

### Cougars youth hoops tourney coming up

The Warm Springs Cougars All-Indian Third-Fourth Grade Co-ed, and 15 and Under (plus 2 non-Indian)

Basketball Tourney is Friday-Sunday, February 22-24. It is open to the first six teams in each division.

The entry deadline is February 15. Call Austin Greene at the Community Center, 541-553-3243.

### Healthy Living: There is 'fake news' in food

Many marketers of food and nutrition products have no qualms about setting up fake news sites or stories that look reliable and familiar, but then "investigate" or "reveal" a certain product or supplement they want to sell you.

Consider the source when reading or learning about nutrition.

The term "nutritionist" is not a legally recognized cre-

dential.

Look for individuals who have a registered dietitian (RD) or registered dietitian nutritionist (RDN) credential.

One surprisingly easy place to start finding qualified nutrition information is by looking at U.S. government nutrition websites.

The data on these pages are written by trained healthcare professionals.

You can learn more at one of these websites: [choosemyplate.gov](http://choosemyplate.gov), [nutrition.gov](http://nutrition.gov), [health.gov](http://health.gov)

*This Healthy Living message for Healthy Living is brought to you by the Warm Springs Diabetes Program, and by the Station on the Reservation, KWSO 91.9 FM.*

### Help guide W.S. transportation

Help shape the future of public transportation in the region, especially service to the Warm Springs Reservation. Be a part of the conversation and join the Confederated Tribes of Warm Springs Statewide Transportation Improvement Fund Advisory Committee.

If appointed, you will help decide which public transportation projects will best service the Confederated Tribes. The application deadline is 5 p.m. on March 1. Online application forms are available at:

[coic2.org/stif](http://coic2.org/stif)

Or visit the tribal administration building.



**Warm Springs MARKET**  
*Family Owned Since 1944*

**HOMEMADE pies and breads are available in our deli cooler. Made daily at the ReUse It Café!**

**Beads, Native American Gifts, Deli, Grocery, Ice, Fishing Permits, Western Union, Check-Free Bill Pay, ATM and much more!**

**541-553-1597**  
**2132 Warm Springs Street, Warm Springs, Oregon**

### REUSE IT THRIFT STORE & CAFÉ




Whole pies and a variety of pre-sliced loafs of breads are being sold at Warm Springs Market!

**541-553-2536**

**Monday - Friday**  
**7am - 6pm**



2130 Warm Springs Street, Warm Springs, Oregon




**Gary GRUENER**

**"Large enough to serve you.... Small enough to care"**


2018 KIA Soul - 7,667 miles - **\$15,995** #P6058B



2017 Subaru Outback - 31,801 miles - **\$30,995** #55187W



2015 Chevy Camaro - 27,578 miles - **\$24,995** #08263C



2014 Chrysler Conv. - 73,323 miles - **\$12,995** #46431A



2010 Subaru Impreza - 85,547 miles - **\$24,995** #14916B




2011 Nissan Rogue - 142,014 miles - **\$9,995** #P6056




2011 GMC Terrain - 81,381 miles - **\$24,995** #47550B



2009 Ram 1500 - 104,826 miles - **\$19,995** #P6057



2009 Chevy Silverado - 106,107 miles - **\$20,995** #00692B



2006 - Nissan X Terra - 54,500 miles - **\$9,995** #93569A



2005 Pontiac Montana - 75,143 miles - **\$7,995** #46038B



2005 Chevy Malibu - 150,790 miles - **\$4,995** #30133A




**Happy Valentine's Day**

**\$800 Valentine's Day Couples Slot Tournament**  
Thursday, February 14th  
6PM  
\$20 buy-in for a couple  
2 buy-ins max. Pays top 3

**\$2,000 Valentine's Day Cash Drawings**  
Thursday, February 14th  
7-9PM  
WIN up to \$1,000 CASH!  
Same day drawings, check-in opens at 5PM

**\$1,500 Valentine's Day Blackjack Tournament**  
Thursday, February 14th  
5PM  
\$27 buy-in, \$25 re-buy  
Pays top 3