

Grimm advocates clean life for athletes

Everyone has their heroes, people they look up to or use as examples. For children it is usually a parent, teacher, a movie star or an athlete.

Such heroes can influence a child to certain behavior. With this in mind the Jefferson County Prevention Committee invited former professional football player Bob Grimm to speak to the fourth, fifth and sixth grades at Warm Springs elementary. The subject of Grimm's talk was "Alcohol, Drugs and Sports."

The Warm Springs prevention committee is working with Jefferson County and the state of Oregon in a prevention campaign directed at youth, fetal alcohol syndrome and women in treatment. Asking Grimm to come to Warm Springs "is one way of reaching the youth," says prevention coordinator Caroline Cruz. "We're lucky he would do this" on his own time and at his own expense.

Grimm emphasized the importance of self-discipline in becoming skillful in sports. Self-discipline means following training rules and working hard to improve yourself. It means no alcohol and drugs. "There is no place for alcohol and drugs in athletics," Grimm explained.

Grimm's athletic career started out in the fourth grade when he wanted to participate in athletics, especially basketball. He was the smallest on the team. But by following training rules, getting enough sleep, proper food and



Bob Grimm

discipline, Grimm said he was able to participate in football, basketball and track during high school.

He accepted an athletic

scholarship to Oregon State University. Weighing only 145 pounds Grimm went into weight training until he reached 210 pounds and was able to

play on the OSU football team at different positions.

Grimm claimed his size was a limiting factor but "I was determined I was going to play," he continued. It's easy to be lazy but you "play the game the way you practice." The more you practice the better you will be.

With one goal in mind, playing good football, Grimm kept from becoming involved in drugs and alcohol. He pointed out that he had friends and teammates who did get involved in these. "I've seen professional athletes destroy their careers within a year."

Deciding to play football under the influence of drugs has ruined many careers. Grimm states, "It is inexcusable to perform under the influence of drugs or alcohol." An injury can become much worse.

Grimm mentioned that he played for 12 years in the National Football League. He was drafted from OSU to the Minnesota Vikings. He also played with the New York Giants and the Chicago Bears. The average NFL player is active for 4.7 years.

At a question and answer session students at Warm Springs elementary were able to inquire into the life of Bob Grimm. He encouraged them to ask any questions they wanted. These were some of the questions.

Q: How did you refrain from being involved in drugs?

A: Avoiding peer pressure is

difficult. If you are serious about sports and interested in excelling you have to say no.

Q: Did your friends drink?

A: Yes, some of my teammates and friends drank.

Q: What was your number?

A: 27, then 26.

Q: What was your salary?

A: The average salary now for NFL players is \$57 thousand. Some get paid more, some less.

Q: How many touchdowns did you make?

A: The best I've done is 12 touchdowns in one season.

Q: How many girlfriends did you have?

A: I like to think I had a lot. In high school I had 2 girlfriends. I was so involved in sports that it took up most of my time.

Q: Did you ever play baseball?

A: I was not a very good baseball player.

Q: Did you dance around when you made a touchdown?

A: No, I didn't.

Q: What was the best team you played on?

A: I played on the Minnesota Vikings team for eight years, the New York Giants for 3 years, the Chicago Bears for 1 year. The best team I played on was the Vikings. (While playing with the Vikings that team won seven Central Conference and the Superbowl twice.)

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Five girls vying for queen...

Pi-Ume-Sha nearing, many preparing for celebration



Melissa Johnson



Elfreda Mitchell



Salena Thompson



Sheilah Wahnetah



Idelia Yahtin

Time is nearing once again for the Pi-Ume-Sha Treaty Days celebration. The 13th annual event will be held June 25, 26 and 27 in Warm Springs behind the Community Center.

Five girls, all Warm Springs tribal members, were selected by the Pi-Ume-Sha committee to run for Pi-Ume-Sha queen. Melissa Johnson, Elfreda Mitchell, Salena Thompson and Sheilah Wahnetah are each selling raffle tickets for \$1.00 each. The girl selling the most tickets will be crowned queen.

Watch upcoming editions of the Spilyay Tymoo for further information on Pi-Ume-Sha Treaty Days celebration.

Melissa Johnson, 18, is a student at Intermountain Inter-Tribal School in Brigham City, Utah. She will graduate in December, 1982. She enjoys meeting people while going to powwows and she's interested in learning more about her tribe and culture and heritage. She's involved in Indian crafts in school and enjoys swimming. Melissa is also a member of the Indian Club. Her parents are Ruth Tewee and Wilbur Johnson Sr., Her grandmother is Hazel Tewee. Her reason for running for Pi-Ume-Sha queen is, "I think it's a good experience and I would like to represent my tribe at

whatever powwows I attend and wherever I go."

Elfreda Mitchell, 18, is a senior at Madras High School. She's a member of the high school Indian club and enjoys Indian dancing, attending powwows, softball and volleyball. Elfreda's parents are Art and Bernice Mitchell. Elfreda feels she could represent the Pi-Ume-Sha powwow the best at other powwows.

Salena Thompson, 18, is a senior at Intermountain Inter-Tribal School in Brigham City, Utah. Salena's school activities and club participation include the VICA, Toastmasters,

Indian, Outdoor, Boxing Eagleclaw clubs. She also enjoys weaving. Her parents are Leland and Deanna Thompson. Her grandmother is Ada Sooksoit. Salena is running for Pi-Ume-Sha queen because she's never done anything like it before.

Sheilah Wahnetah, 18, is a senior at Madras High School. She enjoys spending time with her friends, and her goal after high school is to become an airline hostess because she enjoys traveling. Sheilah's mother is Kate Jackson and her grandmother is Isabelle Keo. She says she is running for Pi-Ume-Sha queen because, "I've

always been interested in running for this title."

Idelia Yahtin, 18, is a senior at Madras High School. She is a member of the high school Indian Club and enjoys beadworking, sewing and traveling to different states to attend powwows. Her parents are Chesley and Amelia Yahtin. Idelia lists as her grandmothers, Syliva Wallulatum, Matilda Mitchell, Nettie Shawaway, Hazel Tewee and Wilferd Yallup as her grandfather. Idelia says she "would like to represent this powwow" at the different powwows she and her family attends.