

Runner excels at Chemawa Cross Country

By Patti Tanewasha
Spilyay Tymoo

It's a new school year, new school, new team, and personal bests for J'Von Smith.

For his senior year J'Von is attending Chemawa Indian School, and running with the Chemawa Boys Cross Country team.

The team was runner-up in the PacWest District conference; they were four points shy from being district champs.

After districts were the State meets. The boys team had major success, placing eighth. At the same time they beat the PacWest District Winning team by 5 points.

J'Von attended Madras High School the year before, when his best 5k (3.1 mile) time was 19 minutes 26 seconds. This year is personal best was 17 minutes 42 seconds—a whole minute and 45 seconds improvement.

For the state qualifying meet there were 109 individual runners. J'Von placed fifty-fourth.

Coach Daniel Hotch said



J'Von Smith at recent race; and with Chemawa teammates.



Courtesy photos.

of J'Von, "He is very coachable, and every athlete on the team looked up to him, his effort and positive attitude."

J'Von was the only senior on the team, and received the Coaches Award for the team.

Coach Hotch was very proud of this year's progress for the boys team.

"Out of all the years I've coached this team was the most well-behaved and fun to coach," he said.

"J'Von was a big part of

our success, and he will be missed next season."

J'Von is an excellent team leader on and off the running course. He continues to excel in academics, and is graduating this next spring with the Chemawa class of 2014.

J'Von is the oldest of five kids. His mom is Ollie Smith, his grandparents Gramoo Marie Miller and Gene Smith. Congratulations J'Von on your athletic accomplishments, and keep up the good work.

Tourney starts this Friday

The Chasan R. Walker 2013 Memorial Men's Basketball Tournament will be held this Friday through Sunday, Nov. 29-Dec. 1.

The tournament will be at the Warm Springs Community Center and Madras High School gyms.

Help with Christmas play

Volunteers are needed who are interested in putting on the Christmas play. All ages can help.

Rehearsals are Thursdays at 5 p.m. in the Community Center aerobic room and Sundays at 1 p.m. after services at the Agency Longhouse.

Legal Aid Services of Oregon in Warm Springs the first Monday of every month. Call 541-385-6944 for appointment.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Wednesday, Nov. 27

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Senior Fitness Class at the Senior Building at 10:45
- Noon volleyball in the gym

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

Full-time tribal employees will be released at noon. Kids at ECE need to be picked up no later than 12:30. The tribe will be off work for the Thanksgiving Holiday on Thursday and Friday.

Thanksgiving Mini-Powwow November 27-28 at the Community Center.

The Warm Springs **Boys and Girls Club** will be closed November 27-29.

The IHS Diabetes program will have a **Diabetes Self Care** Session from 11

til noon and lunch after in the Health & Wellness Center in the Kitchen Conference Room. They will talk about diabetes and its complications.

There will be a **Seatbelt Diversion Class** on November 27th from 3-5 p.m. in the IHS Kitchen Conference Room.

Thursday, Nov. 28

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,
- Kickboxing at 1:30 at the Community Center

All Denomination **Prayer Services** are held every Thursday at 7 p.m. at the agency longhouse. Everyone is welcome.

Friday, Nov. 29

Today's **Fitness Activities** in Warm Springs

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Senior Fitness Class at the Senior Building at 10:45, and

- Functional Fitness Class at 12:10 at the Community Center

Saturday, Nov. 30

The Museum at Warm Springs Native American **Art Market** will be held from 10 a.m. to 4 p.m. in the lobby. It will feature handmade Native American arts and crafts. Admission cost will be one canned or packaged food item.

Monday, Dec. 2

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Senior Fitness Class at the Senior Building at 10:45 and,

- Functional Fitness Class at 12:10 at the Community Center

Tuesday, Dec. 3

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Functional Fitness Class at 12:10 at the Community Center, and

- Kickboxing at 1:30 at the Community Center

Warm Springs Transit will make a run to the **Food Bank** during its Business Services Route.

The Tribal **Veterans Service Officer** Keith Baker is located in the Veteran's Hall. He is in the office Tuesday and Wednesday from 10 a.m. to 6 p.m. The number to the Veterans Hall is 541-615-0347; and to reach the service office the number is 615-0348.

Warm Springs Recreation has **Snack Attack**, an afterschool food program for school-age youth, every Tuesday and Thursday from 3:45-4:45 in the social hall.

Wednesday, Dec. 4

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

Thursday, Dec. 5

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,
- Kickboxing at 1:30 at the Community Center

Snack Attack – the afterschool food program at Warm Springs Recreation – is today at 3:45 in the social hall.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

The Warm Springs **Holiday Family Fun Night, Car Light Parade and Christmas Tree Lighting** are this evening. Native Aspirations is doing a meal and family fun activities at the community center – stop by anytime between 5 and 8 p.m.

All Denomination **Prayer Services** are held every Thursday at 7 p.m. at the agency longhouse. Everyone is welcome.

Positive Indian **Parenting class** meets tonight at the community counseling center from 5:30-7. The topic will be "Choices." For information call Rachel Macy 553-3205.

All are welcome to attend **Social Dance Class** from 5-7 p.m. in the Community Center aerobics room.

VFW Post 4217 meets Thursday evening at 6 at the Veteran's Hall in Warm Springs.

Friday, Dec. 6

Most offices in the Tribal Organizations will be closed for business this Friday.

The Warm Springs **Boys and Girls Club** will be closed on December 6th.

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