

Leonards team takes tourney

The Kevin Little George Memorial Slo-Pitch tournament was held July 15 and 16, 1989. A total of 11 teams vied for championship, with a local team, The Leonards, claiming the title and satin jackets. The host team, The Chief Spirits, came close but ended up with the second place sweatshirts. Smith and Greene Logging won the third place tee-shirts with Macy's coming in fourth. Fifth and Sixth places went to Muckleshoot Starrs and Levi Van Pelt's team.

Best glove went to Sandra Danzuka of Smith & Greene Logging and Ralph Flozer of the Muck-

shoot Starrs. Most Valuable Player awards went to Leonard's players Lynn Tanewasha and Don Bagley. Sportsmanship went to the T-Birds of Canada.

A total of 15 All-star sweatshirts went to: Mike Starr, BC T-Birds; Easton Aguilar, 4-Winds; Girly Johnson, Animals; Jason Palmer, Red Zone; Lisa Smith, Arrows; Levi Van Pelt, Levi's; Dilly Trimble, Macy's; Cyril Jim, Deanie Smith, Hulk Katchia, Leonards; Libby Chase, Tanner McKay, Chief Spirits; Owen Danzuka, Anita Bryant, Smith & Greene Logging; Jack Starr, Muckleshoot Starrs.

A raffle was held for Joshua Spencer, the eight-year-old critically burned during Pi-Ume-Sha, and his family by Libby Chase and

Kate Jackson. Libby had stated that he is off the respirator and his skin graft was doing fine. The doctors are getting ready for his second skin graft. Joshua would like people to send him cards and write to him. His address is: Joshua Spencer, Oregon Burn Center, 2801 N Gantenbein, Portland, OR 97227. The main raffle prize was half of the money collected and was won by Joe Henry.

Marcia and Ricky Minthorn had very good words for the people regarding the effects of alcohol and why the tournament was held in honor of her grandchildren's father. A blanket was donated by Captain Moody and was given to Reva Johnson.



The Leonard team consisted of (left to right, bottom row) Deanie Smith, Sandra Main, Hulk Katchia, Christel Leonard, Lynn Tanewasha and Tonya Mitchell. In the back row, left to right, are Bob Main, Cy Jim, Andy Leonard, Don Bagley and Vernon Smartlowit.

Kneeland—

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United States. There are co-ed teams, women's and men's teams. Each person will be expected to run three legs, each which average five to six miles a leg. He says his team is one of four entered from Warm Springs. His team members are: Thurman Squiemphen, Jabar Davis, Robert Macy, Jr., Ed Henderson, Don Courtney, Robert Gauthier, Bill Hanlon, Jeff Hawes, Chris Ernest and Julian Smith. He said he also has two substitutes but is looking for one more team member.

Other than another runner, their team is looking for two vans or station wagons that can carry six men. Kneeland stated that each member has to pitch in for their entry fee because they don't have any sponsors.

He is looking forward to this race. The run's route has changed this year and there will be more hills and longer legs to run. The prizes that will be given will depend on the team. If they predict a certain time and come within one to two hours of that time they will receive medals. There will be a welcoming and finishing party on the beach at the conclusion of the race. The party will also include various food booths and live entertainment.

Items for sale

For sale: One Jeep roll bar. Three-inch diameter pipe. 54" x 30" base. \$50.

Four Goodyear G70-15 tires. Mounted on rims, tubeless. \$30 each for \$100 for all four.

One Tandy Computer "Z". \$60 (no accessories).

One electric fireplace. \$40 (Simulated brick front.)

Contact Marcia Macy at PO Box 371, Warm Springs, OR 97761 or call at work at 553-3255.

Wellness department promotes year 'round exercise

All year long, the Wellness department has aerobics or exercise classes. If you are taking a class or two, are you following through in the summer months? If you aren't taking a class, why not?

In the past, there have been early morning classes, three times a week starting at six o'clock in the morning. Every noon there has been some kind of exercise activity

going on and evening classes at 5:00 and 5:30, at the community center. At the grade school there were some evening classes as well.

According to Eva Montee the most popular and busiest months of the year for aerobics classes and the Wellness department are January and February. Usually because it's after the first of the year and most people have made New Year's

resolutions. The least popular months are July and August, when it's nice outside and there are other things to do.

There are some people who are consistent with their classes, although most people are not. When you can't get to a class, you can exercise yourself. Walk a mile or two, or go swim a few laps around the swimming pool. You

can jog a little, and in the winter months you might go cross country skiing. Those are only a few ways to exercise yourself.

The most common reasons people go to classes is because they want to see some fat loss in themselves, or they want to "get in better shape." Well, did you know that fat builds up all year long?

COCC office will be closed until August 3

Beware of summer heat, humidity

Summer's warmth, enjoyed by so many people, can become dangerous when the temperature climbs to 90 degrees Fahrenheit.

People should be aware of how dangerous the heat can be when they participate in powwows, especially when the dance is held outdoors in the sun. Heavy buckskin outfits and other regalia only add to the heat. Even the spectators on the side need to be aware of the hazards of the sun and heat.

A person's body works constantly to maintain its normal temperature of 91-100. When it's cool outside your body tries to keep the heat in. When it's hot outside, or when you're doing physical moves like hard dancing, your body works to lower its internal heat load. Increased blood flow transfers heat to outside the body through blood vessels in the skin's surface. At the same time, sweat glands help to cool your body by providing moisture that evaporates quickly.

If your body temperature continues to rise, a serious heat disorder can occur. Heat disorders can affect anyone who is unaccustomed to heat and humid environ-

ments. People who are especially vulnerable to heat disorders are those who are physically unfit or obese people, young children and babies, elderly, chronically ill, heart or circulatory problems, alcoholics or drug abusers, athletes or exercise enthusiasts or in this case, people who dance hard in powwow contests.

Heat disorders differ in severity, as do symptoms and treatment. Heat disorder could be: heat fatigue, heat cramps, heat rash; heat syncope (fainting); heat exhaustion; or heat stroke.

While knowing how to treat heat disorder is important, it's far better to avoid it in the first place. The National Safety Council offers these tips for handling summer heat.

A. Dress lightly, clothes that breathe, loose woven cotton, light in color.

B. Wide brim hat or umbrella.

C. Drink plenty of liquids during and after physical activity. Avoid caffeine and alcohol, they cause dehydration.

D. Keep body as cool as possible by getting out of the sun periodically.

Pevo team places first

The annual stick game tournament was held during Pi-Ume-Sha. Following are the results of that event.

First place went to the Ken Pevo team of Ft. Hall, Idaho. Second place went to the Dennis Starr team from Warm Springs. Nellie Axtel's team from Lapwai, Idaho took third while Rosie Peone's team from Wellpenit, Washington took fourth.

Huckleberry Feast Sunday, August 6 He He Longhouse 12 Noon

Changes noted in child support enforcement, modification request

by Tribal Court Judges

Enforcement of Child Support:

To all persons having court judgment orders on child support with the Warm Springs Tribal Court for your child(ren) who are tribal members, and/or, are living on the Warm Springs reservation and the fathers fall under the following categories:

A) Tribal member father living out of the area/state;

B) Non-Indian or non-tribal member living out of the area or state or is living off the reservation;

Due to long term absence of tribal member fathers not living in the area or state, and because of lack of jurisdiction over non-tribal

members and non-Indians who are not living on the Warm Springs reservation, this court is unable to enforce all child support court orders.

For more effective action in collecting support owed to you for your child(ren), you may want to contact the Support Enforcement office in Bend, Oregon located on Franklin Street in the Justice Department. You can come to the tribal court and obtain copies of the support court judgment order and the support ledger and take these documents to the Support Enforcement office. The Support Enforcement office may be able to locate the absent father and attach wages or tax refunds for support owed for your child(ren).

Modification Request Requirements:

Effective immediately, all modification requests that are submitted to the court will be carefully reviewed for sufficient cause prior to a judge taking action on the request. This is due to the increased number of modification requests being received.

Persons submitting modification requests must show sufficient justification why they are requesting that a court order should be changed. There must be documentation submitted along with the modification request that shows proof of changes in the living environment, finances, employment, medical or physical conditions of persons directly involved in the case, or any other conditions that

exist. Modification requests will not be considered or approved any sooner than 90 days after a hearing and/or the date the court judgment order is signed, unless, there are extreme and unusual circumstances or drastic changes in a party's situation.

Pi-Ume-Sha Run T-shirts for sale \$7.00 each

See Val Squiemphen or Fritz Miller for yours... Today!

Thirst means to replace liquids

The Tuft's University Diet and Nutrition letter says that since the body is one-half to two-thirds water, without taking in enough fluids you could become gravely ill within a matter of days. This is particularly important to keep in mind during the hot summer months, when you lose more water than usual through perspiration and thereby run a higher risk of suffering from chills, dizziness, nausea or headaches that could be brought on by dehydration.

Thirst is the brain's signal that the body's water level is failing, and it's time to replace lost fluid. But people who increase their physical

activity in the summer should not rely on this mechanism as thirst is considerably blunted during and after vigorous activity. The thirst mechanism also becomes less efficient as we age, making older people less likely to feel thirsty.

It's very important to drink at least six to eight cups of fluids a day whether you are thirsty or not. Water, juice and milk will do fine. Alcoholic beverages, however, as well as the caffeine in coffee, tea and cola drinks increase water output and thereby raise fluid needs, so they should not be considered as part of the six to eight cup daily requirement.

Pacific Power places twelfth

One of the effects of recent moves by Pacific Power to lower its prices has been to maintain its position in national rankings of utility costs. The most recently released survey by the National Association of Regulatory Utility Commissioners shows the energy services company's Warm Springs customers continue to pay the twelfth-lowest summer 1988 bills in the U.S.

The survey of almost 200 communities served by private electric utilities showed Pacific Power bills in the summer of 1988 totaled \$27.94 for 500 kilowatt hours, often called base usage.

The same amount of usage would bring a bill for \$69.98 in Chicago, \$66.72 in New York City, \$59.99 in Philadelphia, and \$58.19 in San Diego. Other major Northwest private utilities included \$23.78 for Idaho Power customers in Ontario, Oregon, \$25.47 for Portland General Electric customers, and \$26.74 for Western Washington customers of Puget Power.

The nationwide average per kilowatt hour, enough energy to power a 100-watt light bulb for 10 hours, was just over 8.0¢ at the 500-kilowatt-hour usage level. The comparable price for Pacific customers was 5.5¢.

For comparison, figures for utilities adjoining the energy services company's Central Oregon service area include Central Electric Cooperative at 6.95¢.

Since the summer '88 survey was made, the energy services company has asked the Oregon Public Utilities Commission for authorization to lower its revenues by more than \$16 million annually. The next survey by the national regulator

group will be of Winter '88-89 prices, and should appear this fall. The most recent winter survey showed Pacific in fifteenth place nationally.

"Being twelfth in the U.S. is something we're proud of," said Anita Decker, district manager for Pacific in Madras. "When our next decrease is factored in, we hope we'll go even lower in the national rankings."

Items found

Found: One incomplete clarinet and one large fire extinguisher. Identify by serial numbers to claim. Contact Marcia Macy at PO Box 371, Warm Springs, OR 97761

WHEN EVERY SECOND COUNTS

911

POLICE FIRE MEDICAL



A permit to construct 18 RV sites behind the Clower house on the Metolius Arm of Lake Billy Chinook is pending.

Metolius—

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Completion date of the Metolius Arm Management Plan is set for

early 1990. Rangila hopes to see it adopted before the summer recreational season begins next year.

Jobs available

Assistant to Hamlet Manager-salary negotiable. Duties include basic carpentry, plumbing and all that will include maintenance of an apartment complex of 50 units. Must have own tools. Position open until filled. For more information, contact Pat Patterson at 553-1112, ext. 139.

Room attendants for Lodge and Village. Experience not necessary but will help. Starting wage \$3.75/hr to \$4.00/hr.

Hostess, Host, Cashier, Waiters, Waitresses and Busspersons for Lodge Pinto Room and Juniper Dining Room. Variable shifts from 6 a.m. to 10 p.m.

All applicants must have nice and pleasant personality, like working with the public and work as a team with co-workers. Must be dependable and able to work weekends. Also must have reliable transportation.

Pick up applications at the Lodge and/or contact the Personnel office at 553-1112, ext. 493.

Most beef cuts still a good buy for families

The following list compares the price of certain beef cuts with other food items. All prices quoted are per ounce.

Stuffing	.16
Prepared cereal	.18
Candy bars	.20
Crackers	.26
Catsup	\$.06
Breakfast bars	.30
Ground beef	.07
Halibut steak	.31
Chuck steak	.07
Lobster	.37
Round steak	.08
Corn chips	.90
Mayonnaise	.09
Cheese puffs	.98
Peanut butter	.13
Sugar-free flavored gelatin	\$1.36
Choice sirloin	.14
Salad dressing mix	1.87
Beef loins	.16
Mustard	.16

Considering the nutritional value of beef it appears that it is an even better buy today than ever before.

Give your baby a drug-free beginning

Increasing information and concern is developing over the use of all types of drugs as well as alcohol during pregnancy.

Pregnancy is an extremely important and valuable time for a baby. During this time, the baby is growing very rapidly and developing all of its organs such as eyes, heart, brains, arms, legs, fingers, kidneys, etc. Anything that interferes with this growth and development can result in permanent problems or changes in the baby. Some recent research has indicated that mothers who use drugs as well as alcohol can hurt their baby as well as put the pregnancy at increased risk.

KWSO airs parents' journal

Are you looking for some more information on topics such as how to raise siblings, or infants, or how to teach your child(ren) respect and responsibility, or how to read? Do you have a problem managing bedtime or divorce with your child(ren), or have you ever been confused about choosing child care?

Listen to The Parent Journal, on K.W.S.O. 91.9 FM on Thursdays at noon, to answer these questions and more. Bobbi Conner's radio

program is heard nationwide, and has interviews with many people who care for and about children.

Thursday, July 20, will be the first airing on K.W.S.O. The subject will be "Children and Reading" with Amy Cohn, a children's literature specialist.

So, to answer a few of your puzzling queries about children, listen to K.W.S.O. 91.9 FM, every Thursday from noon to 1.