

Club encourages 10,000 steps

By Dave McMechan
Spilyay Tymoo

If you walk fewer than 10,000 steps a day, you lead a sedentary lifestyle, which is not healthy. This is true especially for people who have diabetes or who are at risk of developing diabetes.

To encourage walking, and increase the awareness of the benefits of walking, the Warm Springs Diabetes Prevention Program is hosting the 10,000 Step Walking Club.

Ten-thousand steps is about five miles, the daily walking goal, said Montell Elliott, director of the Diabetes Prevention Program.

The 10,000 Steps Walking Club meets at noon on Wednesdays at the Diabetes Prevention Program building, located by the Family Resource Center on the campus.

The club members walk around the campus area on Wednesday afternoons. A light



Dave McMechan/Spilyay

Members of the 10,000 Step Walking Club, Erin Sweeden, Angelina Smith, Viola Governor, Winona Stwyer (from left), and other club members walk the campus area on Wednesdays.

lunch is also served at Diabetes Prevention.

People who join the 10,000 Step Walking Club receive a sweatshirt with the club logo on the back, and a pedometer,

which a person wears to count the number of steps he or she takes during day. The pedometer is the best way to determine how far you walk throughout the day, said Elliott.

The 10,000 Step Walking Club will meet on Wednesdays until the spring, she said.

For information on the club, call the Diabetes Prevention Program at 553-7718.

Museum seeking youth art

The Fifteenth Annual Warm Springs Tribal Youth Art Exhibit is fast approaching.

The Museum at Warm Springs would like to invite all tribal youth artists, from toddler to high school, to submit art for the exhibit.

The museum is dedicating the 2008 year as "The Spirit of the Horse." Themed art surrounding this would not only add to the exhibit, but recognize the significance of horses to the people of Warm Springs.

All art will be accepted, classroom and individual art are encouraged.

The deadline to submit art is 5 p.m. by this Friday, Jan. 18. There will be an opening reception to honor youth artists on Thursday, Jan. 24, from 5:30-7:30 p.m. in the museum lobby.

If you have any questions, please contact Natalie Moody at the museum, 553-3331, ext. 412.

Lego Robotics for youth at 4-H

Come build, play and learn with Lego Robotics at Warm Springs 4-H.

4-H will be hosting Lego Days at the Education Building in the 4-H training room. All ages are welcome.

The sessions are from 12-4 p.m. on Saturday, Feb. 9, and Saturday, March 8.

Younger school age youth are invited to build with traditional Legos. Come build a house, a tree, car, or anything you can imagine. Legos will be provided but may not be taken home.

Fourth-grade and above are invited to learn to build and program Lego Robotics.

Youth will explore concepts of robot design, structural stability and basic programming skills.

Each session a new robot will be built and tested.

Youth younger than 6 must be accompanied by an adult willing to build with them. 4-H has an amazing assortment of large Legos for the youngest group.

For more information, contact the OSU Extension Office at 553-3238.

Part-time workers needed for local ag census

The U.S. Department of Agriculture, Oregon Agricultural Statistics Service, is looking for two people to help collect crop and livestock information from farm operators and agricul-

tural industry representatives in Warm Springs.

Work will consist of going door to door conducting interviews.

The work will start in February and could last through June.

The starting salary is \$9.35 an hour, and 50.5 cents per mile for use of your private auto.

For more information, please contact Chris Mertz at (503) 326-2131.

Call to the Community

Warm Springs is host to the Thirty-Third Annual Northwest Indian Youth Conference on May 27-31.

Join us for our next planning meeting at 10 a.m. on Monday, Jan. 21 at the Community Center.

For more information, contact Jaylyn Suppah at 553-3257; Ervanna Little Eagle at (360) 631-8192; or Aurelia Stacona at 553-6504.

Voc Rehab hosts orientation sessions

Warm Springs Vocational Rehabilitation will host orientation sessions on the following Mondays in 2008. Orientation sessions begin at 3 p.m.:

January 28; February 11 and 25; March 10 and 24; April 7 and 21; May 5 and 19; June 2 and 16; July 14 and July 28; August 4 and 18; September 8 and 22; October 6 and 20; November 3 and 17; December 1 and 15 and 28.

Voc Rehab is located at 4217 A Holliday Street, Warm Springs. The phone number is 553-4952.

Next deadline to submit items to the Spilyay Tymoo is Friday, January 25. Thank you.

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