

Gallery celebrates anniversary

"Surprisingly wonderful" is how Brigette Whipple describes her first year of business at the Wild Rye Bread Gallery.

Whipple celebrated the store's one-year anniversary on Feb. 8.

"I wasn't sure what to expect, but we're having lots of fun—too much fun, I think, sometimes," she said with a laugh.

According to Whipple, owning a bead store has always been one of her goals.

"It's something that I've always wanted to do, and I just went for it," she said.

Though the store keeps her busy, Whipple still works full-time as a tribal anthropologist with Geovisions.

However, she hopes to bring in an employee soon with the help of the WED program.



Brigette Whipple opened the Wild Rye Bread Gallery one year ago.

"They gave us an opportunity to get somebody trained and give somebody retail experience," Whipple said.

Whipple also offers classes in beading, moccasin making,

looming, lazy stitch and string work.

Plus, she's open to any ideas about future classes.

"If somebody has an idea they can call me," she said.

In addition, Whipple enjoys promoting the work of fellow tribal members by consigning items in her store.

It gives tribal members an opportunity to make a greater profit with their work.

Whipple explained, "I like to commission people's items—that way they get money back."

The Wild Rye Bread Gallery is located in the Warm Springs Plaza.

The store is currently open Wednesday through Friday from 12 p.m. until 6 p.m. and on Saturday from 10 a.m. until 6 p.m.

— by Leslie Mitts

New tech center hosts grand opening

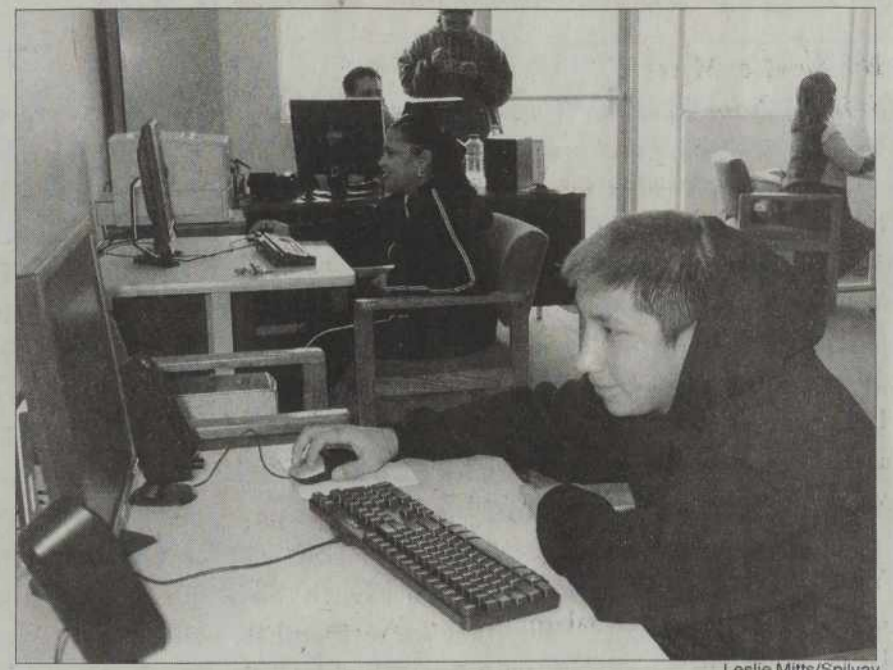
The new Community Technology Center in the Warm Springs Plaza will host an open house during their grand opening on Feb. 24.

A ribbon cutting will kick off the event at 11 a.m. Guest speakers will address the public at 3 p.m., while self-guided tours and light refreshments will be available throughout the day.

The Warm Springs Chamber of Commerce will be announcing the winner of a logo contest and unveiling the chosen logo while also answering questions about what they have to offer the Warm Springs Business Community.

The new technology center is owned and operated by Eagle-Tech Systems and will provide a location to the Warm Springs Area Chamber of Commerce as well as conference and meeting space, internet access and gaming, computer and print shop services and eventually a deli.

Eagle-Tech Systems hosted a free "webinar" at the center on



Shawn Eagleheart uses a computer in the new tech center.

Feb. 8 that informed community members about how to make taxes easier for small businesses.

Representatives from the Internal Revenue Services educated participants about the most common errors on small business tax returns as well as tax changes and updates and methods of navigating the IRS website to find the information

that small business owners need.

The grand opening is sponsored in partnership with the Warm Springs Area Chamber of Commerce, Eagle-Tech Systems and CORE (Connecting Oregon for Rural Entrepreneurship).

For more information contact Daniel at 553-1034, extension 15.

Heart Smart Dinner set for Feb. 28

By Leslie Mitts
Spilyay Tymoo

Kathleen Spaulding gets her whole family involved in the annual Heart Smart Dinner.

She has been coordinating the event since 1999, and said her husband and granddaughters have been involved just as long.

As for her husband, Michael Spaulding, she said, "He's a chef; he always volunteers every year—since 1999."

"He always cooks really healthy meals for everybody," Spaulding added.

Her granddaughters, Kirstie Morrison and Mikayla Collins, always do public service announcements about the event for KWSO, Spaulding said.

They also began helping in 1999. "They were small and now they're teenagers," Spaulding said.

This year will be the fourteenth annual Heart Smart Dinner on Feb. 28.

The entire community is invited to the event from 5 p.m. to 8 p.m. at the Warm Springs Agency Longhouse.

The menu will include deer

meat stew, green salad with low-fat dressing, sugar-free ice cream and dinner rolls, Spaulding said.

It's an event that is open to everyone and has grown steadily since the original Heart Smart Dinner in 1994.

"The first attendance was 54 people at the senior center," Spaulding said. Now, she said, they feed close to 300 people.

According to Spaulding, "It started getting so big that they had to move it to the longhouse."

Basically, Spaulding explained, the event is geared toward educating the community about healthy eating choices.

Candace Reich held the first dinner in 1994, Spaulding said, because "She just wanted to have a heart healthy meal for the community."

In addition to the dinner, the event features an entertainer.

The night is kicked off with drumming and will feature a mini-health fair as well this year, Spaulding said.

"We always have blood sugar and blood pressure screening," she added.

Topics for the health fair, coordinated by Elsie Howard, will include tobacco cessation, diabetes prevention, fitness, nutrition, foot care and podiatry, and senior fitness.

Plus, Spaulding said, "We always have the ECE kids decorate. They make really neat decorations for us every year."

One important aspect, she said, is that "We always honor the elders."

"We just try to get as many people as we can in the community," Spaulding said.

Spaulding encourages the community members to attend for a variety of reasons.

"First of all, it's a lot of fun, it's a fun community event where you can get together with a lot of people," Spaulding said.

In addition, she said, "It's healthy food and good education subjects."

A raffle will be held for adults, while gifts will be given out to kids.

The event is coordinated in conjunction with the senior center, nutrition program, Community Wellness and Indian Health Services.

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