

## Holiday events lined up

With Christmas just around the corner, the Warm Springs Recreation Department and Warm Springs Community Center have several holiday events lined up.

Events begin with the Thirtieth Annual Christmas Bazaar on Saturday, Dec. 10, and the Christmas Tree Lighting and Christmas Light parade Monday evening, Dec. 12.

The Community Christmas Indian Night Out is at the Agency Longhouse on Tuesday, Dec. 20, and the Last-minute Christmas Bazaar is scheduled for Wednesday, Dec. 21.

The Thirtieth Annual Christmas Bazaar, from 10 a.m. to 4 p.m. on Saturday, features local vendors offering gifts and crafts.

To become a vendor at this year's bazaar, contact Carol Allison at 553-3243.

The Last Chance Bazaar featuring Native American vendors is from 10 a.m. to 6 p.m. on Dec. 21. For more information, contact Allison.

The theme of the Second Annual Car Lights Parade is "Coyote and the Stars." The parade last year was the first, and featured several decorated cars, both from Warm Springs and surrounding Central Oregon communities.

For this year's parade, any cars decorated with Christmas lights can meet at the Warm Springs Elementary School parking lot from 5 to 6:30 p.m. on Monday, Dec. 12. The parade starts at 7 p.m. and ends at the Community Center parking lot.

There will be singing around the Christmas tree on the Community Center lawn, a visit from Santa Claus, and a hamburger

barbecue and hot dog roast at Elmer Quinn Park immediately following the tree lighting.

For more information on the parade, contact Austin Greene at the Community Center, and for the tree lighting, contact Carol Allison.

The Primary Prevention/Recreation Department hosts the Annual Community Christmas Indian Night Out at the Agency Longhouse. Dinner is promptly at 6 p.m., with a powwow and games immediately following. All participants receive tickets for door prizes that are given out throughout the evening. All dancers and drummers are welcome, but drummers should bring their own chairs.

For more information on the Night Out, contact Austin Greene.



Lenora Starr, Mary Brewer and Montell Elliott (from left), of the Diabetes Prevention Program.

## New help for diabetes prevention

There is new help available in Warm Springs for people who are at risk of developing diabetes. The program is called the Diabetes Prevention Program, funded through the federal Special Diabetes Program for Indians (SDPI).

To join the free program, you must be at least 18 years old. You must also not already be diagnosed with diabetes, pregnant or abuse substances. You must have prediabetes.

A screening and blood test will determine each person's condition. First, the person has a screening, which involves a finger-stick handheld glucose monitor. If the reading is 100-plus, then the person is asked to do a second

test. The second test is a two-hour blood test, called the glucose tolerance test, conducted at the clinic.

The Diabetes Prevention Program is free, and will help people lose weight and body fat. Members of the program will have group support at weekly classes. Each person will also have his or her own coach, follow a scientifically proven curriculum, and learn to make healthier choices.

For information call Montell Elliott, program recruitment coordinator, at 553-1196, ext. 4113; or Lenora Starr, recruitment assistant and data entry specialist, at ext. 4152.

The group meetings of the Diabetes Prevention Program

will be once a week at the clinic for 16 weeks. The classes are one hour in length.

The hope is to have a total of 24 people in the program in January, said Elliott. There would be two classes of 12 people each, she said.

Currently there are six people who have committed, so there is room for others to join.

Mary Brewer, health educator, will be the main teacher of the program. She will have help from Public Health Nurse Elsie Howard.

The Diabetes Prevention Program is an important new addition for the tribes, as Native Americans suffer from some of the highest rates of diabetes in the world.

## Madras Paint & Glass

Chip Repairs \$59.95  
\$10 for each additional one



(Avoid replacing your windshield)

Open 7:30-5:30 M-F; 9-4 Sat  
1076 SW Hwy 97 in Madras, ph. 475-2166

**Mail** Copies & More

PHONE: 541-475-5656

**FedEx**  
Express

**\$1 OFF**

Limit one coupon per visit. Discount valid only for packing services only with a shipping transaction. Restrictions apply. Offer expires 12-24-05.

**WHEN WE PACK 1 PKG**

SHIPPING

**\$2 OFF**

Limit one coupon per visit. Discount valid only for packing services only with a shipping transaction. Restrictions apply. Offer expires 12-24-05.

**WHEN WE PACK 2 PKG**

**\$5 OFF**

Limit one coupon per visit. Discount valid only for packing services only with a shipping transaction. Restrictions apply. Offer expires 12-24-05.

**WHEN WE PACK 3 PKG**

NOW OPEN UNTIL 7PM M-F / SAT 9-5 / SUN 10-4

380 SW 5TH STREET - IN THE OSCAR'S BUILDING

### Notice of public hearing

Confederated Tribes of Warm Springs  
Tribal Water Control Board  
and Tribal Environmental Office

The Water Control Board and the Tribal Environmental Office of the Confederated Tribes of Warm Springs will hold a public hearing on the 10<sup>th</sup> of January 2006 to receive comments on proposed revisions to the Tribal Water Quality Standards.

The Water Quality Standards for the tribal waters of the Warm Springs Reservation are adopted as a part of the Warm Springs Tribal Code Chapter 432 as "Ordinance 80, Water Quality Standards, Beneficial Uses and Treatment Criteria."

The proposed revision to draft Ordinance 80 provides some definitions for low flow periods and changes the concentration levels of various toxics for the protection of human health as listed in Table 3 for fish consumption.

Anyone interested in obtaining additional information concerning the proposed changes to the water quality standards or reviewing a copy of the proposed regulations should contact D. R. Sehgal at 541-553-2022 or Rawlin Richardson at 541-553 3460 of the Tribal Environmental Office, Confederated Tribes of Warm Springs, PO Box C, Warm Springs, Or. 97761.

**Black Bear Diner**

**Grrreat Family Food**

*Madras' Finest Family Dining*

- All Products Prepared Fresh Daily
- Entrees Roasted Daily
- Featuring Hand Cut USDA Choice Steaks

**BREAKFAST - LUNCH - DINNER**

• Senior Menu • Children's Menu • Daily Specials

237 S.W. 4th Street, Madras • 475-6632 OPEN 6 am - 10 pm DAILY

**No kidding - The Best Food in Town!**