

Shop is making a dream come true

The idea of the Smith's Trail Gift Shop is really about love of family, and hard work.

Shop owner Juanita Miguel-Lopez will host the grand opening of Smith's Trail this Wednesday, October 25, through the early afternoon. There will be cake and finger food, and door prizes.

The shop is at the Warm Springs Plaza, 3240 Walsey Lane, down the sidewalk from the casino.

Juanita works at the store part-time. She has another job driving taxi in Redmond. The taxi shifts are 12-hours, five and sometimes six days a week.

Helping out at the Smith's Trail are her husband Jose, who also works in landscaping, and Juanita's friend Martika Saludo.

There are all kinds of items at the Smith's Trail Gift Shop: jewelry and clothing, kids' toys and games, novelty items, to name just some. Smith's Trail also has candy and drinks, and they serve homemade lunches on the days when Juanita has time to cook.

The inspiration to open the shop came from Juanita's mom, Sherri Smith. "She was my best friend in the world," Juanita says. "The whole idea of the shop is about her."



Dave McMechan/Spilyay

Juanita and Jose at the Smith's Trail Gift Shop.

The purple color schemes at the Smith's Trail are because Sherri's favorite color was purple. The butterflies and hummingbirds are inspired by her mom.

The store logo is from the artwork, *The End of the Trail*, her mother's favorite.

The End of the Trail logo, as created by Juanita and Terrebonne artist Beth Hoffman, is on the back wall, on items for sale such as water bottles; and on Smith's Trail bags of huckleberry candy and jars of huckleberry jam.

Juanita lost her mom a few

years ago. Juanita went through a time of mourning when she was hardly able to leave the house. Then her mom visited a friend in a dream, telling the friend it was time for Juanita to get back to living her life. With that dream something changed, and Juanita has been working mostly non-stop since then.

"I wouldn't have the store if hadn't been working so hard," she says. And the more she works, the more opportunities keep happening, "and each one is better than the one before," Juanita says.

Grant allows W.S. Extension to continue Ag program

The Warm Springs agriculture program at OSU Extension received a grant that allows the program to continue for another four years.

The \$80,000 grant is through the Federally Recognized Tribes Extension Program, as sponsored by the U.S. Department of Agriculture. Indian Ag Country is a partner in the program.

OSU and FRTEP funding have been an important part of Warm Springs Extension programming for about 20 years.

The grant program supports Extension education on federally recognized Indian reservations and tribal jurisdictions.

The program seeks to continue the College Land Grants' mission of inclusion—providing education and research-based knowledge to those who might not otherwise receive it. The grant is competitive, and all recipients must re-apply every four years.

For the first time in the program history, 36 additional Indian colleges received permission to apply for the grant.

Due to increased competition, several established pro-

grams were eliminated, while seven new ones were funded.

To align with current grant priorities, this renewed grant in Warm Springs focuses on community health and food security issues through gardening education, food production and establishment of fruit orchards and berry crops.

Scott Duggan is the project director for Warm Springs Extension, and was the and principal investigator for the grant.

He spent several weeks preparing the grant, and says the support from the Confederated Tribes is greatly appreciated.

"I am grateful our application made the cut and received a positive review by USDA," Mr. Duggan said.

"OSU Extension appreciates the support of our tribal partners and looks forward to the next four years of providing agricultural programming on the Warm Springs Reservation."

If you would like more information about this topic, please contact Scott at 541-553-3238. Or email: scott.duggan@oregonstate.edu

Important for members, employees to know about insurance

Many children in Warm Springs qualify for the Children's Health Insurance Program, or CHIP.

Parents or guardians are required to enroll children in this program, or Warm Springs Managed Care may deny any coverage taking place outside clinic.

Funding for Managed Care comes from Indian Health Services, and those funds are turned over to the tribe to manage under guidelines of the Indian health system. These funds are limited for treatment outside IHS.

A program many people are eligible for is the Oregon Health Plan. You can enroll year-round but do remember to renew annually. Even if you work, if you are a student or

a single person, or have been denied for being over income limit, you should apply.

Native Americans who are eligible for Indian Health Service, who are also eligible for Oregon Health Plan are required to apply for that coverage, as it comes at no cost to the patient. Assistants are available at the Health and Wellness Center to help clients sign up.

Medicare insurance is administered by the federal government through contracted private insurance companies. It provides health insurance for Americans aged 65 and older who have worked and paid into the system through the payroll tax.

Medicare Part A covers hospital

and hospice services. Part B covers outpatient services. Part D covers self-administered prescription drugs. Part C is an alternative to the other parts intended to allow patients to choose plans with more benefits.

You can enroll in Medicare Part A and/or Medicare Part B online at socialsecurity.gov

You can also enroll by calling Social Security at 1-800-772-1213. The nearest Social Security office is in Bend at 250 NW Franklin Ave.

in Suite 201.

Tribal employees

For full time Tribal Employees, you are eligible for health coverage and other benefits.

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ShakeOut drill in Warm Springs

The Great Oregon ShakeOut earthquake drill happened in Warm Springs at 10:19 a.m. on October 19.

ShakeOut drills were successfully conducted at the Family Resource Center, and at the Warm Springs Media Center.

KWSO featured social media messaging that week about the ShakeOut, and also what to do during an earthquake.

On the air a message about the drill was followed by an Emergency Alert System message giving guidance about the drill.

The goal of the ShakeOut is to encourage families, individuals and organizations to be prepared to survive and recover quickly from big earthquakes—wherever you live, work, or travel.

In most situations, you will reduce your chance of injury if you:

Drop where you are, onto your hands and knees. This position protects you from being knocked down, and allows you to stay low and crawl to shelter if nearby.

Cover your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall, away from windows.

Stay on your knees, bend over to protect vital organs. Hold on until shaking stops.

If you are in bed when an earthquake occurs, stay in bed. Roll onto your stomach and cover the back of your head and neck with a pillow and use a hand to hold

that in place.

If you are driving during an earthquake, slow down until you can safely pull over and stop. Avoid parking near overpasses, big trees, power lines, bridges and buildings. Stay with your car with your seat belt on until the earthquake is over.