gold medalist. From 1996-98 she played for the Portland Power. In 1999 she was in the WNBA Draft.

There was a total of 35 kids of all ages that participated in this years Christmas Break Camp. All the kids received a T-shirt for participating. The camp instructors would like to thank Healthy Nations and the Community Wellness Center for helping make the camp possible.

SIPI men's cross country gets 3 runners on All American team

Southwestern Indian Polytechnic Institute out of Albuquerque, New Mexico continued to show promise. On November 13, 1999, the SIPI men's cross country team traveled to New York to compete against other teams from their division. SIPI had three runners make the ALL AMERICAN team and finished second in the team competition. The host school Delhi College won the team competition with a team score of 29

points. SIPI finished in second with a team score of 54. Individually Angelo Baca was the top finisher for SIPI finishing in fifth place with a time of 27:35 in the five mile event. The two others to make the all american team were Herbert Pebeashy, 8th, 27:52; and Doug Pourier, 13th, 28:06. Others to help with the scoring were Roy McNabb, 18th, 28:23; Theodore Round Face, 19th, 28:27; Kellen Lomayestewa, 70th, 31:50;

and Wilmer Lomayaoma Jr., 81st, 32:58. Eric Van Ostrand of Delhi College was the overall winner with a time of 26:52. The SIPI running program was first started in 1990, and since then they have had 5 National Championship titles, 7 National Runner-Up titles, 10 Individual National Champion awards, and 34 All American awards in cross country, indoor/ outdoor track, and the marathon.

Annual Holiday Indian Basketball Tournament January 12-15, 2000 at the Warm Springs Health & Wellness Center

Allisa Reid runs well for SIPI

Southwestern Indian Polytechnic Institute runner Allisa Reid was awarded ALL AMERICAN honors for her 6th place finish at the National Junior College Athletic Association Division III Cross Country Championships held on November 13, 1999.

The overall winner of the 3.1 mile event was Ruthie Zehr of Delhi College with a time of 20:18. Allisa Reid finished with a time of 20:53. Reid was consid-

ered to be one of the pre-race favorites, after winning the individual crown at the NJCAA Region 5 championships on October 23, 1999. Allisa Reid was the only female to represent SIPI, at the 1999 national championships in New York. She is only the second female ever to make the All American team. Allisa is also the first SIPI athlete to win an individual region 5 title in cross country.

COCAAN accepting applications for two home ownership programs

COCAAN (Central Oregon Community Action Agency Network) in Redmond is currently accepting applications for two home ownership programs designed to assist low-to very income singles, couples and seniors to become homeowners.

The Mutual Self-Help Home ownership Program is accomplished through COCAAN's partnership with Rural Development, USDA who offer subsidized interest rates (as low as 1%) to qualified participants. Currently, seven homes are under construction in Prineville. The seven current homeowners are helping to build each other's homes in order to make the homes more affordable as well as gain thousands of dollars of ("sweat") equity. These initial pro-

gram participants are expected to complete construction of their homes and eagerly move into them in mid-2000.

COCAAN would like to help as many people become homeowners and are offering their assistance through the application, loan packaging, and construction processes. Applications are now being accepted by COCAAN in hopes of being able to start building a minimum of seven additional homes in early 2000.

Another home ownership program offered by COCAAN is the Community Land Trust Program currently constructing three contractor-built homes in Madras. The program assists low-income participants become homeowners by offering sizable

down payment assistance, and, since only the home is being purchased and not the land, the purchase price is very affordable. The land remains in a trust so future generations also have an opportunity to acquire affordable housing.

Interested applicants for either program should have a minimum monthly income of approximately \$1,100 or more with little to no debt to insure their ability to afford future house payments. At higher incomes, higher debts are acceptable, but the debts together with the anticipated house payments (PITI) cannot exceed 41% of income. Both programs are targeted to serve people at or below 50% of median income, but limited funding is available to people mak-

ing as much as 80% of median income. That means that a single person with an income of \$1,750 per month. Credit qualifications are lenient in comparison to conventional financing, but must be verifiable and show an acceptable payment history.

Carla John, COCAAN's Home ownership Programs Coordinator is responsible for qualifying and assisting applicants for both programs. She is also working to expand the current programs, as well as put together new home ownership opportunities to serve low-income families throughout the three county area. Carla asks that you call COCAAN at 541-548-2380 and ask for home ownership program information and/or application.

FDA provides availability for recourse loans

The Agricultural, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act 2000, provides for the availability of recourse loans to producers of 1999 crop honey.

The Honey Recourse Loan Program authorizes Commodity Credit Corporation to make available to producers a 9-month recourse loan on 1999 crop honey. The Loan can be requested at their local Farm Service Agency Office until March 31, 2000. The loan rate shall be \$0.59 per pound for all eligible loans.

An eligible producer is a person who:

- * produced honey in the United States during the calendar year for which the loan is requested and extracted honey on or before December 31, 1999.

- * has a continuous beneficial interest in the honey from the time the honey was extracted through date of

repayment of the loan

- * is responsible for the financial risk of keeping the bees and producing the honey

To be eligible for a loan, the honey must:

- * have been produced by an eligible producer

- * have been produced in the United States during the 1999 calendar year

- * be of merchantable quality deemed by Commodity Credit Corporation to be suitable for loan

- * be stored in acceptable containers

Honey shall be stored on or off the farm. A pre-loan must be performed by County Offices to verify the quantity of honey.

To process the necessary paperwork come by the Central Oregon Farm Service Agency Office at 625 SE Salmon Ave, Suite 3 Redmond Oregon, or call the office at (541) 923-4358 extension 2.

Childbirth series set for January

There will be a comprehensive six week Childbirth Education series held in Madras and Warm Springs in early January. This series is for women with babies due before April 7. The Childbirth Education Series provides an understanding of the labor and delivery process, information on breathing and relaxation techniques and support skills for the mother and her partner. Newborn behavior, care and feeding will also be discussed in this Mountain View Hospital District sponsored series. Infant rescue breathing, airway obstruction and Cardio-Pulmonary Resuscitation training is included in the course.

International Childbirth Educator Association trained instructor Janet Bissell, RN will teach the series. Bissell is also a Certified Lactation Educator.

The cost of the course which includes the workbook is \$25. The Warm Springs course will begin at 1

p.m. on Tuesday, January 4. The Madras classes will begin at 7 p.m. on Wednesday, January 5.

A new Spanish Childbirth Education Class has been incorporated into the new schedule for the year 2000. The Spanish course will be held at the Jefferson County Health Department in Madras and will begin at 10 a.m. on Tuesday, January 4. The cost for the Spanish course which does not include a workbook is \$20.

To register call the Mountain View Hospital District Wellness office at 475-3882 extension 2307 or the Warm Springs Health and Wellness Center at 553-1657.

If you are interested in attending any district community or patient education class and will require assistive aids, please contact the district Wellness office at 475-3882 extension 2307 (TTY/TDD) to request such aids. Please call in advance so appropriate arrangements can be made.

Meeting rescheduled

The Cancer Support Group will not be meeting on Thursday, December 23 at Mountain View Hospital District due to holidays. The next meeting will resume on January 13 at 5:30 p.m. at Mountain View Hospital District in the multipurpose room. For more information about the cancer support group meetings, please feel free to call Eva Montee at Mountain View Hospital at 475-3882 extension 2370. If you are interested in attending any District community screening or patient education class and will require assistive aids, please contact the District Wellness Office at 475-3882 extension 2307, or 475-3882 extension 2350 (TTY/TDD) to request such aids. Please call in advance so appropriate arrangements can be made.

LOST:

25" Nukshy fur with Abalone Shell. Was a very important keepsake. Lost during the Waheneka funeral on 12-28-99. If found please call Pam Cardenas at 553-2557.

Farm Service Agency news

CROP DISASTER PROGRAM (CDP) SIGN-UP - DECEMBER 13, 1999 THROUGH FEBRUARY 25, 1999

The agricultural appropriations act, 2000, included \$1.2 billion for the crop disaster program (CDP) for farmer and ranchers who suffered losses on 1999 crops due to natural disasters. Producers will be compensated if their losses exceed 35 percent of the expected county average yield. 1999 CDP advance payments of 35 percent will be issued when the producers has completed all information and the application has been approved. Final payments will be made after all applications are processed and a national factor is applied in order to stay within the budget of the program. Sign-up begins December 13, 1999, and ends on February 25, 2000.

For further information, please contact the central Oregon FSA office at 540-923-4258, extension 2 or visit the office at 625 SE Salmon Ave, Suite 3, Redmond, Oregon.

Interest requirement rescinded for loan program

Beneficial Interest Requirements Rescinded for 1999 LDP

Tualatin, Oregon, December 13, 1999 — State Executive Director Jack Sainsbury today announced the beneficial interest requirement for Farm Service Agency loan deficiency payments has been rescinded for eligible crops produced in 1999. The announcement effects producers who have marketed and eligible 1999 crop and did not receive a loan deficiency payment because of the loss of beneficial interest.

Farm Service Agency County Office employees will now allow producers who marketed an eligible 1999 crop to receive a loan deficiency payment. Payment will be

For sale

Trailer located on 2493 Sunset Lane at the Trailer Courts.

\$8,000 obo. Contact Pebbles 553-1266

'78 Thunderbird car, radio, A/C, Power brakes, Good shape, \$1,250 call Mike McCool at 475-2805

Motorola Cell Phone with Charger \$50; US West Pager \$40; Bunkbed-white tubular with mattresses \$250 call Vesta at 553-9223

For sale

Two male Purebred Miniature Schnauzers, parents are AKC registered, all shots, ears & tails docked; One is black & silver; the other is dark salt & pepper (borders on being a toy); can be shown in dog shows or use as stud service. Past siblings are blue ribbon winners in Florida, Chicago and California. Born August 5, ready to go.

If interested call (541) 553-1960, leave message on answering machine if no one home.

Senior Citizens activity schedule

January 2000
4th-Tuesday: 12 noon Traditional foods meal
March 17th-18th-Coos Bay Honor Tribal Elders Days

August 19th-22nd-NICOA National Conference @ Duluth, Minnesota; See Melissa regarding trip fund raising activities.