

Spilyay Tymoo



SPORTS

Wilson Memorial Run set

The 6th Annual George Wilson Memorial Run is scheduled to be held Saturday, November 30, 1991 at the Madras Senior High School Parking Lot, 650 10th Street, Madras, Oregon. This run is a memorial to George E. Wilson, Jr. and is sponsored by the Madras Sun Runners and Mountain View Hospital & Nursing Home. The 10K Run will start at 10:30 a.m., the 10K/2 mile fun run will start at 11:00 a.m. The entry fee is \$5.00 without the shirt, \$10 with long sleeve shirt, also accepting contributions. Shirts available in adult sizes small to extra large and children's sizes six to sixteen.

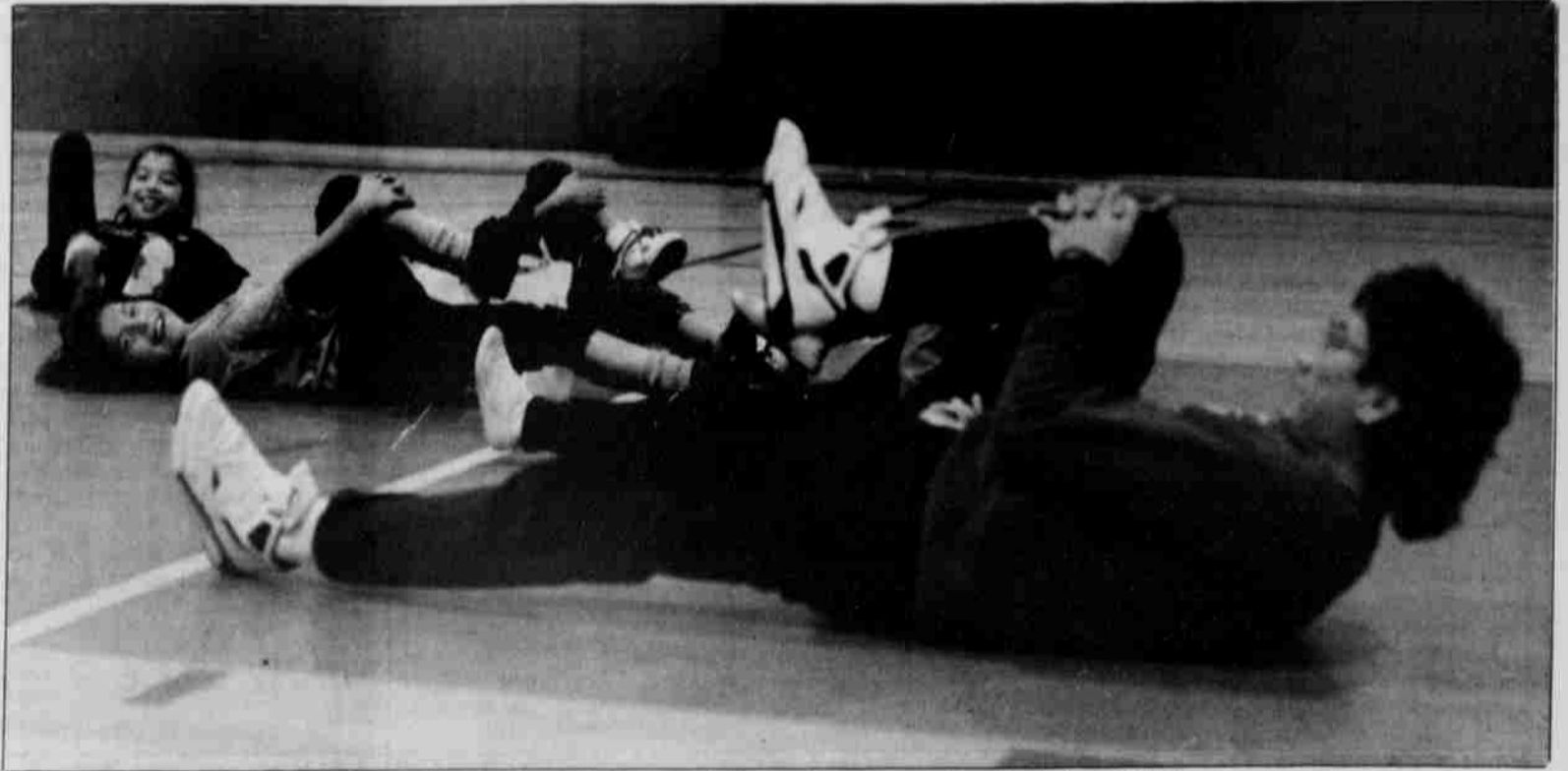
The 10K and 2 mile course will be on asphalt. The 10K course is rolling and scenic. Water aid will be given

the three mile mark.

Turkeys will be given to overall male and female winner of 10K Run. Ribbons to first three people in all age groups. Awards ceremony will begin at 12:30 p.m. at the high school. An assortment of prizes will be given away in conjunction with the awards.

All profits from the race will be donated to the George E. Wilson Scholarship Fund. The scholarship is awarded annually to a graduating high school senior from Jefferson County who best personifies George's love of life.

For information call race directors: Dan Ahern at 475-6818 (res.), 475-2449 (work); or Vince Powell at 475-3442 (res.).



Warm Springs Community Center Sports/Athletic Aide Andy Leonard leads an afternoon stretch and exercise activity for young people.

Community Events Schedule

November 28, 29, 30, - W.S.A.A. Elimination Tournament
December 6, 7, 8, - 16 & Under Boys Basketball Tournament
December 14 - Annual Christmas Bazaar
December 25, 26, 27, 28, - Annual Holiday Tournament
January 4 - Co-Ed Volleyball Memorial

Seniors look forward to attending college

Eighteen year old, Laura V. Sahme of Warm Springs is the daughter of Lucy A. Smith and Milan Smith Jr. of Warm Springs. Her grandparents are Sidney Miller, Mary Cook, Milan Smith Sr., and Betty Smith. Sahme's tribal affiliation includes Warm Springs and Waco descent.

Activities she takes part in include being a yearbook staff member. Her hobby is participating in sports such as basketball and softball. She feels she does not have a favorite because she likes them both equally. Her favorite classes include, civics with Walt Ponsford, Economics with Matt Henry, and yearbook with Irene Conroy. Awards that Sahme has received include Honorable Mention in basketball her sophomore and junior year. And first team all-league in softball her junior year.

Her outlook of the future include

looking to continue with school or look to the army. Her feelings about this being her last year in high school are going fast and her decisions will have to be made fast. She will miss sports the most about high school. She is uncertain about a career choice and is possibly thinking of going to Portland but is uncertain about when. Her comments to the remaining lower class, "I just want the underclassmates to know that now is the time to do good and try hard, but have fun at the same time. High school is the best time of your life. In five to ten years from now she sees herself either working or going to college.

Dolan M. Waheneka Jr. of Warm Springs is seventeen years old and is the son of Illona Lillie of Warm Springs. His grandparents are Grant and Emily Waheneka also of Warm Springs. He has five brothers: Stacey

Lillie age 24, Jake C. Waheneka age 14, Walter K. Waheneka age 12, Harlen E. Waheneka age 11 and Grant H. Waheneka age 9. He has one sister, Adele G. Waheneka age 19. His tribal affiliation is Warm Springs, Waco.

He is a member of the Native American Student Union at the high school. His hobbies include working and learning. His favorite sport is football, which he used to play in high school. His favorite classes include yearbook with Irene Conroy, Shop with Bob Nelson and Drawing and Painting with Robin Gerke.

Waheneka's outlook of the past school years he feels have been fun making new friends and learning. His feeling about this being his last year in high school will be sad because he will not be able to "hang out with the same friends. I just got to be a senior and when I get to college,

I'm back to be a freshman." He will miss his friends from Madras the most about high school. He has no college preference or career preference yet at this time. He comments to the remaining lower class, "Stay in school." In five to ten years from now Waheneka sees himself working and probably raising one or two kids.

Seventeen-year-old, Leslie Cochran lives in Warm Springs with her mother Nancy and her step-father Oliver Kirk, her father is Dale Cochran of Burns, Oregon. Her grandparents are Cecil and Donna Seyler of Warm Springs. She has two brothers, Tom Cochran age 14, and Evan Cochran age 8. She is of the Waco and Colville descent.

Activities and clubs she is involved in is the Native American Student Union and Futures for Children. She also likes to play softball, which is her favorite sport because she plays it most of the year. Her favorite class is wood shop and drafting. Special awards she has received throughout school include Honor Roll certificates.

Her outlook of the past school years, she feels have been fun and quick years. Her feelings about this being her last year in high school she feels glad to finally have made it, and she is looking forward to attending a technical school. The thing she will miss most about high school is being able to spend time with friends that she grew up with. Cochran feels her career choice is Drafting and her college choice will be High Tech Institute.

She comments to the remaining lower class, "keep trying in school, don't give up on your education." In five to ten years from now she sees herself working somewhere and supporting herself.

Runners to start 100 mile club

The Warm Springs Reservation Runners Club would like to invite everyone to join in an participate in the 100 mile club. It will begin on December 1, 1991 and end on February 29. It will be \$10 per person, which includes the log and a t-shirt. The first person to reach 100 miles will get an award. Walking and running are the only forms of exercise allowed. We're all excited about trying this and hope that a lot of people will get involved. Everything is all ready to go, we just need to get people geared up for it. With the November Fitness Challenge nearing the end, we hope that everyone will just continue on into this! It's a good way to keep up the exercising. For more information in the 100 mile club, contact Val Squiempfen or Gladys Squiempfen.

The Warm Springs Reservation Runners are always looking for new members to join. We would like to stress that you do not have to be a runner; if you're a walker or just someone interested in promoting good health, we would like you to join.

Our goal is to promote good health among the people of this community and to get more people involved in community-type activities. We feel

running and walking are just several of the ways to do that. Several activities that the club has contemplated undertaking are a biathlon, a marathon, a series of runs for High school kids, using these as ways to keep the kids training for school activities, plus a clinic or series of clinics for walkers and runners. We would really like to see these get off the ground, but in order to do so, we need help. We would really enjoy having you be a part of these.

We are currently selling t-shirts for \$5 each. The club has a lot of t-shirts left over from the last two Pi-Ume-Sha runs. We also have t-shirts from the Tygh-Valley run, last year's Veteran's Day run and our club t-shirts, if anyone is interested in purchasing one. Contact Val at 553-1421, after 6 p.m., if you would like to buy one (or two...or three...or.....).

For any information on the club or any activities, contact one of the officers: Chief Smith, President; Terry Squiempfen, Vice-President; Cal Poncho, Treasurer; or Val Squiempfen, Secretary.

Very soon, we will be electing new officers, we hope that more people will get involved by becoming a member and/or participant of the club.

Make a Pumpkin Chiffon pie this holiday

1 Graham cracker pie shell
1 Tbsp. granulated gelatin
1/2 cup cold water
3 eggs, separated
1/2 cup whole milk
1 1/4 cups (306 grams) solid pack canned pumpkin
1/2 tsp. salt
1/4 tsp. nutmeg
3/4 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. allspice
Artificial sweetener to substitute for 1/2 cup sugar
2 Tbsp. sugar
2 Tbsp. brandy
Dissolve gelatin in cold water; set aside. Beat egg yolks lightly, stir in milk, pumpkin, salt, and spices; blend

well. Cook in the top of a double boiler, stirring constantly until thick and smooth, about 8 minutes. Remove from heat, add gelatin and artificial sweetener, stir until completely dissolved. Cool, then chill in refrigerator until mixture thickens to consistency of unbeaten egg white. Remove from refrigerator. Beat egg whites until soft peaks form. Add sugar and brandy gradually to egg whites, beating constantly until stiff, glossy, and shiny. Fold carefully but thoroughly into pumpkin mixture. Turn carefully into the prepared pie shell; scatter reserved 2 tablespoons graham cracker crumbs on top as garnish. Chill about 8 hours. Slice in 8 equal portions.

Combine fruit and turkey for yummy salad

2 cups cooked turkey (or chicken), diced
2 cups strawberries, fresh, or frozen whole berries, halved
1/2 cup pineapple tidbits
1/2 cup unsweetened sliced peaches
1/2 cup mandarin oranges
5 or more large lettuce leaves
6 oz. lemon or orange flavored artificially sweetened nonfat yogurt
1 Tbsp. orange juice
Combine turkey and fruit; arrange

on lettuce-lined plate. In a small bowl, mix yogurt and orange juice; drizzle over turkey-fruit mixture. Makes 5 servings.

1 1/2 cups hot skim milk
1/4 cup flour
1/2 cup cold skim milk
2 eggs, beaten
Artificial sweetener to substitute for 9 tsp. sugar
1 1/2 tsp pure vanilla
1 lb. firm ripe bananas

Yummy Banana Cream Pie recipe

1 Vanilla Wafer Crumb Crust
1 1/2 tsp. granulated gelatin
1/4 cup cold water
slowly pour contents of the bowl back into the pot of hot milk. Cook and stir over simmering water until thick and smooth. Pour mixture slowly on top of beaten eggs, stirring constantly. Return to top of double boiler. Cook and stir over simmering water about 4 minutes; remove from heat. Add gelatin, artificial sweetener, and vanilla; mix well to dissolve gelatin. Cool and chill until mixture begins to gel. Peel bananas, slice thin

and measure 1 1/2 (225 grams). Arrange remaining 1/2 cup sliced bananas on top and garnish with the vanilla crumbs saved when making pie shell. Cover whole pie carefully with plastic wrap.

Prepare pie crust first because it should be chilled 2 hours or longer before filling. Soak gelatin in cold water and set aside. Heat 1 1/2 cups milk in the top of a double boiler over simmering water. In a small bowl combine flour, salt, and 1/2 cup of the hot milk into the bowl with the flour mixture; stir to mix well. Then



Laura Sahme



Dolan Waheneka



Leslie Cochran

Karnopp places third in cross country championships

Defending champion of the Pi-Ume-Sha run, Lisa Karnopp, placed third among 180 runners at the NCAA cross country championships in Tucson, Arizona last weekend. The University of Oregon team placed fifth among contestants.

Lisa is the 23-year-old daughter of tribal attorney Dennis Karnopp and his wife Marilyn. "She competed against world class runners from across the United States," said a proud Karnopp. According to an article in the Bulletin, Lisa's favorite sports are skiing and snowboarding, saying that running never will be her first love.

Maintain schedule during holidays

With Thanksgiving only a few weeks away, and Christmas just 4 weeks away, the time has come to start thinking about how we can manage to eat healthy over the holidays. One thing to remember is that there are no bad foods—just bad choices. If you plan well, you can even enjoy Aunt Matilda's famous fudge and not pay a penalty in added pounds as of January 1, 1992. Remember to keep up your exercise program and do not over-eat. And for those people with high blood sugars—the people with diabetes—you should stick to sugar-free candies, an occasional piece of hard candy, angel food cake, or try some sugar-free deserts.

Here are a few recipes for your healthy holiday meals. Happy Holidays!

Graham Cracker Pie Shell

Do not use packaged graham cracker crumbs for this recipe because their carbohydrate content is higher than that of graham wafers.

7 (100 grams) large, plain graham wafers (each 2 1/2 by 5 inches across)
3 Tbsp. margarine, melted
Break graham wafers in small pieces, place in a plastic bag, fasten opening with a bag tie, and press with a rolling pin or a large jar to make crumbs. Continue until all crumbs are fine (total of 1 1/4 cups). Empty into a bowl. Melt the margarine, add to crumbs, and mix well with fork. Set aside 2 Tablespoons to use later as the garnish on the pie filling. Using the back of a spoon, press remainder of crumb mixture evenly on bottom and sides of a 9-inch pie plate. Chill in refrigerator for 3 hours or longer before filling.