

## Perfect season in League play



Jayson Smith/Spilyay

The Madras High School varsity girls and boys basketball teams both play at Corbett this Thursday, February 15. The girls then have a game at Crook County on February 20, while the boys host Crook County that evening. At the end of their final 2017-18 home game last week—as the score board above shows, a 59-16 win against Estacada—the varsity girls were undefeated in the Tri Valley League.



Jayson Smith/Spilyay

Jefferson County Middle School eighth-graders Tasha Herkshan and Cha Ramirez getting ready start the game against the Warm Springs Eagles.

## In youth sports

The Warm Springs **Academy girls basketball** team hosts Obsidian this Thursday, February 15. Seventh grade plays at 4, eighth grade 5. Academy wrestlers have a meet at Pacific Crest Middle School in Bend at 4.

The Academy girls basketball team plays at the Jefferson County Middle School next Wednesday, February 21. Seventh grade plays at 3:30, and the eighth grade at

4:30.

The next day, Thursday, February 22, the Academy girls play at Crook County Middle School in Prineville.

**Note:** The Warm Springs Academy Awards Assembly is on Friday, February 23. The assembly for grades 6-8 is at 8:25 a.m. The third through fifth grade assembly is at 9; and for kindergarten through second at 9:35.

## Tribes open Zone 6 commercial fisheries

The first Zone 6 Columbia River commercial fisheries of 2018 continues through 6 p.m. this Friday, February 16.

The open area is only The Dalles and John Day Pools. Allowed gear is gillnets with no mesh restriction.

Allowed sales are sturgeon between 43 and 54 inches fork length, salmon, steelhead, walleye, bass, carp, catfish, shad and yellow perch. These fish may be sold or kept for subsistence use.

Standard river mouth and dam closed areas applicable to gill nets are in effect. The Spring Creek hatchery sanctuary is not in effect

this time of year. Fish may be sold after the period ends if caught during the open period.

### Platform, hook and line

Commercial platform, and hook and line sales are open until 6 p.m., Wednesday, March 21. The open area is all of Zone 6.

Allowed sales are salmon, steelhead, shad, walleye, catfish, bass, carp and yellow perch, which may be sold or kept for subsistence use.

Legal-size sturgeon are between 43 and 54 inches fork length in The Dalles and John Day pools; and

between 38 and 54 inches fork length in the Bonneville Pool and may be kept for subsistence use only.

During the commercial gill net fishery, ending at 6 p.m. Friday, February 16, sturgeon from The Dalles and John Day pools only may be sold commercially.

Allowed gear is hoop nets, dip nets, and hook and line. Dam closed areas applicable to platform gear, and hook and line are in effect. Fish may be sold after the period ends if caught during the open period.

## Travelers tourney coming to W.S.

The Oregon Travelers 6 Foot-Plus 1-and Under Tournament is coming up in mid April at the Warm Springs Community Center. For information contact Edna David at the center, 541-553-3243.

The awards for this tourney

include the Championship jackets; second and third place awards; 20 t-shirts for fourth place. Also:

The MVP, High Score and Mr. Hustle. The entry fee is \$385. The tournament will be April 15-17.

## 65th Klamath tournament in March

The Sixty-Fifth Annual Klamath All Indian Basketball Tournament—the oldest Indian tournament in the nation—is coming up in March at Chiloquin.

Men's teams will have 10-man

rosters; women's will have 8-woman rosters. All Stars for both divisions; MVPs in both divisions.

For more information contact Louie Miller, 541-281-2901; or Ed Case, 541-891-9382.

## Still time to take the health survey

Warm Springs Behavioral Risk Factor Surveillance Survey interviewers continue to seek Warm Springs adults 18 and old to participate in the survey.

Participants receive a \$30 gift

card for their time, and their participation helps the tribe in health care planning.

You can call Christina at Family Preservation to schedule a time: 541-615-0036.

## February food tip of the month

Carbohydrates are one of your body's main sources of energy, and about half of your daily calories should come from them.

They're the comfort foods we crave when we're feeling down or stressed: pasta, fries, white bread, cookies are examples.

But these simple or refined carbohydrates cause rapid spikes in blood sugar—with ups and downs in mood and energy—and a build-up of fat, especially around your waistline.

The key is to choose the right carbs. Complex carbs




such as vegetables, whole grains, and naturally sweet fruit digest slower, resulting in stable blood sugar and less fat accumulation.

You'll not only feel healthier and more energetic, you could also shed a few pounds. Complex or 'goo' carbs include whole wheat bread, brown rice, oatmeal, spinach, tomatoes, beans, nuts and whole fruit.

*This message is brought to you by the Warm Springs Diabetes Program and 91.9 FM KWSO!*

# Boys with Braids




Learn the cultural importance of why Native males wear their hair long. Too many young Native boys experience bullying or discrimination due to their long hair. Often parents and their young boys struggle to find the correct words to answer the question, "Why do you have long hair?" A variety of guest speakers will share their personal experiences and how they overcome these situations.

Saturday, Feb. 17  
11 a.m. to 3 p.m.

**Coats Campus Center  
Bend Campus**

Snacks and drinks provided  
**FREE & OPEN to the public**  
[cocc.edu/mcc-events](http://cocc.edu/mcc-events)



CENTRAL OREGON  
community college  
[cocc.edu](http://cocc.edu)

Questions:  
[mcary@cocc.edu](mailto:mcary@cocc.edu) or 541.318.3782

♿ In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7553