

CrossFit Fort Vancouver wins "World's Fittest Gym" title

This year, the fight for the "World's Fittest Gym" was won by CrossFit Fort Vancouver at the 2010 CrossFit Games. The games were held July 16-18 at the Home Depot Center Sports Complex in Carson, CA.

The CrossFit Fort Vancouver team swept the Affiliate Cup competition with twice the overall score of the second place team. Finishing first, CrossFit Fort Vancouver beat out second place CrossFit New England and third place CrossFit Omaha. The winning team members are Nathan Loren, Adam Neiffer, formerly of Ione, Jessica Core, Marie Rochat, Marissa Rodriguez and Ryan Smith.

Neiffer said that "the whole weekend was an unbelievable experience. Competing side by side with the top athletes and gyms from around the world was incredible. Bringing the title back to Vancouver is a huge honor that we are very proud of. It's a testament to the community of people that make our gym such a special place each and every day." The games are billed as "the ultimate proving grounds of the world's fittest athletes" where the top affiliate teams compete for the title.

Only the best several teams from 13 worldwide regional competitions are

invited to compete. CrossFit Fort Vancouver had earned a place in the games by winning the Northwest Regional affiliate competition May 14-16.

CrossFit Fort Vancouver started day one with a sixth place finish in the first event, a combination of heavy thrusters, chest-to-bar pull-ups, and buddy carries across the stadium field. After a convincing win in the second event that included deadlifts, single leg squats, rowing, and hoisting max loads overhead, the local team emerged at the head of the field of 66 teams. After grabbing the lead, CrossFit Fort Vancouver never looked back, dominating the final two days of competition from start to finish.

The weekend culminated with a multi-faceted obstacle course that included rope climbs, sandbags, gymnastic rings, medicine balls, and large wooden walls to negotiate. When the dust settled, the Fort Vancouver team edged New England by a split second in the final event, earning the title of "World's Fittest Gym."

CrossFit Fort Vancouver owner and coach Adam Neiffer opened the gym in March 2009. The "box" is located at 1901 E. 5th St., two blocks east of the Pearson Air Museum

4-H camp draws 60 campers



Morrow County campers and counselors

Tri-County 4-H Camp was held again at Cutsforth Park with 60 campers and 24 counselors. Mary Hague-wood was the camp chef and Glaya Baker is the nurse. 4-H Camp is hosted by the Gilliam, Wheeler, and Morrow county 4-H programs.

"The bugs stayed

away, the weather was beautiful, and lots of laughter was heard," said Claire Sponseller 4-H spokesperson. "Camp started off with get acquainted activities, while having fun with this year's theme of "Lost in the Zoo!" There was a camp-wide Clue game where campers had to find which

zookeeper stole the "water dragon", and then as always there were plenty of craft stations to tackle, like African masks, rain sticks, and fuse beads. There was even a day to tackle the hike to the top of Little Baldy. The last night and morning were full of rain, but our campers and counselors were troop-

ers not letting a little, well a lot, of rain damper their spirits. Camp ended on a high note with a lot of tired, but smiling faces."

For more information on 4-H Camp, call Claire at the Morrow County Extension Office, 541-676-9642.

Restrictions set on Umatilla National Forest

Restrictions on campfires, smoking, off-road travel in effect

Public-use restrictions on campfires, smoking and off-road travel went into effect on the Umatilla National Forest on July 22, announced Brian Goff, fire staff officer. Restrictions are being implemented due to increased fire danger, hot and dry weather conditions, and concern for public safety.

"The fire danger has been steadily increasing and our forest fuels are ready to burn," said Goff. "We need to reduce the threat of human caused fires by restricting activities that could start fires."

Public awareness of the increasing fire danger and cooperation are essential to a safe fire season. Under the current public-use restrictions, the following apply:

-Building and tending of open campfires, including charcoal briquettes, cooking fires and warming fires are prohibited until further notice, except in fire pits at designated recreation sites (designated recreation sites are listed on page 3 of this release.) Permissible sources for cooking or heat

include pressurized gas BBQs, stoves and space-heating devices.

-Smoking is only allowed within enclosed vehicles, buildings, developed recreation sites or when stopped in an area cleared of all flammable material.

-Travel restrictions prohibit motor vehicles traveling off of developed Forest roads and trails, except for the purposes of going to or from campsites located within 300 feet of an open road. Motorized travel on segments of road where access is blocked by gate, barricade, log, boulder or earthen berm is also prohibited. Vehicles must abide by all laws and regulations pertaining to the area of travel as shown on the Forest's Motor Vehicle Use Maps.

At this time firewood cutting is still allowed though land managers are anticipating the need for additional restrictions in the near future. Woodcutters are reminded to check daily for a change in restrictions. All forest users should carry an axe, shovel and an 8 oz. or more capacity fire

extinguisher when visiting the Forest.

For more information, contact the Umatilla National Forest Office at (541) 278-3722. Public-use restrictions will be updated on the toll-free message line at 1-877-958-9663 and are also available online at: www.fs.fed.us/r6/uma/.

"It's late July and we're moving into our hottest and driest part of the summer. The fire danger will only increase. Please help us keep the forests safe this summer by being aware of fire danger and current restrictions in effect," said Goff.

Campfires are ONLY allowed in the following designated recreation sites on the Umatilla National Forest. Even in these designated campsites, campers are cautioned to be extremely careful when using campfires.

North Fork John Day Ranger District: Bear Wallow Campground, Olive Lake Campground, North Fork John Day Campground, Frazier Campground, Lane Creek

Campground, Winom Creek Campground, Fremont Cabins (metal or brick fire rings only).

Walla Walla Ranger District: Jubilee Lake Campground, Woodland Campground, Target Meadows Campground, Mottet Campground, Woodward Campground, Approved Campfire Pits in the Spout Springs and Tollgate Summer Homes Tracts.

Heppner Ranger District: Bull Prairie Campground.

Pomeroy Ranger District: Boundary Campground, Panjab Campground, Tucannon Campground,

Godman Campground, Big Springs Campground, Teal Campground, Misery Springs Campground, Wickiup Campground, Alder Thicket Campground, Lady Bug Campground, Pataha Campground, Midway Campground, Clearwater Cabin Rentals, Godman Cabin Rental, Wenatchee Cabin Rental, Approved Campfire Pits in the Summer Homes Tracts.

Kinzua lunch held

It was overlooked that Windy Liptak was the chauffeur for the lunch at Service Creek in May.

The Kinzua lunch was held July 15 at the Apple Peddler in Prineville. Those attending were Nancy Christenson, Peggy Reed, John and Midge Geer, Mark and Lavelle Jellick, Cenone Benson, Karen Sue Albert, Windy Liptak, Montell McDonald, Bob and Peggy Nelson, Bill Ledford, Ada Schell,

OL and Jean Ann Adams, Bonnie Campbell, Ray and Linda Rector, Bob and Lavonne Slinkard, Charm Bogle, Bob and Mary Lee Britt, Jackie Hester, Nine Johnson, Marilyn Garcia, Mel Bailey, Rollene Allen and Jeannie Duyck.

The next lunch is Friday, Aug 13, at Service Creek. The September lunch will be in Twickenham at Ernie and Ada Schell's.



Mark Your Calendar!

14th ANNUAL BEER & WINE TASTING

THURSDAY, AUGUST 5TH
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Over the Tee Cup

Results from the July 20 play day are as follows:

Low gross of the field: Nancy Prophter.
Low net of the field: Lorrene Montgomery.
Least putts of the field: Luvilla Sonstegard.
Low gross: Corol Mitchell, Pat Dougherty, Ann Elgin.

Low net: Virginia Grant, Jackie Allstott.
Least putts: Karen Thompson, Betty Carlson.
Long drive: Corol Mitchell, Pat Dougherty, Ann Elgin.

Long putt: Luvilla Sonstegard.
Birdies: Lorrene Montgomery.

Over the Tee Cup

Results from the July 27 play day are as follows:

Low gross of the field: Nancy Prophter.
Low net of the field: Luvilla Sonstegard.
Least putts of the field: Lorrene Montgomery.
Low gross: Pat Dougherty, Pat Dougherty, Ann Elgin.

Low net: Corol Mitchell, Jackie Allstott.
Least putts: Karen Thompson.
Long drive: Nancy Prophter, Pat Dougherty, Ann Elgin.

KP: Nancy Prophter, Luvilla Sonstegard.
Birdies: Pat Dougherty on #1.


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