



Nixyaawii students honor 'Modern Leaders'

Students at Nixyaawii Community School culminated a weeks-long project in early January that highlighted the biographies, family trees, historical timelines and photographs for leaders on the Umatilla Indian Reservation. The projects also included story boards about each leader, printmaking at Crow's Shadow, plus a presentation in native language by the students at the Mission Longhouse Jan. 10. The project, "Modern Tribal Leaders," was the offshoot of teacher Belinda Toyama's social studies class, which studied the "Great Tribal Leaders of Modern Times" curriculum from Portland State University. The leaders and their student teams included Fermoore Craig – Brittany Malcolm, Curtis Sampson and Shantel Totus; Les Minthorn – Shaylin Spencer and Cyrene Red Elk; Andi Scott – Jon Welch, Ethan Thompson, Ernest Morning Owl and Jeremiah Farrow; Teara Farrow – Chelsey Minthorn, Kristi Miller, Joe Crawford and Nathan Munoz; Kristen Parr – Gaby Daniels, Val Thompson, David Kamp Jr., and Shad Sather; Isaiah Welch – Kanisha Perry, Tramaine Moses, Julian Simpson and Whitney Minthorn; Fred Hill – Trent Centre, Curtis Thompson, Toshina John and Whitney Minthorn; Edward James – Victoria Sanchey and Robyn McCoy; Janet Maddern – Syreeta Thompson; Modesta Minthorn – Suzette Whiteowl and Araceli Zavala; Thomas Morning Owl – Marqus George, Ryan Marsh and Martin Bettles; Jess Nowland – John Marsh and Enoch Jackson; Justin Quaeampts – Nika Kash Kash, Miriah Withers, Cekais Ganuelas; Carl Sampson – Mariah Watchman and Randy Robinson; Donald Sampson – Shawn Simpson, Isaiah Case, Ian Sampson; Linda Sampson – Alex Tonasket, Courtney Edgmand, Alaska Koski and Angel Sampson; and Cedric Wildbill – Ethan Colvard. At left, a visitor checks out the story board for Modesta Minthorn.

Yoga seminar to feature native theme

PENDLETON - More than 160 people from around the Northwest already are registered and as many as 300 are expected to participate April 24-26 in a yoga seminar that will be led by Yogi Amrit Desai, who in 1966 founded the Kripalu Center for Yoga and Health in Stockbridge, Mass.



Yogi Amrit Desai

Since leaving Kripalu Center in the 1990s, Desai founded the Amrit Yoga Institute in Salt Springs, Florida, where he still teaches.

The free event will be held at the Pendleton Red Lion. Tania Wildbill, the education grant writer for the Confederated Tribes of the Umatilla Indian Reservation and a yoga teacher in Pendleton for 14 years, will coordinate the event with fellow Amrit yoga teacher James Dewar from Sammamish, Wash.

Last spring, Wildbill invited Yogi Desai to visit Pendleton. Desai has been Wildbill's yoga teacher since she first attended the Kripalu Center in 1993 when she was 13 years old.

"Yogi Desai was intrigued by his experience on the reservation and was

captured by the beauty and rich culture of the Umatilla Tribes," said Wildbill, who is married to Tribal member Cedric Wildbill, and lives on the Umatilla Indian Reservation.

Desai said he was inspired by last year's visit to Pendleton.

"...I was touched by the local American Indian community," he said. "I was impressed by how well the self-governing body was managed and the orientation of so many services to provide for the cultural and educational development of the children."

Desai said he also was motivated to visit again by Wildbill's dedication to yoga.

"Tania is a long-time student of mine and has been able to bring the teachings of yoga to the community. How well it has been received shows Tania's dedication and ability to connect with the community," he said. "She and James are playing an important role in making this event happen. James, too, has proven himself to be an excellent teacher of yoga and carrier of the authenticity and depth of its teachings in the Spokane community."

Desai said he hopes his visit will give people who don't know a lot about yoga a "clear perspective that is a spiritual science and not bound by any religious

Yoga Seminar

Free, April 24-26

Pendleton Red Lion

Welcoming ceremony
by CTUIR members

beliefs or biases."

He said yoga continues to grow throughout the world. "There are so many on an evolutionary journey who are ready to recognize the power and depth of yoga in their lives and in their search for health, peace and happiness," Desai said.

Registration will begin at 2 p.m. Friday, April 24, at the Red Lion. A welcoming ceremony and native cultural activities through the weekend from members of the Confederated Tribes. Yoga classes will be held and Desai will lead several sessions in Yoga Nidra, which translates to "yogic sleep."

Happy Valentine's Day!

Let us help you quilt to your heart's desire.

Pendleton Quilt Works

37 SE Dorion - Pendleton
541-276-9546
Mon-Fri 10-6/Sat 10-4/Sun 12-4

STUDENT OF THE MONTH

Chelsey Minthorn

Nixyaawii Community School sophomore

Age: 16

GPA: 3.63

Parent: Linda and Benny Minthorn

Favorite subject: History

Activities: basketball and softball

Future goals: Attend the University of Oregon

"Chelsey is a serious student who has high expectations of herself. She is a welcome addition to NCS both academically and athletically."

- Mary Green, NCS English teacher



Hey Chelsey, stop by PGG for your \$25 Gift Card for being Student of the Month!

PGG

1000 SW Dorion in Pendleton

541-276-7611

www.pggcountry.com

> 850 SLOTS TABLE GAMES DINING DRINKS GOLF HOTEL

WIN \$10,000. BA-DA BOOM. BA-DA BINGO.

\$10,000 IN BINGO SPECIALS THIS FEBRUARY.

Want more cha-ching-o in your Bingo? Then don't miss our February Bingo Specials with two extra chances to win a share of \$10,000 in prize money! On Saturday, February 7 and Sunday, February 15, each day's special session offers \$5,000 in total payouts. (Talk about a perfect 10—thousand, that is!) Doors open at 11am and warm-ups begin at 1pm. Don't miss our regular Bingo sessions every Tuesday through Friday at 6pm. Need more information? The Bingo Hotline has you covered at 800-654-9453, ext. 1531. Give us a ring-o!

How do you play?

WILDHORSE
RESORT CASINO

I-84, EXIT 216 PENDLETON, OR WILDHORSERESORT.COM 541.278.2274 <