

**Nutrition important for all athletes**—Continued from page 5.

to and during competition. This includes glucose solutions, candy bars, honey, dextrose pills, etc. High concentrations of sugar in the stomach draw fluids to the digestive tract and away from the working muscles where they are needed. This may contribute to dehydration in the athlete. In addition, high sugar levels slow stomach emptying and contribute to changes in blood sugar levels that may result in early fatigue and weakness in the athlete. There is no such thing as obtaining "quick energy" from candy bars, sugar solutions, or any form of food substance.

**Vitamins**

Despite the beliefs of many, there is no scientific data to support the idea that athletic performance is enhanced by vitamin supplementation. A well-balanced diet provides all of the necessary vitamins for athletes and nonathletes alike. The fat-soluble vitamins (A, D, E, and K) are stored in the body. Excessive intake can result in a toxic build-up of fat-soluble vitamins in the body. This condition is known as hypervitaminosis. Excessive amounts of

the water soluble vitamins, which are vitamin C and the vitamin B complex, are filtered through the kidneys and excreted via the urine on a daily basis. Vitamin supplements are necessary only in the case of individuals who are unable to eat a balanced diet. In this case, only a daily multivitamin supplement is needed.

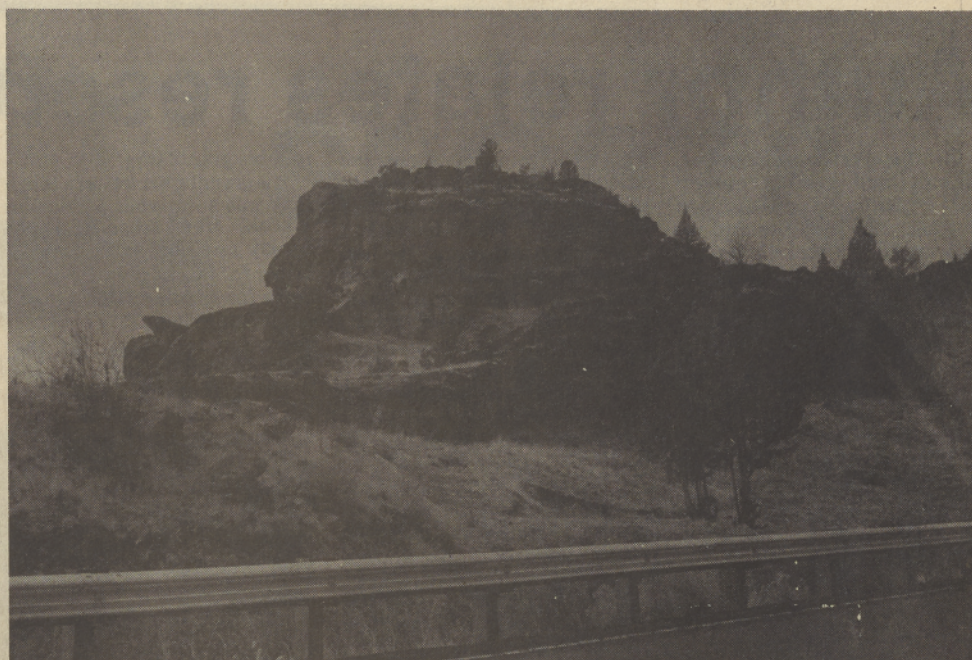
**Minerals and electrolytes**

Minerals that may be of particular importance to the athlete are iron and the electrolytes, salt and potassium. Iron is important to the oxygen carrying capacity of the body's red blood cells. Iron stores can be depleted via the rigors of heavy training, stress, and via the menstrual cycle in females. In the case of athletes exhibiting unusual fatigue, a physician may prescribe special iron supplementation. The minimum daily requirement (18 mg. per day) is found in most daily multivitamin supplements.

Salt and potassium are lost from the body through perspiration. A normal diet and salting of food to taste will usually provide a more than adequate intake of electrolytes. Only in

the case of extremely humid workouts in hot and humid weather need additional electrolyte supplementation be provided. This is done in the form of salt/potassium tables and/or commercially prepared electrolyte drinks such as Gatorade, Brake Time, E.R.G., Quick Kick, etc. Unfortunately, these beverages also contain high sugar concentrations which, as previously mentioned, can contribute to dehydration and changes in blood sugar levels in the athlete.

Adequate fluid intake is important for all athletes. It is crucial that the fluids lost from perspiration be replaced. Dehydration from inadequate fluid replacement contributes to early fatigue, diminished performance, heat cramps, and even heat illness. Athletes should realize that the feeling of thirst is not an accurate gauge of the need of the athlete for fluids. Athletes should have access to water before, after, and during activity sessions. This is of particular importance in warmer and more humid climates and in sports where heavy protective equipment is worn—such as in football.



*Spilyay Tymoo photo by Miller*

**Geo Quiz**

Marty Barlese was the big winner of the last Geo Quiz by identifying the location coming down the grade near the 101 mile post mark on highway 26. Here is another photo for someone to identify and win a years subscription for yourself or have it mailed to a friend. Call 553-1644 with your answer on Tuesday morning, April 2, 1985.

**WSBC Buckskin Boxing April 13, 14**

The WSBC Buckskin Boxing championships which is sanctioned by the Oregon USA/ABF Boxing Association, is scheduled

to be held here in the Community Center April 13, 14, 1985.

This will be open to juniors and open seniors. Special seniors, this is boxers who had ten bouts or less and have never entered in an open tournament. The weigh-ins will be from 8 a.m. to 10 a.m. each day. Physical exams will be taken on Saturday at 8 to 10 a.m., the drawings will begin Saturday 10 a.m., with an entry fee of \$3 per boxer.

The entry deadline: All entries should be sent in as soon as possible, also USA/ABF cards are required and must be presented to the clerk at weigh-in.

The awards will include for open seniors and open juniors, they will receive a red satin jacket. Special seniors will receive a windbreaker. Runners-up will receive a trophy, also the outstanding boxer in each

junior and senior division will receive a trophy.

The eliminations will start at 1:00 p.m. on Saturday, until 4:00 p.m. and from 7:00 p.m. to 10:00 p.m. and the championships will begin at 12:00 noon on Sunday.

There will be breakfast and concessions during the boxing tournament. For more information contact Gerald Smith, Coach of the WSBC, phone 553-1546 after 8 p.m. or the Community Center office 553-1161, ext. 243 or 244, Debbie

Yahtin, Secretary will also be receiving calls at 553-1161, between 8 and 5 p.m. Information on hotel/motel accommodations can be acquired from the Community Center from Debbie Yahtin.

**COCC Budget review process begun**

A joint meeting of the Central Oregon Community College Board of Directors and the COCC Budget Board on March 20 kicked off the 1985-86 budget review process for the college.

The proposed budget total is \$9,761,638. The local tax portion is \$3,884,918 which reflects a six percent increase as allowed by law. Voters approved the College's tax base in 1982.

Projected revenues include an estimated \$52,000 increase in State funds. In addition, Directors approved a tuition increase of \$20 per term for full-time students and a \$2 increase per credit hour for part-time students. Tuition rates will move from \$180 to \$200 per term and from \$19.50 per credit hour to \$21.50 beginning fall term 1985. Eight of Oregon's 13 community colleges have tuition rates of \$200 or higher.

Major expenditures in 1985-86 are for upgrading instruction equipment in the vocational-technical areas. For example, the College's automotive program has been undergoing major revision this year to meet the technological changes in the industry. Ford and General Motors recently authorized COCC as a training center for Central and Eastern Oregon.

Another area marked for expenditures is in weatherization and energy-saving projects on campus. Items include double-entry doors, thermal pane windows and additional insulation for four of the original classrooms constructed 20 years ago.

In his budget message, President Frederick Boyle indicated that "the College is in good condition," and that it has made a "significant difference" for the people of the area.

"For many years, this College has had one major goal," Boyle

said. "That goal has been to build an institution that could make a significant difference in the lives of the people of Central Oregon. This budget is a representation of what a college is and what it aspires to become."

The current tax rate is \$1.37 per \$1,000 of true cash value. Dean of Business Affairs Pat Ross indicated that the rate will probably drop, if the Board agrees to return \$300,000 to taxpayers by eliminating this tax for the debt service fund of 5c per \$1,000 of true cash value.

In 1984-85 that amount was \$121,512. It would be zero in 1985-86.

During the next three weeks, budget teams will review the proposed budget in detail, bringing their recommendations to the April board meeting. A public hearing is set for May 22. In addition to the COCC Board of Directors, the Budget Board members include: Errol Schneider and Mabel Merwin, Post; Kyle Jones of Madras; Jerry Martin and Nancy Moore of Bend; Don Costello, Sisters; and Leanna Lay, LaPine.

**Sugar added to foods**

Speaking to senior citizens during one of their bi-weekly lunches IHS nutritionist Karen Smith emphasized limiting sugar intake. Many people, she advised, do not realize the quantity of sugar contained in many of the foods they consume.

Sugar intake is of particular concern to seniors, some of whom have diabetes and are overweight. It should be of concern to children as well as adults sugar can contribute to obesity and tooth decay.

Following are some examples

of sugar quantity in common foods: chocolate bar (two ounces) six teaspoons of sugar; hard candy (two ounces) five teaspoons; doughnut—five teaspoons; cupcake—six teaspoons; jams or jelly (one tablespoon)—four teaspoons; jello (1/2 cup)—four teaspoons; ice cream (one scoop)—four teaspoons; sherbert (one scoop)—six teaspoons; soft drink (16 ounces)—nine teaspoons; soft drink (16 ounces) 12 teaspoons; kool-aid (eight ounces)—six teaspoons; tang (eight ounces)—five teaspoons.

**Florendo to show works**

A showing of prints and paintings by James Florendo is scheduled for the month of April at Collier Hall, the faculty club, on the University of Oregon campus in Eugene, Oregon. Florendo's work will be shown with four other artists.

The public is invited to the showing between the hours of 8:30 a.m. and 5:00 p.m. Monday through Friday.

**Program offers total fitness**

Helping people become responsible for their own well-being through physical fitness, stress reduction and proper nutrition is the aim of the Wellness Program directed by Eva Montee.

Total wellness is the thrust of the program, emphasizes Montee. With the focus on wellness for tribal employees and community members, says Montee, there should be a reduction in absenteeism, an increase in morale and a healthier community.

Because the program is still in its infancy many of the plans in mind have not yet been executed. A steering committee has been organized to look at various activities including a study on absenteeism and ways to reduce it.

Other members of the Wellness Program include prevention coordinator Caroline Cruz and temporary, full-time assistant Dortha Sanders.

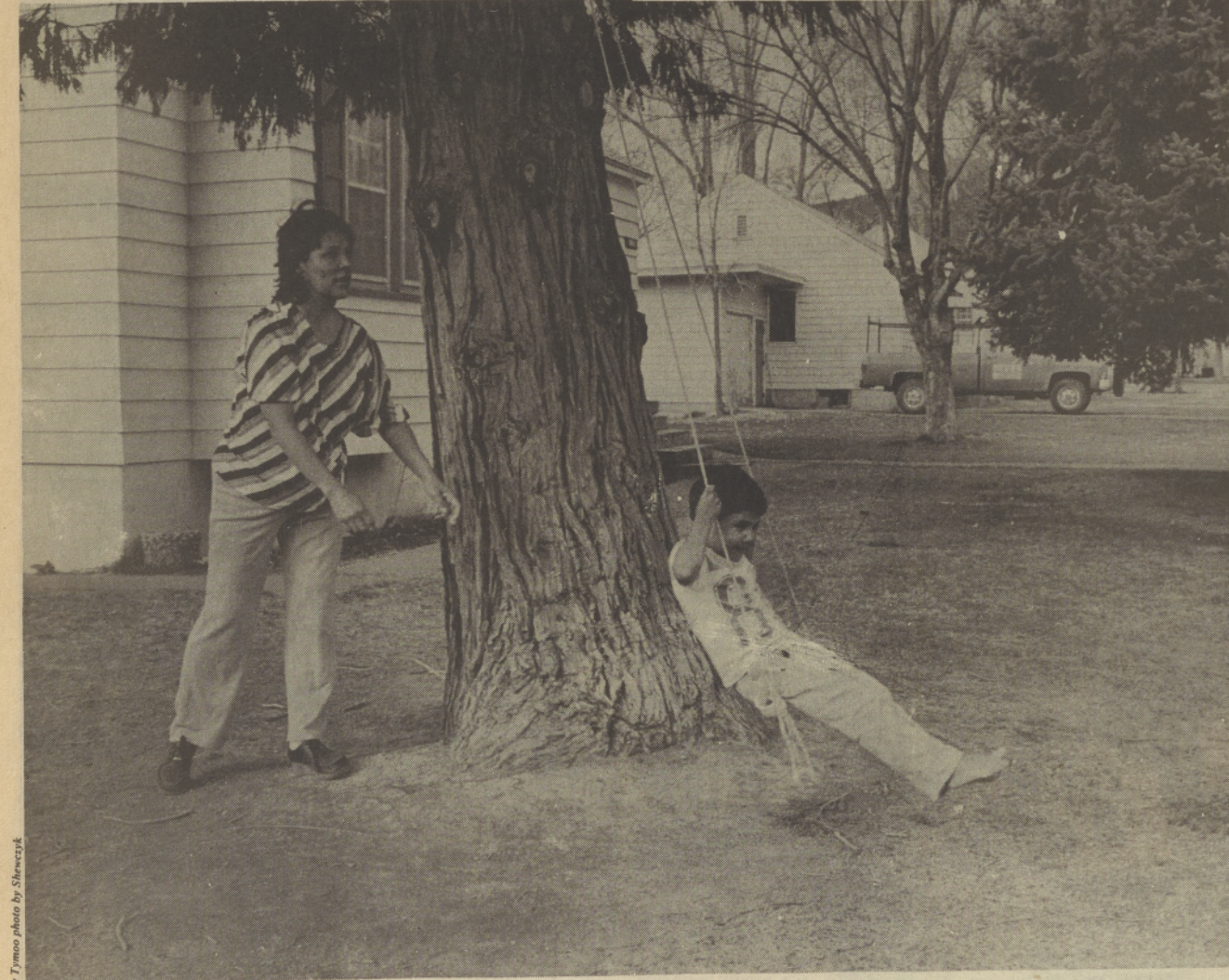
Much of the work involved in the Wellness Program is coordinating wellness activities already in existence and utilizing experts in the wellness area. A grant was recently awarded to the program to introduce exercise into the IHS diabetic program. Nutritional advice is provided by those knowledgeable in that area as is advice on problems dealing with stress. Creating awareness for the importance of wellness is a pri-

mary factor in making people become self-responsible. Educational lectures on wellness are planned to different groups, says Montee. Kah-Ne-Ta employees will have available a nutritional and fitness workshop in the near future.

Breaking the image that fitness is only aerobics is a difficult part of the new Wellness Program, adds Montee. Montee wants people to know that her job also involved testing and prescribing a fitness program. She offers advice for individual programs to make life healthier for those interested. The main emphasis in the program, Montee stresses, is to encourage people to "focus on being well rather than on being sick."

**Easter Services scheduled**

The 1985 Central Oregon Community Easter services will be held at the Redmond Grange Hall beginning at 9 a.m. The Hall is located on the east side of the Deschutes County Fairgrounds on Canal Boulevard. No offerings will be collected and child care will be provided. For more information call 548-5857.



The beautiful, spring-like weather of two weeks ago brought people out to enjoy the warmth and sun. However, there's been a real change since then. This week, people were regretting they had taken their studded snow tires off and put away their winter clothes. Hopefully, that warm weather will return soon. At least by August!

**Church Services**

Blessed Kateri Tekakwitha  
Warm Springs  
Reverend Leo F. Wackerle  
Confession prior to Mass  
Sunday Mass begins at 8:30 a.m.

Warm Springs Presbyterian Church  
James P. McGugin, Interim Pastor  
Tel: 553-1237  
Sunday Worship and Church School 10:00 a.m.  
(Lord's Supper—First Sunday)

Warm Springs Full Gospel Church  
Orin Johnson, Pastor  
Sunday School—10:00 a.m.  
Worship Services—11:00 a.m.  
Sunday Evening Service—7:30 p.m.  
Bible Study—Wednesday—7:30 p.m.

Warm Springs Baptist Church  
Allen Eston, Pastor  
Tel: 553-1267  
Sunday School—10:00 a.m.  
Morning Worship—10:00 a.m.  
Bible Study: Wednesday, 8:00 p.m.

Reorganized Church of  
Jesus Christ of Latterday Saints  
Elder, Clint Jacks  
Tel: 475-6616  
Worship—10:00 a.m.