

New walking group with Holistic Health

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Walking is a simple form of exercise that is linked to several health benefits.

The American Diabetes Association recommends 30 minutes of moderate to vigorous intensity aerobic exercise, five days per week, for a total of 150 minutes of exercise weekly.

This time can be split throughout the day for those with busy schedules.

Ways to incorporate this goal into your lifestyle include parking your car farther from the door at the grocery store, taking the stairs instead of the elevator, or meeting a friend for a walk rather than coffee.

Another great option is joining a walking group, where you are supported by others with similar goals.

New Warm Springs Walking Club

Starting this month Warm Springs Holistic Health is starting a walking club.

We will meet at noon in front of the Physical Therapy building every

Wednesday.

All ages, abilities, and paces are welcome. Routes will vary, though all walks are intended to be less than one hour.

Please come join us, and take advantage of some of the following health benefits that can be achieved through walking. Some examples:

Lower body mass index (BMI):

Individuals who walk 15,000 or more steps per day tend to have normal, healthy BMIs.

Improve cardiovascular health:

Women who walk 30 minutes a day have been shown to reduce their risk of stroke by 20 percent, and up to 40 percent with a faster pace.

Feel energized:

Short duration stair walking has been shown to be more energizing than a low dose of caffeine for sleep deprived young women.

Strengthen immune function:

Regular aerobic exercise and physical fitness have been correlated to reduced rates of



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upper respiratory tract infections during the winter and fall common cold seasons.

Lengthen your lifespan:

Individuals who exercise for an average of 15 minutes a day have been shown to have a three-year longer life expectancy than those who did not.

Reduce risk of cancer:

Several studies have found relationships between higher levels of physical activity and decreased risk of breast, colon, and endometrial cancer.

Improve mood:

Single bouts of low to

moderate intensity exercise have been shown to stimulate a release of endorphins that reduce anxiety and depression.

Control blood sugar

Fifteen minute post-meal walks have been shown to improve glucose control for up to 24 hours.

Improve bone strength:

Thirty minutes of daily walking reduces the risk of hip fractures by 40 percent for post-menopausal women.

Reduce joint pain:

Aerobic walking programs have been found to decrease pain and disability related to knee osteoarthritis.

If you are interested in learning more about the Warm Springs Walking Club, please contact me at 541-777-2663. Or show up at noon on Wednesdays with a comfortable pair of shoes!

This program is weather dependent, so feel free to call us on the morning of walk for relative updates.

Community notes...

The Twenty-Fourth Annual **Eagle Watch** is next Saturday and Sunday, February 23-24 at Round Butte Overlook Park.

The Confederated Tribes have joined Portland General Electric and Oregon Parks in hosting this family tradition.

The Warm Springs Dancers and drummers will perform on the Sunday afternoon of the event. The tribal performance has come to mark the conclusion, and for many a high-point of Eagle Watch.

The Warm Springs Community Action Team AARP Tax Aide is doing **free tax preparation** and filing.

This tax service will be done on Tuesdays and Thursdays through April 12, but you must make an appointment. Call 541-553-3148 or stop by the CAT office on campus to reserve a time.

The Caldera 2019 Open Studios is featuring its Artists in Residence and students, including Warm Springs artists. They will be arriving at Caldera in Sisters on February 23 from 12:30-3:30 p.m. Artist will share their work with the public.

Admission is free and light refreshments will be served. The Caldera Arts Center address is 31500 Blue Lake Drive in Sisters. Jefferson Greene from Warm Springs is one of the featured artists. There will be one more Open Studio on and March 23.

A Jefferson County **Veterans Service Outreach officer** will be in Warm Springs at the Warm Springs Senior Center on the 3rd Tuesday of each month. Appointments are available for the morning by calling 541-475-5228. Otherwise, the Veteran's Service Officer will be available to answer questions during and after the senior meal that day.

Confluence to invest in education as Celilo project is on hold

by **Colin Fogarty**
The Confluence Project

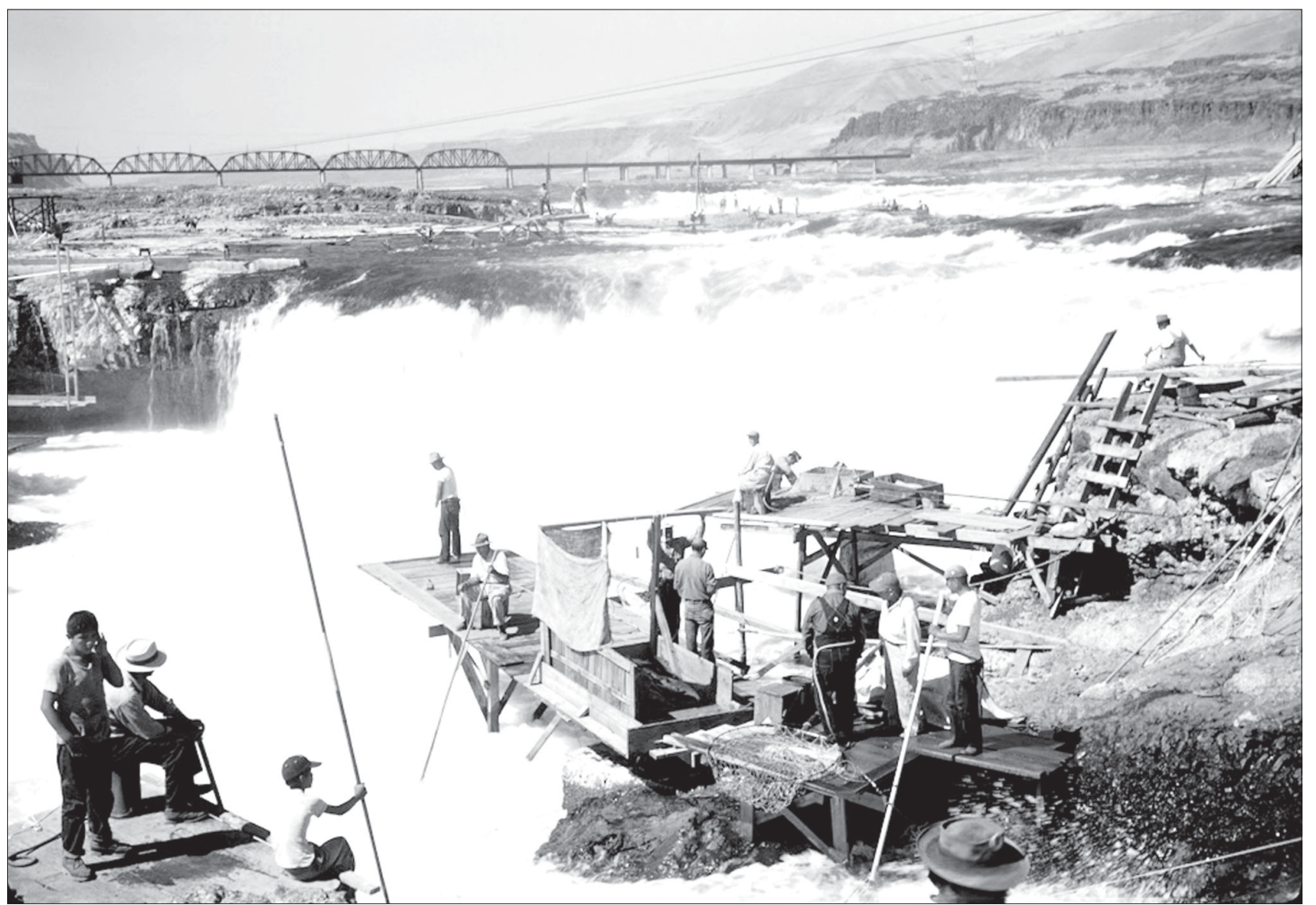
A project to connect people with the rich Indigenous history of Celilo Falls is on hold for the time being. The delay comes because of an objection from the Yakama Nation tribal government.

The Confluence Project at Celilo Park is the sixth and final art installation by the community supported nonprofit Confluence in collaboration with Columbia River tribes and the celebrated artist Maya Lin.

The project continues to have support from three other Columbia River treaty tribes: Confederated Tribes of Warm Springs, Confederated Tribes of the Umatilla Indian Reservation and the Nez Perce Tribe.

They see a redeveloped Celilo Park as an opportunity to educate people about Celilo Falls, honor the Indigenous people of the Columbia River and strengthen the tribal presence in the public places along the river. But the Yakama Nation has told the U.S. Army Corps of Engineers, which manages Celilo Park, that it does not support any development that encourages public access there, and wishes the park to be decommissioned.

The Corps has said it will only move forward



Iconic image of the mighty Celilo Falls.

with the park redevelopment project with the support of all four of these tribes along the Columbia River.

Confluence has been respectfully seeking to re-establish that support.

After a series of meetings with tribal councils, partners and advisers, Confluence will redirect its energies toward ongoing education initiatives, including Confluence in the Classroom, Confluence Out-

doors, professional development for teachers and a digital resource for educators, visitors and anyone curious about a more inclusive understanding of the Columbia River system.

We have taken this as an opportunity to listen respectfully and reflect. Our guiding principles for moving forward are to listen first to our tribal partners and respect all voices along the Columbia River.

We also remember our

commitments. At this point, it is more important to do this right than it is to do it right now."

Celilo Falls was a natural wonder in the Columbia River and a historic center of fishing, commerce and spiritual life since time immemorial.

The Dalles Dam flooded Celilo Falls in 1957.

The three artistic elements of the Confluence Project designed by Maya

Lin are an interpretive pavilion, sculptural relief of the Columbia River and an elevated walkway inspired by traditional fishing platforms.

The project also includes badly needed repairs to the parking lot and facilities at Celilo Park.

The mission of Confluence is to connect people with the history, living cultures and ecology of the Columbia River system through Indigenous voices.

Confluence is a community-supported nonprofit that works through six art landscapes, educational programs and community gatherings in collaboration with northwest tribes, communities and artist Maya Lin.

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Date to remember for higher education students

Warm Springs Higher Education reminds students who plan to apply for the Tribal Scholarship that you should apply for FAFSA, the State Need Grant and Or-

egon Opportunity Grant before March 1 to be eligible for more funding.

The Tribal Scholarship Early Bird deadline is May 1: Students who turn in

application packets by this date will be eligible for certain school supplies.

The regular deadline is July 1.

On cold nights shelter is available

The Jefferson County Winter Shelter provides a safe cold weather shelter in Madras.

The shelter will be open

at the Madras Free Methodist Church, located on South Adams Drive, through February from 6 p.m. to 7 a.m. on especially

cold nights.

Call 541-325-2478 to find out if the shelter will be open.