

Simnasho to host first smoke-free powwow

The Lincoln's Birthday Powwow at Simnasho this month will be the first smoke-free powwow on the reservation.

Warm Springs tobacco prevention coordinator Scott Kalama came up with the idea, and presented it to powwow director Mackie Begay. "We talked about it, and I think it's a good idea," Mackie said.

The Tribal Council last year approved a smoke-free tribal work place resolution, precluding smoking within 25 feet of a tribal work-place



Former smoking area at the Simnasho Longhouse.

building.

Kalama was the advocate of the resolution. He then worked with secretary-trea-

sureur Jake Suppah, and health liaison Caroline Cruz to implement the resolution. He posted signs on tribal work

buildings, saying that smokers should be at least 25 feet from the doors and windows.

He is putting up similar signs at the Simnasho Longhouse, in preparation for next week's powwow.

The smoking area at the Simnasho Longhouse was by the side door. Smokers will no longer be allowed to use this area. This should make for a better powwow for all non-smokers, from young people to elders, Mackie said.

The Warm Springs tobacco-prevention program is funded by a state grant.

Indian Head Casino

Employee of the Month

Jimmy Flores

Jimmy Flores was voted the Employee of the Month for December at Indian Head Casino.

Jimmy is a slot keyperson. He started working at Indian Head in June of 2013.

Always with a smile, he is very helpful not only to the casino guests, but to co-workers as well.

Jimmy is a very de-



pendable individual, and a great team player.

Congratulations, Jimmy!

Coastal Natives, Nespelem win North End Express tourney

The Nespelem, Wash., team won the men's division of the recent North End Express Basketball Tournament. The Coastal Natives of Tulalip won the women's division.

Taking second in the men's division were the Northwest Warriors of

Warm Springs. Third went to ADA Oklahoma, and fourth, Rez Hoops.

Ball-It-Up of Mesa, Ariz., took second in the women's division. Third place: Smashtown of Celilo; and fourth, Fire and Ice of Simnasho.

The men's tourney MVP

was Edward Wolfe of Nespelem.

CeCe LeClaire of the Coastal Natives was the women's MVP.

Anthony Bonifar of Nespelem was the men's Mr. Hustle; and Sarah Baldera of Mesa was the women's Ms. Hustle.

The women's All-Tourney: Seth Hamilton, Red Nation, Yakama. Es Jose, Mesa. Miami VanPelt, W.O.W. of Warm Springs. Taralee Suppah, Fire and Ice, Simnasho. Rosebud Guthrie, Smashtown, Celilo. Sheila Christy, Coastal Natives. Sa-

rah Baldera, Mesa Arizona. Briana Williams, Smashtown, Celilo. Raveon Harrowa, Coastal Natives. Mourning Rae Ferris, Fire and Ice, Simnasho.

The men's All-Tourney team:

Robert Main, Hit Squad, Warm Springs. Bryson Brousen, Lapwai. Alex Sampson, Rez Hoops. Coby Dick, Nespelem. Cody Hillard, ADA Oklahoma. Jantzen Harrington, Northwest Warriors. Tony Louie, Nespelem. Derrick Metcalf, Northwest Warriors. Chad Smith, ADA Oklahoma.

Young at Art



Jayson Smith/Spilyay

Opening reception at the Museum at Warm Springs Youth Art Show.

Lincoln's: starts Feb. 13

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The Saturday grand entry is at 1 p.m. (no evening grand entry). The Sunday grand entry is at 1:30 p.m.

Contests are in all categories, plus the drum contest. Specials:

30 and up Women's Traditional Round Dance Special. For information contact Shayla Stwyer, 541-777-7658.

Men's Round Bustle Special. Contact Jarvis Stwyer, 541-777-7616.

Youth Dance Special. Contact Charlie Tailfeathers, 541-553-7906.

Daisy Ike Memorial Women's Traditional Special, sponsored by the Ike Family. Contact Leona Ike at 541-633-6097.

One-man hand drum. Contact Kyle Queahpama, 541-553-6908.

Tiny Tot Special. Contact Nellie Tanewasha, 360-612-1251.

For powwow questions call 541-553-9230 after 6 p.m. Or

email:

Gyn82098@aol.com

Vendors, contact Sandra Greene-Sampson, 541-553-6619.

Lodging is available at Kah-Nee-Ta, 1-800-554-4Sun. Mention Lincoln's Powwow for a powwow package, limited rooms.

Increased incidence of flu

A recent health report shows an increase in cases of influenza in Jefferson County, with many of these cases among Native people.

Influenza or "flu" often causes fever, muscle aches, cough, and sore throat.

In young children, elders, women who are pregnant, and people with diabetes or lung, heart, liver or kidney disease, the flu can cause more severe illness.

Here are a few things you can do to protect yourself and your family from influenza:

· Wash hands regularly with soap and warm water. Alcohol-based hand cleaner may also help avoid getting flu.

· If you're sick, cover your cough with a tissue, or cough into your sleeve to prevent spreading illness to others

· If you're sick, stay home from work or school to avoid spreading infection

· Antiviral medicines can help people ill with flu who are at risk for more severe illness, particularly if treatment is started early. Check with your doctor.

· Also, it's never too late to get vaccinated, particularly for people at increased risk for severe disease.

For more information call the Warm Springs Health and Wellness Center at 541-553-1196.

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