

Biggest losers in contest become active and healthy

The biggest losers in Warm Springs gathered together to share a healthy lunch Thursday, May 11, at the Warm Springs Community Center and awarded prizes to the biggest losers for the year 2006.

There were 195 people who signed up to become a big loser, but only 172 actually paid their entry fee to become a loser. There were 37 men and 135 women who competed for the prize money.

Becoming a loser meant that participants would make commitment to themselves and become active in their lives to reach a goal of becoming healthy. Becoming healthy is a goal of this activity, "to get people moving and becoming healthy," stated Carolyn Harvey, organizer of this activity.

There were 130 people who actually finished the challenge, 79 women and 24 men. That's 60 percent who completed the challenge by taking final weights

and measurements the first week of May. There was also an essay written by each participant sharing what they found to be hurdles and how they overcame those hurdles to be a big loser.

As a group the Biggest Losers lost 445 pounds total, 126 inches off the waist, and 44.5 percent body fat.

As individuals there were prizes for the top four males, and top 10 females.

Coming in first for the men was Jerry Polk who lost 29.5 pounds, 5 inches from the waist, and 2.8 percent body fat, \$300. Second place went to Jason Smith who lost 19 pounds, 4 inches from the waist, and 2.6 percent body fat, \$70. Third place was William Patt, and fourth place was Brett Whipple who each received a prize water bottle.

Coming in first for the women was Betty Hewson who lost 29.5 pounds, 9.75 inches, and 2 percent body fat, \$575.

Second place went to Claudine Littleleaf who lost 21 pounds, 4.5 inches, and 2.6 percent body fat, \$400. Third place went to Chris Smith who lost 14.5 pounds, 1 inch, and 2.6 percent body fat, \$225. Coming in fourth place was Nancy Seyler who lost 10.75 pounds, 6 inches, 0.1 percent body fat, \$125.

Fifth place was Jamie Burleigh, sixth place Crystal Berlan, seventh place Thelma Alsop, eighth place Darylynn Cortazar, ninth place Talya Holliday, and tenth place Michelle Manion, who each won a prize water bottle.

Each participant who completed the final weight and measurement received a sweatshirt.

Exercise activities are still available at the Warm Springs Community Center for anyone interested in becoming healthy and active in their busy lives. The biggest loser activity is a motivator to get people active.



'Biggest losers' gather for awards.

Selena Boise/Spilyay

Window closed during lunch hour

Medical Clinic hours announced

The Medical Clinic window is now closed from 12 noon to 1 p.m.

Regular medical clinic hours are 8 a.m.-12 noon, and 1-7 p.m. on Monday, Tuesday, and Thursday; from 8 a.m.-12 noon and 1-5 p.m. on Fridays; and from 1-7 p.m. on Wednesdays.

While the window will be closed at times, a provider, as

always, will be available for urgent patients needs.

Dental and Optometry are open from 8 a.m.-12 noon and 1-5 p.m. daily, except for Wednesdays. As always, if you think you have an emergency, please call 911.

The direct clinic line is 553-2610, and is available from 8-5, Monday through Friday. You

can also call 553-2610 to leave a message with the designated provider's nurse.

If you leave a message, please be sure to state your name, briefly what your need is, and a telephone number where you can be reached. The nurse will return your call.

Dinner to welcome new veterans counselor

Veterans and veterans' families are invited to join the Warm Springs Community Counseling Center on Wednesday, May 31 at the Warm Springs Longhouse for dinner and to meet and welcome Dr. Anna Suessbrick.

Suessbrick will be providing counseling services for veterans at the Warm Springs Community Counseling Center starting

in June.

Dr. Suessbrick is a psychologist resident in private practice in Portland. She began her training in New York City, where she worked predominantly in urban psychiatric hospitals.

She completed her training at the Portland Veterans Administration Medical Center.

Dr. Suessbrick specializes in

treatment of post-traumatic stress disorder (PTSD).

Her cases are supervised by Dr. Keith Campbell, who also specializes in treatment of PTSD.

Early Head Start services available

Early Head Start services are available throughout the summer months. If you are a parent/guardian of a child age birth to 3, or are currently pregnant, you may be eligible for Early Head Start.

To find out more call 553-3241, stop by Early Childhood Education Building, or write to Early Head Start, P.O. Box 809, Warm Springs, OR 97761.

Boarding school orientation in June

Higher Education will hold their annual boarding school orientation at the education building on June 23-24.

This is a chance for students/guardians to meet representatives from Chemewa Indian School, Glandreau Indian School, Riverside Indian School, and Sherman Indian School.

Students will also receive assistance with their 2006-07 applications for admission, and ask questions of the representatives. Deadline for applications to any of these boarding schools is July 31, 2006. Contact higher education at 541-553-3311, for more information.

Seminar addresses loss, grief

A loss and grief seminar is scheduled for Thursday, May 25 at the Warm Springs Shaker Church. The seminar will begin with opening prayer, go into "grief cycle," and will cover "traumatic losses," then sharing time, lunch, and then the last session, "What about Memorial Day?" before closing prayer.

For information about this call Char Herkshat at 553-3205.

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KWSO 91.9 FM COMMUNITY CALENDAR - KWSO 91.9 FM COMMUNITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			24	25 * Indigenous Peoples "Team Oregon" meeting 6pm @Community Center	26	27 COCC Native Student Spring Powwow 5pm in the Grandview Building
			MAY 24th - June 17th, 2006			
28	29 MEMORIAL DAY HOLIDAY	30 Youth Program Coordination @Specht rum Noon	31 GRAD'S NIGHT OUT Simnasho Longhouse 6pm	1 6-week series of Childbirth Education Classes begins in Madras & WS	2	3
4	5	6	7	8	9	10
			Warm Springs Elementary Summer Academy will operate July 5 th - 28 th from 9am - noon daily. Call the school at 553-1128 to sign your child up.			
11	12	13 LAST DAY OF SCHOOL 509-J	14	15	16	17
			509-J SUMMER FOOD PROGRAM June 19 th - July 28 th at WS Elementary Cafeteria... 8-9am Breakfast, 11-12:30pm Lunch FREE program for 1-18 year olds			
18	19 Summer Rec Begins at the Community Center	20	21 Summer Library Begins at the Family Resource	22	23 Pi-Ume-Sha Treaty Days	24 June 23, 24 & 25 Skate Park Contest
			SUICIDE PREVENTION CAMP AT HE-HE LONGHOU: for Teens and College Students			
			IHS Pi-ume-sha HEALTH FAIR			BOARDING SCHOOL ORIENTATION