

Dave McMechan/Spilyay

The Warm Springs Post Office remained busy around Christmas time, as a blizzard swept across the reservation.

## Change of loan policy at tribal Credit Department

By action of the Warm Springs Tribal Credit Board of Directors, the following changes have been made to the enterprise's funeral loan policy:

Effective January 1, 2009, emergency loans for funeral expenses will be made to members of the immediate family of the deceased up to \$1,000, if they qualify within the established credit limits for personal loans.

Immediate family is defined as: mother, father, sister, brother or child.

Extended family and others will be considered for loans up to \$500, if they qualify within the established credit limits for personal loans.

Extended family is defined as: Grandparent, aunt, uncle, niece, nephew, grandchild or cousin.

Funeral loan approval will be at the discretion of loan officers as stated within credit limits for personal loans.

If there are any questions, please contact the tribal Credit Enterprise.

## Graduates can pick up gifts

The Education Branch is looking for high school and college graduates who have gifts still to pick up. The 2008 high school graduates who have gifts to pick up are:

David Debiaso, Ashley Evans, Jasmine Graybael, Elena Guzman, Simeon Kalama, Alexis Kakoona, Kadie Manion, Chance Squiemphen and Leann Thomas.

The 2008 college graduates who have gifts to pick up are:

Mayanne Mitchell, Charlene Moody, Joni Wallulatum-Williams, Keta Cline-Magers, Dean Seyler, Dustin Wheeler and Billy Joe Speakthunder.

The gifts can be picked up at the Workforce Development office of Education at 1134 Paiute Ave by the VOCS office. Or call 553-3324.

## Daily fitness classes continue at Community Wellness

Community Wellness continues to host group fitness classes through the month of January.

Each day at 12:10 p.m. Wellness Coordinator Carolyn Harvey teaches a class in the aerobics room at the community center for anyone who wishes to attend.

Monday and Thursday classes feature cardio, while body flex strength training classes are held on Tuesday and Friday. On Wednesday Harvey teaches yoga.

Cardio classes feature any combination of step aerobics to

cardio circuit class. The class is appropriate for all fitness levels, as the instructors show different intensity levels.

Body Flex classes bring resistance training to a wide range of individuals in a group exercise setting.

The purpose of the class is to promote muscular strength and endurance of all major muscle groups while learning proper lifting technique. The class is safe for all fitness levels and is taught by Harvey and Tana Frank.

Yoga is a beginner-based

class to help with stress management. There are basic poses to train muscle endurance, balance and flexibility. The class also incorporates some Pilates and is safe for all fitness levels.

In addition, water aerobics are taught at Kah-Nee-Ta on Wednesday at 10:15 a.m., and an enhanced fitness class is taught to elders at the senior program at 10:45 a.m. on Monday, Wednesday and Friday.

Water Fitness classes are taught by Jeri Kollen and Edmund Francis from the Diabetes Program. The class is

appropriate for any fitness level from beginner to advanced. Anyone needing a ride can call the senior center at 553-3313.

The enhanced fitness class is an evidence-based exercise class for senior citizens and is followed by a healthy lunch. The class includes a warm-up followed by low-impact aerobics, balance, strength training and stretching at the end. No class will be held at 12:10 on January 21 due to the monthly Walk for Diabetes hosted at the Community Center.

## Big discounts at lodge gift shop

The gift shop at the Kah-Nee-Ta Lodge has many items on sale.

Shirts, sweatshirts, hats, swimsuits and other clothing

items are 50 percent off.

Jewelry is 40 percent, and miscellaneous items are 30 percent off.

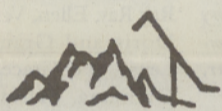
## Need help with a legal problem?

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m. on the first

Monday of the month at the Family Resources Center in Warm Springs. Or call us at 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.

## VOCS support group on break

The Victims of Crime Services Women's support group is taking a break, and will resume on January 12. The support groups are open to clients and those women who want to support clients. For more information, call Sammy Bruised Head, the VOCS Advocate Supervisor or advocate Tina Aguilar or Aurel Stinson at 553-2293.



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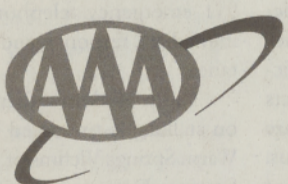
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