

## Enhanced Fitness improves lives through exercise

By Dave McMechan  
Spilyay Tymoo

Enhanced Fitness is in its second year, and the seniors exercise program now has a devoted following.

"Enhanced Fitness is a beautiful thing," said Eliza Jim, who leads the program on Wednesdays. "We do the exercises at our own pace, and we have a healthy lunch after."

Enhanced Fitness, she said, "is very fulfilling, and it's done so much for us."

Eliza and her husband Harvey are both certified Enhanced Fitness instructors. They are retired but their lives are busy, as they are raising two grandchildren.

Eliza said her goal is to stay healthy, so she can attend the high school graduation of the younger grandchild, who is 10.

She and Harvey encourage all seniors to participate in Enhanced Fitness. The elders who have been participating in the program from the beginning have seen great improvement in their health, said Eliza.

Elvis Frank, for instance, usually walks with a cane, but since he's joined Enhanced Fitness, "Sometimes he forgets his cane when he walks, and that's a good thing," said Eliza.

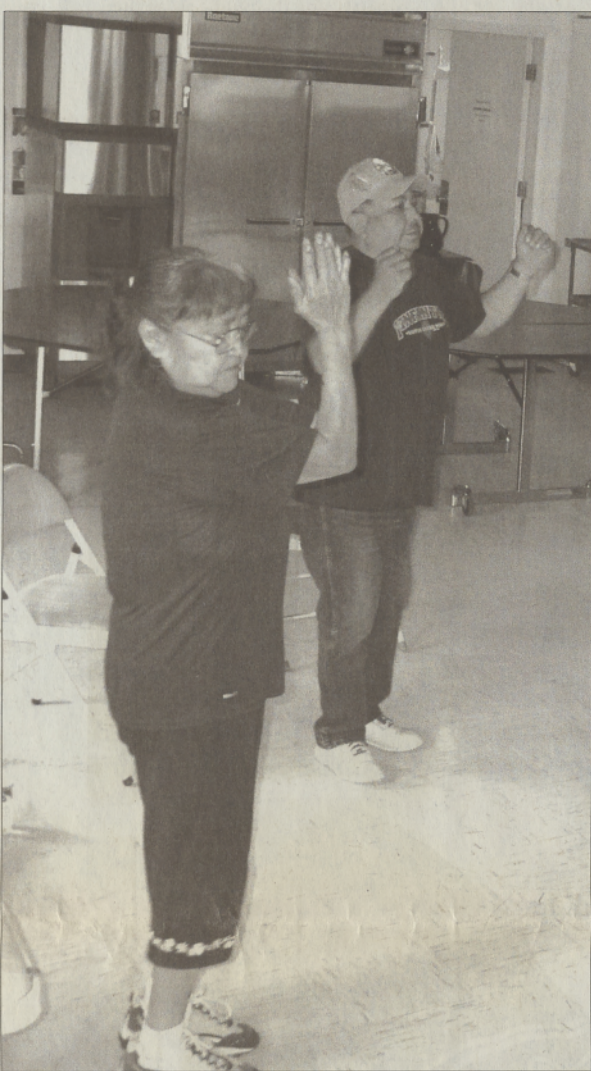
Enhanced Fitness started two years ago with a grant that Councilman Wilson Wewa worked toward.

Seniors who join the program enjoy the one hour of exercising in the main room at the Senior Center. The healthy lunch, prepared by cook Janine Kalama, is served afterward.

The exercises start at 10:45 a.m. on Mondays, Wednesdays and Fridays.

The exercise leader on Wednesdays is Eliza, and on Mondays the leader is Edmund Francis, and on Fridays, Carolyn Harvey. Each instructor has a different routine, which helps keep the exercises interesting.

The Enhanced Fitness pro-



Dave McMechan/Spilyay

gram even provides a ride to and from the Senior Center for people who want to participate but who don't have another way to get there.

The grant that funds Enhanced Fitness ends this sum-

mer, and that particular grant cannot be renewed, said Councilman Wewa.

"But we're going to keep the program going," he said, "because the elders who like to exercise really like this program."

## Seminar on juniper impacts

OSU Extension will host a seminar this Thursday, April 9 on the effects of western juniper on watersheds.

The seminar is from 11:30 a.m. to 2 p.m. at the Family Resource Center.

Questions to be answered: Just how much does western juniper impact moisture levels on a range site?

What is the effect of this tree on other plants in a system?

If removed, what can we expect in its place?

The presenter will be Dr. Tim Deboodt, of the Crook County Extension office.

Deboodt has been involved for years in a paired watershed study in Central Oregon, focusing on western juniper and its effects on Oregon's rangelands.

Lunch will be provided at this seminar.

## Raffle helps with recovery costs

Friends and family of Valerie Squiemphen are holding a raffle with prizes including a Pendleton blanket, donated by the Credit enterprise staff, and two \$50 gas gift cards.

Proceeds of this raffle will help Val, who had an aneurism and spent a month in the hospital. Doctors say she will have a long recovery, and Val is currently undergoing physical and occupational

therapy.

"She is progressing very well, and we hope to see her back at work soon," said Earlynne Squiemphen.

Raffle tickets are \$1 each or six for \$5. The drawing is April 30, and you need not be present to win.

For tickets, please see Rita Squiemphen, Monica Leonard, Ina Schuster, Destry Begay, or Earlynne Squiemphen.

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## Hoops event this weekend to help with travel costs

The Fifth Annual Squiemphen-Yazzie Open 19 and Under Co-Ed Basketball Tournament is this Friday through Sunday, April 10-12, at the Community Center.

All donations welcome; pro-

ceeds go to support Amanda Jo with her travel expenses to Australia.

Tourney awards for first place (leather sleeve jackets), second place (jackets), third place (hooded sweatshirts) and

fourth place (t-shirts). Other awards: All Star, Most Valuable Player, Sportsmanship, 3-Point Award, Mr. and Ms. Hustle.

For more information call Edison Yazzie at 980-9060 (c) or 553-5817 (h).

## Need help with a legal problem?

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m.

on the first Monday of the month at the Family Resources Center in Warm Springs. Or call us at 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.

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