

# Fitness for everyone at 3 Peaks

CrossFit is for everyone who wants to get in shape, or stay in shape. "It's practical for everyday life, or for a specific sport," says Melissa Smith. "Most of all it's fun."

Melissa and her husband Claude Smith are owners and coaches at 3 Peaks CrossFit in Madras.

"This is a great location," Claude says. 3 Peaks is housed just off the highway towards the airport. Driving toward Madras make a right on Cherry Lane then take your first right.

The beauty of CrossFit is in the variety. "What we do here is a full body experience," Melissa says.

The fitness classes are different every day, and they have practical applications. The movements are constantly varied.



Melissa and Claude Smith, 3 Peaks Crossfit.

Workouts vary from 5 to 20 minutes. The focus is on "Mind, Body and Spirit."

3 Peaks opened in December and already many people from Warm Springs and Madras have signed up.

The best way to under-

stand the CrossFit program is to speak with either Melissa or Claude. You can reach 3 Peaks at 541-475-7500.

People of all ages use the CrossFit program, because of its application is for everyday life.

"Say you get a flat tire, what muscles will you need to fix that," Melissa says. "Or you play basketball, or soccer, or maybe you just want more flexibility."

The eldest member at 3 Peaks is 73 years old. High school athletes attend the classes. The CrossFit affiliation started out small but now is a world-wide approach to fitness. The coaches are trained and certified in the exercise techniques.

Stop by 3 Peaks for a free class on Saturdays at 10 a.m. Claude and Melissa started 3 Peaks with a loan from the tribal Private Business Revolving Loan Fund. At his other job Claude is the timber manager at the Warm Springs Forest Products Industries mill.

# Expanded Telecom service

The Warm Springs Sunnyside and Wolfe Point areas.

Telecom now offers phone and internet services in the Seekseequa, Simnasho and Sidwalter areas of the Reservation.

That is in addition to the existing service in the Agency,

To learn more about costs and services you can stop by their office in the Warm Springs Industrial Park, or call 541-615-0555.

Happy Valentine's Day, Princess. I love you, not stopping. From Donna. **Happy Valentine's Day to all my family. Love ya, from Donna.**

The Warm Springs Boys and Girls Club is open 3-5:30 after school, and on non-school days from 10-5. The club is located in the Vern Jackson

home. All school age youth can attend the club.

Stop by for an application. The fee is \$25 for the school year.

# New Counseling therapy offers emotional healing

Any mention of "going to therapy" for some people brings up images of telling grueling details of your past with minimal results—and that is the image Dr. Shilo Tippettt wants to change.

In October, Dr. Tippettt became a Level I trained therapist of EMDR—Eye Movement Desensitization and Reprocessing therapy.

EMDR is a method of therapy that allows people to heal emotional distress from disturbing life experiences more quickly than traditional psychotherapy. It is a process that allows the mind and spirit to recover from emotional trauma by initiating a natural healing process.

In EMDR therapy, eye movements are used to help process memories and feelings. In successful EMDR therapy, the meaning of past events changes at an emotional level.

This leads to a transformation of previous wounds into an empowerment of the individual without having to discuss the memory in detail

or do hours of homework each week.

"I have seen transformation happen in a single session. It is humbling to witness and be a part of the change in our community," says Tippettt.

Since October, 5 additional staff at the Warm Springs Community Counseling Center have been trained as EMDR Level I therapists.

Ashley Blodgett, Master of Social Work (MSW), recently completed the EMDR training. "It is amazing how effective EMDR can be with children. Trauma can affect anyone, so it was great to learn from our training that children can heal using EMDR therapy as well," says Blodgett.

Additional staff trained in EMDR include Alice Sampson, MSW, CADC-II; Guy Wallulatum, MSW, CADC-II; David Hownstine, MS, CADC-III, NCGC-I; and Gretchen Hingley, MA Candidate.

Warm Springs Community Counseling Center invites

community members to schedule an appointment to find out more about EMDR.

"Therapy shouldn't have to be brutally painful or long and drawn out. It should be something that helps you move on with your life sooner rather than later," says

Tippettt. All in all, EMDR is only one of the many positive changes happening at the counseling center. For more information, please contact the WSCCC at 541-553-3205.



4202 Holliday St.

Call 541-615-0555

**WARM SPRINGS TELECOM**

*Valentine Special* Candy Bouquets & More

Multiple Sizes available starting at \$6.95

LOOK at the base of the bouquets. You can keep it simple OR express your LOVE with a personalized mug!

15% OFF when you pre-order a candy bouquet with a personalized mug by February 7th

Delivery options available for Valentine's Day

**SNAPSHOTS** capture create revive  
THR Photo, Custom Framing & Portrait Studio  
541.475.3805  
www.snapshotsthr.com

Open 24 hours  
Gaming - Entertainment - Dining

Oversize vehicle parking available. Ask about our Free Fun Bus!

**INDIAN HEAD CASINO**

Highway 26, Warm Springs  
indianheadgaming.com • 541.460.7777

**FEBRUARY FLURRIES OF CASH**

2ND ANNIVERSARY CELEBRATION, SATURDAY FEB. 8TH!

- ANNIVERSARY CASH GIVEAWAYS  
WIN \$500 OR \$1000 EVERY HALF HOUR 1PM-5PM  
WIN \$2500 AT 6PM AND 8PM
- ANNIVERSARY SLOT TOURNEY  
1ST PLACE: \$500 CASH,  
2ND PLACE: \$300 CASH,  
3RD PLACE: \$200 CASH
- CAKE AND SOUVENIRS AT 2PM!

Entertainment in the Cottonwood

COWBOY BLUES BAND  
Saturday, Feb. 8th, 2pm-6pm

CONCRETE COWBOYS  
Saturday, Feb. 8th, 9:30pm-12:30am

Win a pair of Can Am Adult and Youth ATVs!  
Courtesy of Pro Caliber of Bend!