

# WIC program promoting healthy families

The Warm Springs Women, Infants and Children program serves more than 450 individuals.

WIC is a supplemental food program promoting healthy eating. The WIC team gives counseling to families to improve health through good nutrition.

WIC provides vouchers to buy healthy foods. They give information and referrals for prenatal care, and shots for babies.

There are free WIC classes on nutrition, recipes, taking care of babies and how to breastfeed.

The Warm Springs WIC staff are Rachel Nua, WIC clerk, Angela Sanders and Sophia Williams, certifiers, Janet Bissell, breastfeeding coordinator, and Roopa Puri, WIC coordinator.

Pregnant mothers, and moms with infants or children under 5 are encouraged to stop by the office, or call 541-553-2460 or -1196.

The WIC office at the



Dave McMechan/Spiļay

The Warm Springs WIC team: Angie Stacona, Rachel Nua, Sophia Williams, Janet Bissell, Angela Sanders and Roopa Puri (from left).

clinic is open from 8:15 a.m. to 4:45 p.m. Monday through Friday.

Women on the WIC program eat better, have healthier babies and receive earlier prenatal care. Infants born to WIC mothers weigh more, and grow and develop better.

Children on WIC eat foods with more iron and vitamin C, and they receive their shots on time if needed.

To qualify for WIC you must live in Oregon, and be pregnant, a postpartum mother, or have a child un-

der the age of 5. Foster parents with a child under 5 can qualify.

You also must meet a certain income level, as WIC serves low-income families. WIC is an equal opportunity program and employer.

## Birth

LaWanda Mae Gonzales Ronald.

Anthony Gonzales and Ida Frank of Warm Springs are pleased to announce the birth of their daughter LaWanda Mae Gonzales, born on September 15, 2014.

Grandparents on the father's side are Georgina Suppah (atwai) and David Gonzales Sr. Grandparents on the mother's side are Andrea Morales and Eldred Frank.

LaWanda joins brother

Auna—Paxamatsha. Learn or practice **pow-wow dancing and drumming.**

Sessions are Wednesday evenings from 5:30-7:30 at the Warm Springs Community Center aerobics room.

For more information call Merle Kirk at 541-460-2788.



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# Big September fish run at Bonneville dam

During two days in September, a record number of salmon passed through the Bonneville dam.

The two-day count was the highest since the dam was built in 1938.

On September 7 the count was 67,024 fall chinook. The next day another 67,521 passed the dam.

Over those two days, 134,545 fall chinook passed Bonneville Dam—more fish than the entire fall chinook runs in 1992 (116,200) and 1993 (126,472).

The previous record one-day return happened in September last year, when 63,870 fish passed the dam.

On September 21 of this year, the one-millionth adult chinook of 2014 passed the dam.



Courtesy CRITFC

CRITFC fish technician Crystal Chulik with a 3-foot chinook taken from the trap at Bonneville dam. Technicians sample fish for a variety of research projects being conducted by CRITFC fish biologists.

The flood of returning salmon has sidelined the Columbia River Inter-Tribal

Fish Commission fisheries technicians that sample fish at the dam.

Fish were passing at such a high pace that they couldn't close the ladder gates that divert fish into the trap, because it would have backed up salmon entering the ladder. (This article is courtesy of CRITFC.)

# 24-hour nurse hotline

My baby is coughing: Should I take her to the clinic? How can I treat my sore throat at home? Should my medical issue be treated at the emergency room?

These and many other medical questions can be answered at a new 24-hour, seven days a week nurse hotline number.

There is a toll-free number: 1-866-470-2015.

When you call the number you will first hear a disclaimer stating that if you are experi-

encing an emergency, hang up and call 911.

You will then have the option of being connected to the audio health library, or speaking immediately with a Registered Nurse.

**Cooking class:** Friday, Oct. 17, from 11 a.m.-3 p.m. at the clinic kitchen. Learn to make healthy and delicious bulgur and bean salad. Open to the first 40 people. Participants will receive measuring cups or spoons. Call 541-553-2460 if you have questions.

# Walk to Save Lives

The Out of the Darkness Walk to Save Lives is this Saturday, Oct. 4.

This Suicide Prevention and Awareness walk is in Portland. A van from Warm Springs will be available for people interested in participating.

The van will departing on the fourth at 7 a.m., and will return by 4 p.m.

The event is open to everyone, through youth under 14 must be accompanied by an adult.

To sign up call Rosanna Jackson at 553-3205.

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