

Personal training now at Recreation

Norene 'Nor' Sampson, fitness coordinator at Recreation Department, is also a personal trainer, now working one-on-one with nine clients.

Her personal fitness training sessions last for one-half hour, and are provided free to members. Any age is welcome: Her clients range in age from 23 up to more elderly residents.

The focus of the fitness sessions can be cardio, flexibility, muscle strength and endurance—"It depends on the person's preference," Nor says. "It's entirely up to what he or she wants to accomplish."

Nor gives extra motivation in the gym, helps with fitness goals and training. "No goal is too small or too big," she says. Norene also works one day a week on senior fitness at High Lookie Lodge.

Nor earned her fitness training certification through the Northern Arizona University and the Native American Fitness Council. She also has an Associates of Arts transfer degree through Central Oregon Community College.

She is a 2011 graduate of Madras High School, where she played softball, basketball and wa-



Personal fitness trainer Norene Sampson at Recreation.

Dave McMechan/Spilyay

ter polo. Nor has been with Recreation since 2016.

If you are interested in having her serve as a personal fitness trainer, stop by Recreation, call 541-

553-3243, or email: norene.sampson@wstribes.org

Including Norene, there are now three personal trainers in Warm Springs: Two are with Com-

munity Health. Norene is the first enrolled member of the Confederated Tribes to be a personal fitness trainer.

— Dave McMechan

Little League tryouts are this week

Little League Baseball and Softball tryouts are this week.

Try-outs for the girls' teams are this Wednesday, March 28 after 5 p.m.

Try-outs for the boys' teams are Thursday, March 29 after 5 p.m.

All players must be registered and paid in full to participate in try-outs, or even to practice. This is so they will be covered by Little League insurance.

All Junior boys and girls who played for Juniors following year don't have to try out.

Boys and girls who are moving up to the Juniors who have played in Majors must try out.

Minor League moving up to Majors must try out, and will be drafted.

Tee ballers must try out for the minors.

Registration fee for all is \$25 per child; or \$30 for two children of the same household.

Kah-Nee-Ta mini-marathon in April

The Warm Springs Recreation invites you to the Kah-Nee-Ta Mini Marathon, coming up on Saturday, April 21.

Win the 14.5-mile Mini Marathon and the prize is a an overnight stay gift certificate for Kah-Nee-Ta Resort and Spa. Everyone is welcome; mini-marathon is family friendly.

The race will start at the Three Warriors Market and end at the Kah-Nee-Ta Village gate area. Registration begins at 7:30 a.m. The 14.5-mile Mini Marathon begins at 8:30.

The 10k, 5k and 1-mile races begin at 9:30 a.m. Pre-registration is \$15; after April 18, registration is \$20.

Every participant will receive a tee, and swim pass to the Village pool. Recreation will also have gifts for the top male and female in the marathon.

For more information contact Recreation at 541-553-3243. Or email: norene.sampson@wstribes.org

Spring Break at Recreation

Warm Springs Recreation this week is hosting Spring Break 2018, through this Friday, March 30. There is open gym, organized games, arts and crafts, a field trip, game room, and Mine Craft party.

Some other activities: Track meeting, bike rodeo, softball and baseball camps. Bring the kids to Recreation to keep their minds and bodies active while they are home from school. For more information call Recreation at 541-553-3243.

Break Color Run is this afternoon from 3:30-4:30, starting at the Community Center front lawn. Warm Springs Recreation and Juvenile Crime Prevention are hosting this free event.

The theme is, 'Stop, Walk and Talk—Anti-Bullying Color Fun Walk.' Step up so others won't get stepped on. Take a walk on the color side and join our team for bullying prevention.

This event is open to all ages, and the first 40 kids will receive t-shirts. Stay strong and stop bullying. For information call Recreation at 541-553-3243.

Spring Break Color Run

The Second Annual Spring

From Warm Springs OSU Extension

Extension monthly preparedness topic

These are some tips for preparing for a long-term emergency situation. Keep foods:

- That have a long storage life.
- That require little or no cooking, water and refrigeration.
- That meet specific food needs for your family.

Do not store up on foods that are salty or spicy, as this will lead to higher water consumption rate.

Storage tips:

- Keep food in a dry, cool spot.
- Wrap perishable food in plastic, and keep in sealed containers.
- Empty packages into air-tight containers for pest protection.
- Write the expiration date on all items, and replace when needed.
- Store a can opener and bottle opener, and get rid of swollen, dented, and corroded cans.

Calorie intake:

- Go by calories, not serving size.
- People with average activity level need: Males: 2,800-plus calories. Females: 2,200-plus calories
- Children under 13: 1,440 calories.

Food in emergencies

Safe food practices:

- Use these within six months: Powdered milk (boxed), dried fruit, dry crackers, potatoes.
- Use within one year or before label date: Canned condensed soups, fruits, fruit juices, meats and vegetables. Nut butters and jelly, canned dry nuts, hard candy, vitamins, dry cereals and uncooked instant cereals, vegetable oils.
- May be stored indefinitely in proper containers: Powdered milk

(canned), wheat, dried corn, pastas and rice, baking powder, soybeans, salt, noncarbonated drinks, bouillon products, instant coffee, tea and cocoa.

How to cook: For emergency indoor cooking, you can use a built-in fireplace (check the chimney first for obstructions or damage).

A charcoal grill or gas stove should only be used outdoors. Canned food can be eaten straight out of the can. If you heat in the can, remove the lid and label first.

If the electricity goes out: Use all perishable items from the refrigerator, pantry, garden, etc. Use food from the freezer. Begin to use non-perishable foods and staples.

(This information was provided by John Brunoe, Warm Springs OSU Extension.)

Community notes...

Warm Springs Recreation is hosting a **Bike Rodeo** this Wednesday morning, March 28, from 11 to 11:30 a.m.

There will be a raffle, and ice cream social, followed by the Bike Rodeo. If you do not have a bike or rodeo, you are still more than welcome to attend.

In Madras High School sports this Thursday, March 29: **varsity baseball** hosts Mcloughlin at 9 in the morning.

The **Boys & Girls Club** of Warm Springs is open 8 a.m. to 5 p.m. through Spring Break.

The Warm Springs Culture & Heritage Language program is

looking for volunteers to help chaperone, coach, judge and assist at the **2018 Language Bowl** on May 24 at the Wildhorse Resort. To learn more call Culture and Heritage at 541-553-3290.

Registration and orientation for **Spring Term GED** classes is happening soon in Warm Springs and Madras. You can register for Basic Reading and Writing on Monday or Wednesday, April 2 or 4, from 1-4 at the Education Building in Warm Springs; or from 5:45-8:45pm at Madras COCC. Basic Math registration is Tuesday and Thursday, April 3 and 5.

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Redsides POWWOW

APRIL 18, 2018

HOST DRUM—BLACK LODGE SINGERS

DINNER WILL BEGIN AT 5 PM IN THE MAUPIN ELEMENTARY GYM

MAIN DISHES, BEVERAGES & SERVICEWARE WILL BE PROVIDED

PLEASE BRING A SIDE DISH, DESSERT OR SALAD

SOCIAL DANCING AND GAMES WILL BEGIN PROMPTLY AT 6:30 PM IN THE HIGH SCHOOL GYM

ALL DANCERS AND DRUMMERS ARE WELCOME!

(Maupin, Oregon)