

Weight-loss challenge starting

Movin' Mountains—Mission Possible 2015 is gearing up.

Weigh-ins in Warm Springs are this Thursday and Friday, Jan. 22-23; and in Madras on Friday and Saturday, Jan. 23-24.

Movin' Mountains is an annual county-wide event to lose weight and establish a healthier lifestyle.

The challenge is presented as a collaboration between the Confederated Tribes of Warm Springs, the IHS Diabetes Prevention Program, the Let's Talk Diversity Coalition, the Jefferson County Health Department, the Madras Aquatic Center, OSU Extension, La Comunidad Latina en Accion, and other community organizations.

Rules, regulations and divisions will be similar to last year, when various weight divisions were initiated.

That created many



more money winners than past years, as 36 people finished "in the money" in 2014, according to event organizer Carolyn Harvey.

The event measures the percent of weight loss and hip and waist reduction.

Weigh-ins this week

Weigh-ins for the 2015 event will be on Thursday and Friday, Jan. 22-23 in Warm Springs at the Physical Therapy Room at the Community Center.

Weigh-ins are also on Friday and Saturday, Jan. 23 and 24, at the Jefferson County Health Department, 715 S.W. Fourth St. in Madras.

Instead of weekly exercise programs being made available as in past years, organizers this year are planning

monthly educational programs on a variety of topics led by various experts.

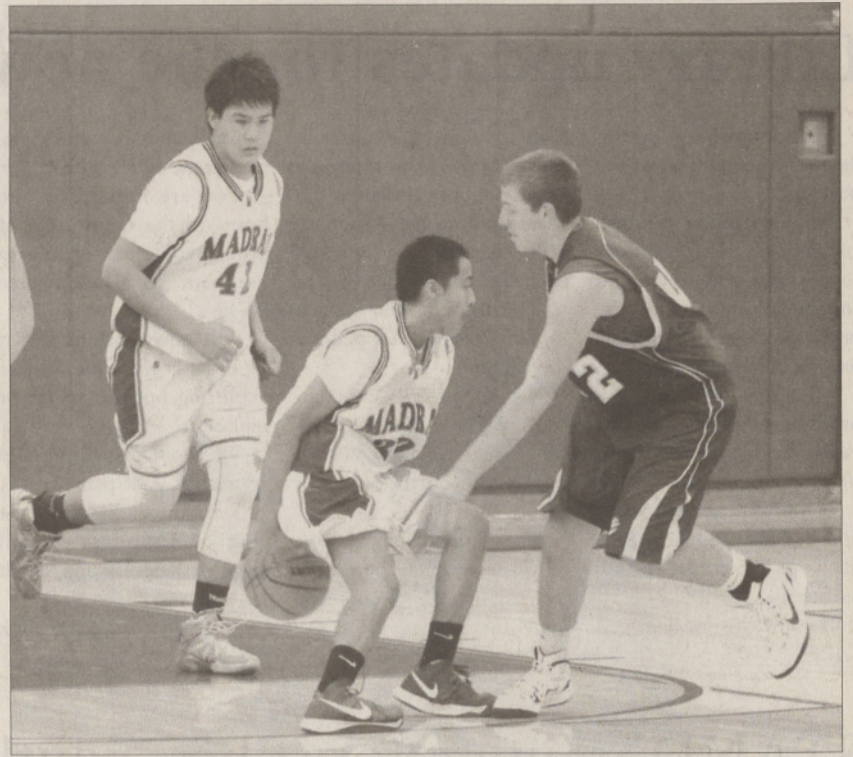
Entry fee \$25

The entry fee is \$25 per person, per division (two division maximum). Divisions include individual male and female, two-person mixed gender teams, and four-person male and female teams. All entry fees go to prize money payouts.

There will also be a Family Fitness contest as part of Moving Mountains: kids aged 10 and up and their family members can participate.

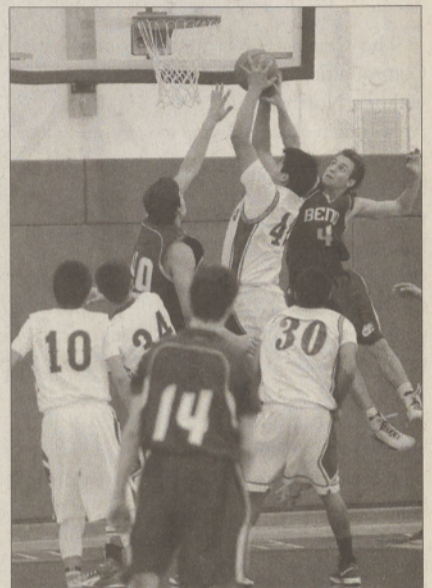
Sign-ups will be on Saturday, Jan. 31, at the Jefferson County Health Department. It is free for families to participate.

For further information on Movin' Mountains, contact Harvey at 541-475-4292. Also, keep an eye on the Spilyay for further details as the event nears.



Jayson Smith photos.

Hoops roundup



Aaron Winishut in the White Buffalo junior varsity game against Bend, last week at Madras High School. White Buffalo boys junior varsity team played Bend last week. Kanim Smith III shoots a free throw.



Boys teams

The Madras High School boys junior varsity plays at home against Gladstone this Friday, Jan. 23, starting at 5:30 p.m.

They play at home on Tuesday evening, Jan. 27, at home against Crook County; and then are away at Molalla on Jan. 30.

They're back at home on Feb. 3 against Corbett, starting at 4 p.m.

The boys' varsity teams plays on those dates and places starting at 7 p.m.

Girls teams

The girls teams play on Friday, Jan. 23 at Gladstone, and on Jan. 27 at Crook County.

They're home against Molalla on Friday, Jan. 30, and then away at Corbett.

Check out KWSO.org for more news from Warm Springs.

Schimmel, Dream at Seattle in July

The Atlanta Dream released the team's 2015 schedule. They open on June 5 at Madison Square Garden against the New York Liberty.

They're at home in Philips Arena for their next two games, against the Connecticut Sun and San Antonio Stars.

The Dream then go on the road against the Washington Mystics, and followed by Connecticut.

For people on the West Coast who want to see Shoni Schimmel and the Dream in person, the first regional opportunity will be on July 5 at Seattle. They play at the Tulsa Shock on July 7, before returning to the East Coast.



Courtesy photo.

Atlanta Dream guard Shoni Schimmel with sister Jude (left) and friends.

Atlanta has made it to the playoffs for seven consecutive years. They are the regular season WNBA Eastern Conference champions.

They will play 17 home

games this year, with theme nights for some games.

The Native American Heritage Weekend at Philips Arena will be in mid June.

A reminder to anyone participating in the Winter Fitness Challenge: you should turn in your weekly logs every Monday by 10 a.m. at the Community Center's Physical Therapy Office next to the Aerobic's Room. If you have any questions contact Evelyn Aguilar at 553-3589.

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By the Warm Springs Market - ph 553-1041



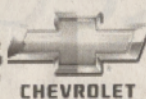
Beads, Native American Gifts, Museum, Deli, Grocery, Ice, Fishing Permits, Western Union, Check-Free Bill Pay, ATM and Much More!

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