



Spilyay Tymoo Sports

Warm Springs Elementary constructs new track



The big grassy field near the upper playground of Warm Springs Elementary School will soon be a school track.

Tips from the pro



Lets talk about buying golf equipment. If you walk into any retail golf shop today, you can find full sets and individual clubs priced anywhere from \$2000.00 to \$99.00. The prices can be very, very high, and very, very, low. The guest is, if I pay more for a club, or a set of clubs, does that mean it is going to be better? In a word, the answer is no. If your heart is set on buying Callaway's, Taylor Made's, or Titleist's, go ahead and buy them. But you might keep in mind that Callaway is paying tens of millions of dollars in advertising for top

players to play their golf clubs. In addition, they are paying tens of millions for the TV spots which you see everytime you watch a golf tournament. So does Taylor Made. And since it seems everyone wants to be Tiger Woods, how do you think Titleist pays Tiger the 20-30 million for a five year contract? They have to get that money back from somewhere. And where do they get that money back. From you, the consumer. This doesn't mean that the lowest priced club is as good a quality as the highest manufacturers which have kept a middle ground with price, and at the same time offered some high quality equipment. There is no definitive answer for which set is made for your standards. If you have just won Powerball, and have more money than brains, buy the most expensive. On the other hand, if you're a serious golfer, don't buy the cheapest just because it costs less. It's a fine line at times between quality and price, but there is some very good quality at 1/3 the price of the most expensive. Before investing in any golf clubs, it is a good idea to have a PGA instructor critique your swing. The PGA Professional can determine what level your game is currently, what it may be in the next year, and do an excellent summation of just what golf clubs, and their expense, should be for you.

To the editor,

Since Warm Springs Elementary is not on the GroupWise system yet. I have been asked to pass along the following information.

You may have noticed the current construction activity going on at the

grassy field near the highway at the school.

We are in the process of constructing an asphalt 660 yard (200 meter) running track. One half the distance of a regular 1/4 mile track, and narrower yet (10 ft. wide) it will

be a perfect fit for the Warm Springs K-4 kids.

However, when completed, it is also intended as a facility open to "big people" in the community as well.

The construction is being financed through the proceeds received from past food sales and carnival events at WSE. However, so far all of the work on the track has been through community donated labor and equipment. We have promises for more volunteer equipment and rock to complete the project. We may, however, try to get some future fund donations if we run short. So far the project is 100% because of Warm Springs community donations including the money that you have allowed your kids to use for pepperoni and other snack purchases at the school.

Thanks to everyone for your support.

Gene Keane

Injury clinics to be held Mondays

High school athletes of Jefferson County can now take part in a free "Athletic Injury Clinic" held each Monday evening during the school year from 5 to 6 p.m. in the Mountain View Hospital District Physical Therapy department. Randy Whittle, MSPT, will provide the majority of the coverage for the clinics. Whittle is a physical therapist and has completed an internship in outpatient physical therapy and sports medicine.

The primary focus of the clinic is to educate the athletes and their parents on self-management of minor injuries including activity limitation, home exercise programs and prevention of further injury. A physical

therapist will be on hand at the clinic to also assess and treat minor athletic injuries. Should there be any doubt as to the severity of an injury, the athlete will be referred to their primary care provider.

To attend the clinic, athletes will need a parental release and a referral from their coach. Forms can be obtained from the coaches or at Mountain View Hospital in the Physical Therapy department. The clinic is open to high school students from Culver and Madras involved in freshmen, junior varsity or varsity athletics.

For more information, please contact the physical therapy department at 475-3882, extension 2356.

Punt, Pass & Kick competition to be held

Young pro football fans will have the opportunity to exhibit their football skills when the Warm Springs Recreation Department host an NFL Gatorade Punt, Pass & Kick competition on September 21, 1998, at the Madras High School beginning at 5:15 p.m. and September 22, 1998, at the Warm Springs Community Wellness Center at 5:15 p.m.

The competition is free and open to boys and girls ages 8-15. For competition information call Andy Leonard at Warm Springs Recreation Department 553-3243.

Entry forms are also available from Warm Springs Community Wellness Center and Aherns Market.

The NFL Gatorade Punt, Pass & Kick football competition allows

youngsters to showcase their talents in punting, passing and placekicking with scores based on distance and accuracy.

The NFL Gatorade Punt, Pass & Kick competition is produced by NFL Properties and sponsored by Gatorade. Support sponsors include Franklin footballs.

**Registration for
St. Pat's Cowdeo**
will open September 28 at 9 a.m.
Kids ages 5-14 are eligible
Registration will close October 5 or
earlier if events fill
Call Kathryn Bain at 546-2130 for info
Cowdeo will be held October 17 and 18 at the
Jefferson County Fairgrounds

Gymnastics to begin in Warm Springs

Gymnastics schedule
Mondays—September 21, 28; October 12, 19, 26; November 2, 9, 16

Boys and Girls, age 6-9 start at 5:15 p.m. to 6:00 p.m. (nine per class).
Boys and Girls, age 9-12 start at 6:00 p.m. to 6:45 p.m. (ten per class).

Tots
Thursdays—September 24; October 15, 22, 29; November 5, 12, 19

Boys and girls age 3 1/2-4 start at 5:15 p.m. to 5:45 p.m. (seven per class).

Boys and girls age 4-5 1/2 start at 5:45 p.m. to 6:15 p.m. (eight per class).

Boys and girls age 5 1/2-6 start at 6:15 p.m. to 6:45 p.m. (eight per class).

Boys attire: shorts or sweats, T-shirt or tank, hair pulled back or in rubber band, socks on.

Girls attire: leotard, shorts or sweats, T-shirt, hair pulled back, socks or gymnastic shoes.

Tots class begin with a fun song or activity and finish with a fun song or activity. Parent or guardian or

sibling must be available during each class to assist with class.

Kelly Leggett, Mental Health Counselor of Community Counseling, has instructed gymnastics in Milwaukie, Oregon for the last 10 years. He has taught from ages 2 1/2-years-old to adult, beginning to advanced. He has coached both girls and boys competitive teams.

All classes will be held at the Community Center in the gymnastics room.

Museum to hold golf tournament

The Museum At Warm Springs is hosting a benefit Golf Tournament on Saturday, Sept. 19, 1998. This will be a four-person scramble with a 9 a.m. shotgun start followed by lunch around 2 p.m. Entry fee is \$45 per person which includes green fees and lunch. Carts can be reserved by calling the Kah-Nee-Ta Pro Shop at (541) 553-1112 and will cost \$26.00. You can sign up as a team or individually and be assigned to a team.

Eat right to exercise well

No one disputes that exercise is good for you. But health experts say that to get the most out of exercising, you have to eat right. If you've ever felt tired or sick while working out, it may be because you haven't given your body enough fuel. Here are some ways to get enough of the right nutrients before you exercise:

- Eat a bigger breakfast and lunch.
- Guzzle water, even if you're not thirsty—especially before and after exercising.
- Never skip meals, and eat a carbo-dense snack within an hour of your workout.
- Get enough iron. This is especially important for premenopausal women, who should consume the recommended daily allowance of 15 milligrams.

Hole-in-one prizes include a new car, a trip for two, a set of golf clubs, all sponsored by Ron McDonald Chevrolet Oldsmobile Pontiac Buick Inc. in Madras. All proceeds from the tournament will go to the Maintenance Reserve Fund at The Museum At Warm Springs.

For more information call Willie Stacona, Mary McClung, or Leana Blueback at The Museum At Warm Springs at (541) 553-3331.

Kah-Nee-Ta Fall Run "For a Change of Pace"

October 17, 1998

Check in:
8:00 a.m. for all races

Start time:
10:00 a.m.—10K & 2 mile

Registration:
Prior to October 16, 1998, 4:00 p.m.
•with shirt/\$10.00 per participant
(mail entries must be mailed by October 13)
Day of Race, October 17, 1998
•with shirt/\$12.00 per participant
•without shirt/\$5.00 per participant

Course description:
10K—Blacktop road; flats to rolling hills from KNT village east past the golf course to the Culpus Bridge. Turn-a-round point (main road) 3.1 mile. Water stations 1.5 and 3 miles.

2 Mile Fun Walk & Run; east on main road from KNT village turn-a-round 1.0 mile.

Make entries payable to:
Warm Springs Community Wellness Center
P.O. Box C
Warm Springs, OR 97761

Prizes:
gift certificates, door prizes, swim passes, ribbons, etc.

Age groups:
60 & over; 50-59 years; 40-49 years; 30-39 years; 19-29 years; 14-18 years; 13 & under.

For registration information call 541-553-3243; FAX # (541) 553-1361

For accommodations call Kah-Nee-Ta Resort & Indian Head Casino 1-800-554-4SUN.

Kah-Nee-Ta Fall Run "For a Change of Pace"
Registration form

Name _____
Address _____
City/State/Zip _____
Age _____ Male _____ Female _____
Shirt Size: Adult: M, L, XL Youth: L, XL
Please check one: 10K _____ 2 Mile _____
Race # _____

In consideration of the acceptance of my entry, I waive and release any and all claims against the Confederated Tribes of Warm Springs Indian Reservation of Oregon, Kah-Nee-Ta Hotel and Spa and any other participating Sponsors or Directors for all claims of damages what so ever in any manner arising or resulting from my participation in this race. I attest and verify that I have full knowledge of the risks involved, that I will assume and pay my own medical/emergency expenses in the event of an accident, illness or other incapacity and that I am physically fit and sufficiently trained to participate in this race.

Signature of participant or guardian: _____

Office use only

payment made by: receipt # _____ cash: Y or N Check #/branch _____

Jefferson County Junior Football League Sign-ups

**Wednesday, September 2, 1998 at the Warm Springs Community Center Office,
Monday through Friday, 8:00 a.m. to 5:00 p.m.**

**Cost is \$5.00 per child
Call 553-3243 for information.**

Flag Football!! for boys and girls, third through sixth grades.

Player registration, medical consent & liability release

Players name	Age	Grade	Home phone
Street address	City	State	Zip code

Read before signing:
I am the parent or legal guardian of the above player. He/She is physically fit to fully and actively engage in this athletic program.
I understand that there is a risk of injury in any athletic activity and I agree on behalf of the player to assume this risk. If this player is hurt in any way which requires emergency medical treatment, I hereby CONSENT to such treatment.
I agree to be responsible for any medical costs, and I hereby agree to release, hold harmless and defend the Jefferson County Junior Football League, School District 509-J, Warm Springs Confederated Tribes and any other organizers, supervisors, and helpers involved in this athletic program from any liability or claim arising out of an injury received by the player during the program.
I understand there is no medical insurance provided for the players, I have read and understand and agree.

Parent/Guardian signature	Date signed
Relationship	Daytime phone