

At the Pageant



Patti Tanewasha photos.

The 2014 Miss Warm Springs Pageant was well attended by the community. On hand for the pageant were drummers (above). Dinner was served before the pageant competition, held on Dec. 28 at the Agency Longhouse.



Slim down is approaching

The annual slim-down challenge is set to begin this month. The official weigh-in dates will soon be announced.

The Movin' Mountains 16-week weight-loss challenge began in Warm Springs, and was later expanded to include Jefferson County.

Hundreds of people participate, with pay-outs going to people who lose 5 percent of their weight, 10 percent, or more. The entry fee is \$25. The first-place winner receives a fairly large cash prize, and the competition can be intense.

This year is appeared that Warm Springs again will be hosting the slim-down challenge on its own, as the

rest of the county appeared not able to participate.

But a recent development indicates that the rest of the county may be able to join Warm Springs again in the challenge, said Tammy Wilson, Warm Springs community health services manager.

The county Public Health Department and at least one commission have indicated an interest in continuing with Movin' Mountains, Wilson said. If the county can secure needed funding, then Beth Ann Beamer and Carolyn Harvey will again coordinate the program for the county, which includes Warm Springs.

Wilson said the coopera-

tion between the county and tribes in the slim-down challenge has been positive. She and Edmund Francis, of Warm Springs Community Health, would like to continue the collaboration.

"Our goal is to have a strong program and provide community members with as many opportunities as possible to promote their health and wellness," Wilson said. Listen to KWSO for the latest on the slim-down.

The family of Kanim Smith III is raising money to go toward travel expenses when he goes to Arizona next month for the baseball spring training. They are selling raffle tickets for a chance to win Trailblazers tickets, handmade silver jewelry and more items. The drawing is on Friday, Jan. 10. To purchase tickets contact Rena or Kanim Smith 541-777-9144.

Mad Hatter Party next week

The Warm Springs Recreation Department and the Diabetes Prevention program will present the Mad Hatter Party on Wednesday, Jan. 15.

The event will be at the

Community Center Social Hall.

Check your blood sugar, and make a hat. Starts at 2 p.m., judging at 4. Cup of soup and high tea at 3:30.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Wednesday, Jan. 8

Today in **MHS Sports** - Girls' JV Basketball and the Boys' Freshman basketball team have games at Culver.

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

Thursday, Jan. 9

Today in **MHS Sports** - Varsity Wrestling travels to Banks and JV/Varsity Swimming will be at Barlow High School.

JCMS parent conferences are from 4:30-7:30 p.m. at the Warm Springs Community Center.

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,

- Kickboxing at 1:30 at the Community Center

Snack Attack - the afterschool food program at Warm Springs Recreation - is today at 3:45 in the social hall.

All Denomination **Prayer Services** are held every Thursday at 7pm at the agency longhouse. Everyone is welcome.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7 p.m. in the Community Center aerobics room.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Friday, Jan. 10

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact

Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45, and

- Functional Fitness Class at 12:10 at the Community Center.

Today in **MHS Sports** - Varsity Wrestling will be at the Pacific Rim Wrestling Classic in Seaside. The Girls Basketball teams travel to Cottage Grove. Boys Basketball will host Cottage Grove. Freshman will play at 5:30 at JCMS, JV at 5:30 at the high school and Varsity at 7 p.m. You can listen to the boys' varsity game live on KWSO.

South Wasco Varsity and **JV Basketball** is playing at lone today at 3.

The Jefferson County Library Community **Film Center** will show the movie The Descendants Friday night at 7:30 in the Rodriguez Annex next to the library in Madras.

Saturday, Jan. 11

Today in **MHS Sports** - Varsity Wrestling is at the Pacific Rim Wrestling Classic in Seaside. And, there will be a basketball double header - both boys and girls are hosting a makeup game with Henley. The varsity girls will play at 3:30 and boys at 5:15. You will be able to hear both games live on KWSO.

South Wasco Varsity and **JV Basketball** is home playing Condon today at 1.

Monday, Jan. 13

Voc Rehab in Warm Springs has orientations every Monday at 3 p.m. at their office in the industrial park. Orientations are also held on Tuesdays at 3 p.m. at the Community Counseling Center.

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

and, Functional Fitness Class at 12:10 at the Community Center

Tuesday, Jan. 14

Today in **MHS Sports** - Girls Basketball will travel to LaPine. Boys Basketball will play at home against LaPine - Freshman at 4pm, JV at 5:30 and Varsity at 7. You can listen to the varsity boys game live on KWSO.

Today is a **late start** today in Maupin for the South Wasco County Schools **Conscious Discipline Parenting Classes** will be offered at ECE beginning today. They will be held Tuesdays and Thursdays from noon till 1. Space is limited. Contact Jodi at 553-3241 to sign up.

Warm Springs Recreation has **Snack Attack**, an afterschool food program for school-age youth, every Tuesday and Thursday from 3:45-4:45 in the social hall.

Today's **Fitness Activities** in Warm Springs -

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center, and

- Kickboxing at 1:30 at the

Community Center

Warm Springs Recreation has **Snack Attack**, an afterschool food program for school-age youth, every Tuesday and Thursday from 3:45-4:45 in the social hall.

Wednesday, Jan. 15

Wednesday is a **2-hour Early Release** day for all 509-J Schools. Madras High School students will be released at 1:10 and Warm Springs Elementary and JCMS at 1:30.

A **Red Cross Blood Drive** will be held at the United Methodist Church, 49 NE 12th St in Madras, Jan. 15 from 1-6 p.m. To schedule your appointment contact 1-800-RED-CROSS or go to redcrossblood.org

Today's **Fitness Activities** in Warm Springs -

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

Thursday, Jan. 16

Today in **MHS Sports** - Varsity Wrestling has a meet vs. Ontario that will be held at Crook County High School.

Today's **Fitness Activities** in Warm Springs -

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,

- Kickboxing at 1:30 at the Community Center.

Snack Attack - the afterschool food program at Warm Springs Recreation - is today at 3:45 in the social hall.

All Denomination **Prayer Services** are held every Thursday at 7pm at the agency longhouse. Everyone is welcome.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7pm in the Community Center aerobics room.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Friday, Jan. 17

Today in **MHS Sports** - Varsity Wrestling will be at the Oregon Classic at the Hooker Creek Event Center in Redmond. Boys Basketball travels to Banks. Girls' Basketball will host Banks - JV at 5:30 and Varsity at 7 p.m. You can hear the girls varsity game live on KWSO.

South Wasco County Boys Varsity and **JV Basketball** is home playing Arlington today at 4:30.

The Jefferson County Library Community **Film Center** will show the movie "Barbara" Friday night at 7:30 in the Rodriguez Annex next to the library in Madras.

Today's **Fitness Activities** in Warm Springs

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45, and

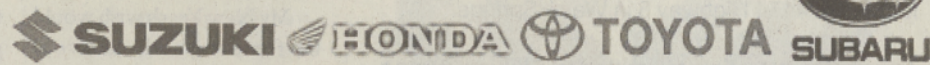
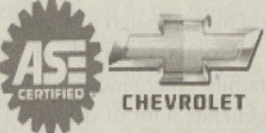
- Functional Fitness Class at 12:10 at the Community Center

Saturday, Jan. 18

Today in **MHS Sports** - Varsity Wrestling will be at the Oregon Classic at the Hooker Creek Event Center in Redmond. And, JV/Varsity Swimming will host the White Buffalo Classic

OSCAR'S EXPERT AUTO REPAIR

Complete Service Foreign & Domestic



CHRYSLER

Jeep

DODGE



Vets - If you can think of it, We can get it done! ~ Handyman services

Contact Anthony Davis Jr.
541-460-2537



"No job too big or too small."

Serving Central Oregon Community ~ Warm Springs

You need to get back on the road call Oscar's Expert Auto Repair. Towing available...If you fix the car with us, we give you the towing for half price. Call Oscar or Byron for more info

541-390-1008

541-923-3554

821 SW 11th St. ~ Redmond

www.autorepairedmond.com