

Get out the bats, balls and mitts...

It's time to hit the diamonds

Men, women and children of all ages have dug out their gloves from deep within a closet, satchel, or car trunk to find a friend to throw with. Balls and bats have appeared in sporting good stores. Baseball

caps, beaded, feathered, and monogrammed cover braids, curls, and flat tops. Grassy areas are now diamonds, with boards, bare spots, and cardboard as bases. Teams are being formed for

womens' slow and fast pitch and mens' slow and hard ball. Youth baseball is underway for boys. Girls softball is being organized through the community center, yet to be announced.

Weather is cooperating, spoiling players to become fair-weather athletes. Although the weather is warm, many players neglect to warm-up their bodies prior to activity. Once the throwing arm is overused without warm-up, it may be three or four days of extreme soreness before returning to activity. Damaged shoulder ligaments resulting from hard throwing before conditioning may cause prolonged pain throughout the softball or baseball season. A successful season with minimum soreness and maximum enjoyment can be for everyone, when time is taken to prepare the body for physical exertion. Following are conditioning suggestions for softball and baseball enthusiasts.

1. Throw easy and over a short distance when warming up as the arm warms up increase the distance or throw harder. Wear long sleeves to keep your arm warm and to prevent muscle soreness.

2. Stretch the entire body prior to practice or when waiting in the outfield for fly balls.

3. Include sprints in workouts. Quickness, rather than endurance is needed for running bases and fielding.

4. Prepare gradually for season activity. Physically burning out in early July may be attributed to overdoing it in May.



Toe Ness

There was this little boy playing by the mail box when a salesman came by and asked, "Hey little boy, does your dog bite?" "No," said the boy. A short time later the salesman, "I thought you said your dog didn't bite." "That's not my dog." YIKES

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A baby sitter is a teenager who comes in to act like an adult while the adults go out to act like teenagers. YIKES

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One girl to another, "Dinner, wine, a drive in his nice car, good music and sweet talk—he used all these moves to try and get me to go home with him." The friend, "What happened?" "They all worked." YIKES

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The big city tourist from the north was pleading, "I was only going a couple miles over the speed limit, couldn't you give me a warning?" Whereupon the Texas Ranger agreed and stepped back and fired two shots over his head. YIKES

SS SS SS

There was this mother telling her teenaged son, "You know you really never got to know your father, when you were a small baby your father drove your baby sitter home and that's the last time I saw him." YIKES

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This bus driver was filling out a report on the highway accident he just had. When he came to the question, "Disposition of passengers?" He wrote: Mad as blazes. YIKES

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Swim and get slim!

Swim and get slim through the Community Center-sponsored Water Exercise Class. The class has been scheduled to start on June 2 at Kah-Nee-Ta. It will be held every Wednesday through June and July from 6:30 to 7:30 at the Village pool.

Eva Montee will conduct the class. She stated it is an excellent way to get in shape. No swimming skill is required to take the class.

The cost of the class will be a pool fee of 75c per session for those who pre-register. To register call the Community Center 553-1161, ext. 243.

Bravettes place 2nd in softball tourney

In ideal weather conditions, girl's softball teams gathered in Redmond, Oregon, for a round-robin fast pitch softball tournament. Teams from St. Helens, Scappoose, The Dalles and Warm Springs all matched talents in a two-day affair and after all the dust settled, the St. Helens team emerged the champs and the Bravettes in second place.

In hard-played, close games the Bravettes were matched up in the first game with the Scappoose Kwik Mart, then played The Dalles and St. Helens teams. On the second day, the Bravettes were matched with the Scappoose Kwik Mart team for second place. All the games were close and hard-played and each team showed a lot of spirit for this early in the season.

The Bravettes placed three members on the all-star list along with eight others from the other teams. Julie Mitchell, Fran Moses and Victoria Susuguai of the Bravettes and Kath Bush, Sue McCartney, Kathy Chrisner, Sue Juding, Kim Mart, Bask Vanderwief, Les Penturich and Wendy Anderson made up the balance of the all-star list. The most

valuable player was Pat Costo of St. Helens and Fran Moses was named Golden Glove of the tournament. Connie Stewart of St. Helens received the award for the best batting average which was .615 for the two-day affair.

This was the first outing for the Bravettes for the year which gave them a chance to see where work was needed in practice for future games. The team did well in spite of such a short practice session. It was said that a lot of work has to be done on batting as well as some infield work. The Bravettes will be playing in a fast pitch league in The Dalles on Wednesdays and Fridays.

Ed Heath, tournament director, said that other tournaments are being planned for the future and hopes the Bravettes will be able to attend. This was A.S.A. sanctioned state class B fast pitch tournament.

In other action in the two-day event, a seven-man fast pitch softball tourney was played. Metolius claimed the consolation trophy. Results were not available for the men's division championship at press time.

Letter to the editor

What's the significance of traditional hairstyles?

To the Editor:

I am writing this letter on behalf of the Inipi O Yate Ki Indian Club of the Oregon State Correctional Institution here in Salem. We are presently seeking information concerning "Traditional Hair Styles." At the present time we are allowed to wear our hair in braids, but we would like to be able to wear the traditional hair wraps, but unfortunately most of the Indians in here now "do not" know the significance or the reasons why we wear our hair in the traditional styles or their purpose.

We would like to get all the back ground information that we can and that should include religious reasons why we braid

our hair, why we wear the traditional hair wraps during powwows and ceremonies, and also any general information that concerns traditional hair styles and their purposes. Also if it is possible we would like to know if anyone can give us any information about where we could get a hold of a drum and drumsticks or even get the materials to make a drum and drumsticks? We would really appreciate it very much if anyone has any kind of information concerning traditional hair styles or a drum to either of the following people.

Dennis Beach or Grant Smith Jr
3405 Deer Park Drive S.E.
Salem, Oregon 97310

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