

Spilyay Tymoo



SPORTS

Fry Bread Open results listed

The annual Kah-Nee-Ta Fry Bread Open was held Pi-Ume-Sha weekend, June 25-26.

In the first flight was Levi Bobb with a 148 total which won him \$125 and first place position. Second was Tom Estimo carding a 149 giving him \$100. In third place was Helmuth Sucher with a 151 and \$75. Louie Pitt was fourth at 152 and \$65, and fifth was George Raimer with 157 and \$45. In First Net Flight was Everett Miller carding a 130 and receiving \$125. In second was Randy Reid at 137 and

\$100. Jim Wyzard was in third place position carding a 140 and winning \$75. In fourth and fifth place was a tie between Terry Souza and Dwayne Flores both scoring 142 and winning \$55. Joe Hop-towitz was in sixth with 143 and won himself \$35.

In the Second Gross Flight was Art Poindexter in first with 160 and \$125 earnings. Second place was Cole at 163 and \$100. James Conner was third at 170 and \$75. Fourth and fifth place were ties at 172 between Berry Erlacher and Ed Manion. Erlacher earned \$55 while

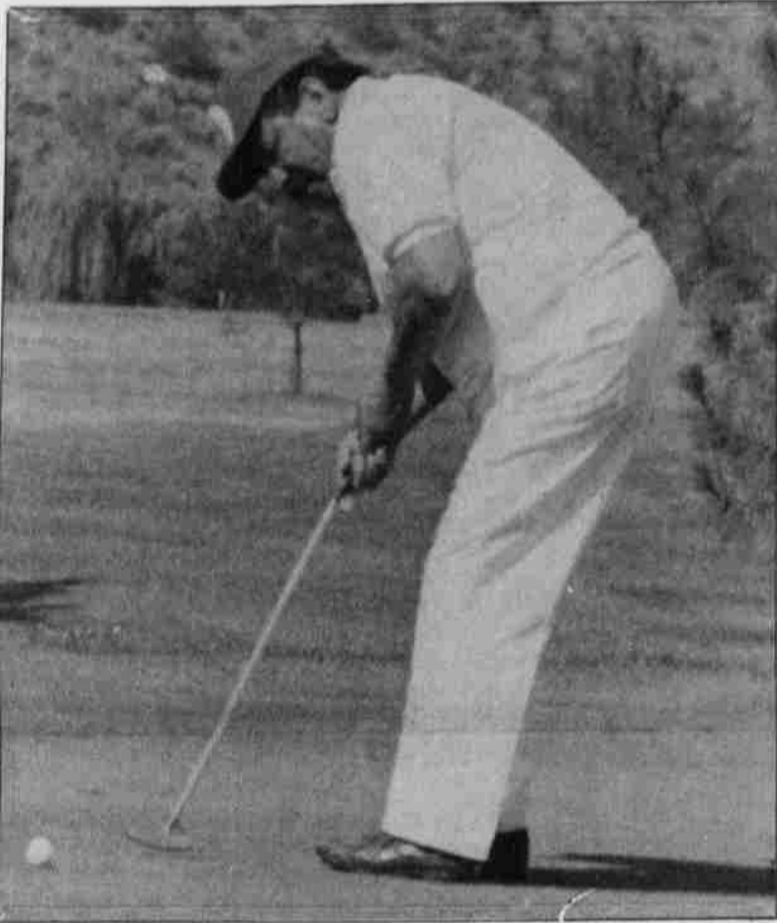
Manion won \$40. In sixth place was Henke at 73 and \$40. Seventh was Chuck Dansky at 174 and \$35. In Second Net Flight Dave Lawrence was in first with 132 score and \$125. Second and third place was a tie between Jim Enyart and Gary Davies with 140 score and \$87.50. Jeff Whitbeck was fourth at 142 and \$65. Fifth was Lou Garrity at 143 and \$45. Vincent Little placed sixth at 144 and won \$40 and seventh place position was Zane Jackson at 147 and \$35.

In the Third Gross Flight was Tom Thompson carding 178 giving him first place honors and \$125. Wayne Bill carded a 180 for second place and won \$100. For third and fourth there was tie between Albert Comedown and Ron Houretit at 188 and each received \$70. Bob Opaka placed fifth at 191 and won \$45. Sixth place was Raymond Shike, Sr., with a 194 and he received \$35. In the Net Flight was Leroy Lucas at first with a 138 and \$125. Second third and fourth was a tie between Ron Guard, Karmen Blake and Dean Azule who each carded a 140 to each receive \$80. And fifth and sixth also were a tie between Steve Priem and Willy Edwards at 150 each receiving \$40.

Overall Dan Empens received Low Gross Field with a 146 which won him \$150. Overall Terry Lupinacni won Low Net Field carding a 129 and winning himself \$150 also.



Jefferson County Senior League All-stars are headed for Boardman, Oregon to participate in the district playoffs. Assistant team coach is Carrie King (back row) and coach Dick Souers (far right). Team members include: (left to right, back row) Susan Skavalin, Heather Martin, Marty Schmith, Jocelyn Moses, Marcy Hawes, Kris King, (front row) Vivian Carter, Krisi Miller, Merle Kirk, Amy Dunn, Nikki Foreman, Carrie Burtis and Laura Sahme.



Spilyay Tymoo photo by Shewczyk

Fry Bread Golf Tournament held June 25 and 26 drew 96 entrants to the Kah-Nee-Ta golf course.

What is fitness??

Fitness. It's a much-confused term. To some, it means being trim or muscular. But, total fitness is more than that—it means keeping your body machine in top working order. A total physical fitness plan includes two types of exercise—

range of heartbeats per minute during exercise. (The chart at right shows approximate THR's for various age groups.) Activities such as swimming, walking, jogging, running, and handball are all aerobic.

Camp canceled

Your heart pumps oxygen-rich blood to the rest of your body. And, since the heart itself is a muscle, it needs exercise to maintain strength and endurance. Aerobics exercise your heart by helping it reach and maintain a Target Heart Range (THR) for at least 20-30 minutes. Your THR is the safest

The Warm Springs Basketball Day Camp which was featuring the Portland Trail Blazers scheduled to be held July 11-15 was cancelled due to lack of registration. 160 students were needed but only 24 were registered. Students were unable to sign up because of Youth Program obligations and the Community Center building closure. So due to these circumstances the Trail Blazers will not be seen in Warm Springs.



Spilyay Tymoo photo by Shewczyk

Kah-Nee-Ta golf professional Greg Little helps young people develop good golf skills.

Aerobics classes have started

Early aerobics exercise classes will begin for summer session on Monday, July 11. As in the past, it will meet each Monday, Wednesday and Friday from 6:00 a.m. to

6:45 a.m. in the Warm Springs Community Center gymnasium. There is no charge for the class and everyone is welcome to attend.

Because the Community Center basement is still not useable, all noon aerobic classes are cancelled until further notice.

Summer Recreational Schedule

JULY 19, TUESDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming (Adv. & Beg)-all ages Gym
 8:30 a.m.-10:00 a.m. Partner Games Outside
 9:00 a.m.-10:00 a.m. Weight Training-Adv. Weight Room
 9:00 a.m.-12:00 p.m. Arts & Crafts A & C Room
 9:30 a.m. Swimming/Inter.-all ages KNT
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:15 a.m.-11:00 a.m. Archery (6-9 yrs) Outside
 10:30 a.m.-11:30 a.m. Rollerskating Gym
 10:30 a.m.-11:30 a.m. Biking Outside
 11:00 a.m.-11:30 a.m. Archery (10-12 yrs) Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 20, WEDNESDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming/Adv & Beg. (all ages) KNT
 9:00 a.m.-10:00 a.m. Weight Training (Beg.) Weight Room
 9:00 a.m.-12:00 p.m. Low Activity Games A & C Room
 9:00 a.m.-12:00 p.m. Arts & Crafts To be announced
 9:00 a.m.-6:00 p.m. Day Hiking KNT
 9:30 a.m. Swimming/Inter. (All ages) Outside
 10:00 a.m.-10:30 a.m. Horseshoes Gym
 10:30 a.m.-11:30 a.m. Rollerskating Outside
 10:30 a.m.-11:30 a.m. Biking Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 21, THURSDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming/Beg (all ages) KNT
 9:00 a.m.-10:00 a.m. Weight Training Outside
 9:00 a.m.-12:00 p.m. Obstacle Runs Social Hall
 9:00 a.m.-12:00 p.m. Game Room A & C Room
 9:00 a.m.-12:00 p.m. Arts & Crafts KNT
 9:30 a.m. Swimming/Inter. (all ages) Outside
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:15 a.m.-11:00 a.m. Archery (6-9 yrs) Outside
 10:30 a.m.-11:30 a.m. Biking Outside
 11:00 a.m.-11:30 a.m. Archer (10-12 yrs) Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 22, FRIDAY

8:00 a.m.-5:00 p.m. Field Trip Day Trout Lake
 8:30 a.m.-4:00 p.m. Low Key Activities Community Center

JULY 25, MONDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:45 a.m.-9:30 a.m. Remote Control Cars To be announced
 9:00 a.m.-10:00 a.m. Weight Training (Beg.) Weight Room
 9:00 a.m.-12:00 p.m. Game Room Social Hall
 9:00 a.m.-12:00 p.m. Arts & Crafts A & C Room
 9:30 a.m.-11:15 a.m. Sports Skill Games Outside
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:30 a.m.-11:30 a.m. Biking Outside

10:30 a.m.-11:30 a.m. Rollerskating Gym
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

1:00 p.m.-2:00 p.m. Model Car Building To be announced
 1:00 p.m.-4:00 p.m. Arts & Crafts A & C Room
 1:00 p.m.-5:00 p.m. KNT Playday KNT
 1:30 p.m.-4:30 p.m. Hike/Float Shitike Creek
 2:00 p.m.-3:30 p.m. Soap Box Car Building To be announced
 3:30 p.m.-5:00 p.m. Wiffleball Gym

JULY 26, TUESDAY

8:15-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming/Beg. (All ages) KNT
 8:30 a.m.-10:00 a.m. Partner Games Outside
 9:00 a.m.-10:00 a.m. Weight Training (Beg.) Weight room
 9:00 a.m.-12:00 p.m. Game Room Social Room
 9:00 a.m.-12:00 p.m. Arts & Crafts A & C Room
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:15 a.m.-11:00 a.m. Archery (6-9 yrs) Outside
 10:30 a.m.-11:30 a.m. Rollerskating Gym
 10:30 a.m.-11:30 a.m. Biking Outside
 11:00 a.m.-11:30 a.m. Archery (10-12 yrs) Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 27, WEDNESDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming KNT
 9:00 a.m.-10:00 a.m. Low Activity Games Outside
 9:00 a.m.-10:00 a.m. Weight Training (Beg.) Weight Room
 9:00 a.m.-12:00 p.m. Game Room Social Hall
 9:00 a.m.-12:00 p.m. Arts & Crafts A & C Room
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:00 a.m.-12:00 p.m. Hiking Outside
 10:30 a.m.-11:30 a.m. Biking Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 28, WEDNESDAY

8:15 a.m.-9:00 a.m. Aerobics Gym
 8:30 a.m. Swimming KNT
 9:00 a.m.-10:00 a.m. Weight Training (Adv.) Weight Room
 9:00 a.m.-10:00 a.m. Obstacle Runs Outside
 9:00 a.m.-12:00 p.m. Arts & Crafts A & C Room
 9:00 a.m.-12:00 p.m. Game Room Social Hall
 10:00 a.m.-10:30 a.m. Horseshoes Outside
 10:15 a.m.-11:00 a.m. Archery (6-9 yrs) Outside
 10:30 a.m.-11:30 a.m. Rollerskating Gym
 10:30 a.m.-11:30 a.m. Biking Outside
 11:30 a.m.-12:00 Dodgeball Gym
 Noon-1:00 p.m. Building open to employees and adults ONLY! Children will not be supervised at this time

JULY 29, FRIDAY

3:30 a.m.-4:00 p.m. Low-Key activities Community Center
 8:00 a.m.-7:30 p.m. Field Trip Day Portland Zoo