

Heart Smart Dinner celebrating 19th year

The Nineteenth Annual Heart Smart Dinner date happens this Wednesday, Feb. 22 from 4:30-7:30 p.m.

It has been a longtime tradition to have the Heart Smart Dinner at the Agency Longhouse in Warm Springs to accommodate the over 300 community members who attend every year.

"Everyone is welcome to join us to eat a delicious Heart Smart meal prepared by Chef Michael Spaulding, seniors cooks and the tribal nutritionist," said Kat Spaulding, Heart Smart coordinator.

In addition to the delicious salmon dinner, there is a Mini-Health Fair set up with information booths from Health Programs throughout the community.

There will be blood pressure/blood sugar screenings, diabetes education and a num-



Courtesy of Kat Spaulding.

The Wasco Dance Group will perform, as they did at the Heart Smart Dinner 2011.

ber of booths with helpful information for children to Elders.

The evening starts out at 4:30 with Wahshut songs and drumming. The meal is served at 5:30 and entertainment starts at 6.

Radine Johnson's Wasco Dance Group will entertain you as you enjoy your meal.

Everyone who signs in will

receive a free sports bottle and have a chance to win something from the raffles that go on throughout the evening.

Please bring your family, friends and honorable Elders to this enjoyable community event filled with education, food, fun and raffle prizes. If you have any questions, call Spaulding at

541-553-2478.

This Annual Dinner is sponsored by the Warm Springs Health and Wellness Center, the Warm Springs Model Diabetes Program, the Diabetes Prevention Program, the Warm Springs Senior Center, and the Warm Springs tribal Nutritionist.

Births

Lundy Ray Aguilar

Joseph G. Aguilar and Charisse Haskins of Warm Springs are pleased to announce the birth of their son Lundy Ray Aguilar, born on February 3, 2012.

Lundy joins brothers Adam, 12, Nathaniel, 10, and Kenyon, 5.

Grandparents on the father's side are the late Etta R. Arthur, and Ralph G. Aguilar.

Grandparents on the mother's side are Paulette N. Hawley, and the late Buddy J. Haskins.

pleased to announce the birth of their son Isley Jayden Bill Sam, born on February 3, 2012.

Grandparents on the father's side are Robert Sam Sr. and Marella Sam.

Grandparents on the mother's side are Ronald Thomas and Lavena Ike.

Kalicia Marionita Jean Graybael

Marion Brent Graybael Jr. and Kishon Marilyn Graybael of Warm Springs are pleased to announce the birth of their daughter Kalicia Marionita Jean Graybael, born on February 13, 2012.

Kalicia joins brothers Marion, 10, Larrell, 6, and Breshon, 1.

Grandparents on the father's side are Rosa and Marion Graybael Sr. of Warm Springs.

Grandparent on the mother's side is Valerie Fuiava of Warm Springs.

Rayline Gwenelda Anderson-Smith

Raymond Anderson and Marceline Smith of Warm Springs are pleased to announce the birth of their daughter Rayline Gwenelda Anderson-Smith, born on February 8, 2012.

Rayline joins brothers Tyler, 11, and Lucius, 6; and sister Debra, 14.

Grandparents on the father's side are Berni Watlamet, Gifford Anderson, and Jamie Watlamet, all of Warm Springs.

Grandparents on the mother's side are Alfred Smith Jr., Debra Kalama, and Francis Kalama, all of Warm Springs.

Laki Aiden Jones

Isaac Jones and Alaina Jones of Warm Springs are pleased to announce the birth of their son Laki Aiden Jones, born on February 12.

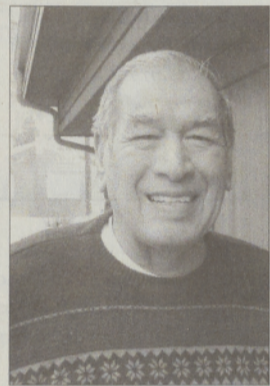
Grandparents on the father's side are Kim Jones of Gresham; and Hank Jones of Astoria.

Grandparents on the mother's side are Isidro and Sandra Perez Perez, of Warm Springs.

Isley Jayden Bill Sam

Thomas Sam and Dena Thomas of Warm Springs are

Question: 'What do you think of the new casino?'



Bobby Macy

'I think it's an improvement for the casino, as far as business goes, but I'm not sure what the impact will be on Kah-Nee-Ta.'



Shana Johnson

'I haven't been there yet. I've been too obsessed with finding our lost dog.'



Everett 'Daffy' Windy Boy

'It's in a good location. It makes it easier for the people to get to work... I think we need a walking path there to make it safer.'



Cecelia Collins

'I've only been there once. I think it looks nice, and up-to-date.'

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

WEDNESDAY, FEB 22

Tribal Council is at Kah-Nee-Ta today and tomorrow for the Land Assignment Workshop.

Water Aerobics class will resume this morning at 10:15 at the Kah-Nee-Ta Village Pool. Also, Senior Fitness Class will be held this morning at 10:45 at the Senior Building.

The Heart Smart dinner will be held from 5:00 to 7:00 p.m. at the Agency Longhouse.

Mom and Dad Baby Group is today at 2:00 p.m. at the Family Resource Center.

Craft time will begin in **Carol's Room** at 3:30 p.m. Beading with Marge is at 4:00 p.m. The Sewing Circle begins at 5:30.

Jefferson County Middle School girls **basketball awards** will be held at 4:40 p.m.

There will be an **Alcoholics Anonymous** meeting this evening at 7:00 in the Family Resource conference room.

THURSDAY, FEB 23

There is an **ECE Fun Run** this morning at 9:30. Also today, a fitness class on cardio interval training will be held at the Community Center just after noon.

The Sweet Heart Baby Fair will be held at the Community Center from 5:30 to 7:00 p.m.

Cardio Circuit Class will be held this evening at the Community Center beginning at 5:30.

The annual **Basketball Against Alcohol and Drugs tournament** will be held at the Nixyaawii Community School Gym. Rosters and fees need to be turned in by tomorrow. For more information, call: 1-888-809-8027.

Washington's Birthday Celebration will be held in Toppenish this weekend.

FRIDAY, FEB 24

Senior Fitness class will be held at the Senior Building this morning at 10:45. Also, there will be a total body strength training class just after noon at the Community Center.

There will be **popcorn at a movie** in Carol's room after school

Southern Oregon University is featuring the play, "**Raccoon Earns His Stripes**," written by tribal member Brent Florendo and based on the Wasco legend. Performances will be held today and tomorrow, 2:00 and 7:00 p.m. at the SOU campus in Ashland.

SATURDAY, FEB 25

Eagle Watch 2012 is today and tomorrow at Round Butte Overlook Park.

MONDAY, FEB 27

Back to Boards Class will be held at the clinic Atrium. To sign up, or for more information, call 541-553-2460.

On **Tribal Council's agenda** today are updates from Indian Head Casino and Economic Development. This afternoon they will have a legislative conference call and a

report from Credit Enterprise.

Senior Fitness class will be held at the Senior Building this morning at 10:45. Also, there will be a total body strength training class just after noon at the Community Center.

There will be a **glucometer class** today beginning at 2:00 p.m. in the clinic's Kitchen Conference Room.

Board Games will begin in **Carol's Room** at 3:30 p.m. The room will then be open until 6:45.

There is a **Senior Parent Meeting** this evening at 5:00 p.m. in the Madras High School Library.

TUESDAY, FEB 28

There is a lower body **strength training class** today at 12:10 p.m. at the Community Center.

At the **Healthy Breakfast** this morning at the clinic, there will be a presentation on carbohydrates. For more information, call 541-553-1196.

Snack attack will be held in **Carol's Room** after school. Then, there will be beading with Marge at 4:00 p.m.

Positive Indian Parenting Class is tonight at 5:30 p.m. in the Family Resource Center conference room. Tonight's topic is Choices.

WEDNESDAY, FEB 29

Water Aerobics class will be held this morning at 10:15 at the Kah-Nee-Ta Village Pool. Also, Senior Fitness Class will be held this morning at 10:45 at the Senior Building.

Mom and Dad Baby Group is today at 2:00 p.m. at the Family Resource Center.

There is a **Seat Belt Diverison Class** beginning at 3:00 p.m. in the Tribal Conference Room at the Clinic.

Craft time will begin in **Carol's Room** at 3:30. Beading with Marge starts at 4:00. The Sewing Circle will begin at 5:30.

Today is the deadline to submit entries for the "Let's Talk Diversity" Coalition **logo contest**. The group is looking for a logo for its website and publications. The prize is \$200. The motto is: "Building Community Strength through Diversity." For more information, call 541-325-5001, extension 4221.

THURSDAY, MAR 1

The Dr. Seuss Birthday Bash will be held today in Recreation.

WS Elementary will have their **awards assembly** today. Awards for kindergarten through second grades will be held at 1:00 p.m. Third through fifth grade awards will be held at 1:40.

A mandatory **Summer Youth Work Program Workshop** will be held today beginning at 4:30 in the first floor training room at the Education Building. Students who would like to work this summer are required to attend.

A **nutrition seminar** will be held today at 5:30 in the Community Center Social Hall.

Museum call to artists

The Museum at Warm Springs is seeking artwork for Tenth Annual Honor Dinner.

This year the Honor Dinner is Lillian Pitt, Adeline Miller and Broughton 'Brot' Bishop.

The dinner will take place at the World Forestry Center in Portland, April 14, with a reception starting at 4:30 p.m.

The silent auction features generous attendees and support-

ers of the museum and honorees.

The museum is honoring Lillian Pitt with a Twanat Award; Adeline Miller with a Lifetime Achievement Award; and Broughton Bishop also with a Lifetime Achievement Award.

Please consider submitting your artwork for the Honor Dinner by April 10. Thank You!

Summer Youth Work Program mandatory classes

The Summer Youth Work Program will hold its first youth workshop on Wednesday, Feb. 29. The topic will be "communication."

The meeting will be from 4:30-6:30 p.m. at the Education Building. There will be a Youth Work Program work-

shop on "finances" on Thursday, March 1, from 4:30-6:30 p.m. at the Education Building.

These meetings are mandatory for youth who are planning to participate in the 2012 Summer Youth Work Program.

Tribes welcome sovereignty ruling

(AP) - A coalition of Indian tribes is welcoming a court ruling that tribes cannot be held in contempt for commercial ventures such as personal loans offered over the Internet.

The Native American Lending Alliance says last week's ruling by a Denver District

Court judge means that tribal immunity has no territorial boundaries.

The Colorado Attorney General's office is reviewing the opinion. The tribes involved include the Miami Tribe of Oklahoma and the Santee Sioux Nation.

Computer Essentials Class

There will be a **Computer Essentials II** class at the Madras Central Oregon Community College from Tuesday, Feb. 28-Thursday, March 1.

Classes are from 6-9 p.m. Cost is \$55.

Prerequisites to taking the class are minimal keyboarding skills and mouse familiarity. For more information, contact Courtney Snead at:

csnead@cocc.edu

The next deadline to submit items for publication in the Spilyay Tymoo is Friday, March 2. Thank you!