

November Fitness Challenge kicks off

By Leslie Mitts
Spilyay Tymoo

The annual November Fitness Challenge began this week with a kickoff event at the Community Center.

Each year the Recreation Department hosts the challenge that aims to find out which team can have the highest average of minutes exercised.

Between 20 and 25 teams typically compete during the challenge. Teams consist of a maximum of 15 people and are often formed within departments.

Anyone wishing to participate is encouraged to find a team, sign a team waiver, and sign the roster form. Fees are either \$4 for participation, \$8 for a t-shirt, or \$13 for a sweatshirt.

After fees are collected, exercise logs are distributed and team members begin logging



Fitness challenge participants signed up at the recent Kickoff Poker Walk.

their minutes of exercise.

Recreation hosted a kickoff walk on Monday for teams ready to improve their fitness. Those who participated in the

walk earned triple points for that day.

The winner of the November Fitness Challenge will be the team with the highest average

number of minutes exercised during the month of November.

For more information, call Recreation at 553-3243.

Culture and Heritage schedules language classes, family arts and crafts

The Culture and Heritage Department is offering after-school classes for all ages in Kiksht, Numu and Ichishkin.

Monday will be the Kiksht class; Tuesday will be the Ichishkin class; and Wednesday will be the Numu class.

Classes are from 4 to 5 p.m. in the new Language Trailer on

the Campus by the Children's Protective Services group home.

We can "Tamme Numu Yadooal", "Kiksht Awawat!" ku "Ichishkin Sinwik!"

For inquiry, call 553-2200 or 1543.

Arts and crafts

Culture and Heritage is hosting Arts and Crafts for the Family on Tuesdays and Thursdays from 1 to 7 p.m. at Culture and Heritage in the Education Building.

For more information and to inquire about the list of materials needed, call 553-1543 or 3424.

Distance learning orientation in W.S.

Everyone is invited to an orientation session presented by Eastern Oregon University from 1 to 3 p.m. on Monday, Nov. in the upstairs training room of the Education building.

The orientation will include discussion of the Eastern Oregon University distance educa-

tion programs.

Many students in Central Oregon are already working towards degrees with majors in Anthropology/Sociology, Business Administration or Economics; English (literature and film); Fire Services Administration; Physical Activity and Health; Philosophy, Politics and

Economics; Psychology; and Liberal Studies - degrees that focus on two areas of study.

Come to orientation meeting with any questions you have for the Eastern Oregon University advisor.

For further information you may also call the Distance Education center office at 385-1137.

Warm Springs Library open Monday-Thursday

The Warm Springs Community Library is located in the Family Resource Center.

The library is open Monday through Thursday from 9 a.m. to 6 p.m., and on Friday from 9 a.m. to 5 p.m.

Library staff invites all

community members to stop by and browse through the growing book collection.

There are computers available for Internet access, as well as daily newspapers.

The library is conducting a survey to find out how to best

serve the Warm Springs community.

If you wish to give your input, stop by the library to fill out a survey form.

For more information, call 553-3462 or send an e-mail to lsmith@wstribe.org

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Winter sports information

The following is the information on winter sports at Madras High School.

Girls basketball tryouts are Nov. 10-12, from 3:30-5:30 p.m. Head coach is Rory Oster, JV coach is Tom Begay, Frosh coach is Allison Seavy.

The girls will open the season on the road for the first four games, and return home on Dec. 16 to introduce the new coaching staff to the MHS fans.

Boys basketball tryouts are Nov. 10-12 from 5:30-7:30 p.m. Head coach is Allen Hair, JV coach is TJ

Foltz, and Frosh coach is Jeff Neal.

The boys program will be selling subscriptions to ESPN The Magazine and basketball sweatshirts for parents to help raise funds this year.

Wrestling practice begins Nov. 10-14 from 3:30-5:30 p.m.

Head coach is Paul Brown, JV coaches are Shawn Smith and Ron Oliver.

The wrestling program will be recognizing the 30th anniversary of the Nels Ochs Memorial Wrestling Tournament on Jan. 3.

Regional sporting events

The Big Time Ballers Open Tournament is this weekend, Friday through Sunday, Nov. 7-9. Contact Jaenna Whitefoot at (509) 833-5186.

The Twenty-Fourth Annual **Nez Perce Basketball Tournament** is Nov. 28-30 at the Pine-Waus Community Building in Lapwai, Idaho. For more information contact Joe "Esky" McCormack at (208) 843-2537; or Patti McCormack at (208) 843-7375. Entrance fee is \$300. Sponsored by the Nation Oldtimers Association.

The Tulalip Tribes will host the **Biddy Basketball Jambo-ree** on Saturday, Nov. 15. There is no registration fee. For information call Toby Jones at (360) 716-4881.

The Tulalip Tribes will host the Thanksgiving Basketball Tournament Nov. 28-30. Entry fee is \$350. For information call Sabrina Moses, recreation coordinator, at (425) 754-6484.

The Fourth Annual **Chester Smith Jr. Memorial Basketball Tournament** is set for Friday through Sunday, Nov. 21-23. For more information call Ron Smith at (775) 463-3275; or Debra Keats at (775) 463-2350.

The First Annual **Timothy and Frances Kautz Memorial Men's Basketball** will be held in the Nisqually tribal gym this Friday through Sunday, Nov. 7-9. For information call Mariah Kautz at (360) 349-5181. Entry fee is \$350.

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