

# Fitness club helps keep girls active

By Leslie Mitts  
Spilyay Tymoo

For some Warm Springs students, running in the halls at Jefferson County Middle School is part of their after-noon activity.

A fitness club at JCMS is giving girls a chance to stay in shape—and that includes warming up by running through the hallways.

Many female Warm Springs students are participating in the fitness club that meets four days a week.

Shannon Alley, a health teacher at JCMS, teaches the after school club.

While 45 girls are signed up with the club, Alley said, attendance usually fluctuates. About one-third of the students involved are from Warm Springs, she added.

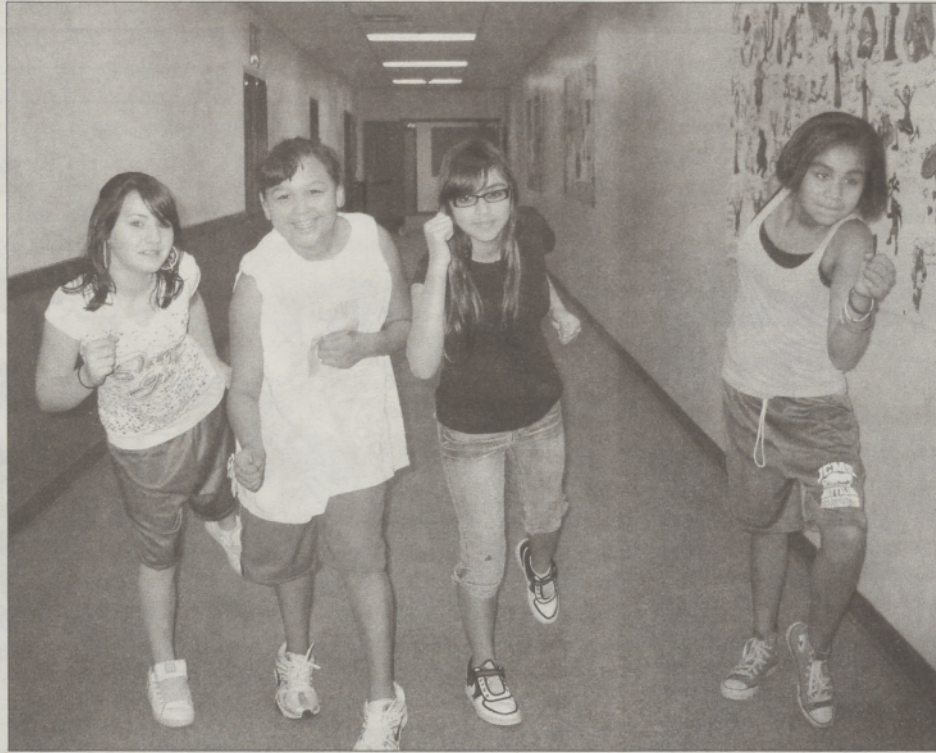
Because the girl's basketball season doesn't begin until the boy's basketball season ends, Alley said, the girls are left without an athletic activity after school for that time period.

Plus, the fitness club has other benefits as well, Alley said.

Besides helping to keep the girls in shape, she said, it helps keep them occupied after school.

"It's non-competitive," Alley added. "It introduces them to new activities that they might not try otherwise."

On Thursdays 25 of the girls go to the Madras Aquatic Center, and during the other days all of the girls do activities like jump rope, running or other fitness ac-



Jessica Mendoza, Kirsten Holliday, Leticia Palacios and Kari Wahnetah stay busy and active this winter with the fitness club at JCMS.

tivities depending on what areas of the building are available that day.

"We just try to be really flexible and use what resources are available," Alley said.

Theyliah Suppah, 12, and Illante Smith, 12, are among many Warm Springs girls at Jefferson County Middle School who use the Fitness Club to stay in shape before basketball season begins.

Both of the girls also participated in the club last year and had excellent attendance, Alley said.

Suppah said she chose to participate in the club both to stay active before basketball season and also to stay healthy and avoid

becoming overweight. She plays, basketball, Suppah said, because "That's what my mom and dad did."

Smith agreed, and said she wanted to participate in the club "So I stay healthy."

The seventh grade students are joined by friend Shinningstar Tail, 12, who participates in the club, "So I can run faster in basket ball."

Basketball is her sport of choice, she added, because "It's fun to shoot hoops."

Jessica Hatlestad, 12, uses the club to stay fit for track season, and explained, "It's fun being active."

Sydney Smith, 11, plans to wrestle during winter sports season and said the club helps her

stay in shape in preparation. "I did it last year and it was really fun," Smith said.

Margarett Tapia, 12, said the club helps keep her busy. "It's too boring to sit at home," Tapia explained.

Kari Wahnetah, 13, said the club gives her a chance to spend time with friends while also staying in shape for basketball season. She also enjoys running and said she's participated in the sport for years. "Ever since I was young, I always raced," Wahnetah said.

The club will continue to meet four days a week until the students begin their winter break.

# Council hears update from 4-H youth group

By Leslie Mitts  
Spilyay Tymoo

Tribal Council heard a opinions from local youth recently as part of a presentation from the Youth Advisory Council recently.

The Youth Advisory Council, or Y.A.K., is a youth organization through the local 4-H program that gives youth an opportunity to gain leadership experience while also giving advice and their opinions to adults.

Shawn Morford advises the group through her work at OSU Extension and presented several photo projects that the group has completed to Tribal Council members. Shania Tom, 11, assisted Morford in presenting to Tribal Council.

## Photo project

One project included photos of what students like about living in Warm Springs, another featured photos of what they did not like, and a third included photos of things they believe could be changed.

Tom is a sixth-grader who is involved in Y.A.K. as well as the 4-H Geoteam.

"It gives me something to do," Tom said. "When I have free time it's fun to do."

According to Morford, Tom is one of the most active members. "She's got real leadership potential, so we're really happy she's involved," Morford said.

Currently about nine members are regularly active in the club, while some participate more sporadically.

## Looking for more members

The group started last spring and took a hiatus during the summer, and they geared up again this fall, Morford said.

While the current group is relatively small, Morford said, they would like to get more members involved.

"I hope that over time the group can build," Morford said.

There is no cost to participate, and any middle school or high school youth can get in-

involved, Morford said. Y.A.K. meets bi-monthly.

The only thing required from youth to participate are their time and commitment to the program.

## Ropes course

In addition to meeting locally, Y.A.K. members have opportunities to take field trips as part of their participation with the group. Recently Y.A.K. members travelled to Redmond to complete a ropes course. "It was fun, but it was scary," Tom said of the course.

The course was 30 feet off the ground and featured ropes, webbing and cables. "It gave the kids an opportunity to push themselves out of their comfort zones," Morford said.

According to Morford, by the end of the course the youth were cheering each other on and encouraging one another.

Morford added, "We're thankful that we have the resources to do these kinds of trips."

In Morford's opinion, one thing that the recent presidential election shows is that youth want change in the world.

"Young people care, and they want to have a voice," Morford said. "They have good ideas that the adults don't and they have energy to do them."

Y.A.K. empowers the youth and shows them ways that they can be involved, Morford added.

"They have a lot to say about what they want and what they envision," Morford explained.

Tom agreed and said it's important for kids to be heard.

"There's other opinions besides adults," Tom said.

In Tom's opinion, "Other kids should join because its fun and lets your voice be heard."

For more information, or to become involved, call OSU Extension at 553-3238.

Next up Y.A.K. participants will be travelling to the High Desert Leadership Retreat in January.

## Tell Us What You Want In Your Shoe Store

✓ STYLES

✓ BRANDS

✓ QUALITY

✓ PRICES

BRING THIS AD IN AND TELL ME  
WHAT YOU WANT ME TO CARRY

# 10% OFF

THAT'S AN EXTRA  
**10% OFF**  
ON TUESDAYS.

# Pelicans SHOES

1555 South Highway 97 Suite D • 475-3385  
Madras, OR 9774  
Next to Bi-Mart in Madras  
www.PELICANShoes.com

Free Stretching • Special Orders  
• One-on-One Fittings

Regular Hours: Mon-Fri 10 a.m. - 5 p.m.  
Saturday 11 a.m. to 5 p.m.

*Wishing you a Safe  
and Happy  
Thanksgiving. From  
the Spilyay  
Tymoo.*

## IRA'S SALES & SERVICE, INC.

24-HOUR  
TOW  
SERVICE

WE BUY  
JUNK  
CARS

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

# 475-3861

181 SW Merritt Lane, Madras