

Final push to complete beauty school requirements

By Yvonne Iverson
Spilyay Tymoo

For the past nine months Tatum Kalama has been waking up before the sunrise and getting ready for the hour-long commute to Phagan's Beauty College in Bend.

She has to leave Warm Springs before the Early Childhood Education center opens, so she depends on her mother Annie to drop off her 16-month-old son to his classroom. Annie also picks him up after she gets off of work.

Tatum doesn't return to Warm Springs until after 6:30 and sometimes 7 o'clock in the evening, depending on when she finishes with her last client.

This makes for very long days, but they will soon be coming to an end, as she wraps up her studies and makes a push to complete her requirements by March 14.

Tatum is working on her Esthetics and Nail Technology courses which require a minimum number of hours of in-class work as well as hands-on work in the salon.

Each student has a contract period and timeline in which they need to complete all their requirements, and there is an extra charge for each day that you go beyond that set date.

For Tatum that day is Monday, March 14, and she needs to complete 40 manicures and



Tatum Kalama is working to complete her requirements—40 manicures and pedicures—by March 14.

pedicures to reach her goal and complete her requirements on the target date.

She says that is helpful when friends and family can schedule appointments with her because it gets her closer to meeting her

goal.

One of the problems that she has had is that most of her friends and family are in Warm Springs and Phagan's is closed on the weekends, which makes it hard for folks to get to Bend

for an appointment so she has to depend on walk-in's and other customers.

Services at the Beauty College are very reasonably priced and all the students are supervised by an instructor.

Manicure prices start at \$9 and pedicures start at \$10, so

you can help Tatum reach her goal by calling Phagan's Salon 541-382-6171 and scheduling your appointment.

For more information and to see their chipless manicure specials just visit:

www.phagans-schools.com

Gardening workshops Saturdays

Oregon State University Extension Service at Warm Springs are hosting community garden workshops this spring.

All sessions will be on Saturday at the Education Building from 9 a.m.-12 p.m., and will include a healthy snack. Here are some of the gardening topics for discussion:

March 12: Vegetable varieties for Warm Springs.

March 19: Garden fertilizers.

March 26: Warm Springs Community Garden information session.

Presenters will be Diabetes Prevention program lifestyle coach Edmund Francis; Bryan Lund, Warm Springs Master Gardener in training; Jan Foster, Master Gardener; Karen McCarthy, landscape professional. Fara Brummer: OSU Extension Agriculture and Natural Resources.

For information phone 541-553-3238. Or e-mail: fara.brummer@oregonstate.edu

The Diabetes Prevention program phone is 541-553-0118. Edmund Francis' email is: edmund.francis@ihs.gov

Counselor: 'you'd be amazed'

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While doing her internship for school, Michelle heard about and applied for the position of recovery coaching at Bestcare Treatment Services in Madras.

She started work on April 16, 2010.

"The most challenging part? Sometimes I'll get the same friends coming into the group sessions that I facilitate today. You talk about that being strange. But I always make sure to ask them if they're okay with this."

On the contrary, Michelle's presence in the classroom seems to deliver new motivation to those participants who knew her before recovery.

"Some of them will say, If you can do it I'll bet I can do it. They see that I've lived it, breathed it, and they see what I'm doing today. It gives them hope."

"I have a lot of respect for her," one participant said. "Michelle tells us how she was, what she's like today and how she got here."

"Every day, there comes a reminder of spirituality. I still have my soul and I understand why God protects it now."

"The high-point today is that I have my family back," Michelle said. "People actually trust me again, I'm amazed! There was a day when that was never heard of!"

Michelle has found her honesty, her self-respect, the respect of others, trust. "All back. I have a house, my job, my children. It doesn't happen overnight, it takes work. What you get into it is what you're going to get out of it."

Today, Michelle finds peace in the fact that she was able to witness the birth of her grandchildren. "My oldest grandson is 4. The middle is 5 months yesterday. And my precious granddaughter was just born on

February 25."

A group of friends gathered on February 14 to celebrate Michelle's 5th birthday in recovery. "That's like being a baby in recovery, because I have friends that have 25 years sobriety."

But there's hope, she said. "There's light at the end of the tunnel. It might all seem bad at this moment, I know—but in reality it's just taking a step. Saying, I need help. You'd be amazed when you say that, how many people will be there to hold your hand."

Today, Michelle is reminded of her soul. "Every day, there comes a reminder of spirituality. I still have my soul and I understand why God protects it now. I know my mom is proud of me in heaven"

Teleco

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This half of the building will actually look nice...a lot nicer for you, the customer, than the other half of the CO, housing the switch and engineering guys.

On this side of the building, there will be a counter or two that will enable you to come in to pay your bill, or exchange a piece of equipment. We will also have areas where you can meet privately with customer service representatives to talk about your service, or inquire about new or additional services. Management will also have their offices on this side of the building.

We are really excited about this building. It will be functional, and also, create a nice space for

you, our future customers, and those that work for the phone company.

We will have a ground breaking ceremony with officials from Rural Utility Service, (the federal agency that funded the company), and others. Date is not certain, but we will let you know when it is happening and we hope you come and join us. It will be held at the new office building. See you then.

The Warm Springs Telecommunications Company (WSTC) is a tribally chartered enterprise whose mission is to bring advanced broadband services to the Warm Springs tribes, including voice, data and video. The start-up company expects to begin delivering services by this fall.



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