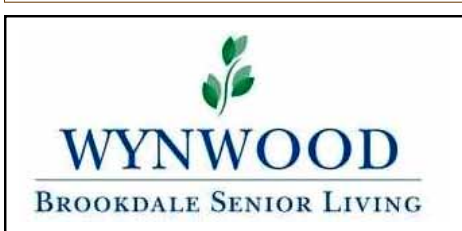


SENIOR REVIEW

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Baby Boomers to Gain Most From Health Care Reform

America's Baby Boomers may be poised to benefit the most from health-care reform, a new report shows. Some of those gains will come right away, such as the elimination of restrictions on people with preexisting conditions, while others -- no more lifetime limits on health insurance and subsidized coverage through health insurance exchanges -- are slated for 2014, as more provisions of the Affordable Care Act are rolled out.

A federal district judge in Virginia ruled that a key provision of the law, which mandates coverage for most Americans, was unconstitutional. Most analysts expect the case to eventually reach the U.S. Supreme Court.

The new report, from the Commonwealth Fund, is the sixth in a series examining how the new reform package, signed into law in by President Barack Obama, will change health-care coverage in the United States.

more on page 4...

DRINKING PUTS OLDER ADULTS AT RISK

Although one to two alcoholic drinks a day is often considered safe or possibly even beneficial for health, this habit may put many older adults at risk, a new study has found.

Older adults are considered "at risk" if they have at least one of the following drinking behaviors: they consume more than two drinks a day; they consume one to two drinks on most days and have certain health problems, such as gout, hepatitis or nausea; they consume one or two drinks on most days and take certain medications, such as antidepressants or sedatives.



University of California, Los Angeles researchers analyzed data from more than 3,300 patients aged 60 and older who went to primary care clinics near Santa Barbara, Calif., and found that:

...more on page 9

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FUNDRAISER NEWS



Donations Wanted

Converse tennis shoes ~ any size, any color, any condition. Wine glasses ~ no chips or damage please (matching set of 4 preferred) but can use any glasses in good condition. Volunteer needed with excellent painting skills (see picture above) ~ call Cynthia today! Please drop off your donations to the Edith Bishel Center for the Blind and Visually Impaired located right across the street from Kamiakin High School at 628 N. Arthur Street in Kennewick or pick up arrangements in Walla Walla, Columbia, and Yakima counties can be made by calling Cynthia at 735-0699. Items will be used to auction off during our Twilight Saga "Breaking Dawn" Pre-Release Party at the TRAC on November 17, 2011. Go to our web site at www.edithbishelcenter.org and click on Events and scroll down for all information on the fundraiser. Want to be a volunteer on my Twilight event, call me and let's chat! Cynthia McCready, (509)735-0699 cynthia@edithbishelcenter.org

Link your website to the Senior Review: \$10.00 per month

SEMINARS/CLASSES/ EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, \$1.00 per person. For information call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free. Call the Kennewick Senior Center at (509) 585-43031

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. Classes are interactive, provide free makeup kits. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Pre-register (541) 449-1352

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? 4-class series provides effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. Call (541) 667-3509

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

PENDLETON: "First Aid Class" First Monday each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Call for further information. Certification cards valid for two years. Registration in advance is required. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Instructor Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. Good Shepherd Community Wellness Center. Fee: \$15 for 10 weeks; \$5 per resistance band. (541) 667-3509

TUESDAY

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

WALLA WALLA: Free blood pressure/sugar test at The Center At The Park, 720 Sprague on the second Tuesday of the month at 11:30 am.

TUESDAY & THURSDAY

HERMISTON: "WISE Yoga for Seniors" Free one-month class. Gentle standing and seated yoga for seniors. Increase your strength and flexibility. Improve your balance and focus. October 7-29th, 11:00am-Noon. Sponsored by Good Shepherd Medical Center. Held in the Wellness Center. (541) 289-0656



WEDNESDAY

KENNEWICK: Free Tax Assistance each Wednesday February 2-April 13 from 12:30-3:30 pm. By appointment only. Tax advisors can't guarantee you will be seen if you don't have an appointment. Sponsored by AARP, Tax aid, IRS and the Kennewick Senior Center. (509) 585-4303

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-4303

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm on the second Wednesday of each month. Workshops are for newly diagnosed diabetic or those who need a review of diabetes self-management. Workshops provide information that is easily adaptable to your lifestyle. Information will be provided on nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and other health care professionals. For information call (509) 525-3320, etc. 282

WALLA WALLA: Grief support group March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, but participants are encouraged to register at 525-5561 or by email to info@wwhospice.org before March 17, 2011

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information call (541) 667-3509

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SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl the third Tuesday of the month at 6:30 pm. Facilitator: Duane Thomson. For additional information call (541) 278-5683

RICHLAND: Free blood sugar, blood pressure testing on the 3rd Thurs each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. Takes just minutes and no need to fast prior to being tested. Blood sugar results given immediately. No appointments necessary. 1:00-1:30 pm.

WALLA WALLA: Foot Care by appointment only with Denise Schilling at The Center At The Park, 720 Sprague. For information call (509) 527-3775

WALLA WALLA: Legal Counsel the fourth Thursday of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. (509) 527-3775

Send us your event pictures!

CALENDAR

MARCH-PENDLETON: "Sweet 16 Dinner" In honor of the 16th Anniversary for Wildhorse, Plateau will be featuring a Sweet 16 dinner all month long. The dinner will include Upper Dry Creek Ranch Honey Basted Lamb Ribs with Huckleberry BBQ sauce, Lemon herb Gremolata Orzo and a glass of Jones of Washington 2007 Sangiovese for \$16.00. For more information call: 800-654-9453 or visit www.wildhorseresort.com

MARCH 1-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an American Heart Association participation card. Fe: \$25. For information call (509) 522-2424

MARCH 3-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 3-PENDLETON: "March Wednesday Night Wine Club at Plateau" – Meet Jones of Washington . Wine enthusiasts and novices alike are invited to Plateau the first Wednesday of every month for a regional wine-tasting event. On Wednesday, March 3, 2011 from 5:30 to 7:30pm, Plateau will pour a specially priced flight of Jones of Washington Wines, wines paired with select foods. At this event you will also be able to meet a representative of the winery and learn more of what's happening on the local wine scene. Our special tasting includes a 2008 Estate Riesling Columbia Valley, 2009 Rose' of Syrah Columbia Valley, 2007 Sangiovese Wahluke Slope, and 2008 Estate Cabernet Sauvignon Wahluke Slope. Enjoy the tastings and food pairings for \$15.00. For more information call: 800-654-9453 or visit www.wildhorseresort.com

MARCH 3-HERMISTON: "First Aid Classes" 6:00-9:00 pm. According to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Covers basic techniques for providing first aid. Layperson and healthcare provider classes available. Fee: \$25 Sponsored by Good Shepherd Hospital. (541) 667-3509

"This report paints a picture of the Baby Boomer generation whose health and financial security are in jeopardy because of rising health-care costs and declining coverage," Cathy Schoen, senior vice president at Commonwealth Fund, said. "The good news is that the Affordable Care Act is already making a difference and things will continue to improve. We will enter a new era in health care with an end to turning people down for health insurance because of age and health."

But Devon Herrick, a senior fellow with the National Center for Policy Analysis, is worried that these forthcoming changes could skew the system for the worse. "The age cohort with the highest medical costs -- and, incidentally, more money -- are the ones that stand to get subsidies," he said. "The other half they're getting the subsidies from are those paying taxes or 22-year-olds."

My fear is that those who are young and healthy will [decide to] pay the penalty because they can always sign up when they're sick. If no one signs up except those that are sick, the cost could go up."

Some 57 million men and women in the United States are aged 50 to 64. "About 8.6 million are uninsured, [and] nearly 10 million older adults have such high out-of-

more on page 6...



CALENDAR (continued)

MARCH 3-4-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 3 & 8-KENNEWICK: "Auditions for Twilight Saga Character Look-A-Likes" 5:00 pm. Will cast for a fundraising performance of 'Breaking Dawn' at the Edith Bishel Center for the Blind & Visually Impaired on November 17th at the TRAC in Pasco. Vendors, sponsors and volunteers are needed. For information call Cynthia McCready (509) 735-0699 or email cynthia@edithbishelcenter.org

MARCH 5-6-PENDLETON: "Mardi Gras Dinner "Celebrate Mardi Gras weekend with a traditional New Orleans feast. March Saturday 5th & Sunday 6th, enjoy a Cajun New York Strip, Shrimp Bag Boil, Jambalaya, Cajun Shrimp Fettuccini, Red Beans & Rice and Mardi Gras Cake. \$14.95 per person at Traditions Buffet. For more information call: 800-654-9453 or visit www.wildhorseresort.com

MARCH 7-HERMISTON: "CPR Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$25 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509



MARCH 8-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Hart Association First Aid Certification. Fee: \$25. Sponsored by Walla Walla General Hospital. For information call (509) 522-2424

MARCH 8-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

MARCH 8-HERMISTON: "Safety Belt Diversion Classes" 6:00-8:00 pm. These two hour classes demonstrate how safety belt use is an effective strategy for preventing injuries. Open to the public as well as court-mandated residents. Sponsored by Good Shepherd Medical Center. Fee: \$25. (541) 667-3502

MARCH 8-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

MARCH 8-KENNEWICK: "Basic Life Support for the Healthcare Provider Initial" Course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$60. Sponsored by Kennewick General Hospital. (509) 586-5119

MARCH 9-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. (509) 586-5119

MARCH 10-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 11-KENNEWICK: "Vanele-The Ripple Effect" Annual fundraiser at the Three Rivers Convention Center. Proceeds will support the Kadlec Neurological Resource Center's purpose of improving the quality of life for those affected by neurological disorders. Tickets \$75 or \$600 for a table of eight. For information visit our website <http://variete2011.eventbrite.com/> or call (509) 943-8455 for more information.

MARCH 17-PENDLETON: "When Irish appetites are smiling" If your idea of a traditional St. Patrick's Day meal is more than just green-colored food, you've come to the right place. On March 17, our restaurants have just what you need: Corned Beef and Cabbage Special in Traditions. Hand Sliced Corned Beef Sandwich and Pint of Green Beer Wildfire \$10. For more information call: 800-654-9453 or visit www.wildhorseresort.com

MARCH 18-HERMISTON: "CPR & First Aid Combo Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$50 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

MARCH 21-HERMISTON: "Red Cross Blood Drive: 1:00-6:00 pm in the Good Shepherd Conference Centers 1 & 2. For information and an appointment call 800-488-5428

MARCH 25-HERMISTON: "Healthcare Provider CPR Renewal" 9:00 am-12:00 pm Fee: \$25. Sponsored by Good Shepherd Medical Center. For information call (541) 667-3509

CALENDAR (continued)

MARCH 24-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

MARCH 26-PENDLETON: "Wildhorse's 16th Anniversary Fireworks Show" 8:00 pm. Every year to celebrate their Anniversary, Wildhorse Resort & Casino presents the best fireworks show in Eastern Oregon. Some of the greatest fireworks designers in the business will ignite their most spectacular show ever. You can listen to a special musical medley choreographed with the fireworks on the huge speakers at the site or listen from your car radio by tuning to Umatilla Tribal radio, KCUW, 104.3 FM. Look to the skies above the casino starting at 8:00 pm. For more information call: 800-654-9453 or visit www.wildhorseresort.com

APRIL 4-HERMISTON: "CPR Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$25 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

APRIL 7-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$25 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

APRIL 7-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

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pocket costs relating to health they are underinsured," said Commonwealth Fund Vice President Sara Collins, a co-author of the report. This group of adults, two-thirds of whom have one or more chronic health problems and more difficulty accessing care, also has record unemployment, and many reported having difficulty finding affordable health insurance, she added.

Many Boomers are racking up medical debt and 75 percent are foregoing needed medical care, while nearly half are skimping on preventive care. More than half of the uninsured women in this age group, for example, had not had a mammogram in two years, according to the report.

The report predicts that 18.3 million men and women in this age group will gain some kind of benefit from the act, including 6.8 of 8.6 million uninsured gaining coverage and 1.4 million who already have health insurance picking up better benefits.

Among The Bill's Other Potential Benefits

More than 102 million people will no longer have a lifetime limit or "cap" on insurance coverage.

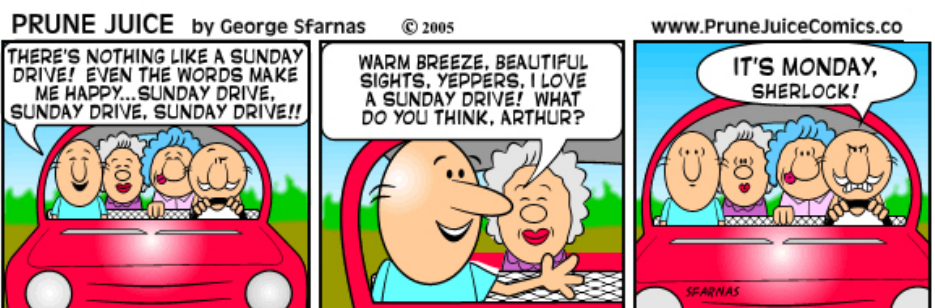
The insured will have access to free mammograms, colorectal cancer tests and other screenings, along with preventive care, such as vaccines.

Sick people will no longer have to pay more than their healthier counterparts.

The temporary Early Retiree Health Benefits Reinsurance Program for Employers, which runs until 2014, helps employers provide benefits for employees who retire early.

People living in the south and southwest, including Florida, New Mexico and Texas, which have the highest rates of uninsured Baby Boomers (sometimes more than one-fifth) stand to benefit the most.

The report's authors were optimistic about the bill's impact, even in the face of current challenges. "It is moving forward," said Collins. "The Affordable Care Act is the law of the land. A lot of the pieces have gone into place already this year."



CALENDAR (continued)

APRIL 7-8-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 12-HERMISTON: "Safety Belt Diversion Classes" 6:00-8:00 pm. These two hour classes demonstrate how safety belt use is an effective strategy for preventing injuries. Open to the public as well as court-mandated residents. Sponsored by Good Shepherd Medical Center. Fee: \$25. (541) 667-3502

APRIL 13-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration required. (509) 586-5119

APRIL 13-24-PENDLETON: "Head 'em up for the Poker Round-Up" Poker aficionados are already looking ahead to the Spring Poker Round-Up at Wildhorse Resort & Casino. With total prize money topping \$1 million, the 12-day Round-Up is the biggest poker tournament in the Northwest. With their comfortable entry fees as low as \$10, low buy-ins of \$100-500 and two-day deep stacks, it's no wonder nearly 4,500 players are expected to head our way for the 28 cash game events. Plus every winner takes off with a fabulous vacation for two. Visit www.wildhorseresort.com or call Billie and Ernie at 541-966-1549 for reservations.

APRIL 15-HERMISTON: "Pattern for Healthy Living Luncheon" 11:30 am-1:00 pm Piecing together a lifestyle for healthy living. Enjoy a wonderful lunch while learning about the "pattern pieces" you can use to have a healthy lifestyle. Hear about women's health and well news issues from a health care expert. To be held in the Good Shepherd Medical Center conference rooms. Tickets will be available starting March 1. (541) 667-3509

APRIL 18-HERMISTON: "Red Cross Blood Drive: 1:00-6:00 pm in the Good Shepherd Conference Centers 1 & 2. For information and an appointment call 800-488-5428

APRIL 19-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

APRIL 19-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

APRIL 21-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 22-HERMISTON: "CPR & First Aid Combo Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$50 Sponsored by Good Shepherd Hospital. Call (541) 667-3509

APRIL 22-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. An American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

APRIL 25-HERMISTON: "Healthcare Provider CPR Renewal" 9:00 am-12:00 pm. Fee: \$25. Sponsored by Good Shepherd Medical Center. (541) 667-3509

APRIL 28-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

MAY 2-HERMISTON: "CPR Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$25. Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

MAY 5-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. (509) 586-5119

MAY 11-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. (509) 586-5119



CALENDAR (continued)

MAY 12-13-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MAY 19-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MAY 25-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

MAY 25-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

MAY 26-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

Be sure you are listed
in the next Senior
Pages

SUPPORT GROUPS

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11th) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, Good Shepherd Wellness Center (behind the medical center). For information please call Dona Beck at (541) 720-7657

DIABETES SUPPORT GROUP: Meets the 2nd Thursday of each month. Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion. Sponsored by Good Shepherd Medical Center, Conference Center 2, 610 NW 11th St. For information call: (541) 377-9761

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information please call Shari at (541) 567-2024

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP: (Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. For information please call (541) 377-9761 or (541) 289-7501

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing bereavement support group dealing with loss and grief issues. Second /thursday of each month, 2:00-4:00 pm and fourth Monday of each month, 7:00-9:00 pm Thursday group meets in the Good Shepherd Medical Center conference room 5. Monday group meets in the Hospice office conference room for information call (541) 667-3543

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

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SUPPORT GROUPS

BREAST CANCER SUPPORT GROUP:

First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org

CANCER SUPPORT GROUP: Held Weekly on tuesdays, 3:00-4:30 pm in the Resource Center, Tri-Cities Cancer Center, 7350 W Deschutes Ave. This support group provides an opportunity for people affected by all types of cancer to share resources and information. Meetings are open to those experiencing cancer their adult family members and caregivers. For information call (509) 737-3418

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

GENERAL CANCER SUPPORT GROUP: 2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. (509) 737-3418 or visit www.tccancer.org

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. For information call (541) 276-5121

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

34.7 percent of the patients were at risk due to drinking alone or drinking in combination with existing health problems or medications, and 19.5 percent fell into multiple risk categories.

Of those at risk, over 56 percent were in at least two risk categories, and 31 percent were in all three risk categories.

At-risk drinking was 2.5 times more likely among patients who had not graduated from high school than among those who had completed graduate school.

Patients with annual household incomes between \$80,000 and \$100,000 were 1.5 times more likely to be at risk than those with incomes under \$30,000.

Those 80 or older were about half as likely to be at risk as patients between 60 to 64 years old.

At-risk drinking was less than half as common among Asians as among whites.

"In summary, even among our relatively advantaged study patients, as many as one in three who continued to consume alcohol into older adulthood were at risk of harm from drinking," lead study author Andrew Barnes, a researcher in the UCLA School of Public Health's department of health services, and colleagues wrote.

"Physicians may be less aware of other alcohol-related risk factors common among the elderly (e.g., interactions with select medications and comorbidities) than the risks associated with heavy drinking," they concluded.

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Kadlec Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: The Kadlec Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's, Parkinson's, chronic pain, and traumatic brain injury. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail knrc@kadlecmed.org



SUPPORT GROUPS (continued)

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times (509) 943-8455

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. (509) 943-8455

DIABETES SUPPORT GROUP: The Diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about managing this disease. Feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. (509) 522-2424

CANCER SUPPORT GROUP: Meets the second and fourth Mondays of the month from 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medical Center. Helpful for people at any state of the cancer journey, from newly diagnosed or those who are many years out. They do not have to have received treatment at St. Mary in order to attend. Facilitated by Barbara Bates, a social worker, and Mardi Hagerman, a registered nurse. Providence St. Mary Regional Cancer Center, (509) 522-5700

GRIEF SUPPORT GROUPS: Two new groups sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. A morning group will meet from 10:00-11:30 am and an evening group will meet from 6:00-7:30 pm at the Hospice office. WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. No charge but participants are encouraged to register by calling the WWCH office at (509) 525-5561 or email to info@wwhospice.org

GRIEF SUPPORT GROUPS: March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17, 2011

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

STROKE SUPPORT GROUP: The Providence St Mary Medical Center Stroke Support Group meets the third Tuesday of the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. For information contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117

VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

HERMISTON

Hermiston Senior Center is always looking for volunteers in such programs as fund raising, food prep, bookkeeping, Meals on Wheels delivery, public relations and more. If you can help call (541) 564-3582

Regency Hermiston is looking for volunteers to spend time with their residents. Please contact Chirelia at (541) 567-8337

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Would you or someone you know be willing to help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available and free lunch. For information call the Pendleton Senior Center, (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: junemohrland@chiwest.com

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VOLUNTEERS NEEDED (continued)

RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

WALLA WALLA

In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center the recognition of being one of the finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errend, Cancer Center, Emergency Room, Charting, and Gift Shop. For additional information contact Dennis Maughan, Providence St Mary Foundation Director, (509) 525-3320, etc. 2695

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies on the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

WHAT AN OPPORTUNITY!
 You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! Send to:
Dale@SeniorPages.com

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. For more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBwC>.



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**FOR IMMEDIATE RELEASE:
WILDHORSE EVENTS AND PROMOTIONS IN MARCH****Events****You'll get a bang out of our 16th Anniversary celebration.**

March marks the 16th year of nonstop fun and excitement at Wildhorse Resort & Casino. And as you'd expect, we're celebrating in more ways than one.

Wildhorse's 16th Anniversary Fireworks Show

Every year to celebrate our Anniversary, Wildhorse presents the best fireworks show in Eastern Oregon. On Saturday, March 26, some of the greatest fireworks designers in the business will ignite our most spectacular show ever. Listen to a special musical medley choreographed with the fireworks on the huge speakers at the site or listen from your car radio by tuning to Umatilla Tribal radio, KCUW, 104.3 FM. Look to the skies above the casino starting at 8pm.

Free Gift

It may be our anniversary but we are giving you the gifts! Available every Wednesday in March, play with your Club Wild Card and earn 500 points and we will give you a limited edition Wildhorse Fleece Vest, it's that easy. See Club Wild for details.

16 Days, 16 Winners

Pepsi wanted to wish Wildhorse a Happy Birthday so every half hour from noon-8pm, March 16-31, we will be giving away Pepsi and Wildhorse Pepsi Jackets. 16 days to win, 16 winners every day!

Food and Beverage**Sweet 16 Dinner**

In honor of the 16th Anniversary for Wildhorse, Plateau will be featuring a Sweet 16 dinner all month long. The dinner will include Upper Dry Creek Ranch Honey Basted Lamb Ribs with Huckleberry BBQ sauce, Lemon herb Gremolata Orzo and a glass of Jones of Washington 2007 Sangiovese for \$16.00.

Mardi Gras Dinner Celebrate Mardi Gras weekend with a traditional New Orleans feast. March Saturday 5th & Sunday 6th, enjoy a Cajun New York Strip, Shrimp Bag Boil, Jambalaya, Cajun Shrimp Fettuccini, Red Beans & Rice and Mardi Gras Cake. \$14.95 per person at Traditions Buffet.

When Irish appetites are smiling. If your idea of a traditional St. Patrick's Day meal is more than just green-colored food, you've come to the right place. On March 17, our restaurants have just what you need: Corned Beef and Cabbage Special in Traditions. Hand Sliced Corned Beef Sandwich and Pint of Green Beer Wildfire \$10.

March Wednesday Night Wine Club at Plateau – Meet Jones of Washington .

Wine enthusiasts and novices alike are invited to Plateau the first Wednesday of every month for a regional wine-tasting event. Wednesday, March 3, 2011, 5:30 to 7:30pm, Plateau will pour a specially priced flight of Jones of Washington Wines, wines paired with select foods. You will also be able to meet a representative of the winery and learn more of what's happening on the local wine scene. Tasting includes a 2008 Estate Riesling Columbia Valley, 2009 Rose' of Syrah Columbia Valley, 2007 Sangiovese Wahluke Slope, and 2008 Estate Cabernet Sauvignon Wahluke Slope. Enjoy the tastings and food pairings for \$15.00.

Martini Thursday

On the 3rd Thursday of each month, we will feature tableside martinis focusing on fresh ingredients and new trends of the classic martini. Plateau Manager Jeff Hammond is on hand with tableside service showcasing 3 of his martini creations. Shaken or stirred, sample a variety of martinis for \$15 between 5-7pm. Reservations recommended. Call 541-966-1610.

Wildfire

Hoop it up with March Madness at Wildfire.

When the NCAA Men's Basketball Tournament tips off on Tuesday, March 15, Wildfire Sports Bar will carry all of the Madness. Catch all the tension and drama on our 13-foot HD screen as the field narrows down to the Final Four in Indianapolis.

Wildfire has all the hot action in March.

Whether it's on the court, field, rink, track or canvas, Wildfire Sports Bar is the place to enjoy sports events with your friends on our huge 13-foot HD screen. Add your favorite beverages and our stunning Wild Wings and you've got an unbeatable combination.

The Portland Trailblazers battle the NBA's best for playoff position with 16 games throughout the month. NCAA March Madness starts March 15 and continues into early April. And Racing fans will want to be here for three big NASCAR races on March 6, 20 and 27. At Wildfire, you'll have the best seats in the house for all of these events and more

Time out specials every Sunday-Thursday from 4-7pm Enjoy half-priced appetizers with your favorite drink.

GOLF

Eastern Oregon's frequent sunny winter days are perfect for a round of golf so take advantage of our great daily winter rate, \$20 Greens Fees now through March! For more information, call 1-800-654-9453 ext. 3.

Gaming

\$100,000 Cash and Cars Giveaway

From now thru March 26, earn entries for your chance to win a share of \$16,000 cash or a 2011 Ford Mustang Convertible. Cash drawings held every Saturday from 10am-6pm. Mustangs given out every Saturday at 2pm. See Club Wild for details.

Krazy Keno Tournament

Cash prizes for 1st, 2nd and 3rd place winners. Food coupons provided to tournament players! Saturday, March 12 at noon you can win up to \$500 and Saturday, March 19th at 6pm you can win up to \$1000.

Win a Share of \$15,000 at Bingo!

Win big with our Bingo Specials, \$10,000 Total-To-Go on Saturday, March 5th. Doors open at noon and the action starts at 2:30pm. Win \$5,000 Total-To-Go on Saturday, March 19th. Doors open at noon and the action starts at 2:30pm. Regular BINGO days this month are March 2, 3, 6, 10-13, 16-19, 23-25, 26-27. For a full Bingo schedule: 800-654-9453, ext. 1531.

Quick Cash Tuesdays

Every Tuesday in January, Wildhorse is giving EVERYONE a way to win! \$50 instant winner drawings will be held every 15 minutes between 1pm and 7pm. Play your favorite slot machine with your Club Wild card and you could be the next winner. To sweeten the deal, casino beverage servers will offer complimentary cookies to all players!