

# Fine coffee and gifts at Painted Pony Espresso

Painted Pony Espresso offers great coffee, plus gifts, artwork and crafts—all from a great location next door to Indian Head Casino.

The shop manager is Emily Courtney, business and marketing director with the Warm Springs Community Action Team.

The Community Action Team purchased the coffee shop last year. Part of the business area is the coffee shop, and the front space is for the display of works by members of the Tananáwit art co-op.

Painted Pony Espresso is open 8 a.m. to 5 p.m. Monday through Friday.

Working with Emily at the shop are young people who are part of the Melinda Poitra's WIOA—Workforce Innovation and Opportunity Act—program. The crew had their training day last week for the upcoming season.

Stop by Painted Pony Espresso, or order a coffee by phone, 541-797-9688.

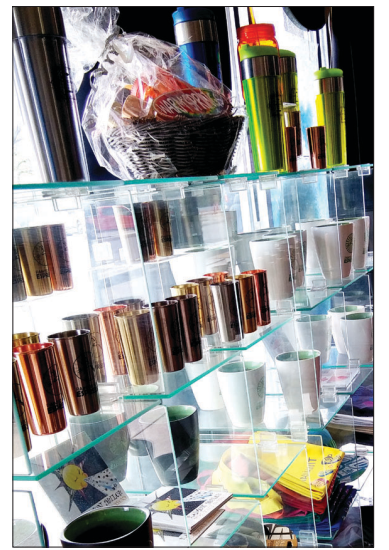


D.McMechan/Spilyay

At the recent WOIA training session at Painted Pony Espresso, lone Jim, Sha'Rita Johns and Treauna Blueback (front from left); and Xariya Holliday, Niya Bagley, Emily Courtney, WSCAT business and marketing specialist, and Whitney Kalama (back from left).

relocating and restoring the historic Old Commissary building.

The Community Action Team has funding in place for the Commissary project. On-the-ground work was close to starting early last year, when the pandemic put a temporary halt to the project. The schedule now calls for the move to happen in 2022.



Some of the gift items; and *The Root Digger* painting series by Emily Courtney (below).



## At Tananáwit

Jaime Scott recently re-joined the Warm Springs Community Action Team as the new executive director of the Tananáwit art co-op. Mr. Scott is a former coordinator of the WSCAT Outdoor Market.

Tananáwit membership is now at more than 160 artists from the tribal community. To learn more about Tananáwit call the Community Ac-

tion Team at 541-553-3148.

The co-op members are talking about hosting a street fair sometime in the future, taking the covid precautions into consideration. The long-term home of Tananáwit will be at the WSCAT Commissary small business incubator building. This is the project that will involve

## Unique Native art on maps of North American

Raven Makes Gallery in Sisters presents an exhibition of Native American narrative art on antique Western world cartography.

Twenty Indigenous artists from across North America have created works on sixty antique original maps from the seventeen- and eighteen-hundreds. The name of the show is *The Homeland Collection, First Edition*.

Participating artists include three masters with works on permanent display at the Smithsonian's National Museum of the American Indian in Washington, D.C.

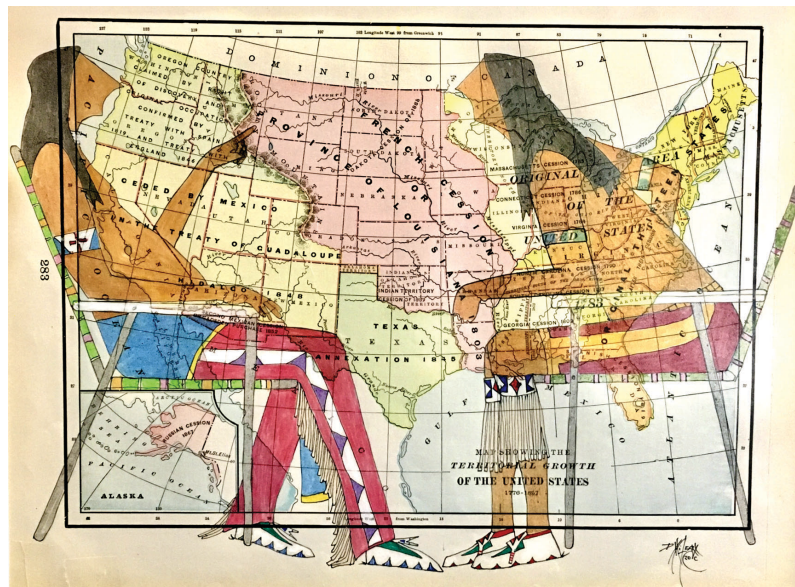
The artwork goes beyond a new interpretation on a traditional medium, ledger art, to establish a new artform that parallels a two-decade long movement within the



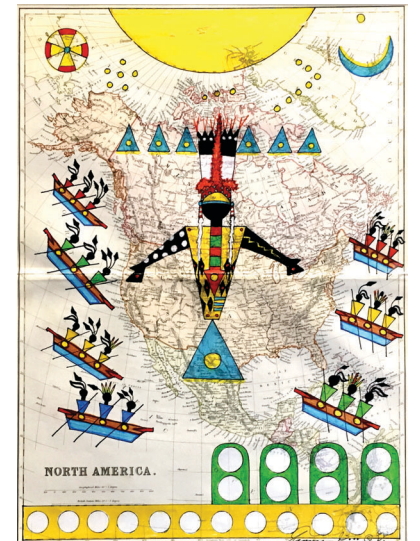
fields of Geography and Cartography known as 'Decolonizing the Map.'

Due to covid restrictions, no reception will be held for the opening. The exhibition goes on dis-

play at the gallery this Friday, May 7. Raven Makes Gallery is open Monday, Tuesday, Thursday and Friday, 11 a.m. to 4 p.m.; Saturdays 10 a.m. to 5 p.m.; and closed on Wednesday.



At top: *Héstanehé'o - The People*, George Curtis Levi, Southern Cheyenne and Southern Arapaho on 1852 No. 5 Map of the United States. And above: *Something's Missing Here*, Dwayne Wilcox, Oglala Lakota, on 1889 Map Showing the Territorial Growth of the United States. And at right: *The Creation of the Nations*, Terrance Guardipee, Blackfeet, on 1882 map of North America.



The gallery is in Sisters.

## 'Game changer' at St. Charles Madras

A new 3D mammography machine in the Central Oregon Radiology Clinic at St. Charles Madras will be a "game-changer" for breast cancer screening in Jefferson County, says mammography technologist Stefanie Brown.

"The statistic that always jumps out at me is that one in eight women will develop breast cancer in her lifetime," said Ms. Brown, who has worked at the Madras hospital since 2018.

"In my family, we have at least eight women, and so I look at them and I know the odds are one of them will get breast cancer. As a family member and as a caregiver, I want them to get 3D mammograms."

Until late April, Madras had a 2D mammography machine, which produces a flat image of the breast. Now, it has a 3D machine—made by the medical technology company Hologic—that creates 50 to 80 millimeter "slices" providers can flip through like the pages of a book.

This gives providers a much clearer, more comprehensive look at the breast, which means they have a chance to catch can-

cer earlier, said LeeAnn Ford, mammography supervisor with Central Oregon Radiology Associates.

And with breast cancer, early detection is key: Women who are diagnosed early have a 98-percent or higher survival rate in the first five years.

"With a 2D image, you have a lot of superimposed breast tissue, so you're kind of just watching for shadow changes," Ms. Ford said. "With 3D, you're actually seeing inside the tissue, so you can see little things hiding in there."

In addition to earlier diagnoses, the 3D, more detailed images mean more certainty and fewer false positives.

"For two weeks, people say, 'What is it? Do I have cancer?'" Ford said. "There's anxiety, when really it was just a tissue clump that might've been more easily seen in a 3D image."

Many women in Warm Springs and the surrounding areas have been driving to Redmond or beyond for 3D mammograms. The new machine means they can get the care they need closer to home.

## 3D mammograms now available in Madras



When it comes to breast cancer, early detection is key. And now the gold standard in breast cancer screening is available locally. Patients can now schedule their 3D mammograms at St. Charles Madras by calling 541-382-9383.

3D mammography provides more accurate breast screening results compared to 2D technology and greater accuracy means better cancer detection at an earlier stage.

Women whose breast cancer is diagnosed at an early stage have a 98% percent or higher survival rate in the first five years. If you are 40 or older, annual mammograms are an important part of your preventive health care. **Don't wait, schedule yours today.**

Call 541-382-9383 to schedule your appointment.



CMI CASCADE MEDICAL IMAGING

St. Charles MADRAS