

Spilyay Tymoo

SPORTS



Ten teams competed at the November 18 Community Center sponsored co-ed Volleyball Tournament. Sharon Miller's team took first place followed by the Jet Setter's (Roy Jackson team) in second and Ryan's AllStars in third place.

Exercise truths and myths revealed

Look around you. Everyone's doing it—more and more people are participating in some form of exercise to improve their body and soul.

Nutritionists agree, whether you're a recreational exerciser or a highly trained athlete, good nutrition plays a significant role in your performance.

Every athlete is different and has individual needs. What works for one, may not work for another. There are, however, some basics. A diet high in complex carbohydrates, low in fat and moderate in protein is recommended. Some believe the diet should be divided as follows: 50 percent of the calories from carbohydrates, 35 percent of the calories from fat and 15 percent of the calories from protein. If this diet is followed, and a variety of foods are selected, believe-it-or-not even the athlete will not need nutrient supplements.

There are many misconceptions in the world of athletes. Check out the following myths

and truths and be a nutrition-wise athlete.

1. Truth or Myth: you need to take salt tablets, especially when exercising during hot weather.

2. Truth or Myth: swimmers who swim in cold water burn more calories than swimmers who swim in warm water.

3. Truth or Myth: protein supplements cause dehydration and a loss of potassium.

4. Truth or Myth: carbohydrate-loading is a important for sprinters as for long-distance athletes.

5. Truth or Myth: the pre-game meal should be three to four hours before the game and be high in carbohydrates, low in protein and low in fat.

6. Truth or Myth: caffeine aids endurance.

7. Truth or Myth: exercise helps maintain bone density.

8. Truth or Myth: regular exercise reduces stress and depression.

9. Truth or Myth: women have a higher percentage of body fat than men.

Nutritionist agree, so single food will improve athletic performance. It's routine good nutrition that makes the difference—not a handful of vitamins or a magic protein drink. Top performance depends on nutrient reserves built up over time, not just a pre-game meal. A good training diet provides adequate calories for energy, water for maintenance of body water balance, and a variety of foods to ensure all nutrient needs are met.

1) Myth: Exercise causes water and salt loss, but the salt is easily replenished by a normal diet.

2) Truth: More calories must be used to maintain body temperature in cold water.

3) Truth: Protein is probably the most overused food by athletes. Too much protein can cause dehydration and increase the body's excretion of potassium.

4. Myth: During short-term exercise, the body draws mostly on glucose for fuel. With longer events, the body switches to a more effective source of energy—glycogen. Carbohydrate-loading increases the muscle stores of glycogen.

5. Truth: The pre-game meal should be low in fat and moderate in protein because fat digests slowly and protein (especially in large amounts) tends to dehydrate the body. Complex carbohydrates increase the body's use of blood glucose for energy.

6. Truth: Caffeine may improve athletic performance, but not because of its stimulant effect. Caffeine increases the use of fat as an energy source, thus sparing glycogen. One may be able to exercise longer without feeling tired.

7. Truth: Exercise stimulates the uptake of calcium into the bone.

8. Truth: There are some studies which are finding a reduced amount of depression and stress individuals who exercise versus those who do not.

9. Truth: Women average 12 to 22 percent whereas, men average 12 to 15 percent body fat.

Roping series underway

Neither rain nor snow sleet nor dead of winter is going to keep the dedicated ropers from participating in roping events. For those ropers there is the Madras winter team roping series which started Saturday, November 17 and will consist of five more ropings held at the Madras indoor arena.

The remaining ropings will be held Saturdays, December 15, January 19, February 2, February 23 and March 23. Sign up starts at 10 a.m. each roping day with the roping starting at 11 a.m. Ropers can enter as many times as they want.

Roping divisions are \$1,000

novice/novice three steers for \$10 (all girls are novice); open roping three steers for \$15 (over \$5,000 ropers limited to entering twice); \$1,000 pro novice three steers for \$10; and \$500 novice novice three for \$10.

At the end of the series buckles will be presented to the high money winners of each roping division. A buckle will also be given for header and heeler in novice novice. The high point girl roper in \$1,000 novice novice series will receive a buckle.

For more information call Bob Miller, 546-5431; Buster Bain, 548-6841 or Tim Messner, 548-7324.

Community Center news

For those that have not been given an orientation to use of the fitness room and weight room you will need to pickup the new forms we now use and have one of the following Community Center staff do so on the following days at noon hour: Andy Leonard, Mondays; Eva Montee, Tuesdays and Thursdays; Austin Green, Wednesdays and Fridays; Lyle Rhoad, Wednesdays and Fridays; and Fran Moses Ahern, upon request.

Weight room and fitness room will be closed Monday through Thursdays at 8 p.m. and on Fridays at 4:30 p.m.

Fitness room will be reserved daily for high school students that are interested from 4 p.m. to 5 p.m. Austin Green will demonstrate the class at this time.

Anyone going into the gym must bring clean tennis shoes or he/she will not be allowed into the gym.

Christmas Bazaar is still scheduled for December 14, 1985 from 8 a.m. to 3:30 p.m. at the Community Center. If you'd like to sign-up please call the

Center at 553-1161, ext. 243/244/302 or 553-1361 between 8:00 a.m. and 5:00 p.m. We do not have any tables left, so please bring one if you plan on attending.

Attention fundraising organizations! There will be a \$100.00 cleaning fee for those that plan to use the Community Center gym for basketball or other special events. This fee is only for fundraising organizations.

Fat burns faster in the cold

A recent study by University of Kansas researchers indicates people burn more fat exercising in colder temperatures than in warm. Cyclists dressed in shorts, t-shirts and light gloves cycled for 60 minutes. One group exercised in a temperature environment of 14 degrees Fahrenheit and the other group exercised in a temperature environment of 71 degrees Fahrenheit.

In those who had exercised in the colder environment, oxygen

consumption, total caloric expenditure and fat utilization were found to be higher than for those exercising in the warmer environments. The cyclists burned 12 percent more calories and 32 percent more fat exercising in the colder environment. Consequently, exercise training at a colder temperature may be a useful method for weight control.

Researchers also found that the cyclists significantly increased their rate of fat use in both temperatures after exercising for 30 minutes.

Team earns national champs title

The Pendleton roundup was the last rodeo of the 1985 season for the Wild Horse Racers of America (WHRA) and with the WHRA national finals being cancelled because of unforeseen financial difficulties the team winning the most money for the season was selected as the champions. The Jason Smith team of Warm Springs earned the national championship title.

"No one can question his (Smith's) teams ability when they didn't enter the season until

late June," stated WHRA National director Bill Agin. The Smith team is composed of Jason, Anson Begay and Edison Yazzie, all of Warm Springs.

Entering the season later then most of the teams didn't prove to be a handicap for the Smith team. They were able to place at Reno, Nevada and Toppenish, Washington. They split or won Salinas, California; St. Paul, Oregon; Joseph, Oregon; Omak, Washington; Pueblo, Colorado; Ellensburg, Washington and

Lewiston, Idaho. The team was unable to compete at the Pendleton Roundup because Jason had entered college at the Pacific University and was playing football.

The 1986 WHRA season is already underway with the first rodeo, October 5 and 6, 1985 at Watonsville, California.

With Jason in college the team probably won't be entering any rodeos until next spring according to team member Edison Yazzie.

VFW wins first round of bowling

The VFW Post #4217, are the champs of the first round of bowling on the Wednesday night mens league. The league is split into thirds, so there are two thirds left for this season.

The Troops are led by Captain Dale Parker the lead-off man for the team, listed in bowling order are the team members; Sid Miller, Benny Heath, Alvin Smith and the clean up man, sometimes referred to as the hammer is Jeff Sanders.

The Vets jumped out to an early lead in the season and were never far away from first place all along. Near the end of the first round the Troops picked up a couple of key wins to give them a comfortable lead and they coasted on in for the win.

Making their bid to over take the Vets were the 3 N Livestock Co., but were unable to overtake them and their big lead and had to settle for second place. Their team members are Ralph Eckis, Lawrence Shike, Luke Leno, Austin Greene and Ray Shike, Jr.

On the night of November 13, the 3 N. Livestock Co. took the high team honors as they rolled a total of 953, Zane Jackson Logging Co. and the 3 N. Livestock each rolled a 941 to split second place. The individual games all went to Ray Shike, Jr., as he rolled a 258, 246 and a 225 to make a sweep in that category.

For the three game series the 3 N Livestock Co. rolled a total of 2879 for first place, second

was Zane Jackson Logging Co., with 2682 and Kah-Nee-Ta third with 2673.

The schedule for the night of November 20, was on Lanes 1-2 Snuff-Ross Trucking vs. W.S. Chevron; lanes 3-4 Zane Jackson Logging Co. vs The 3 N Livestock Co.; lanes 5-6 Madras Auto Parts vs Wes' Floor Covering; lanes 7-8 Insurance Mart vs. Kah-Nee-Ta; lanes 9-10 Inter-Tribal Sports; lanes 11-12 W.S. Athletic Association vs. VFW.

There still is room for one more team to fill out the league, if there is anyone interested in sponsoring a team contact the Pelton Lanes or Dick Souers to complete the details. A good way to relax and have a night out.

Colville wins tourney

The first round action opened with three games with one being a forfeit. At 7 p.m. the Tribes posted a 67-55 win over the Wapato team, in the second contest the Magpies outlasted the Hoopa, team 79-65 and in the nightcap the Chiloquin team blasted the Fourwinds 64-30.

The Magpies went into two overtime games only to wind up in second place. Their first OT was with the Chiloquin team as they were deadlocked at the end of regular playing time. The Magpies managed to go on and win the game by the score of 84-76. And on the following day the Magpies were once again faced with an overtime game as they ended in a tie with Colville at 94 apiece. Colville went on to hand the Magpies their first defeat of the tourney by the score of 107-104, thus giving the championship to Colville and Magpies second.

The third place went to the Ridgerunners of Chiloquin where they defeated the White Swan team 109-102, putting White Swan in fourth place.

The most valuable player award went to Kevin Priest of the Colville team, Mr. Hustle award went to Jamie Henry of the W.S. Magpies and the sportsmanship award was given to the Satus Warriors. The following are the list of the All-Stars, voted by the coaches at the tourney. Wally Selam-Satus, Warriors: 2, Sonny Harris Hoopa, California; Jim Wauhaunsee and Bud Herrera both of White Swan Chiefs; Adrian Whitecraft and Martin Whitecraft both of Chiloquin Ridge Runners, Willie Stacona and Smitty Smith both of the Magpies and Gary Pierce and Monty Priest of the Colville team.

The 1985 Warm Springs Magpie 6 foot and under tourney was a warmup for the season.

Tues. ladies bowling results

From the night of November 12, 1985, out in first place is Goodson's with a 19 win and 11 loss record, second is the Confederated Tribes with a 18½-11½ standing and in third place is Snuffy Smith's Trucking with a 18-12 record.

The Confederated Tribes took the high game honors rolling a 852, Ahern's second with a 834 and third was Snuffy Smith's Trucking with a 825.

Snuffy Smith's Trucking won the high team three game series as they rolled a total of 2381, Charlies took second with a total of 2373 and in third place

was The Confederated Tribes with a total of 2366.

The high individual series went to Helena Jones as she rolled a total 580, Angie Boise took second with 543 and Libby Chase third with 538.

Helena Jones took the high individual game with her 224 game, second went to Angie Boise with a 205 and Joni David took third with her first ever 200 plus game as she rolled a 204 for the night.

There were no results for the night of November 20, at press time.

Community Center Calendar

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| November 24 | Begin sending letters to Santa, no postage necessary. Mail to Santa, Box C, North Pole, Cradleboard, 7:00 p.m. |
| November 25 | Warm Springs Language class, 7:00 p.m. |
| November 26 | Li'l Miss Warm Springs bingo, 6:30 p.m. |
| November 27 | Adult noon-time Christmas arts and crafts. Bring 3¼ oz. cinnamon and 3" diameter candle |
| November 28-30 | Elimination basketball tournament |
| December 2 | Indian dance practice, 7-8:30 p.m. |
| December 7 | Old Duffer's Basketball tournament |