



THE BUTTE FALLS BULLETIN

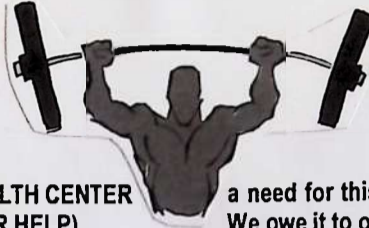
A COMMUNITY NEWSLETTER FOR JANUARY

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A NEW FITNESS AND HEALTH CENTER FOR BUTTE FALLS (WITH YOUR HELP)

By Janice Schultz

In December there was a chili feed and bingo game fundraiser at the community hall to support a new venture that will benefit the school athletic program and members of the community that wish to participate. We had a good turnout for the fundraiser and made some money, but afterwards it dawned on me that this project is so new that most folks probably don't know about it. So I thought I would give you some information about our project designed to bring about

The Butte Falls School and Community Resource Center for Fitness and Health

Darren Kinyon, Sue Macy and I want to raise money to provide a physical fitness facility and program for middle school and high school students, and all interested members of the community. We have gained permission from Steve Pine to use the additional vacant space in the building that now houses the school administration offices to assemble it. Our first step is to raise the money to bring the building up to code and reinforce it to make it strong enough to support the equipment and people. We hope to begin this activity in the spring of 2004.

The next step will include a weight training and cardio center designed by the people at Bigger, Faster, Stronger. The Bigger, Faster, Stronger Program is the most widely followed strength and conditioning program in America. A recent study completed at the University of Minnesota concluded that over 40% of all high school football coaches listed BFS as their # 1 source for strength and conditioning information. The people from BFS will design, and install everything. They also provide training books and videos, and will come to Butte Falls and sponsor a training clinic.

We have seen our school athletes time and time again become the best in their class or division and head to "State" to compete; only to be knocked out of the running in the first round of games. The Bigger, Faster, Stronger program is intended to give school athletes the strength and conditioning to inspire personal achievement by providing information and equipment designed to teach coaches and athletes the proper way to train. This is a positive youth development program that encourages high self esteem and a proactive approach to health and fitness. There is

a need for this within our school sports program. We owe it to our students to offer the best training available to allow them to discover and develop their abilities and skills. We owe them the opportunity to compete at the highest level.

Coaches Lance Bruce and Mike Harrington are so sure about this program that they intend to implement the training for students using the existing crowded and broken equipment at the high school gym while we work towards a new facility.

The last step of our project will be to put this facility into service for the community. Aerobics classes for women, family fitness night, and special senior citizen workouts are all possibilities, as are nutrition and health classes. The Butte Falls Police, Fire Department and Ambulance personnel will not have to leave town to work out.

We have plans for raising money. Right now Diane Gorman's business classes are writing letters that will be sent to individuals and businesses locally and nationally asking for donations, and searching the Web for grant opportunities that fund projects such as this.

We are asking you to help us by attending the fundraisers and/or donating. Everyone had a real good time at the December Bingo Night. If you missed it, come to our next one on Friday, February 6th at the Community Hall. We will have something for you to eat, and a few good prizes and money for the bingo winners. The more people who show up, the bigger the prize money pot!! Look for posters around town towards the middle of January, and an article in next month's bulletin with the details.

If you would like to make a donation to the project, or if you would like more information about the project, please call Darren or Sue at 541-865-7748. Darren has some pictures of what the finished product will look like, and also a booklet that further explains the Bigger, Faster, Stronger program.

A big THANK YOU to all who helped with and attended the
December Bingo Night!!!!

**Deadline for information to put
in the BULLETIN is the 20th. You
can leave it at City Hall...**