

Cooling center open during heat wave

With the high temperatures in the region, Warm Springs Health and Human Services has opened a cooling center.

The location is behind the Behavioral Health Center. In Madras a cooling center is located at 61 NW Oak Street; opening at noon each.

The National Weather Service issued a heat advisory that will remain in effect for the next several days. A fire weather watch is also in place.

Health officials remind people to try and stay safe during this time: Heat-related illnesses are preventable, so it is vital to know the signs of heat exhaustion and heat stroke, and how to prevent it from happening to you.

The symptoms of heat exhaustion include: Feeling faint or dizzy. Heavy sweating. Fast or weak pulse. Feeling nauseous or vomiting. Cold,

pale, clammy skin. Muscle cramps. What to do in case of heat exhaustion: Slowly drink water. Move into a cooler location. Lie down and apply cool wet cloths to your body. Loosen any tight clothing.

It is vital to know the difference between a heatstroke and heat exhaustion. A heat stroke is a medical emergency and should be reported immediately.

Symptoms include: High body temperature. Red, hot, damp or dry skin. Fast pulse. Headache. Nausea and vomiting. Loss of consciousness.

What to do: Call 911. Move person to cool environment. Reduce person's body heat.

Never give a person experiencing heat stroke any fluids.

Babies and younger children, older people, people with medical conditions and even pets are sensitive to heat.

Historic region

The historically intense and long-lasting heat wave in the Western U.S. has set hundreds of records from Washington state to Arizona. The projection is that the heat will continue for several more days.

The first signs of some relief are not expected until late this coming weekend.

This past weekend, very hot weather brought all-time highs of 119 degrees to Redding, Calif., and 120 to Las Vegas.

Heat alerts remain in effect for most locations west of the Rockies for days to come. Oregon, Washington, California and Nevada are nearly entirely covered by the heat alert.

Excessive-heat warnings—the highest-level alert—is in effect in Portland, in Boise, Fresno, Las Vegas, Reno, Phoenix and other cities.

Deadline for students to apply for JOM funding

The deadline to submit applications for summer extra-curricular activities with the Johnson O'Malley Committee is this Friday, July 12.

The funding is available to Jefferson County 509-J and Wasco County students. The allowance

per student is as follows:

Grades pre-k through fifth, \$150. Grades six through eight: \$200. And grades nine through twelve is \$300.

Successful applicants must complete the JOM application, survey, and the request for financial assis-

tance. Also, with the application, attach the following documents: Flyer, roster, schedule, receipts, etc. Submit to:

Arlissa White, Naomi Brisbois, Krysta Rhoan, Tashina Smith, Celeste White or Martha Alvarez.

Head Start, school sports physicals in July, August

The Warm Springs Health and Wellness Center has scheduled Head Start Physical Round-up dates for 3- and 4-year-olds, and

school sports physical clinics this summer.

Head Start Round-ups will be held July 18 and August 22. Sports

physical clinics are set for July 25 and August 15.

Call the clinic to schedule, 541-553-1196.

Lil' Miss Pageant



Marge Kalama/KWSO

At the Pageant, Senior Lil' Miss Warm Springs (second from left by Miss Warm Springs Kahmussa Green); with Junior Miss Warm Springs Alisha Yallup and Miss Warm Springs Zariah Medina-Wallulatum.

And the winners for the Lil Miss Warm Springs Pageant are: Senior Lil Miss Warm Springs Miss Ashlyn Wolfe.

Junior Lil Miss Warm Springs Miss Alisha Yallup.

Lil Miss Warm Springs Miss Zariah Wallulatum-Medina.

Shout out to the families and their support to their Lil Miss Warm Springs contestant! We had seven participants—It was fantastic!

Thank you to our Teachers and Cooks, You're our heart! Thank you WarFace, Johnson Bill for their good beats!

We truly appreciate your gracious donation of time and loving commitment to our Families and youth. Once again Thank you.

Carol Sahme, Recreation Department.

Coming up at Tribal Council the rest of July

The following are some of the items coming up on the Tribal Council agenda for the rest of the month of July (subject to change at Council discretion):

Wednesday, July 10

9 a.m.: Secretary-Treasurer review.

10: Cannabis retail discussion.

11: Probate update with Valerie Squiempfen.

1:30 p.m.: Early Childhood Education Center update with Cheryl Tom and Sue Matters.

2:30: TERO 101 with Wendell Jim and Commission.

Monday, July 15

9 a.m.: S-T update.

9:30: August agenda and review minutes.

10: Draft resolutions.

11: Federal and state legislative update calls.

1:30: Enrollments discussion with Lucille Suppach-Samson, Vital Stats.

2:30: Indian Health Services update with the acting CEO.

3:30: Health and Human Services with Caroline Cruz.

4:30: Managed Care discussion with Mike Collins.

Tuesday, July 16

9 a.m.: Lumen discussion with tribal attorneys.

10: Water facility discussion with Chico Holliday, Utilities.

11: Mt. Hood Meadows discussion with Greg Leo and Matthew Drake.

1:30: City of Portland discussion with Adam Becenti.

Monday, July 22

9 a.m.: June financial overview and 2025 budget forecast discussion with Pam Douglas.

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Community notes...

Alcohol and drug education classes at the Senior Center are held every Wednesday through the summer at 3 p.m. Seniors are welcome and can bring others interested in learning.

The Warm Springs Thursday Market is from 10:30 a.m. to 2 p.m. under the Campus Pavilion.

Vendors are welcome to set up. Contact KWSO for more information: kwso@wstribe.org

Or call the station at 541-553-1968.

Warm Springs Extension is inviting people to join them on the Summer Fruit Loop Tour on Tuesday, July 23. They will be visiting several orchards along the Hood River fruit loop. You will need to bring a lunch, snacks, water and money for purchasing produce. Transportation is available. Let them know if you will be riding or driving your own vehicle. Contact Sara Olson at 541-553-3238.

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