

Fitness Champions



The WS Ventures team won the 2011 November Fitness Challenge. Team members are (from left) Sandra Danzuka, Owen Danzuka Sr., Jaym'e Schricker, Jabbar Davis, Leslie Davis, Adam Haas, Tashina Smith. Team members not pictured: Jeff Anspach, Owen Danzuka Jr., Rodney Adams, Cecil Seyler, Nancy Seyler, Glenn Carpenter, Ben Bisland and Tana Frank. Congratulations, Ventures team!

Moving Mountains Challenge starts in Jan.

With the Christmas feast consumed, and the calories of the New Year beckoning, now is the time to make your commitment—to take part in the Third Annual Moving Mountains Slimdown Challenge.

The Slimdown Challenge—the popular, 16-week communitywide get-healthy program—is just a couple of weeks away from starting.

Couples category

This year, there will be a new category of competition: couples.

The couples category will consist of one man and one woman, whether married or not. The couples competition replaces the mixed team event. The four-person women's and men's competition remain.

Participants can only compete in one team event, but all team participants are also included in the individual competitions.

The entry fee for Moving Mountains is \$25, all of which goes into the prize money. The prize money per category is determined by how many entrants there are per category.

The competition is based on an accumulation of the percentage of weight loss and inches lost on the waist and hips. Cash payouts will most likely be first through fifth places in the individual competitions, and first through third in the team categories, but organizers may change the payout depth depending on how many contestants are in the specific category. A \$100 prize will be given to both the man and woman who lose the most weight.

W.S. weigh-in

Weigh-ins will be at Mountain View Hospital, from Thursday through Saturday, Jan. 12-14. The weigh-in days at the contest's end will be Thursday

through Saturday, May 3-5.

A separate weigh-in will be held in Warm Springs, headed up by the tribal wellness coordinator Edmond Francis.

The Warm Springs weigh-ins will be on the same days at the Madras weigh-ins, at the community center. Specific times for the weigh-ins will be announced later.

Again this year, the "no yo-yo rule" will be in effect: Participants who finished in the money last year can only participate this year if they have not gained more than 20 percent of what they weighed at contest's end last year. Also, there is a six-week postpartum wait to enter the contest.

The goal of Moving Mountains is to challenge the entire countywide community to live healthier lives, to transform a contest commitment into lifelong habits. Participation in Moving Mountains also includes regular health and exercise programs during the course of the 16-week event.

Programs range from nutrition classes to aerobics and swimming, and will likely be held on Thursdays.

The Slimdown Challenge is organized and presented by the Mountain View Hospital's Community Health Improvement Program and the Jefferson County Health Department, with assistance and sponsorship from the Madras Aquatic Center and the Madras Pioneer.

In an effort to inspire more businesses to get involved, the Moving Mountains committee will be putting the logo of businesses that sponsor teams on their full page ads at the beginning and ending of the contest.

For further information, contact Carolyn Harvey, county health department, 541-475-4456; or Beth Ann Beamer at Mountain View Hospital, 541-460-4023.

Year in review: Fires scorched 107,000 acres

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Third on the list of news events for 2011 is the Cascade Complex fires event, when more than 107,000 acres of range and forest land burned on the reservation.

This happened in September, as the fires burned for several days at different locations. Close to 2,400 firefighter helped fight the blazes, which were lightning-caused.



Firefighters mop up an area of the Cascade Complex fires.

At times the flames approached very close to homes, but only one structure, a shed, was lost. More than 300 homes were threatened at different times. Defensible space around the homes, and the effort of the fire crews, were credited with saving all the dwellings.

"It was a miracle no homes were lost," said Dan Martinez, chief of Warm Springs Fire and Safety.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

WEDNESDAY, DEC. 28

The **Higher Education Winter Conference** will be held today from 8:00 a.m. to 6:00 p.m. at Kah-Nee-Ta. High school seniors, new and current college students are invited to attend to learn about financial aid, tribal scholarships, college panels, and more.

There's **water aerobics** at 9:15 a.m. at the Kah-Nee-Ta pool.

The **Early Head Start Group** meets today from 12:00 to 2:00 p.m.. Please call your home visitor for more information at 541-553-3242.

There will be an **American Sign Language Class** from 12:00 to 2:00 p.m. in Room 2E at ECE.

Today at Recreation they will be **painting winter scenes**. Beading with Marge at 4:00.

Today in **Madras Prep Sports**, the Varsity Girls basketball team is at the Marshfield Tournament. The Freshman Girls and Boys travel to Summit High. Boys Varsity basketball are at the Phoenix Tournament.

Today is the **48th Annual Warm Springs All Indian Men's Holiday Basketball Tournament** at the

Community Center. For more information, call Austin Greene at 541-553-1953.

THURSDAY, DEC. 29

There's a **cardio circuit class** today at 12:10 in the aerobics room at the Community Center.

Today in Recreation, it's **CSI Prom Prep**. Then Beading with Marge at 4:00 p.m.

Today in **Madras Prep Sports**: the Varsity Girls Basketball team is at the Marshfield Tournament. The Freshman girls and boys are at the Summit Tournament.

FRIDAY, DEC. 30

Today is an **early release day at ECE**. Please remember to pick up your child at 3:30 p.m.

There will be a **senior fitness class** this morning at 10:45 at the Senior Building. **Strength Training Class** with Edmund is at 12:10 p.m. at the Community Center.

Today in Recreation, it's the **New Year Movie and popcorn**.

The **Boys and Girls Club** will be closing at 3:30 p.m.

The **End of the Year Round Dance** will be at the Simnasho Longhouse be-

ginning with dinner at 6:00 p.m.

SUNDAY, JAN 1

Happy New Year!

MONDAY, JAN. 2

There is **no school** for 509-J.

TUESDAY, JAN. 3

509-J students **return to school** today.

The **Community Advisory Board** meeting for KWSO will start at 10:00 a.m. Anyone interested in participating and learning more about what KWSO is working on and offering feedback is invited to attend.

WEDNESDAY, JAN. 4

In **Madras Prep Sports**, the Freshmen, JV and Varsity Girls Basketball teams are hosting Summit. Games are at 3:30, 5:15 and 7:00 p.m. The boys teams are at Summit.

THURSDAY, JAN. 5

In **Madras Prep Sports**, the Freshmen, JV and Varsity Boys Basketball teams host Crook County. The girls travel to Crook County.

SATURDAY, JAN. 7

Madras Varsity Wrestling is at the Bend Invita-

tional.

The **Elvis Birthday Bash** will be at the Community Center from 2:00 to 4:00 p.m.

MONDAY, JAN. 9

There is a **two hour late start** for all 509-J schools.

Adult Basic Skills GED classes begin this week. Reading and Writing will be on Tuesdays from 9:00 a.m. to 12:00 noon. Math is Thursdays, 9:00 a.m. to 12:00 noon. Come to class to register, the fee is \$20. For more information, call 541-504-2950.

Legal Aid Services of Oregon will be at the Community Action Team Office. For more information, call 541-553-3148.

There will be a **Food Handler's Class** beginning at 2:00 p.m. in the clinic atrium.

TUESDAY, JAN. 10

The Madras Freshmen, JV and Varsity Boys **Basketball** teams will host LaPine. The girls teams are at LaPine.

WEDNESDAY, JAN. 11

The Madras Freshmen and Sophomore **wrestling** teams host Bend at 4:00 p.m.

Eel plan: returns have been at all-time lows

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Pacific lamprey are thought to be the oldest fish found in the Columbia River system, with some species appearing in fossils 450 million years back. Their numbers have plummeted in recent years.

At one time, according to CRITFC, the species returned to the Columbia River by the millions. Only 48,000 returned to Bonneville Dam in 2011.

Lamprey returns were at an all-time low of 23,000 during 2010.

"Time is not a luxury that lamprey have, so we must act now," said Paul Lumley, executive director for CRITFC. "This plan represents the best of both situations."

The plan will actively address facing lamprey and will develop

a better understanding of those issues. "We can't sit on our hands and study them into extinction."

Today, eels continue to be a lasting part of tribal customs. However, with dwindling numbers found by those who continue traveling to gathering locations, prepared *asm* is getting harder and harder to find, said Dallas Winishut with the tribal language program.

"I didn't get any this year. Part of that could stem from other tribes who aren't part of the Columbia River treaty tribes coming in to harvest more than their share of the eels."

The Tribal Pacific Lamprey Restoration Plan is available on the CRITFC website at www.critfc.org/lamprey.

Legal Aid Services in Warm Springs on the second Monday in Jan.

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 second Monday of the January at the Warm Springs Community Action Team building, 1136 Paiute Ave, Warm Springs.

Legal Aid Services is usually in Warm Springs on the first Monday of the month, but the first Monday in January is a holiday, so Legal Aid will be here on Monday, Jan. 9.

Call 385-6944 Monday through Thursday between 9 a.m. and 4 p.m. (at lunch from noon-1 p.m.)