

Spilyay Tymoo Sports

Volleyball

Date	Opponent	Place	Level	Game Time
9/7	TVC Jamboree	Estacada	V	4:00
9/9	Burns Invitational	Burns	V	8:30
9/9	Bend Tournament	Bend	JV	8:30
9/9	Redmond Tournament	Redmond	F	8:30
9/12	Sherwood	Sherwood	F/JVV	4:00
9/14	Crook County	Madras	F/JVV	5:00
9/16	Mt. View Tournament	Mt. View	F	8:30
9/19	Valley Catholic	Valley Catholic	F/JVV	4:00
9/21	The Dalles	Madras	F/JVV	5:00
9/23	Sisters Tournament	Sisters	V	8:30
9/23	Culver Tournament	Culver	JV	8:30
9/26	Estacada	Estacada	F/JVV	5:00
9/28	Wilsonville	Wilsonville	F/JVV	5:00
9/30	Madras Invitational	Madras	V	8:30
9/30	Mt. View Tournament	Mt. View	JV	8:30
10/3	LaSalle	Madras	F/JVV	5:00
10/5	Sherwood	Madras	F/JVV	5:00
10/7	Madras Invitational	Madras	F	8:30
10/11	Valley Catholic	Madras	F/JVV	5:00
10/14	Seaside Tournament	Seaside	V	4:00
10/17	The Dalles	The Dalles	F/JVV	4:00
10/19	Estacada	Madras	F/JVV	5:00
10/24	Wilsonville	Madras	F/JVV	5:00
10/26	LaSalle	LaSalle	F/JVV	4:00
10/28	Tie Breaker			
10/30	4 & 3			
10/31	Winner @ 2			
11/4	1 st Round-State	TBA		
11/10	State	Corvallis		

Cross Country

Date	Opponent	Place	Game Time
9/9	Madras Invitational	Madras	11:00
9/14	Sisters Invitational	Sisters	4:00
9/16	Waldport	Waldport	TBA
9/21	TVC Preview	VC/Tualatin Hills	4:00
9/23	The Dalles Invitational	The Dalles	
9/28	Stayton Invitational	Silver Falls	
10/6	Broken Top Runoff	Bend	
10/11	Precision Eng. Invitational	Scappoose	
10/14	Estacada Invitational	Estacada	
10/19	Crook County Invitational	Prineville	4:00
10/26	District	VC/Tualatin Hills	2:30
11/4	State	Lane Community College	

FR/SO & Varsity Football

Date	Opponent	Place	Level	Game Time
9/1	Jamboree	LaPine	V	6:30
9/8	Burns	Burns	V	7:30
9/14	Sisters	Sisters	F/S	5:00
9/15	Sisters	Madras	V	7:00
9/21	Mt. View Fr	Madras	F/S	5:00
9/22	Scappoose	Scappoose	V	7:30
9/27	Culver JV	Culver	F/S	4:00
9/29	Banks	Madras	V	7:00
10/4	LaSalle	Madras	F/S	5:00
10/6	LaSalle	LaSalle	V	7:00
10/11	Sherwood	Sherwood	F/S	4:00
10/12	Sherwood	Madras	V	7:00
10/19	Estacada	Madras	F/S	5:00
10/20	Estacada	Estacada	V	7:00
10/26	Wilsonville	Wilsonville	F/S	5:00
10/27	Wilsonville	Madras	V	7:00
11/2	The Dalles	The Dalles	F/S	5:00
11/3	The Dalles	Madras	V	7:00
11/10-11	1 st Round-State	TBA		
11/17-18	2 nd Round-State	TBA		
11/24-25	Quarter Finals	TBA		
12/2	Semi Finals	TBA		
12/9	Finals	TBA		

Varsity Girls Soccer

Date	Opponent	Place	Level	Game Time
9/9	LaGrande	LaGrande	V	1:00
9/12	The Dalles	The Dalles	V	4:00
9/14	Bend Frosh	Bend	V	4:00
9/16	Ontario	Madras	V	1:00
9/21	Riverside	Riverside	V	2:00
9/23	MacHi	MacHi	V	12:00
9/26	Woodburn	Woodburn	V	4:00
9/30	Scappoose	Scappoose	V	1:00
10/3	The Dalles	Madras	V	4:00
10/7	LaGrande	Madras	V	1:00
10/11	Sisters	Madras	V	4:00
10/14	Ontario	Ontario	V	2:00
10/17	Riverside	Madras	V	4:00
10/21	MacHi	Madras	V	1:00
10/28	Tiebreaker			
11/4	1 st Round State			
11/7	2 nd Round State			
11/11	Final			

JVV Boys Soccer

Date	Opponent	Place	Level	Game Time
9/7	Grant Union	Madras	JVV	4:00
9/9	LaGrande	LaGrande	V	1:00
9/12	The Dalles	The Dalles	V	4:00
9/14	Sisters	Sisters	JV	4:00
9/16	Ontario	Madras	V	1:00
9/20	Sunriver	Madras	JV	4:00
9/21	Riverside	Riverside	V	4:00
9/23	MacHi	MacHi	V	2:00
9/26	Grant Union	Grant Union	JVV	2:00/4:00
9/28	Redmond Frosh	Madras	JV	4:00
10/2	Mt. View Frosh	Madras	JV	4:00
10/3	The Dalles	Madras	V	4:00
10/6	Sisters	Madras	JV	4:00
10/7	LaGrande	Madras	V	1:00
10/10	Mt View Frosh	Mt. View	JV	4:00

Tips to keep your body cool in the hot temperature

With higher than normal temperatures predicted for much of the country, the American Red Cross urges people to beat the heat and prepare for the first heat wave of the summer season. As temperatures climb over 90 degrees (F) and stay there for several days, people, especially the very young and the very old, become susceptible to heat and heat-related illnesses including nausea, dizziness, flushed pale skin, heavy sweating and headaches. Victims of heat-related illness should be moved to a cool place, given cool water to drink and ice packs or cool wet cloths should be applied to the skin. If a victim refuses water, vomits or loses consciousness, 9-1-1 or your local Emergency Medical Services (EMS) number should be called immediately.

The Red Cross advises the following tips on how to stay cool:

IN THE HOT WEATHER...

- Dress for the heat. Wear lightweight, light-colored clothes. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water. Carry water or juice with you and drink continuously even if you don't feel thirsty. Avoid

alcohol and caffeine, which dehydrates the body.

- Eat small meals and eat more often. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Stay indoors when possible.

KNOW WHAT THESE HEAT-RELATED TERMS MEAN:

- Heat wave - More than 48 hours of high heat (90 F or higher) and high humidity (80 percent relative humidity or higher) are expected.
- Heat index - A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 F.
- Heat cramps - Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.
- Heat exhaustion - Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in warm, humid places where the body fluids are lost through heavy sweating. Fluid

loss causes blood flow to decrease in the vital organs, resulting in a form or shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothes. As a result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

- Heat stroke - Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high - sometimes as high as 105 F.

GENERAL CARE FOR HEAT EMERGENCIES...

1. Cool the Body
2. Give Fluids
3. Minimize Shock

-Heat cramps/heat exhaustion - Get a person to a cooler place and have

him or her rest in a comfortable position. Give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or we sheets.

- Heat stroke - Heat stroke is a life-threatening situation. Help is needed fast Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

-For more information or to enroll in a Red Cross first aid and CPR Course, contact the local American Red Cross chapter in your community.

Jam Fest Schedule of Events

Friday August 25th

7 p.m. - Food Vendor set up. Must set up until at least 9 p.m. or longer, and have a Food Handlers card available before set up. Minimum electrical hook-up usage, this night only.

8 - 11 p.m. - Outdoor concert featuring Casper Lomayeva of Third Mesa Music, Native American Reggae artist. Please bring your own lawn chairs/blankets, bleachers and benches may be available but will be limited.

Saturday August 26th

9 - 10 a.m. - Vendor registration (CHET Staff)

10 a.m. - BBQ Cooks set-up (Andrea Kalama)

11 a.m. - Opening prayer & Welcome (Wilson Wewa Jr.)

12 noon - Free BBQ (CHET staff)

1:30 - 2 p.m. - Open slot

2 - 2:30 p.m. - Intl Wind Dancers (L. Colwash & M. RedDog)

2:30 - 3 p.m. - Open slot

3 - 3:30 p.m. - Poetry reading (Liz Woody, et al)

3:30 - 4 p.m. - Paddle dance (Adeline Miller family)

4 - 4:40 p.m. - Full Gospel Choir (Pastor Hunt)

4:40 - 4:50 p.m. - Brutus Rap (Luis Baez Jr.)

4:50 - 5 p.m. - Soloist (Victoria Smith)

5 - 5:30 p.m. - Rap music (Tony Anderson)

5:30 - 6 p.m. - Duncan Brunoe Group

6 - 6:30 p.m. - DOD, Heavy Metal (DW Hudson)

6:30 - 7 p.m. - Flute music (Foster Kalama)

7 - 9 p.m. - Reggae Group

9 - 11 p.m. - Jam Fest Street Dance

Southern Oregon All-Indian Bowling Championship
August 25, 26, 27, 2000
 at the Epicenter
 3901 Brooke Drive, Klamath Falls, OR 97601;
 (541) 273-0700

ABC/WIBC Sanctioned
\$17.00 per event

Masters: Regular scratch division plus HDCCP Senior Division.
 Regular doubles and singles,
 Mixed Team and Mixed Doubles.

For more information contact Ravis and Doris Yazzie
 (541) 850-6666,
 4625 Sumac Ave., Klamath Falls, OR 97603.

Carson Indian Bowling Tournament set for October 27-29

The 16th Annual Carson Indian Bowling Tournament has been scheduled for October 27-29, 2000 at the Carson Lanes, 4600 Snyder Ave., Carson City, Nevada 89701.

This is an ABC/WIBC Sanctioned tournament with a 100% returned prize fund.

Categories include: Mixed Team, Mixed Doubles, Singles/Doubles, Men's and Women's Masters, Senior Masters.

Team entry: Prize fund-\$38.00; Lineage-\$20.00; Expense-\$10.00; to make a total of \$68.00.

All events: \$4.00 optional. Singles/Doubles entry: Prize fund-\$9.50; Lineage-\$5.00; Expense-\$2.50; to make a total of \$17.00.

For more information contact one of the following: Tournament Director Gary W. Wood, 502 Moses Street, Carson City, Nevada 89703; phone at (775) 883-8333; or e-mail rgudzboy@aol.com. You may also contact Tournament Secretary Sharon A. Wood, 502 Moses Street, Carson City, Nevada 89703; phone (775) 883-8333.

David Andrews Memorial Wild Horse Race September 23, 2000 "Open to the World" \$2,500.00 added

Warm Springs Rodeo Grounds
 \$200.00 entry fee per team-Unlimited number of teams
1st place Buckles; Special Muggers Buckle 1 GO and the final
50% to first place, 30% to second place, 20% to third place, payout in the final only; No day monies.

No Quick Cinches, Latigo Only
 Announcer Jake Grossmiller
 Stock Provided by Spino family

All vendors are welcome, valid food handlers card required.
Cash or money orders only, No checks Please

Books open Sept. 1, 2000
 Books close Sept. 23, 2000 @ noon
 Call ins between 1:00 and 8:00 p.m.

Information Contact
 Daniel Greene @541-553-6423
Race Starts at 4:00 p.m.

Mail entries to: Chico Holliday, P.O. Box 1185, Warm Springs, OR 97761
 Azar Spino 541-410-9970; Max Mitchell 541-553-6707; Chico Holliday 541-408-8992

Slow Pitch-Open League Softball Tournament Presented byOSP Athletic Club

Trophies presented to the Champions, 2nd Place, and 3rd Place teams. Also to the Batting Champion, Golden Glove, Most Valuable Player, and All Star Team (10)
Next Tournament date is September 9, 10, 2000
Entry deadline is September 1, 2000

To participate all players and coaches must submit their birth date and social security number for a mandatory police check at least nine days prior to the tournament. No blue denim clothing allowed in the institution. No tobacco products permitted in the institution. Total roster limit is 15, including coaches. No items to be given to inmates. Equipment allowed includes: uniform, knee braces, wraps, softball shoes, bats, batting gloves, and equipment bag.

To enter: All entries must be in the form of a money order, certified check, or company check. Make all funds payable to Department of Corrections, Athletic Club #95105. Entry fee must be mailed to Oregon Department of Corrections, Oregon State Penitentiary Athletic Club, c/o Scott Jones, 2605 State Street, Salem, OR 97310.

To register call Carl Hadlock, Recreation supervisor at (503) 373-1834, FAX (503) 373-1008.

Fresh veggies now offered

The USDA Commodities Food Program is currently seeking Native American families in the Warm Springs and Madras areas that may be in need of assistance with groceries. We offer a wide variety of canned and dry good such as canned fruits, vegetables and juices, as well as canned and frozen meats, cereals, flour, pasta products, cheese and cooking oils. We also have bread products available on a first come, first serve basis. This month we are introducing fresh produce to our lineup of food. We are offering fresh carrots, onions, red potatoes, apples and oranges.

For eligibility requirements or an applications, please contact our office at 553-3422 or come by our office at 4217 Holiday Street in Warm Springs.