

Spilyay Tymoo



SPORTS

Macy's Co-ed team place third in Oakville tournament

August 20 and 21, Macy's Co-Ed softball team traveled to Oakville, Washington to participate in a tournament.

Macy's played their first game against Oakville Saturday morning, winning 22 to 4. A double was hit in the second inning by Andy Leonard and Darryl Smith. In the third inning, Donnie Bagley hit a home run, scoring three RBIs. Macy's then played Oakville Varsity Saturday evening and defeated them 21 to 0. Second batter Cy Jim hit a home run hit over left field and scored one RBI his first time at bat. Macy's then got through the batting order once with only one out so the top of the order came up again as the second out was made. Jim then hit a home run over the opposite field. In the third inning, a two-run home run was hit by Donnie Bagley.

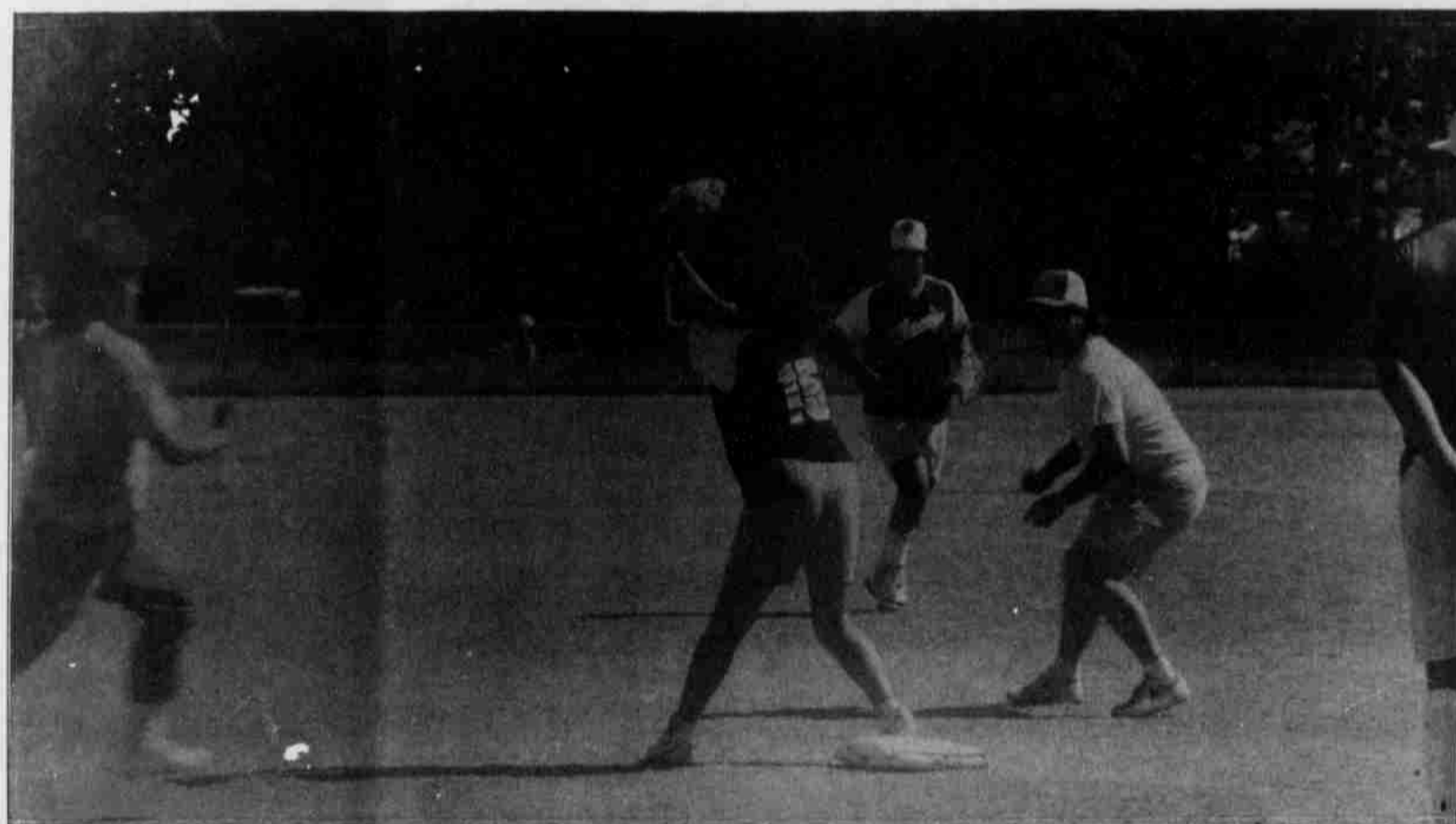
Macy's then played Sunday morning against T. holah. They

were defeated 4 to 5. Donnie Bagley again hit a home run scoring two RBIs. Sunday afternoon Macy's played Nisqually and were defeated 3 to 4 in ten innings. Donnie Bagley hit another home run in the ninth inning. Macy's was then eliminated from the tournament.

Oakville Varsity placed fourth with Macy's taking third. Taholah had no losses into the championship until they played Nisqually for the championship title. Nisqually defeated them 12 to 7. The true double-elimination then awaited another game. Taholah then came back and defeated Nisqually 3 to 1, thus becoming the 1988 champions.

Allstars were Kora Ward and Richard Hicks from Taholah, Annie Castillo from Nisqually

Mr. Hustle was awarded to Marvin Castillo of Nisqually while MVP was received by Natalie Charley of Taholah.



During the tournament in Oakville, Washington, Libby Chase on first base catches the ball putting out the unidentified batter.

COMING SOON State Fair



This batter connected with the ball on a long fly ball to center field. Unfortunately, the fielder caught the ball.

Physical exams given Sept. 9

Indian students who will need physical examinations for sports and to enter school can get them at the Warm Springs Indian Health Service Clinic on September 9, 1988. The schools advise that physicals are good for two years. All new students to the district will need to take a physical. Most seventh graders and high school sophomores will need physicals.

Physicals examines can not be completed without parents or guardians signatures.

If a student is unable to take a physical on September 9 than they will need to call the clinic and make an appointment.

Wasco County Fair and Rodeo

August 25, 26, 27, and 28

Exhibts, carnival, horse racing and teepee village.

Pop Warner Football Signup

to be held at the Community Center for sixth through eighth graders.

Seeking players interested in joining a football league. If there is enough interest plus players a league will be started.

You will need to leave your name, weight, grade and age. You will be contacted. Signup will be held until September 16.

Interview with coach Lyle Rhoan Attitude makes a difference in Little League

Twenty-five years ago this community's attitude towards Little League was different. People "were more willing to let kids be disciplined...They wanted the kids to have a good background in their abilities."

Twenty-five years ago kids listened and learned. For three hours each practice parents turned their children over to the coach. The sessions were intense. The kids learned self-discipline.

Today, says Little League coach Lyle Rhoan, attention is lacking, kids seem confused and discipline is missing.

Too often coaches are faced with strong criticism from parents. They are expected to be a counselor, babysitter, advocator, nurse and judge.

Outside activities seem to be more important than commitment to the game and the team. Many times players just don't make it to the one and one-half hour practice.

Young players are often part of family having problems. Even a family without a father causes some problems where support and participation is absent. All of this affects the attitude of the players.

Coaches should be able to concentrate simply on teaching the fundamentals of baseball to players. Rhoan feels that coaches live up to their responsibility, but players and their families in general fail to play their role in the Little League program. Leadership for the entire program also could be stronger, he asserts.

By the time a player gets to the major leagues, says Rhoan, "They should have the fundamentals down." Parents expect the players to be winning their games but don't realize what is necessary to achieve that. "Winning isn't all there is," says Rhoan.



"The attitude in our community is very poor," says Rhoan. He expresses some ideas regarding a solution to the problem including a spiritual renewal by community members. He emphasizes that the problems won't be solved by foster homes, counseling, treatment centers and welfare. These agencies "aren't helping...These things make their attitudes worse." He adds, "The attitude of adults 'hurts our kids.'" Working with youth as Youth Activities Coordinator at the Warm Springs Community Center, Rhoan feels he knows the needs of children. With parental help and involvement, kids can get an extra push in the right direction. Parents must be aware of the direction they are guiding their children, however. A baseball program like Little League won't work if the kids have a poor attitude, Rhoan emphasizes. But he says, "Give me 10 kids with a good attitude and a fair amount of ability..."

FACTS ON FITNESS

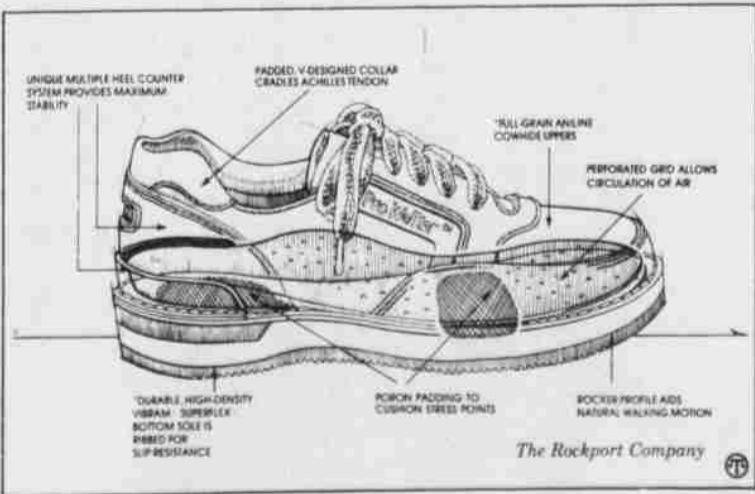
Take A Walk: It's A Healthy Thing To Do

If you're not one of the nation's 53 million people who engage in fitness walking, you might want to become one. It keeps you fit and is a healthy, pleasurable way to get outdoors.

At the University of Massachusetts Medical School, Dr. James M. Rippe, Director of the Exercise Physiology Laboratory reports serious walkers need walking shoes. "As walkers make more demands on the activity, technology will respond with lighter weight, more comfortable, more durable, safer walking shoes."

The acknowledged leader in walking shoes and research, The Rockport Company sponsors biomechanical studies of walking. For the past three years, Dr. Rippe, who is also the Director of the Rockport Walking Institute, has put walking shoes through extensive studies, comparing them to street shoes, running shoes and bare feet. He has also studied leg muscle fatigue and how the biomechanics of the walking motion differ between women and men.

As Rippe notes: "As the serious walker walks faster, he increases the demands on his body and his shoes. The fitness walker needs a shoe that is biomechanically designed for the requirements imposed by walking."



Features Of A Good Walking Shoe

A walking shoe should feature a rocker profile sole to enhance a smooth heel-to-toe motion and a firm heel counter (which cups the heel) to provide stability for the entire foot and leg. It should have a roomy toe box to allow ample room for toes to move up and down as well as back and forth. The toes should not be pressed tight against any part of the shoe.

Other features of a good walking shoe include:
• Substantial arch support to prevent foot fatigue.
• A protective, shock-absorbent sole to protect feet from bruises.

• Uppers of a high quality, breathable fabric.

How do you choose the style that's best for you? If you're interested in walking for cardiovascular benefits, or if you plan to continuously for more than one mile, your best bet is a high-performance walking shoe.

If you walk one to two miles on a regular basis, you should choose an all-around walking shoe with some of the features of the high-performance shoe.

Even if your walks involve distances of a mile or less, you should still choose a shoe designed specifically for walking.