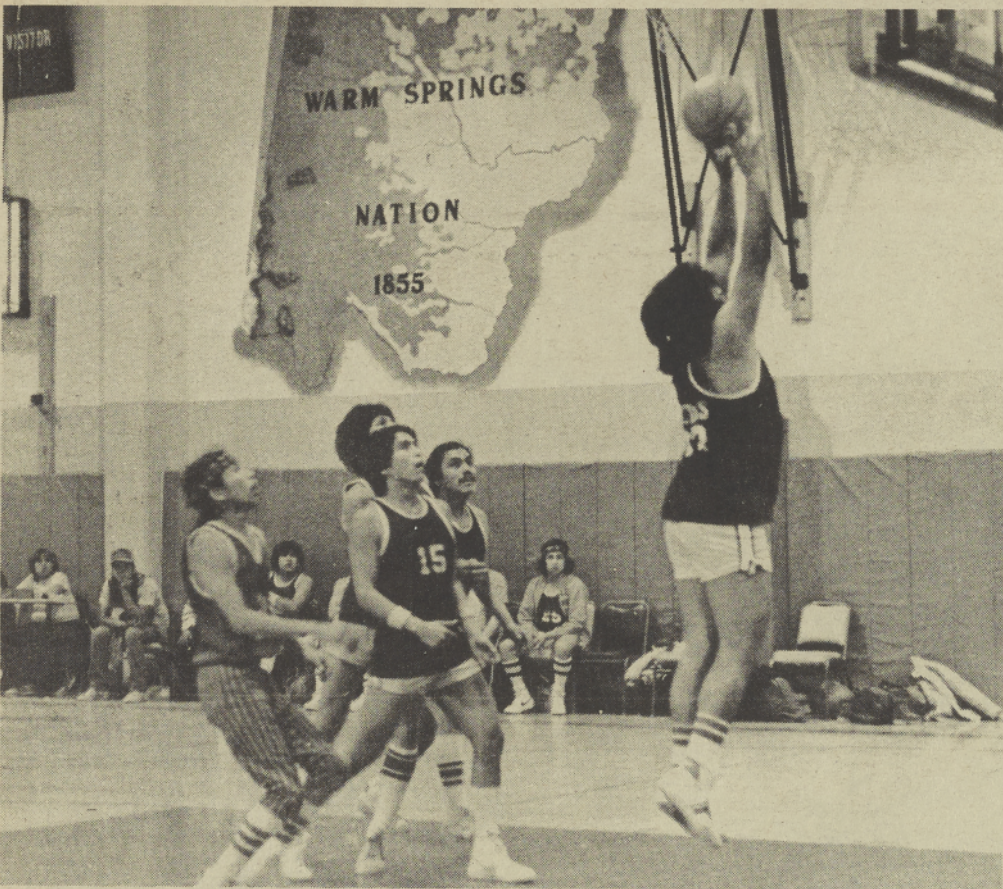


More Sports



Greg Jackson of the Tygh Valley Studs going in for a lay-up in a game against White Swan as teammate Kevin Smith follows for the rebound. W. Napyer of White Swan is also moving in. White Swan went on to win the game 85-82.

Spilyay Tymoo photo by Miller



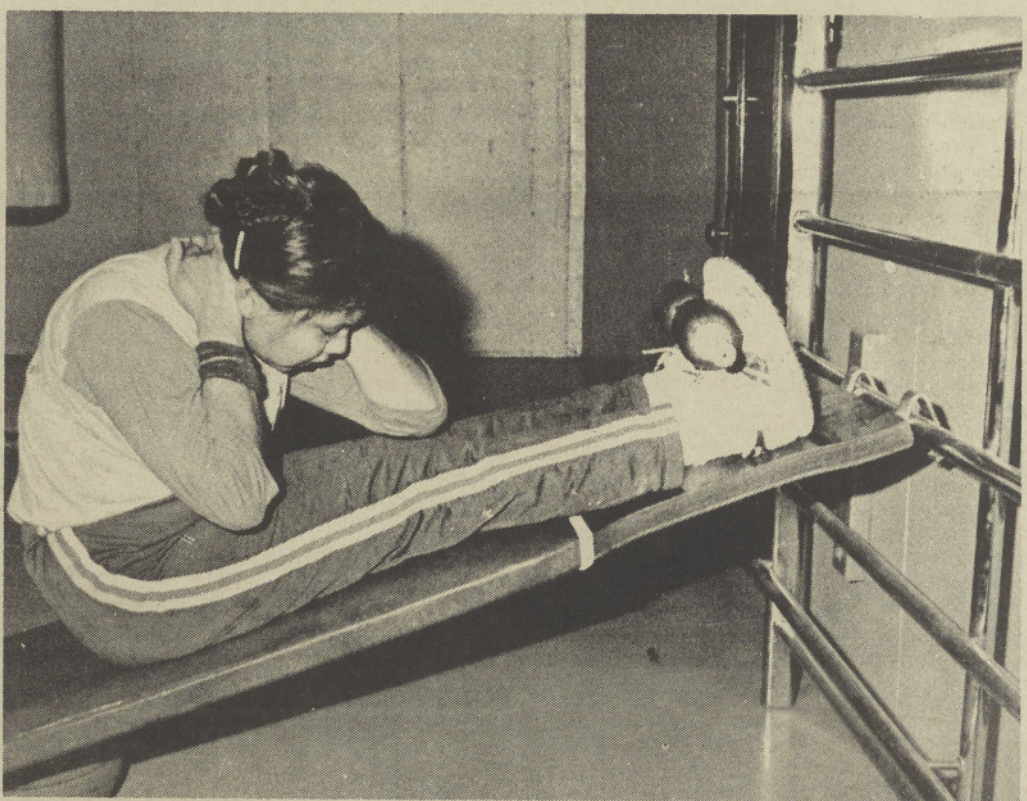
The nordic-track exercise machine is a good means of strengthening legs. Margie Earl makes use of this and other exercise equipment available in the Community Center weight room during the November Fitness Challenge.

Community Center Calendar

- Community Center Calendar**
- Dec. 7 Window painting—6:30, Conference room 1
 - 8 Table tree for the children—for adults only. Please bring styrofoam cone. 6:30, Conference room 1
 - 9 Cookie Christmas House—16 years old to adults, 6:30, Conference room 1
 - 11 Christmas Bazaar—10-5 p.m. C/C
 - 13 Pane-ting on glass—for adults only. Please bring 6x6 inch piece of window glass and typewriter eraser with brush on one end. 6:30, Conference Room 1.
 - 14 Warm Springs Elementary Christmas Program—7:30 p.m. Community Center
 - 15 Movie—Secret of Magic Island, 6:30 p.m. Social Hall, admission cost is two cans of food.
 - 16 Christmas hot bread party—Everyone must bring Christmas bread which will be warmed and served with hot chocolate. Please bring food, outgrown clothes and toys to wrap and distribute to needy families.
 - 18 Boxing Smoker—5:00 p.m., Community Center
 - 29 Warm Springs Holiday Basketball Tournament

Jr High Calendar

- December 8 4:00 Wrestling at home
- December 9 4:00 Basketball against Redmond at home (7-8)
- December 14 4:00 basketball at Pilot Butte (8-7)
- December 15 4:00 wrestling at Redmond



Sit-ups aid in keeping muscles in tone as Becky Quinn can testify. It's hard work but worth it.

Spilyay Tymoo photos by Shewczyk

Physical fitness worthwhile

The November fitness challenge took many tribal employees from the lunch table to the exercise room. In all, 56,193 minutes were spent during the month of November in becoming physically fit.

But like all contests there can be only one winner. This year's winner was the Community Center with 9,612 minutes.

Community Counseling came in second with a total of 8,027

minutes spent in exercise. Headstart was third with 6,968 minutes and Personnel was fourth with 5,701 minutes.

Other times for participating departments are as follows: Forestry, 3,799 minutes; Management, 3,448; Construction, 3,228; BIA, 2,441; Education, 2,040; Alternative Education, 2,010; Realty, 1,920; Youth Services, 1,563; Alcohol Center, 1,475; Clinic, 877; Warm Springs Assembly Plant, 715; Accoun-

ting, 671; Spilyay, 635; EDD, 552; and, Utilities, 510.

Challenge coordinator Eva Montee noted that there was good participation this year and "everything that was turned in was legitimate exercise."

A luncheon will be held at the end of December to recognize those who participated in the 1982 November physical fitness challenge. T-shirts will be given to those who accumulated 200 minutes or more in exercise time.

Congratulations Community Center!!