

### Counselors helping make a difference

Sonia Amlin and Gretchen Hingley have joined the Warm Springs Community Counseling Center team.

Sonia is a children's mental health counselor, and coordinator for children's service at the center. Gretchen is a clinical mental health counselor, working mainly with the adults.

Her approach to helping people involves "integrated therapy—mind, body and spirit—or holistic healing."

Gretchen worked as an intern at the counseling center, and then joined full-time in June. She is a graduate of Oregon State University.

She is originally from Weaverville, Calif., and moved to Oregon when she got married.

The spirituality and culture of the people are what she likes most about working in Warm Springs.

Sonia is originally from Madras. She also lived in Bend, and at the Coast. She



Dave McMechan/Spilyay

Gretchen Hingley and Sonia Amlin at Community Counseling.

went to Capella University, earning a degree in Behavioral Science, and a Masters in Mental Health Counseling.

She works mainly with youth, from ages 0 to 18, most one-on-one, such as

through play therapy.

She is liking being back in Central Oregon. "I feel right at home—I love being back," she says.

You can reach the Community Counseling Center at 541-553-3205.

### Dietician joins Community Health

Diet plays a large part in wellness, effecting diabetes, weight and heart health, among many aspects of wellness.

The Community Health program recently brought on board Kacey Conyers, a registered dietician.

She is working one-on-one with members, and also teaching group classes.

Kacey is a recent graduate of Loma Linda University in Southern California, with degrees in Nutrition and Dietetics.

She chose a career in nutrition because of the preventative aspects of the science. With the right diet, for instance, she says, a person can reverse and



Kacey Conyers

prevent some forms of diabetes.

Kacey is originally from Portland, and also lived for a time in Bend. Both her parents work in the medical field, her father in prosthetics and

her mother in administration.

Her father worked did prosthetic work in Bend in the 1980s, serving people from the reservation. The single biggest cause of limb loss is diabetes, Kacey says.

She will be giving a demonstration at the Senior Program on July 15.

She will also be visiting High Lookee Lodge and the Early Childhood Education Center, among other places, helping with menu planning.

Kacey is one of two dietitians at the clinic. Roopa Puri is also a dietician, working mainly with people in the Women, Infant and Children (WIC) program.

### 2 concerts at casino

The Indian Head Casino Summer Concert Series continues this Friday and Saturday, July 11 and 12.

The Friday concert features Hell's Bells, an all-female AC/DC tribute band.

The Saturday concert is Colverdayle, a Portland-based Country band.

Both outdoor concerts begin at 8 p.m. Tickets are \$10, on sale at the Players Club.

#### Fun Bus

Indian Head offers a free Fun Bus. You can reserve a seat by calling 541-460-7777. The Central Oregon shuttle is on Wednesdays. The bus departs is Bend pick-up site at 10:30 a.m., making pickups in Redmond and Terrebone, then to Madras, where the pickup is at 11:35 a.m. at Safeway. The shuttle returns to Madras at 5 p.m., making its way back to Bend by 6:10 p.m.

2321 Ollallie Lane (PO Box 6)  
Warm Springs, OR 97761  
Call 541-553-1182

### Deer Ridge powwow in August

The annual powwow at Deer Ridge Correctional Institution will be on August 23.

Drummers and dancers welcome. Background

checks must be completed for all who would like to attend. Contact Tim Woods as soon as possible to find out more 541-325-5617.

Leandro Bresino offers landscaping, yard work and hauling of debris in Warm Springs. For more information you can call 541-777-2007 or 541-325-2286

## Central Oregon Auto & Truck Repair



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541-475-2370



### Raffle for team trip

The Lady Warriors basketball team is selling raffle tickets for a bunch of donated items and 50/50 tickets. The girls are raising money for their trip to Hawaii to play in the World Youth Basketball Invitational. Tickets are being sold through July 18.

Contact one of these people for any of the tickets: June Smith, Amy Suppah, Rochell Zamora, Brett Whipple, Sonia Heath, Jessie Adams, Alvis Smith III, Becca McPherson, Otis Iverson, Crystal Smith, Julie Suppah or Shawn Harry.



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