

Smith opens fitness center in Redmond

By Leslie Mitts
Spilyay Tymoo

One tribal member's dedication to fitness has led to a new business venture.

Claude Smith recently opened CrossFit Breakthrough in Redmond along with his wife Melissa Smith and business partners Tom and Nicole Bengé.

The new fitness center hosted a ribbon cutting and grand opening last weekend.

Smith said CrossFit Breakthrough has been open since Sept. 2 and business is already starting to increase. "It's starting to pick up faster than we thought," Smith said.

CrossFit Breakthrough uses a strength and conditioning program that differs from a traditional gym.

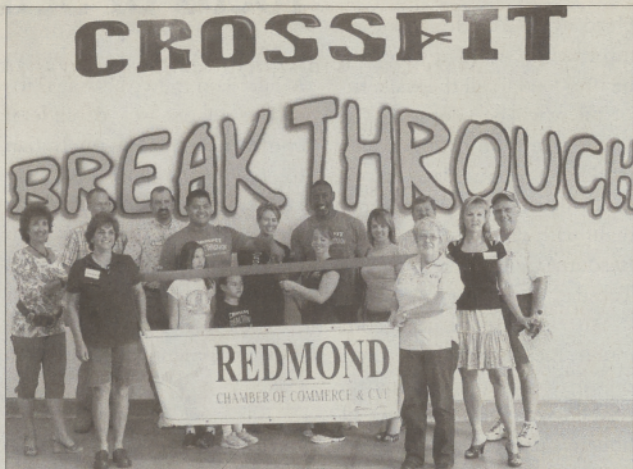
Rather than focus on weightlifting and other traditional methods of strength training, Smith said, they teach clients how to use functions of everyday life to build fitness.

"You use a lot of your own body," Smith said. "I think it's more natural."

CrossFit Breakthrough appeals to a wide variety of clients, Smith added, from adults to children.

In addition to regular clients, Smith said, they are also currently training the Redmond High School varsity volleyball team.

According to Tom Bengé,



CrossFit Breakthrough recently hosted a ribbon cutting.

"We take the functional movements of life outside the gym, and we take them inside the gym and we train."

Melissa Smith said they strive to help everyone achieve their fitness goals regardless of age or current condition. "We want to help everybody," she explained.

That includes children, Melissa Smith added. "We want to take what they're good at and make it even better," she added.

The differences between CrossFit Breakthrough and a typical gym setting also include the amount of one-on-one time spent with a trainer.

"Unlike a regular gym, every time you come in here you're working with a coach," Bengé explained.

The large facility doesn't feature the traditional gym equip-

ment. Instead various bars, lifting platforms, rowing machines and wooden boxes fill the room, decorated with a mural reading, "If you can't run, walk... If you can't walk, crawl... but by all means keep moving!" A large American flag fills another section of wall, along with a Confederated Tribes of Warm Springs flag.

"We're really big supporters of the veterans, the troops," Smith explained. "Of course being raised in Warm Springs it's something you inherit."

Smith, his wife, and their business partners all work as coaches at the fitness center.

Smith and his wife both graduated Madras High School—Smith in 1994, while his wife graduated MHS in 1996. Smith went on to graduate from Oregon State Univer-

sity in 2001 with a BS in Forest Engineering. The couple has three children and lives in Redmond. In addition to working at the fitness center, Smith commutes to Warm Springs where he works at Warm Springs Forest Product Industries.

Melissa Smith met Tom and Nicole Bengé while working as a personal trainer, and they discovered the CrossFit program after growing tired of the traditional workout methods.

Soon after, the two couples decided to open their own fitness center and focus on the CrossFit program.

Tom Bengé grew up playing competitive sports, which led to tryouts for professional sports. After that he began bodybuilding and ran the physical conditioning section of a police academy before devoting his life to personal training. His wife, Nicole, has been involved in fitness and nutrition as a personal trainer for the past 10 years as well.

In addition to classes, CrossFit Breakthrough will also be hosting regular seminars on women's personal protection.

CrossFit Breakthrough is located at 413 NW Fir Avenue in Redmond. For more information, call (541) 504-0930, e-mail info@crossfitbreakthrough.com or visit www.crossfitbreakthrough.com.

NW Indian Invitational tourney at Kah-Nee-Ta

The Nineteenth Annual Northwest Indian Invitational Golf Tournament is set for Saturday and Sunday, Oct. 11-12 at the Kah-Nee-Ta High Desert Resort and Casino Golf Course. A practice round will be on Friday, Oct. 10 after 10 a.m.

On Saturday, Oct. 11, tee times start at 10 a.m. There will be a horse race at 3:30 p.m., and dinner at the lodge at 7 p.m.

On Sunday, Oct. 12, there will be a shotgun start at 9 a.m., a chili contest at 2 p.m., and awards to follow.

Entry fee is \$160, which includes tourney fee, cart fee, green fees, tee prize, and Saturday Dinner. Side bets: gross/net skins, KP's, long-putt, deuces,

long-drive, blind draw and best ball.

Division: Championship flight, first flight, seniors flight, super seniors (based on field) and ladies. Contact for tourney information: Janell Smith (541) 553-7829 or Michele Stacona (541) 553-6726.

Friday practice round and cart reservations, please call (541) 553-4971 or 1-800-554-4SUN. Saturday tee times, call Janell Smith. Maximum handicap for Ladies is 36 and Men 24. Must have an updated handicap card. Mail Entry Form, Checks or Money Order Payable to: Kah-Nee-Ta Golf Association, P.O. Box 975, Warm Springs OR 97761.

Sanctuary hosts family night

Sanctuary will be hosting a family night at the stables at Kah-Nee-Ta on the first Sunday of every month. Pony rides will be offered from 4:30 p.m. to 6 p.m.

They will be serving hot ci-

der and smores and have a fire permit to light a campfire.

For more information, visit www.sanctuaryfaithtrails.org or contact Chris Buller at cb@faithtrails.org or (541) 460-0177.

Candidate for County Commission

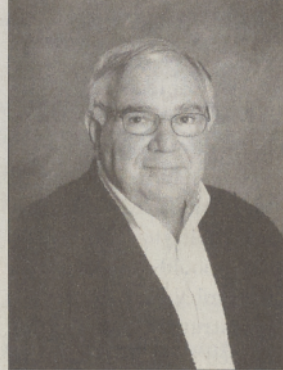
To the citizens of Warm Springs,

Thank you for your very important support in past county elections. It is certainly past time to place this ad in your reservation paper.

I hope you know that as a county commissioner I believe in equal and fair treatment for all Jefferson County citizens.

In the past I tried to fully consider the reservation needs and concerns. I must admit that at times Jefferson County and the Warm Springs Reservation were not always in agreement.

A separate Warm Springs Nation and local Jefferson County government are too often attempting to survive at much different levels. It seems evident that both gov-



ernments have their own separate and different money problems. In any case whenever possible both governments should cooperate.

Because the two governments need to cooperate, I ask for your support and vote.

Walt Ponsford.

Paid for by the Committee to Elect Ponsford Commissioner

Crews fight Lonesome Complex fire

Fire crews, including camp crews from Warm Springs, have been battling the Lonesome Complex fire.

The fire, being managed by the Blue Mountain Inter-agency Incident Management Team, is located about 12 miles east of Prospect.

As of earlier this week the fire was on Rogue-Siskiyou and Fremont-Winema federal land, as well as in the Crater Lake National Park boundary.

Cause of the blaze, which started on August 16, was lightning.

Total personnel on the scene totalled 1,249. The fire was estimated at 18,238 acres in size on Tuesday of this week, and was listed as 30 percent contained.

Estimated containment date is Oct. 15. Fire agencies plan to continue to build fire lines, mop up and develop contingency lines, when and where possible.



Richard Payne (left), of Tony Thompson's fire crew from Warm Springs, unloads ice at the camp.

Deadline to register to vote approaching

The deadline to register to vote in the 2008 National Election is October 14.

If you would like more information on registering, please contact Louie Pitt at 553-3270. Or Teeney Miller at 553-3258.

IRA'S SALES & SERVICE, INC.



Scrap Metal, Used Auto & Truck Parts, Wrecking Service, Diesel Trucks, Pick-ups & Cars

475-3861

181 SW Merritt Lane, Madras



15 percent off any furniture items in stock

Serving
Central
Oregon
since
1974



Ralph's Furniture
& T.V.

525 S.E. 5th Street
Madras, OR 97741

(541) 475-2578