

# Youth, mentors conclude work program

Tribal Health and Human Services wrapped up the Native Aspirations program in August. The youth who participated, and their mentors and employers, completed many projects around the reservation. Thank you to all who contributed.

"There were plenty of growing pains, because we did grow," said Reina Estimo, one of the program coordinators.

There were many changes this year to the summer youth work program. The changes were intended to make the experience more meaningful for the youth, Reina said.

"I think that for the most part we succeeded," she said. "We had great feedback from the community and departments. They liked seeing the youth out in the community working on the various projects.

"Community was the



theme this summer, and that was our main intent," Reina said.

At the conclusion of the program, Native Aspirations hosted an awards ceremony, giving away t-shirts with the word Community in the three languages of the Confederated Tribes. If you didn't get a shirt, stop by the Family Resources Center.

### Awards, attendance

Here is a list of the summer 2016 Native Aspirations award winners (award, winner, and department):

Most improved: Olivia

Smith, Early Childhood Education.

Best personality: Justin Smith, Senior Center.

Most likely to succeed: Shareya Scott: Utilities-carpenry.

Most reliable: Jasper Smith, ECE and work crew.

Most inspirational: Kiley Florendo, Utilities-janitorial.

Work crew member of the year: Wynona Tewee, Fire and Safety and work crew.

Employee of the year: Jayden Sohapp, Community Center.

Mentor of the year: Hunter Onstad, Management.

Employer of the year: Alvis Smith III, Utilities-carpenry.

### Project winners

Community service/media: Austin Charley, Prevention.

Life Map: Tyreke Ramsey, ECE.

Art: Unique Bryant, Culture and Heritage.

College research: Monique Moody, Prevention.

Special award: Tyler Anderson, Community Health.

### Perfect attendance

These youth had perfect attention this summer at Native Aspirations:

Unique Bryant, Austin Charley, Francien Charley, Ismael Enciso, Brent Graybael III, James Hance, Silas Howtopat, Perry Isadore, Donaven Kalama, Genesis J. Lucci, Monique Moody, Hunter Onstad, Marisol Perez, Dartanian Picard, Neteva Polk-Saludo, Amial Rhoan, Jayden Sohapp and Wynona Tewee.

Congratulations to all the youth who took part in this summer's Native Aspirations program.

## School BBQ, sale this week

The Back to School Barbecue and school supplies giveaway is this Thursday, September 1, at the Warm Springs Academy.

The barbecue starts at 4 p.m. at the academy. Stop by for the barbecue, supplies, music and school information.

At this year's barbecue, the Let's Talk Diversity Coalition will host a resource fair.

### Yard sale

Meanwhile, this Friday, September 2, the Recreation Department

will host the **Back to School Yard Sale**. This will be on the front lawn of the community center.

Set-up is at 8 a.m., and the sale starts at 9, going all day until 4 p.m.

Table space is limited. Call 541-553-3243 for information, or to reserve a table. (Bring your own lawn chair.)

School starts on Wednesday, September 7 for most students in the 509-J school district. September 8 is the first day for the older high school and middle school students.

## Learn culinary, budget skills at 'Cooking Matters'

Are you interested in hearing some creative tricks for feeding your family on a budget?

Do you want to sharpen your knife skills, or learn new ways to get more vegetables on your plate?

You are invited to join nutritionist Linda Porter and fellow community members for a free six-week cooking course, coming up in September and October.

The High Desert Food and Farm Alliance is a local non-profit organization sponsoring this completely free cooking course series, called *Cooking Matters*.

The weekly class runs six weeks and is available to low income people interested in learning more about healthy cooking on a budget.

The classes are from 5:30-8:30 p.m. on Tuesdays, starting September 13, and concluding on October 18.

The class will be held in the the Warm Springs Community Center. Ms. Porter will be leading the class and teaching participants cooking skills over the six-week period.

This program is unique because the participants not only have the opportunity to learn new cooking skills, and tricks to make getting a healthy dinner on the table easier, but get to develop these skills through hands-on

experience.

In addition to in-class learning, the participants will also take home the groceries needed to recreate the meal at home, at no cost.

A cookbook and cloth grocery bag are given to the class participants who have come to the first class and completed at least four of the sessions. If you sign up, please plan to attend each class in the six-week course.

The High Desert Food and Farm Alliance supports a vibrant, community-based food system.

The nonprofit organization organizes several programs to increase access to fresh, healthy food, support sustainable land use, and foster relationships among farmers and consumers in Central Oregon.

The alliance partners with the Oregon Food Bank and local community-minded businesses, like Erickson's Thriftway, to deliver *Cooking Matters* courses throughout Jefferson, Crook and Deschutes Counties.

For more information, please visit: [hdffa.org/programs/cooking-matters/](http://hdffa.org/programs/cooking-matters/)

Class size is limited, so signup today.

To register, please call Jane Sabin Davis at 541-963-8310, or email: [lindalporter@live.com](mailto:lindalporter@live.com)

Warm Springs Health and Human Services hosted Micro Championship Wrestling at the Community Center. The education theme was to not boo at events. The many youth who attended the event cheered the wrestlers, who then spoke about how the competition was actually friendly among the wrestlers.



Courtesy photo



Marge Kalama photo/KWSO

## KNT hosting Thursday sale on campus

Kah-Nee-Ta Resort and Spa is hosting a Back to School Community Sale, encouraging youth to raise their own funds to achieve financial goals. Sales can include crafts, foods, games, art, clothing, etc.

Tables will be provided. There is no fee for youth vendors to set up, but you must register.

All other vendors will pay a donation fee per table. Registration forms are available at Kah-Nee-Ta, or Warm Springs Market or by email. All donations are welcome, the proceeds will be dispersed to youth who participate.

The sale will be this Thursday, September 1 on the campus in Warm Springs from 10 a.m. to 6 p.m.

## COCC offering 'Getting Started' classes in Madras

Central Oregon Community College is offering a "Getting Started" presentation at 2 p.m. on Tuesday, September 6, in Room 105 on the COCC Madras Campus.

This is an opportunity for prospective students, who are seeking a degree or just

a few classes, to meet with a COCC admissions representative for guidance through time-sensitive steps for enrollment, including federal funding, choosing appropriate courses and the use of academic support services.

For information or to RSVP, call 541-550-4100.

### Nursing program

COCC is offering a nursing program orientation session from 5 to 6 p.m. on Wednesday, September 7 in Room 155 of the Boyle Education Center on the COCC Bend Campus.

The purpose of the meeting is to review the selection procedure for students inter-

ested in applying to COCC's Associate of Applied Science in Nursing program, as well as the prerequisites for applying and support courses necessary for the AAS degree. It is not necessary to be enrolled at COCC to attend this orientation, and reservations are not needed. Call 541-318-3741 for information.

Warm Springs IHS is seeing students for sports physicals this Friday September 2. They will be done from 1-5 p.m. at the Madras United Methodist Church, first come first serve.

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