

# Spilyay Tymoo

# SPORTS



The thirteen and under basketball tournament held in the Community Center shows Preston Yazzie with the ball as a Pendleton defender moves in, Kanim Smith, II No. 44, and Tony

Fuentes No. 85 follow. Pendleton went on to win the game, and lost to Columbia Boys Club of Portland in the finals.

## Rodeo school begins May 8

Have you ever thought about trying your hand at the saddle bronc or bareback riding but felt you could use a little schooling or assistance with the finer points of climbing on a bucking horse. Well, the Warm Springs Rodeo School is slated to be held at the new Warm Springs Rodeo Association arena May 8, 9 and 10.

Teaching the finer art of bareback riding will be Joe Ruda one-time National Finals Rodeo (NFR), five-time Columbia River Circuit (CRC) and top twenty 1983-84. Butch Knowles will teach saddle bronc. Knowles has been four times NFR, CRC champ, National High School Rodeo Association (NHSRA) champ and AA Collegiate Regional champ.

Registration fee per student, per event is \$200 with a \$50 advance fee required by May 2,

1986. All payments must be by money order made payable to Cheryl Tom, P.O. Box 579, Warm Springs, Oregon 97761 or Carol Wewa, P.O. Box 744, Warm Springs, Oregon 97761.

Sponsorship jackets will be given to each student. A "most improved cowboy" will be awarded in each event.

Rooms are available for students at a discount rate at Kah-Nee-Ta Resort.

Students will be required to sign a waiver of release from liability. All minors enrolled in the three-day school must have parent/guardian signatures.

For more information contact Lee Tom, 8 p.m. to 5 p.m. at (503) 553-1161, ext. 311 or 312, after 5 p.m. (503) 553-1009; or Cheryl Tom or Carol Wewa at (503) 553-1161, ext. 300, 8 a.m. to 5 p.m.

## Root Feast rodeo starts Saturday

It must be an early spring this year because the Annual Root Feast rodeo posters are already being pasted, nailed and glued all through the country. Cowboys and cowgirls alike are dusting off their boots, saddles and hats to look their best at the first

rodeo of the season.

This year's rodeo will be April 12 and 13. The rodeo will be held at the new Warm Springs rodeo grounds located two miles east of Warm Springs on the Kah-Nee-Ta highway. Performances will start daily at 1 p.m.

## Mini-marathon scheduled for April 26

It is time to grab your running shoes and start hitting the roads preparing for the annual Kah-Nee-Ta Mini-marathon, which will be held Saturday, April 26. This year the 13.1 mile run will be sponsored by the Warm Springs Recreation Department.

This year's course for the mini-marathon run will consist of the start at the Kah-Nee-Ta Village and continue along rolling hills with a downhill run on a gravel road then on to a blacktop road for the remainder of the run with one major hill before the finish.

For the six mile fun-run, the course will be flat with one big

hill and the last half on a dirt road.

The fun-run-walk will be one mile it includes a t-shirt for each participant but not a raffle ticket.

Entry fees for the races is \$7. Pre-registration is at the Community Center Monday through Friday between 8 a.m. and 5 p.m. until Friday, April 25. Registrations on the day of the race will be at the Kah-Nee-Ta Village entrance until 9 a.m.

Divisions of the run will be according to female and male plus age group; 13 years and under, 14-18 years, 19-29 years, 30-39 years and 40 years and over.

Awards will be given to an overall winner—a two night stay at Kah-Nee-Ta Hotel plus a jogging suit. Awards will be given to each female and male winner in each age group division. Runners in the 13.1, 6.0 and 3.0 runs will each receive a raffle ticket. All participants will receive a t-shirt.

For more information contact Austin Greene, the race director, at the Warm Springs Community Center (503) 553-1161, ext. 243. Or you can write to Greene in care of the Warm Springs Recreation Dept., P.O. Box C, Warm Springs, Oregon 97761.

## Hurtado enrolled in horse management program

Fay Hurtado of Warm Springs, who is attending Lamar Community College, is enrolled in the Horse Management Program located in Lamar, Colorado. She has been placed with the Arlene Mourne establishment, to serve a seven and one-half week internship, culminating a two-year course to study in health, foot care nutrition, management and marketing of horses, and a minimum of five laboratory experiences in the breaking and training of young horses.

Fay chose the Arlene Mourne establishment for her internship because she is interested in working in the barrel racing field following graduation.

Arlene Mourne, who trains barrel racing horses, is cooperative with LCC in providing the student with "on-the-job" experience, which is traditionally a highlight

of Horse Training and Management Program.

Fay is the daughter of Ned "Butch" and Anna Hurtado of Warm Springs.

## Karate class to be taught in Warm Springs

Karate is a sport and martial art that has been developed and perfected over many centuries. There are punches and kicks that are so powerful that a child or a slight individual would be able to protect themselves against a much bigger person.

Bend, Oregon is the home of Karate Unlimited where Glenn Hiatt, a black belt in Hawaiian Karate, teaches. He is one of the top instructors in the United States, claiming second place in a world championship tournament in September of 1985. He

and many of his students won 14 trophies in tournament competition in Redding, California April 5, 1986.

Hiatt will once again be teaching in Warm Springs starting April 18, 1986. He welcomes back all old students and newcomers with a free class. The class will be meeting at the Warm Springs Grade School Gymnasium at 6 p.m. (to resume at the Warm Springs Community Center at a later date). All interested men, women, and children are welcome to attend.

If you need more information or would like to sign up early, please contact Clarice Crane by

## Satus run set for May 13

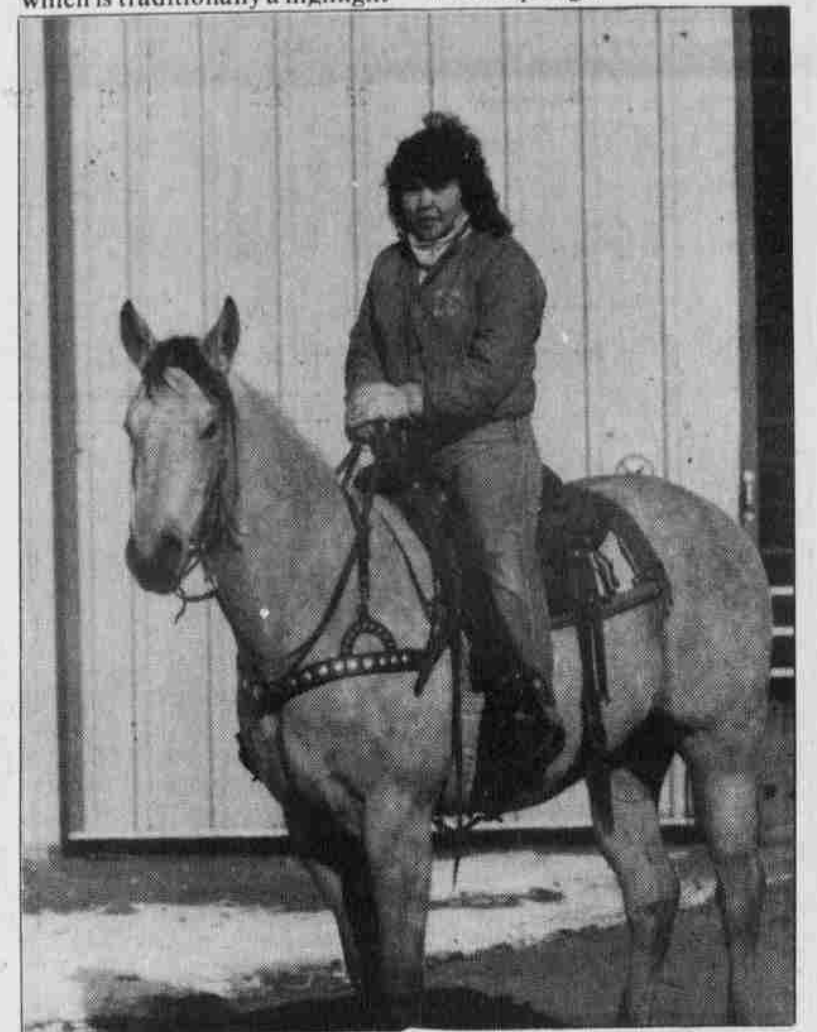
The sixth annual Satus Longhouse 12 K Run will be held Saturday, May 3, 1986 beginning at 9 a.m.

The first overall male and female winners will receive jackets. Awards will be given in each of the four divisions. Entry fee will be \$7 if pre-registered and \$8 on the day of the race.

writing to P.O. Box 614, Warm Springs, Oregon or phone 553-1385.

A memorial jacket will be awarded to the first place in the men's 30-39 age division in honor of Ray Meanus.

For more information, contact Jason Allen at Rt. 2 Box 2414, Toppenish, Washington 98946 or Roy Dick at P.O. Box 5, Warm Springs, Oregon 97761.



## Whatever your age it's a time for new beginnings

by Clarice Crane

Many men have expressed their feelings of getting old in a negative sense. If they can revise their thinking that being young or old is not tied to any particular age, they may do themselves a big favor. Men of any age have various opinions and ideas of what age means to them and the men interviewed from Warm Springs, Madras, Prineville and Bend are no different. The men interviewed came from various walks of life, between the ages of 25 and 37.

A 28-year-old central Oregon truck driver felt that four years of age was young, that 30 was old and 90 was ancient. A 35 year old instructor stated that he felt 20 was young, 70 was old and 100 years of age was ancient. A 33-year-old security guard felt that 25 was young, 40 was both old and ancient. At 37 a bartender felt that 25 was young, 97 to 100 was old and 114 was ancient. A 25-year-old musician felt that 15 was young, 25 was old and 70 was ancient. A local 31-year-old chef felt that 20 was young, 50 was old and 70 was ancient. A 30-year-old executive

felt that 28 was young, 40 was old and 60 was ancient. Both an unemployed 30 year old and a 37 year old educator felt that age was a state of mind.

Dr. Daniel Levinson, a psychologist at Yale University, wrote "Seasons of a Man's Life" where much of the following information was obtained. His research findings developed these stages or "eras" in people's lives: Age 0 to 22 years, childhood and adolescence; 22 to 45 years, early adulthood; 45 to 65 years, middle adulthood and 65 years plus, late adulthood.

These are not hard and fast rulings, many eras overlap each other by two or six years. In every era there are rhythms or 'seasons.' Just as each day has its surges of energy that disappear in the afternoon, eras of age have their seasons. These seasons include curiosities, restlessness, periods of questioning, rise and fall of energies that appear and reappear. These seasons can last a month or several years. They are shaped by our past and present concerns and future goals.

Levinson describes 'individuation' as the taking on of ones

own thoughts and actions, which continues throughout life. For men in their thirties, the beginning of changes are usually buried in the rush of work, family rearing and everyday living. They are moving away from self-indulgence toward increased commitments to others. They now have the skills, experiences, and knowledge that enables them to influence others if they choose to do so. Individuation is difficult when we outgrow comfortable patterns we've developed. Changing to a new season where new skills are developed can be stressful from unexpected events or having more challenges than anticipated.

Men in their 40's and 50's go into a period of self questioning and inner turmoil that lead to critical decisions about their lives. Goals and lifestyle changes are not only desirable, but necessary. Skills learned during youth aren't put on 'hold' until we're old. Levinson's research suggests that imagination, creativity, and accomplishments reach their peak in middle years. (45 to 65 years of age). When children leave home, or you need a career change you question the way your life is

going. A primary need is to keep your body healthy and fit to fully enjoy the coming years, because unresolved stress can bring physical symptoms of premature aging.

We crave recognition as individuals, relying on past glories of youth or losing a dream set as a youth can be devastating, therefore new goals and dreams should be an ongoing value. It's been estimated we use only ten percent of our potential, middle years provide opportunities to make use of our talents.

For those who aren't satisfied with their lives, revising what you expect from life in the middle years can be made easier by knowing what to expect, such as:

Choice anxiety which result from fear of making mistakes, whether it concerns jobs, leisure, money or family.

Lack of skills concerning mechanical items, interpersonal relationships, ways of caring for ourselves, or ways of thinking. Few of us are taught that learning is a continuous process.

Lack of assurance, social and psychological survival depends on interaction with others.

Doubts, new problems, and irrational responses to situations can make you feel alone and desperate, sharing your fears by confiding in trusted friends can help.

Inadequate information can be misleading if you believe you are too old to learn. What we know is minuscule compared to information available to us. We need to plan further, such as a man planning for a career and family, but no further. There is much more to plan for, goals to set, to further our life and satisfy your needs as an individual.

Here are some maturity goals that may aid you in evaluating your needs:

1. Have a broad sense of self. (goals and roles to fulfill).

2. Relate warmly with intimate and nonintimate contacts. (accepts and respects many kinds of people).

3. Feel secure in self acceptance. (You're an okay person in spite of imperfections).

4. Think and act with zest. (enthusied for new adventures, learnings and creativity in old efforts).

5. See yourself objectively, even humorously. (enjoy yourself

as a serious person and also be able to laugh at your idiosyncrasies.)

6. Live in harmony with your own philosophy of life. (Act in ways that demonstrate that what you believe is what you are).

Spiritual, emotional and intellectual growth change us constantly. Just as we tell Adolescents to 'grow up', we also must develop and grow to the tasks of early, middle and late adulthood. In entering a new era or season, we are old at skills learned, but young at what we have yet to learn. Your attitude is more important than the number of years you have lived. We must face the challenges life presents. If your attitudes don't change, you'll be locked into a sameness that will inhibit your fun and limit your pursuits in life. You'll be so rigidly fixed in place that it will show in your walk, posture, mannerisms and your personality.

Whatever your age, it is a time for new beginnings, for career conquests, emotional and intellectual progress, strengthening self-identity, continuing present goals and shedding old anxieties.