

Event to improve Elmer Quinn Park

Warm Springs Prevention will host a 3-on-3 basketball and skateboard competition to promote a smoke-free Elmer Quinn Park.

If the event is a success, and the park is designated as smoke-free, then Prevention could qualify for grant funding for park improvements, such as an irrigation system.

Scott Kalama, Tobacco Prevention and Education coordinator, is organizing the competition, set for Friday, March 27 from 9:30-11:30

a.m. at Elmer Quinn Park. The Soaring Butterflies-Warrior Spirit youth program is co-sponsoring the event.

Kalama has had success with other smoke-free projects on the reservation. He proposed a resolution to Tribal Council designating tribal buildings as smoke-free. Council passed the resolution, which allows smoking no closer than 25 feet to the nearest door or window of the public tribal building.

Last month Scott and the

Lincoln's Powwow Committee hosted the first smoke-free powwow at the Simnasho Longhouse. His program is funded by a grant from Smoke Free Oregon.

A project for the future will be looking at making tribal housing units smoke-free, Scott said. Meanwhile, the March 27 competition will help raise awareness of the tobacco prevention and education. For more information you can reach him at 51-553-3205; or email:

scott.kalama@wstribes.org

The goal of the Warm Springs Tobacco Prevention and Education program is to increase the health of tribal members by sharing knowledge of the traditional and sacred use of tobacco, and promoting respect for it.

The program educates people, with an emphasis on youth, about the health risks of tobacco use; and creates an environment where tribal members can be as healthy as possible.

Youth Nutrition Month event coming up in W.S.

Celebrate National Nutrition Month in Warm Springs next Thursday, March 26. The event is for kids of all ages, featuring hands-on, fun-filled learning about health.

There will be activity booths, raffle tickets and prizes, Zumba, lunch and snacks, an obstacle course, and a gardening class.

This National Nutrition Month event will be in the

old Warm Springs Elementary School gymnasium, co-sponsored by Warm Springs Community Health services, Women, Infant and Children (WIC), the Tribal Nutrition Program, the Wellness Program, and OSU Extension.

Registration is the morning of March 26 at 10 a.m. Health and fun activities begin at 10:15.

Training for seafood handling

There will be a seafood training session this Friday and Saturday, March 20-21.

The HACCP (Hazard analysis and critical control points) on Friday will be from 9 a.m. to 4 p.m.; and on Saturday from 8:30-3:30 p.m. The training will be in the High Lookie Lodge meeting room.

To register call 541-553-2496; or call Dayle Tufti at 541-553-1196.

HACCP training is a food safety management tool that is recognized internationally in the commercial food industry.

Obtaining the training can assist you with the ability to present certified food products to recognized and highly valued markets, such as Safeway, Wal-mart, etc.

This training is sponsored by the Warm Springs Land Use Planning Committee.

Gallery seeking artwork

The Art Adventure Gallery is calling all artists to submit work for their April exhibit, which will feature art inspired by this year's Jefferson County Community Read, *Something to*

Hold by Katherine Schlick Noe.

The deadline to submit artwork is March 27.

Contact Coralee at 475-6317 if you have any questions.

The Warm Springs Community Action Team is hosting the **AARP Tax Aide Site** again this year. For an appointment call 541-553-3148.

Kupn making class at museum

A kupn making class will be this Friday and Saturday, March 20-21 at the Museum at Warm Springs.

Classes are from 10 a.m.-

4 p.m. Space is limited to 25.

To sign up contact Tamera at the Museum 553-3331 ext. 407.

Do you know about the Individual Development Accounts, or IDA program?

It is a way for individuals to save money and have that money matched for different purposes. You may want to build up savings for a business, for education or to buy a home. To learn more call Nettie or Chris at the Warm Springs Community Action Team - 553-3148."

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Wednesday, March 18

On today's **fitness schedule**: The weight rooms are open at the Community Center are open 8 a.m. until 8 p.m. There is a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10:45 it's Senior Fitness Class at the Senior Center. At noon there is basketball in the Community Center Gym and Functional Fitness in the Aerobics Room. Pilates Yoga Class is at noon at the Health and Wellness Center, and the Seated Exercise Class is at the Diabetes Prevention Office at 12:15 for 30 minutes.

Thursday, March 19

Food Handlers Class will be held this afternoon from 2-4 in the Atrium at the Warm Springs Health & Wellness Center.

Community Counseling has an **Alcoholic Anonymous** meeting at noon on Thursdays.

An **Alcohol Education Support Group** is at Community Counseling. This group meets every Thursday from 3-4 p.m.

The Recreation Department has **Snack Attack** on Tuesdays and Thursday from 3:30-5 in the Community Center Social Hall.

There is a **Narcotics Anonymous** meeting Thursdays at 6 p.m. at the Warm Springs Shaker Church.

Indianpreneurship Class is tonight from 6-8 p.m. at the Tribal Credit Enterprise Conference Room. This evening's session is on *The Quest for Order*. This course is a requirement if you are interested in setting up an IDA account for business use. To learn more contact the Warm Springs Community Action Team at 541-553-3148.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Thursday, March 19

On today's **fitness schedule**: at noon there is Functional Fitness Class in the Community Center Social Hall, Turbo Kick Class in the Aerobics Room and Volleyball in the Community Center Gym.

Friday, March 20

On today's **fitness schedule**: there's a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10:45 it's Senior Fitness Class at the Senior Center. At noon there is basketball in the Community Center Gym, and Function Fitness in the Aerobics Room. Pilates Yoga Class is at noon.

The Jefferson County Library **Film Center** is showing the movie *What's Eating Gilbert Grape* rated PG 13, Friday at 7:30. Films are free and refreshments are available at the Rodriguez Annex next to the Library in Madras.

Saturday, March 21

There is an **Alcoholics Anonymous** meeting Saturday mornings at 10 a.m. at Warm Springs Community Counseling.

Sunday, March 22

The **Warm Springs Food Bank** is located at the Presbyterian Church. They are open today from 11:30-1:30. All food banks and pantries do take donations of non-perishable food or cash

Monday, March 23

Community Counseling has their **Aftercare Relapse Support Group** on Mondays at 5:30.

On today's **fitness schedule**: The Weight Rooms open at the Community Center are open 8 a.m. until 8 p.m. There's a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10:45 it's Senior Fitness Class at the Senior Center. At noon there is basketball in the Community Center Gym and Function Fitness in the Aerobics Room. Pilates Yoga Class is at noon at the Health & Wellness Center and Seated Exercise Class is at the Diabetes Prevention Office at 12:15 for 30 minutes.

Warm Springs **Tribal Council** is in session today. The agenda includes: an update from the office of the s-t, the April agenda, and review of minutes. Draft resolutions will be presented, and there will be a legislative update call and enrollments.

The Warm Springs Victims of Crime **Women's group** meets Mondays from 4-6 p.m. at their office on campus.

There is **no school** for kids at Head Start or Early Head Start this week - its Spring Break week.

Spring Break for the 509-J school district is the week of March 23.

The Jefferson County 509-J **School Board** meets every month on the second and fourth Mondays at 7 p.m. Meeting locations and agendas are posted at the district website on the Thursday or Friday before the meeting. They are meeting this evening.

The Warm Springs **Vocational Rehabilitation Program** has orientation today at 3 p.m. at their office in the industrial park. if you or someone you knows may have a disability that is a barrier to employment or employment advancement, you can learn more at an orientation or call 553-4952.

Tuesday, March 24

Community Counseling has an **Alcoholic Anonymous** meeting at noon on Tuesdays.

The Recreation Department has **Snack Attack** on Tuesdays and Thursday from 3:30-5 in the Community Center Social Hall.

Warm Springs **Tribal Council** meets today. On the agenda: a review of minutes.

Tuesday, March 24

On today's **fitness schedule**: at noon there is Functional Fitness Class in the Community Center Social Hall, Turbo Kick Class in the Aerobics Room and Volleyball in the Community Center Gym.

The Warm Springs **Land Use & Planning Committee** meets today from 1-5 p.m. at the Tribal Administration Building in Conference Room #3.

The **Jefferson County Food Bank** is located at 556 SE Seventh Street. They are open for distribution this afternoon. All food banks and pantries do take donations of non-perishable food or cash.

OSU Extension is hosint a **Pickling class** from 1-3 p.m. at the Education Building downstairs kitchen. Class size is limited to 12 on a first come first serve basis

Indianpreneurship Class is tonight from 6-8 p.m. at the Tribal Credit Enterprise Conference Room. This evening's session is on Tracking Dollars. This course is a requirement if you are interested in setting up an IDA account for business use. To learn more contact the Warm Springs Community Action Team at 541-553-3148.

Warm Springs OSU Extension has **Master Food Preserver** class on Pickling from 1-3 today. Call 553-3238 to learn more.

Anger Management Group meets today from 3-4:30

at Community Counseling.

Wednesday, March 25

Community Counseling has an **Alcoholic Anonymous** meeting Wednesday evenings at 7.

Powwow and Hoop Dance practice will be held today and every Wednesday after school from 5 until 7 in the Community Center Aerobics room.

On today's **fitness schedule**: There is a campus walk break stating at the Diabetes Prevention Office at 10 a.m. Water Aerobics class is at 10:15 at the Kah-Nee-Ta Village Pool. At 10:45 it's Senior Fitness Class at the Senior Center. At noon there is basketball in the Community Center Gym and Function Fitness in the Aerobics Room. Pilates Yoga Class is at noon at the Health & Wellness Center and Seated Exercise Class is at the Diabetes Prevention Office at 12:15 for 30 minutes.

Thursday, March 26

Community Counseling has an **Alcoholic Anonymous** meeting at noon on Thursdays.

An **Alcohol Education Support Group** is at Community Counseling. This group meets every Thursday from 3-4 p.m.

The Recreation Department has **Snack Attack** on Tuesdays and Thursday from 3:30-5 in the Community Center Social Hall.

There is a **Narcotics Anonymous** meeting Thursdays at 6 p.m. at the Warm Springs Shaker Church.

The **Culture and Heritage Committee** meets today from 9 a.m. until noon in the Tribal Admin-

istration Building Conference Room #3.

The **Water Control Board** meets today from 1:15-4 p.m. at the Natural Resources Cougar Den Meeting Room.

Indianpreneurship Class is tonight from 6-8 p.m. at the Tribal Credit Enterprise Conference Room. This evening's session is on *Listening to Numbers*. To learn more contact the Warm

Springs Community Action Team at 541-553-3148.

Thursday, March 26

On today's **fitness schedule**: at noon there is Functional Fitness Class in the Community Center Social Hall, Turbo Kick Class in the Aerobics Room and Volleyball in the Community Center Gym.


For those medical questions...

The Warm Springs Health & Wellness Center Nurse Hotline



866-470-2015

- * 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?



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