

Summer work with Native Aspirations

The Warm Springs Native Aspirations Soaring for the Future work program has just a few more weeks to go.

Then school starts on September 7 for most students, and September 8 for the older high school and middle school students.

The Warm Springs Back to School barbecue is less than a month away: The barbecue happens early in September, usually the first Thursday of the month.

The summer youth work program this year brought many improvements to the community, with the students working through the summer heat on clean-up, building and natural resource projects.

Native Aspirations, hosted by tribla Health and Human Services, provided work and learning opportunities for you ages 14-18, and college students.



George Yazzie and the Native Aspirations work crew take care of the sidewalks on Hollywood Boulevard.

Prevention, Recreation hosting youth track meet

The Wings Invitational youth track meet is set for next Tuesday, August 9.

The meet will be at the Warm Springs Academy k-8 track. Sponsors are Warm Springs Prevention, and Recreation.

Pre-registration starts at 5:15, and the meet starts at 6

p.m. The divisions are 2-5 years; and 6-12 years; boys and girls.

Participants receive a t-shirt and water bottle.

Events include 50m, 100m, 200m and 400 m; long-jump and high jump, softball throw, t-ball throw, and 400 rally.

Jamboree Day next week

The Warm Springs Recreation Jamboree Day is coming up on Wednesday, August 10.

The Jamboree Day will be from 2-6 p.m. at the Community Center ball fields.

The Warm Springs Outdoor Market is every Friday from 10 a.m. to 2 p.m. next to the Re-Use It Thrift Store by the Warm Springs Market. Contact the Warm Springs Community Action Team to find out about setting up as a vendor, 541-553-3148. The market features vendors homegrown or value-added food and drinks, arts and crafts. There is fresh produce. WIC Farm Direct Checks accepted.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, August 4

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.

Guiding Butterflies & Mighty Warriors classes meet today from 1 to 3 in the Prevention Room at Community Counseling. The class is for adults to participate in cultural-based teachings, crafts and activities.

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

There is an **Alcoholics Anonymous** meeting today at noon at Community Counseling, and a **Narcotics Anonymous** meeting this evening at 6 at the Shaker Church.

Friday, August 5

Today at **Summer Rec** they are playing Lacrosse at 10:30. There's a Morning Walk Raffle, and it's Free Play Friday

Fitness Opportunities today include: Senior Fitness class at the Senior Center at 10:45. At noon there is basketball in the Community Center gym, and Functional Fitness class in the Aerobics room. And at the Health & Wellness Center, Pilates Yoga class is at noon.

The Community Counseling Center will have a **walk-in group** for intakes today at 1:30. It is open to anyone needing to start counseling services.

The Community Health Program at the Health & Wellness Center has a **Behavior Health Clinic** today. Walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

Saturday, August 6

There is an **Alcoholics Anonymous** meeting this morning at 10 at Community Counseling.

Sunday, August 7

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, August 8

A **Women's Prayer Group** meets Mondays from 12:05 to 12:35 at the Warm Springs Presbyterian Church.

The Community Health Program at the Health & Wellness Center has a **Behavior Health Clinic** every Monday and Friday. Walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

Today at **Summer Rec** kids can go on the morning walk and water the children's garden. It's Mario Monday in the game room, Manicure Monday and Kickball League.

The Soaring Butterflies - Warrior Spirit class meets today at 3:40 at the Warm Springs K-8 Community Room. This is for 3rd to 8th grade youth and includes culturally based teachings, hands on activities as well as drug and alcohol prevention education.

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 know has or may have a disability that is a barrier to employment or employment advancement, they can learn about their options at an orientation or by calling 553-4952.

Fitness Opportunities today include: Senior Fitness Class at the Senior Center at 10:45. At noon there is basketball in the Community Center gym, and Functional Fitness in the Aerobics room. And at the Health & Wellness Center - Pilates-Yoga Class is at noon.

There's a **Survivors of Suicide Support Group** from 9-10:30 this morning, and an **Aftercare Relapse Support Group** today at 5:30 at Community Counseling. They also have a Walk-in Group for intakes every Monday, Wednesday and Friday at 1:30.

Victims of Crime Services has a **Women's Support Group** this evening at the VOCS office, 1108 Wasco Street, behind the Old Boys' Dorm. It's from 3-5 p.m.

Tuesday, August 9

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.

Today at Community Counseling: There is an Alcoholics Anonymous meeting at noon. Adult Alcohol Education Class is at 1:15, and the Veterans Group meets from 1:30-2:30.

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.

The **Warm Springs Vocational Rehabilitation** Program has orientation today at 3 p.m. at Community Counseling. Learn more by calling 553-4952.

Powwow, hoop dance and drum practice for beginners and anyone who would like to practice is today from 5:30 to 7 at the Community Center aerobics room.

AGLOW weekly Bible study is this evening from 6-7:30 at High Lookee Lodge. It is open to all and a light snack is provided.

Today at **Summer Rec** they will take a morning walk and water the children's garden, it is Tournament Tuesday in the game room and Active Afternoon activities start at 1:15

Wednesday, August 10
Little Miss Warm Springs meetings are held Wednesdays from 6-7:30 at

the Community Center. All interested girls and parents are welcome.

Today at Community Counseling: A walk-in group for intakes is at 1:30. This is the first step for anyone wanting to begin counseling services. There is an Alcoholics Anonymous meeting at 7 p.m.

Today at **Summer Rec** they will take kids on a walk this morning and water the children's garden. It is Wii Wednesday in the game room, and Active Afternoon activities start at 1:15. The Jamboree Day activities are from 2-6 p.m. at the ball fields.

Fitness Opportunities today include: Water Aerobics at 9:15 at the Kah-Nee-

Ta Village Pool at 10. There is Senior Fitness class at the Senior Center. At noon there is basketball in the Community Center gym, and Functional Fitness in the Aerobics room. And at the Health & Wellness Center, Pilates Yoga Class is at noon.

The Soaring Butterflies - Warrior Spirit class meets today from 4-6 at the Community Counseling Center. This is for 3rd to 8th grade youth and includes culturally based teachings, hands on activities as well as drug and alcohol prevention education.

Thursday, August 11
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.

Guiding Butterflies & Mighty Warriors classes meet today from 1 to 3 in the Prevention Room at Community Counseling. The class is for adults to participate in cultural-based teachings, crafts and activities.

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

There is an **Alcoholics Anonymous** meeting today at noon at Community Counseling and a **Narcotics Anonymous** meeting this evening at 6 at the Shaker Church.

Madras Campus UPCOMING for the month ahead

Have you been thinking of going to college?

Are you interested in taking classes at COCC?
Attend the next Getting Started Session on **September 6 at 2 p.m.**
For more information, visit cocc.edu/getting-started

For More Information
541.550.4100
cocc.edu/madras



In advance of College events, persons needing accommodation or transportation because of a physical or inability disability, contact Joe Vicks 541 553 7775. For accommodation because of other (inability such) as hearing impairment, contact Anne Lennox 541 553 7745.

Black Bear Diner

Grrreat Family Food

Madras' Finest Family Dining

- All Products Prepared Fresh Daily
- Entrees Roasted Daily
- Featuring Hand Cut USDA Choice Steaks

BREAKFAST - LUNCH - DINNER

• Senior Menu • Children's Menu • Daily Specials

All Major Credit Cards Accepted

237 S.W. 4th Street, Madras • 475-6632

OPEN 6 am - 10 pm DAILY

Served All Day