



Grappling Club Focuses on all Aspects of Self-Defense

Club encourages physical activity, preventing obesity and type 2 diabetes

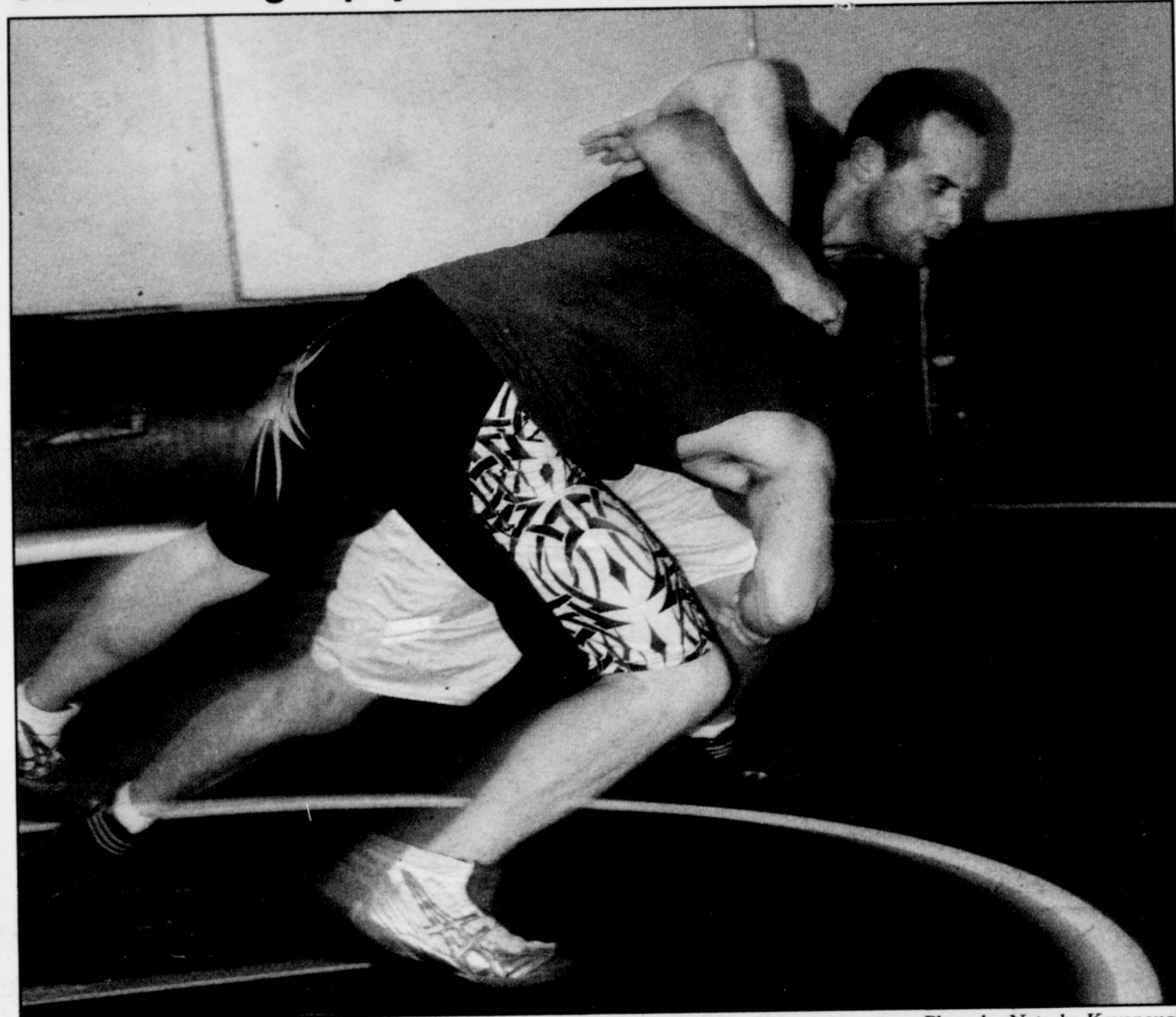


Photo by Natasha Kavanaugh

Tony Blomstrom works out with Rusty, a wrestler from Vernonia, during practice at the Warrior Grappling Club.

By Natasha Kavanaugh

The Warrior Grappling Club is a community-based self-defense and martial arts group designed to provide Siletz Tribal youth and young adults with practical approaches to training for self-defense in a fun and safe environment.

The coaches are building a program that encompasses all aspects of self-defense by combining grappling arts like Brazilian Jiu-Jitsu and submission wrestling with boxing.

The club cites physical activity as one of the best ways to prevent obesity and type 2 diabetes. It's partnering with com-

munity programs to encourage physical activity, stress the importance of healthy lifestyle changes and provide additional opportunities for youth and adults to become more active.

The Warrior Grappling Club is not only for those with experience in martial arts. If you are interested in martial arts for self-defense, discipline, physical fitness or just for fun, you are encouraged to join.

The program offers classes on self-defense for kids, improving physical fitness and instilling discipline and character as well as building self-confidence. The program recommends training in all

classes but students have the option to train specifically in grappling, Jiu-Jitsu or boxing.

Classes began in May and will run through August.

"We're just gonna go in and see how it works out," said Tony Blomstrom, Siletz Warrior wrestling coach.

Each coach comes from a successful background in the style they instruct.

Leon Arazia will coach boxing. He has achieved success in Golden Gloves boxing and has participated in the Junior Olympics.

Siletz wrestling coaches Blomstrom, Reggie Butler Jr. and Lee Butler, all of whom work together in a mat club, have trained dozens of state champions and qualifiers.

Jonathon Sparks is a black belt in Gracie Jiu-Jitsu of the legendary Gracie family of Brazil, known for creating the modern form of this self-defense.

An evolved form of Japanese Jiu-Jitsu, Brazilian Jiu-Jitsu (BJJ) was modified through many challenge matches against fighters of other styles, resulting in the ability to overcome larger, more powerful opponents with minimal violence by maximizing positioning and leverage.

If you are interested in the Warrior Grappling Club, call "Teacher" Tony Blomstrom at 541-444-2376 for more information or a workout schedule.

Tribe, City Sign Agreement on Water Use for Golf Course

By Diane Rodriguez

The Siletz Tribe and the City of Lincoln City signed an agreement June 7 that will allow the Tribe to use untreated water from Devils Lake to irrigate the golf course at Chinook Winds Golf Resort.

"I am very pleased that the Tribe and the city were able to come to agreement on the water situation for the golf course," said Tribal Chairman Delores Pigsley. "Good things happen when we support each other in ways that are beneficial to both the Tribe and the city."

The agreement must receive another approval, however, from the Oregon Water Resources Department. The Tribe has agreed to prepare the required applications and pay processing fees.

According to the agreement, the Tribe will use the city's water right on Rock Creek, which flows into the northern end of Devil's Lake, to access the water. The city currently is not using this right, instead drawing water from Schooner Creek and Drift Creek.

The agreement would allow the Tribe to remove up to 0.5 cubic feet of water per second (about 3.7 gallons) from the north end of the lake near Neachesna Village, the Tribe's housing complex. The Tribe will be responsible for the engineering, design and construction costs of setting up the equipment necessary to divert the water from the lake.

Lake water contains high levels of nitrogen and phosphorus, which are beneficial to grass. It will reduce the Tribe's use of treated water, which contains chlorine, and synthetic fertilizers that often run back into the lake.

The cost of using this untreated water will be half of what the Tribe currently pays the city for treated water. The agreement is

See Agreement on page 4.

Please see
Enrollment Department
notice on page 15.

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Graduates of Siletz Valley Early College Academy toss their caps in celebration. See more graduates of all ages on pages 11-14.

(Photo by Natasha Kavanaugh)

