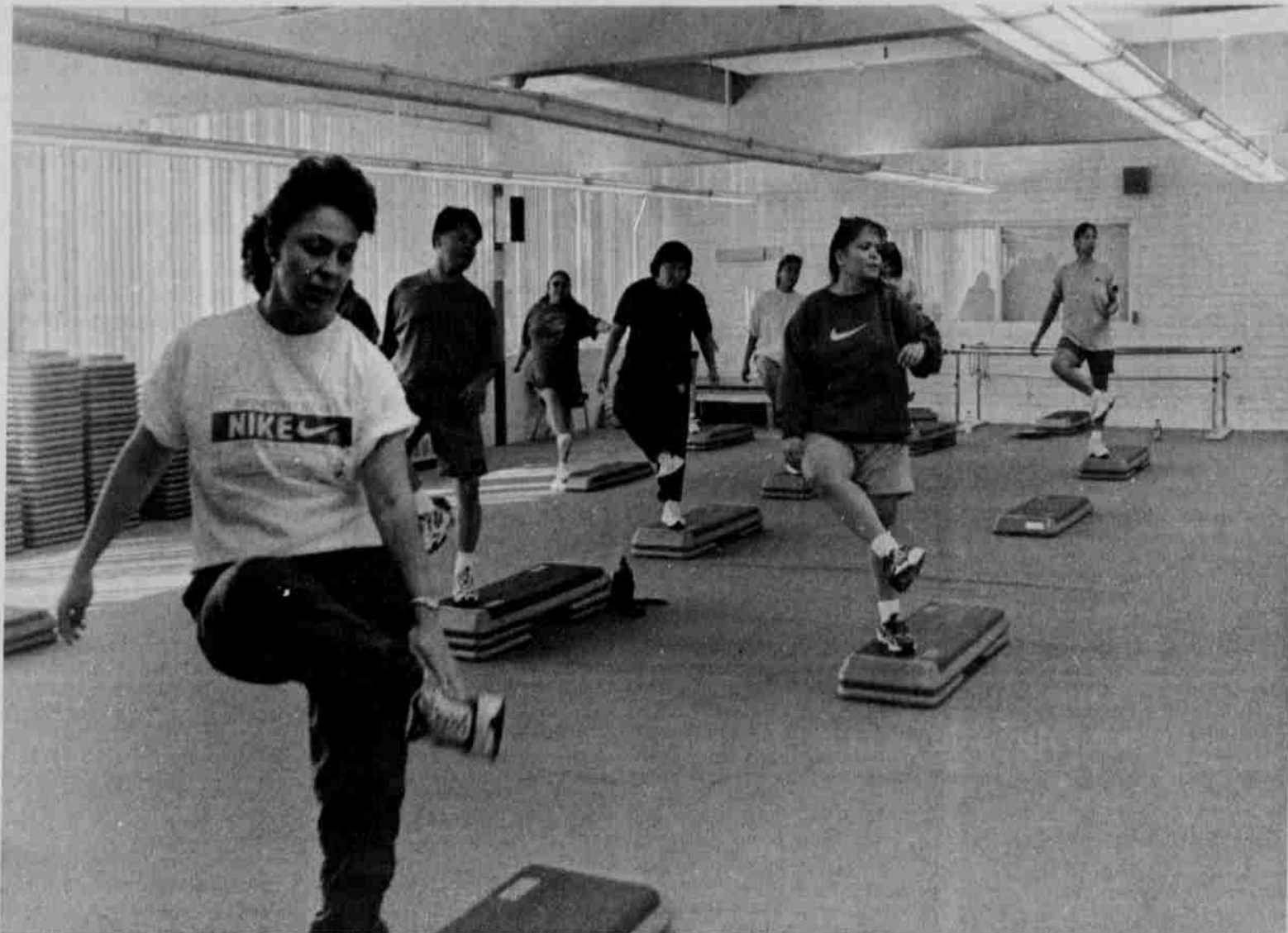


Spilyay Tymoo Sports

November Fitness Challenge continues



Step Aerobics is back, by popular demand. Add up your minutes, then add more after you join in the step aerobics class with Lovie Ike.

Step Aerobics has returned.

Classes will be held Monday, Wednesday and Friday at 12:00 Noon. Instructor is Lovie Ike (back by popular demand).

There will also be evening classes Tuesday and Thursdays starting at 6:00 p.m.

For more information, call Jessie delNero at 553-3243, or Lovie Ike at 553-3272.

November Fitness Challenge

November Fitness Challenge is well underway. Add up the points by attending aerobics, running, jogging, walking, bicycling, swimming, skiing, weightlifting, skating, handball, racquetball, and conditioning exercises. Only specific activities engaged for exercise reason will be accepted.

Team captains are to gather their team's accrued minutes and turn into Recreation no later than 12:00 Noon on Monday, December 4, 2000. No minutes will be accepted after this deadline.

Awards

Awards will be given out on Tuesday, December 12, 2000 at 12:00 Noon in the Community Wellness Center Social Hall. All team captains must submit a head count of team members attending the luncheon by December 1, 2000.

**Gathering of Nations
6 Foot and Under
All Indian Basketball Tourney**
November 24, 25, 26, 2000
Double Elimination
At the Warm Springs Community Wellness Center
Cut-off is November 22, 2000
Entry fee is \$285.00 Spot fee is \$85.00

Awards:
Championship Jackets
2nd, 3rd, and 4th Place Awards
Three special awards
Most 3 Pointers Award
Mr. Hustle and Most Valuable Player Awards
Contact Ricky Minthorn at (541) 553-9087
Or
Andy Leonard at (541) 553-3243



Running is a popular exercise for the fitness challenge. These high school students make it look fun.

Warm Springs Indian Holiday Bowling Tournament set for Nov. 23-25

Attention all bowlers!!!

Lava Lanes is the place to be. The Annual Holiday Bowling Tournament is scheduled for November 23, 24, 25, 2000.

Tournament play is scheduled to begin on Thursday, November 23 on Thanksgiving Day. First team event is scheduled for 1:00 p.m. A full Thanksgiving dinner with all the trimmings will follow the 1st event at 6:00 p.m. The place will be announced. Another team squad will follow at 6:00 p.m.

Special event

This year's tournament will be a memorial tournament honoring our Tournament Committee President, husband, father and friend to all, Eugene "Cougar" Greene, Sr. A very special person in all our lives, an avid bowler himself, a wholehearted supporter of all bowlers. He was the backbone of our committee, as he carried much enthusiasm for the tournament's Special Event, the Holiday Roll-Off. Therefore, this year in his honor, we will be presenting special awards in this event. Winners in addition to cash award, will be proud winners of memorial wool leather-sleeve jackets.

Reminder

To be eligible for the special event, you must sign up and pay your entry fee prior to bowling your first team event. That's not all, participants are eligible for a chance at a "Special Award" for high scratch series in this event. Whether you win the Holiday Roll-Off or not, you will receive this award for your high scratch series.

Bend Red Lion is the host hotel for the 24th Annual Warm Springs Holiday Indian Bowling Tournament. Rates during the bowling tournament are \$52.00 per night, plus tax. Must mention you're a bowling participant. Make reservations early. Red Lion South (541) 382-8384 or Red Lion North (541) 383-7011.

This tournament is ABC/WIBC Sanctioned, 100% prize fee returned. All participants must provide proof of purchase of the ABC/WIBC 2000-2001 cards. Local bowlers, due to Pelton Lanes remodeling, the league secretaries have provided cards for purchase. Women's league, the secretary has mailed the cards to all team captains, the cost of card is \$12.50. The men's league, contact Sandra Greene, she has the cards for

purchase at \$8.00 per card. If you cannot provide proof of purchase of your ABC/WIBC card prior to your first bowling event, there is a \$16.00 fee for men and \$25.00 fee

for women bowlers. Or you may option to pay \$5.00 participation fee, but your events will be scratch. Deadline to purchase is November 20, 5:00 p.m. Allowing time to get the fee to league secretaries.

ABC/WIBC Sanctioned Prize Fee 100% returned

Men's/Women's Mixed Team
1:00 & 3:00 & 8:00 Thursday
9:00 a.m. Friday
Jackets awarded

Mixed Doubles
12:00 & 3:00 p.m. Saturday

Men's/Women's Holiday Roll-Off
2:00 p.m. Saturday
\$10 entry
(Must qualify)
Jackets Awarded

Singles/Doubles
11:30 a.m. & 2:00 p.m.
Friday

YABA
10:00 a.m. Saturday

Masters
5:00 p.m. Friday, 7:30 Roll-Off
\$20.00 Entry
Jackets awarded

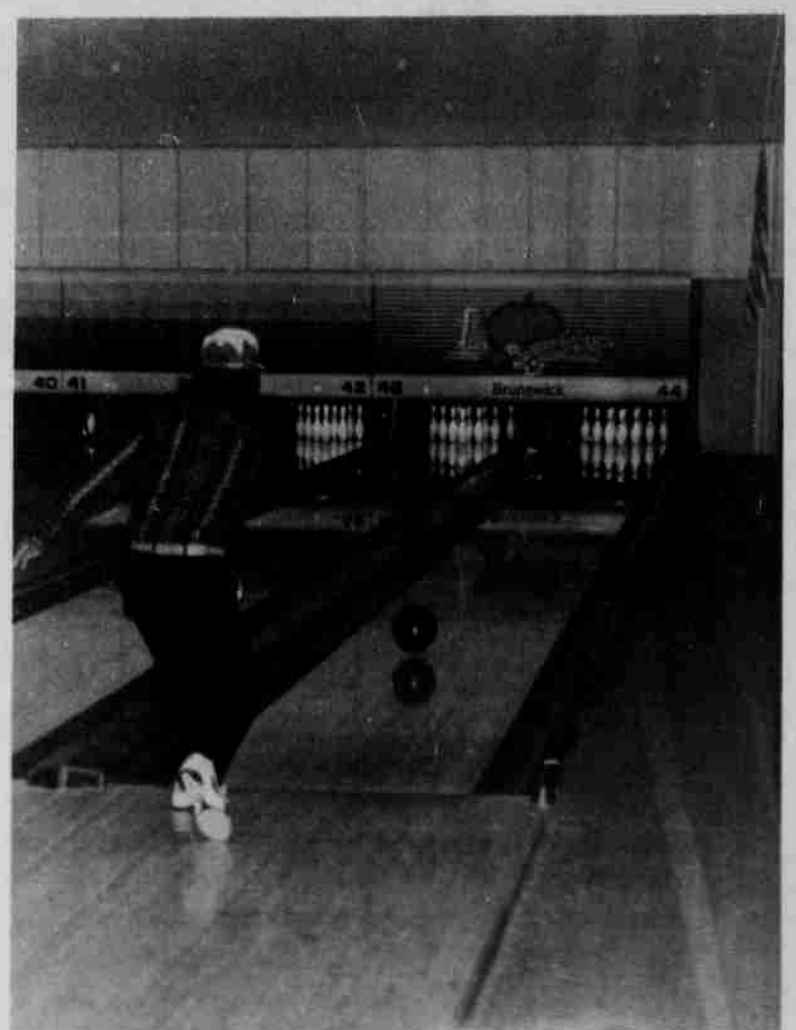
Per Entry/Per Event: \$17.00
Breakdown:
Prize fee 7:50
Lineage 8:00
Expenses 1.50

Contact:

Margie Tuckta
P.O. Box 895
Warm Springs, OR 97761

Or

Sandra Greene-Sampson
P.O. Box 904
Warm Springs, OR 97761



Randy Boise.