

# Iron Chefs cooking at Academy

The fine art of healthy cooking will be on display in February at the Warm Springs Academy, followed by the regional competition at the Jefferson County Middle School.

The Iron Chef Cook-Off is a challenging and yet fun cooking competition.

Round one of the cook-off will be next week at the Warm Springs Academy, with the regional competition the following day at the Jefferson County Middle School.

Last year the Warm Springs team of three students took a close second place in the cook-off.

The challenge: The students are given the final secret ingredient—last year it was sweet potatoes—only moments before the start of the cook-off.

They proceed to improvise a nutritious and delightful dish, judged by a panel of taste testers.

The judges ask the students questions about preparation, with the focus on the five food groups and nutrition, cooking safety and sanitation, and taste.

The students qualify by going through the Iron Chef in the Nutrition Kitchen series, which concludes next week.

The program is a collaboration among the Warm Springs Academy, Oregon State University Nutrition and OSU 4-H Agriculture, and the Twenty-First Century afterschool program, sponsored in part by St. Charles Medical Center.

The students are in grades six to eight. They complete the eight-

session series, coached by Extension's Rosanna Sanders. The students learn the basics of meal preparation and cooking, food safety, food parings, teamwork and leadership.

The last session at the Academy will be at 4 p.m. on Thursday, February 7 in the Discovery Room. The winning team at the Academy cook-off will then go to the regional cook-off at 5:30 p.m. on Friday, February 8.

The team from the Academy will compete against the Jefferson County and Culver middle school teams.

"It's always an exciting event, and a lot fun," said Olivia Davis, program coordinator and teacher at the Culver Middle School.

— Dave McMechan



Jayson Smith/Spilyay

Lynden Harry led the College of the Siskiyou Eagles women's basketball team to a recent win over Butte. Lynden, former White Buffalo star, had 17 points, 16 assists, six rebounds and three steals. The Eagles have four more regular season games: At Butte, home against Lassen, at Shasta and at Feather River. Photographer Jayson Smith was on hand for the Eagles home win over Butte.

# Seeking input on mandatory sentencing

The tribal Justice Team is planning another public meeting regarding the draft resolution on mandatory sentencing for drug related cases on the reservation.

This will be a chance for community input on the proposal. The meeting is scheduled for 6 p.m. on Tuesday, February 5 at the Community Center social hall.

The Justice Team held its first

public meeting on the resolution in late 2018. Overall, the response from this meeting was in favor of the proposal.

The community response, in fact, prompted the Justice Team to increase the initially proposed mandatory minimum sentences.

After the first, the Justice Team is suggested doubling the minimum sentences from 30, 60 and

90 days to 60, 90 and 120 days.

The Justice Team represents departments of the Public Safety Branch, tribal court, Health and Human Services, Housing, IHS, elected leaders, management and other community members.

The Justice Team first began working on the mandatory minimum sentencing resolution last year at the direction of Tribal Council.

## Births

*T'Weiwaus Emerald Faith Jackson*

Robert 'JJ' Lucci and Ellen Jackson of Warm Springs are pleased to announce the birth of their daughter T'Weiwaus Emerald Faith Jackson, born on January 15, 2019.

T'Weiwaus joins brothers Genesis, 19, Kain, 16 and Darreck, 12; and sisters Ciara, 19, and MonciKah, 14.

*Sophina GraceyAnn Caldera*

Aaron Caldera of Nakia Caldera of Warm Springs are pleased to announce the birth of their daughter Sophina GraceyAnn Caldera, born on January 25, 2019.

Sophina joins brother Kristopher, 10; and sisters AnnaMarie, 12, and Ella, 6.

Grandparents on the father's side are Rebekah Main and Nathan Main, and Raphael Caldera.

*Xiomara Rose Bautista Gonzalez*

Ivan Carlos Bautista Valdez and Karina Gonzalez of Culver are pleased to announce the birth of their daughter Xiomara Rose Bautista Gonzalez, born on January 25, 2019.

Xiomara joins brother Sergio, 3; and sisters Zuleyma and Cristal.

Grandparents on the father's side are Eufemio Bautista Correa and Martia B. Valdez of Culver.

Grandparents on the mother's side are Hortencia Parra Martin Gonzalez of Culver.

## LINCOLNS POWWOW COMMITTEE

### 2019 Powwow Preparation

### Memorial Releases & Opening Longhouse Floor

### FEBRUARY 2, 2019 Simmasho Longhouse

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**Emery Ross Yallup**  
**Simmasho Cemetery - 9 am**  
**Memorial services to follow at Simmasho LH**

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## WINTER

**Anm**  
*Ichishkiin snwit (Sahaptin Language)*

**Chaxelxix**  
*Kiksht awawat (Wasco Language)*

**Tomo Numu**  
*Numu (Paiute)*



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