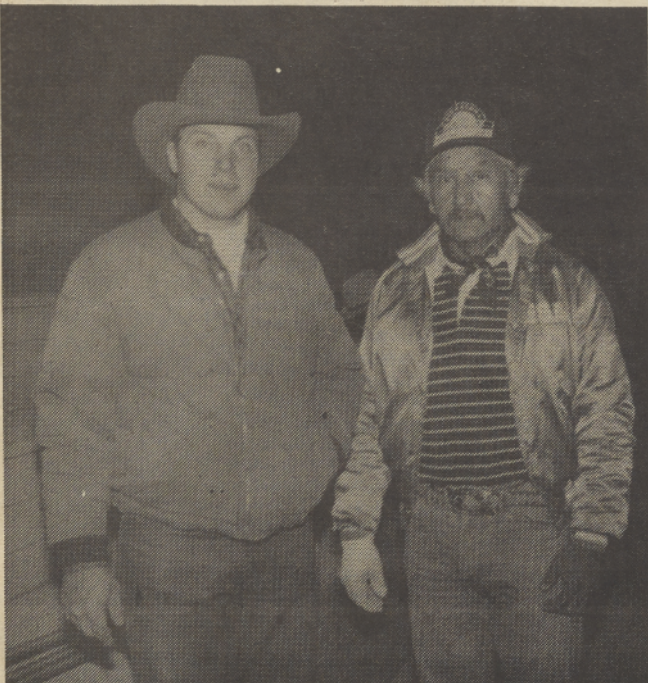




Joe Thornton (left) and Tom Begay (right) won the first roping of the winter roping series held at the Madras indoor arena November 11. The team will be hustling to win additional ropings. The next roping in the series will be December 9.

Begay-Thornton winners

The team of Tom Begay, Warm Springs and Joe Thornton, Madras, won the first roping of the Bob Miller 1984-85 Madras winter team roping series held November 11 at the Madras indoor arena. The Begay/Thornton team roped in the pro/novice section.

The winter team roping will consist of six ropings with one held each month starting in November and finishing in April. Series for the roping are featured in \$1,000 novice/novice; open; \$1,000 pro/novice; and \$500 novice/novice. A series buckle will be awarded for the top money winners at the end of

the ropings; buckles will be given to the top header and heeler in novice/novice and a buckle will be given to the hi-point girl in \$1,000 novice/novice.

The second roping in the series will be held December 9 at the Madras indoor arena. Sign-up will start at 10 a.m. on that day with the roping beginning at 11 a.m. For more information call Bob Miller, 546-5431; Buster Bain, 548-6241; or Tim Messner, 548-7324.

Ropings will be held December 9, January 20, February 17, March 17 and April 21.

9th Annual Holiday Bowling tournament

The 9th Warm Springs Holiday bowling tournament will be held in the Pelton Lanes in Madras, Oregon December 28, 29 and 30.

ABC/WIBC sanctioned and sponsored by the Warm Springs Athletic Association, according to tournament director Mike Clements. No closing date for entries. All entries will be taken until squad start time.

There will be cash awards, prizes, raffles, jackets and a lot of good ole fun. Jackets will be presented to the team champions, there will be jackets to the holiday champ roll-off winners. A Pendleton Blanket award

to male and female bowler with highest total pin fall with handicap.

There will be drawings for raffle items at each session. For the last session there will be three major prizes to be raffled off. Tickets are on sale at .50¢ apiece, five for \$1, 40 for \$5, or 100 for \$10. You need not be present to be a winner.

There are rules governing the holiday tournament: Here are (3) three of the 15 rules. (1) Eligibility: Be ½ or more Indian Descent; a Tribal or BIA Employee and a member of the Warm Springs Bowling League; or a spouse to any of the above. (2)

You must have a current ABC/WIBC card. Non-members may also qualify for entry and all ABC/WIBC services by paying an unattached membership fee of \$5 for men and \$2 for women or a \$1 participation fee. (3) Teams will consist of four members with one division for men and one for women at \$10 per player. Doubles will be \$10 per player with two divisions for men (Division I Handicap 60 pins and under combines; Division II Handicap 61 pins and over combined and one for women. Participants must enter singles if entered in doubles. Singles cost \$10 to enter. Other

events are mixed doubles at \$10 per player, all-events at \$2 per player, and Holiday Champ roll-off at \$3 per player. All prizes will be awarded on a handicap basis except a roll-off which is determined on a scratch basis from the first series scores in team; Doubles; and Singles. Please note you must bowl all these events plus pay entry fee to be a finalist.

For other information regarding the bowling rules contact Mike Clements, Tournament Director. Mail entries to Mike at P.O. Box 715, Warm Springs, Oregon 97761, phone (503) 553-1161, ext. 214.

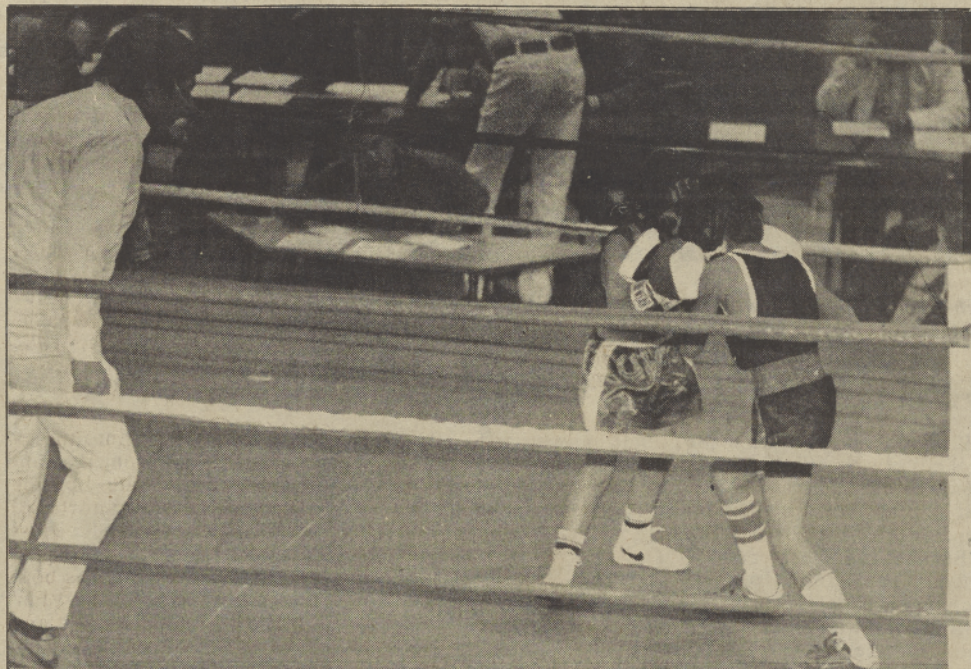
Silver gloves tourney held at Warm Springs

The annual Warm Springs Boxing Club Silver Gloves tournament was held at the Warm Springs Community Center December 2 and 3. Teams from throughout the Northwest participated in the event. The tournament is for boxers with ten bouts or less and who have never been entered in an open boxing tournament.

Warm Springs boxers who participated in the two-day event were Frank Brunoe and Delbert Lawson.

Winners of the tournament were: 10-11 year old/60-85 lbs-Travis Hewitt, Gilchrist; 10-11 year old/119 lbs-Hector Madelena; 12-13 year old/70 lbs-Randi Doan, Gilchrist; 12-13 year old/110 lbs-Daniel Heavin, Washington County; 14-15 year old/119 lbs-Manuel Magdaleno, Washington County; 14-15 year old/136 lbs-Shawn Lemaue, Capitol; Special Senior-Guadalupe Serna, Ft. Lewis; and Most Inspirational Boxer-Larry Herbig, Beaverton.

The "most inspirational boxer" received a Pendleton blanket which was donated by Mr. and Mrs. Alvis Smith, Sr. of Warm Springs.



Frank Brunoe (pictured far left in the dark jersey and shorts) of the Warm Springs Boxing Club went against Flame Soliz of Beaverton in the 10-11 age group. Soliz won the bout to advance in his division.

Keep home safe at Christmas time

To keep the holiday season merry, keep fire hazards out.

1. Select a firm, fresh tree and put it at once in a cool place. Although there is no such thing as a flameproof tree, a mixture of one part sugar and sixteen parts water for your tree to sit in will significantly increase the moisture in your tree, thus reducing the fire hazard.

2. Locate the tree away from heat and where it won't block

exits. Take it down as soon as possible after Christmas. The more it dries out, the more of a hazard it becomes.

3. Never use lighted candles on a tree or near any evergreen decorations.

4. Check sets of electric lights closely for worn insulation, broken plugs, loose bulb sockets, and use only sets that carry the label of a leading national testing laboratory.

5. Never hang sets of lights on a metallic artificial tree. To avoid shock hazard, use indirect spot lighting instead. If your artificial tree has a built-in electrical system it should be "listed" by a recognized national testing laboratory.

6. Turn off all indoor tree and decorative lights when leaving the house or retiring for the night. Outdoor lights should have special wiring intended for outside use.

7. Use decorations which are noncombustible, such as glass, or which are flame retardant. Keep natural evergreens and polystyrene decorations away from candles, fireplaces, and other open flames.

8. Use care in dispensing of wrappings and tree. Do not burn in your fireplace or wood stove as it may cause a flash or chimney fire.

Have a happy and safe holiday!

Fruit, recipe for gift

Fresh navel oranges, lemons, grapefruit, and tangerines make perfect gifts, either presented by themselves or combines with other items found in the household section of your local supermarket. These special homemade gifts and decorations are practical as well as edible... and help to make the holiday season more memorable.

Fresh citrus fruits, with their bold colors, lend themselves to festive holiday centerpieces. Fill any attractive basket with an

assortment of navel oranges, lemons, tangerines, and grapefruit. Tuck in some Christmas greenery and a few wire-stemmed, green, ball-shaped ornaments. Tie on a colorful ribbon and enjoy the compliments. If you prefer, wrap the basket of fruit in cellophane, top it with a bow, and give it as a gift.

Here's a gift with a lot of punch! Fill a large glass pitcher with brightly colored fresh lemons. Tie a bow of red and white striped ribbon around the handle and attach two artificial poinsettia flowers. Secure a recipe card for Hot Spiced Lemon-Appleade or your favorite hot lemon punch. This gift is sure to warm up the hearts of those who receive it.

Hot Spiced Lemon-Appleade
2 cups water
1/3 cup sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice
2 cups apple juice or cider
1/3 cup fresh squeezed lemon juice

In saucepan, combine water, sugar and spices. Bring to boil; simmer ten minutes. Add juices; heat. Makes about four cups.

Whole wheat carrot cake

1 cup granulated sugar
1 cup packed brown sugar
1 cup vegetable oil
1 tsp. vanilla
4 eggs
1 1/2 cups whole wheat flour
1/2 cup all-purpose flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 tsp. ground allspice
1 tsp. ground cinnamon
3 cups finely shredded carrots
1 cup chopped walnuts

Heat oven to 350. Grease and flour rectangular pan, 13 x 9 x 2 inches. Stir sugars, oil, vanilla and eggs in large bowl until blended about 30 seconds; beat one minute. Stir in flours, baking soda, baking powder, salt, allspice and cinnamon until blended. Stir in carrots and walnuts. Pour into pan.

Bake until wooden pick inserted in center comes out clean, 45 to 50 minutes. Cool ten minutes; remove from pan. Cool completely.

Prepare for computer career

Experts calculate that jobs requiring computer skills will increase 50 percent by 1990. For those with a combination of academic knowledge and practical experience, the door will be open to a career as a hardware designer, software programmer, researcher, industrial engineer or sales representative.

How does one prepare for a job in the computer industry?

The first thing to do is give some thought to where you might fit in. Talk to people you know who already use computers, or try to get a chance to use one yourself. Career counselors in high schools and universities

also can give you guidance.

Second, take as much science and math in school as you can. An interesting booklet has been published called "Computer Careers—Putting The World At Your Fingertips." It helps answer questions about what a career in the computer industry can offer and what career path to follow. Copies of the book can be obtained by sending a check payable to CBEMA for \$3.00 (DC residents must add six percent sales tax) to: Computer and Business Equipment Manufacturers Association, 311 First Street, NW, Suite 500, Washington, DC 20001.

Talkline answers turkey questions

The Butterball Turkey Talkline, the nation's toll-free hotline staffed by food professionals, is available to answer my consumer question about preparing the holiday turkey and trimmings. Armed with expertise in stuffing, trussing, cooking, carv-

ing, recipes and left-over ideas, the turkey patrol can bring order to any cook worried about doing more time in the kitchen than need be.

This holiday season, the turkey patrol will be on duty from

November 5-December 24, Monday-Friday, from 8:00 a.m.-8:00 p.m. (CST). Talkline will also be available on Christmas Eve from 8:00 a.m.-6:00 p.m. (CST). call is (1) 800-323-4848.



**OREGON STATE UNIVERSITY
EXTENSION
SERVICE**

**Clay Penhollow
Mollie Driscoll**

Fruit for Christmas

To make gift-giving easier than ever this Christmas, Sun-kist is offering a very special holiday gift package. It features top quality, virtually seedless navel oranges in a beautiful, festive carton.

This Christmas family carton is half the size of a standard orange carton, and is an attractive gift carton with bold green and red-orange graphics. It's a good gift for neighbors, rela-

tives, "shut-ins," friends, and others on your gift list. And these cartons will be as close as your supermarket.

A gift of fresh navel oranges, the traditional Christmas oranges, is always welcome. Navels are delicious and nutritious, with about 65 calories per medium-sized fruit. And they'll brighten winter menu, from appetizers to desserts. For a personal touch, tuck in a couple of your favorite fresh orange recipes.



Learning to make pizza from scratch (left to right) Vanessa Orange, Jolene Soto and Rhonda Ike start with the crust. 4-H Family Cooking Club is held twice monthly, led by Orthelia Miller.