

Spilyay Tymoo

SPORTS



Spilyay Tymoo photo by Miller
Buff hurdler running in the first heat in the preliminaries at the State Track meet at the Mt. Hood Community College track facilities.

Bufs compete at state

Whenever there is a track meet or a state championship you will always see Siuslaw in the spot light.

For the Greater Oregon League the Buff sprinters took off like Rose in a lily field. Laurie Williams made it known she was there to compete! Oh! So close yet so far away from wins in the 100 and the 200 meter runs.

Laurie, placed 3rd in the 100 with a time of 12.66 and she was

nipped at the tape in the 200 meter run by Siuslaw's Terry Gorthier with a time of 25.34 to Lauries 25.36. The race was so close the officials had to review the audio over and over to really determine the winner.

Monica Wahnetah did pretty well in the high hurdles winning district but not fairsing very well at state. But winning the district and entering the state finals is an accom-

plishment in itself.

Todd McGuire did a great job for the boys placing second in the high jump clearing 6'8". Todd cleared the height but lost to Chris Patoine of Sutherlin at the same height but with fewer misses. That was Todds best effort in the high jump. He will be back next year. Mike Ragland placed 5th in the discuss with a toss of 138.3 and Dale Hemerick placed 6th in the intermediate hurdles.

Bout to be aired on circuit

All preparations have been completed and the location set with 15,000 seats at Caesars Palace stadium sold out for the big triple-header boxing championships set for Monday, June 23. The events will be shown live, via circuit TV at Deschutes Station Restaurant, 61219 Highway 97 S, Bend. Beginning at 4 p.m., the family restaurant will be open to those 21 years of age and older with a full menu being served.

Two titles are on the line with a 6:00 p.m. meeting between Ireland's popular champion Barry McGuigan and challenger Fernando Sosa for the 15-round WBA featherweight title followed by a 7 p.m. battle for

the midweight eliminations between former champion Roberto Duran against young Robbie Sims in a 10 rounder. Conclusion to the evening's action will see Tommy Hearns, the WBC super welterweight champ battle 12 rounds against #3 challenger Mark Medal. The closing bout is scheduled for approximately 8 p.m.

Deschutes Station, promoter of the local telecast, has announced that the finest in camera equipment has been procured to show all the action in color on two giant screens and four regular tvs. Tickets are on sale now for \$15 and should be purchased in advance, as seating is limited.

Slo pitch slated

The Pi-Ume-Sha Slowpitch Softball tournament will be June 20, 21 and 22 at the Community Center fields. This is an all-Indian men's and women's, 16-team double elimination tournament.

The tournament was open to the first 16 mens teams and to the first eight women's teams. First, second and third places will be awarded for tournament play. To the first place winners will go 12 individual windbreakers for both the men's and women's teams.

Twelve all-stars from each mens and womens division will be selected. Other awards to be selected will be "best infielder," "best outfielder," "most valuable player," "sportsmanship, second place sweatshirts, third, fourth, and fifth place will receive t-shirts.

Join in the Pi-Ume-Sha Run

The Annual Pi-Ume-Sha Treaty Days run will be June 21. The event is sponsored by the Inter-Tribal Sports Service. Entry fee for the 2.2 and 7.5 mile runs is \$8 per person and the fee entitles runners to a T-shirt.

The divisions for the run are divided into mens and womens division. The divisions are then divided into age groups: 13 and under, 14-19 years, 19-29 years, 30-39 years and 40 and over. Prizes will be awarded in each of the age groups plus the oldest and youngest

WSIRA Sanctioned

Rodeo offers plenty of action

The 11th Annual Pi-Ume-Sha All-Indian Rodeo will be held in Warm Springs June 21 and 22 at the new rodeo grounds located on Kah-Nee-Ta Highway #3. The rodeo is sanctioned by the Western States Indian Rodeo Association and sponsored by the Warm Springs Rodeo Association.

Events for this year's rodeo are saddle bronc, bareback, bull riding (limited to first 24 signed up), calf roping, team roping (two loops/enter twice), steer wrestling, senior barrel racing, wild cow milking, wild horse race (limited to first 8 teams signed up), junior barrels (12 and under for locals only), and calf riding (12 and under, limited to 16 contestants). Entry fees for rough stock and timed events are \$40 with team roping, \$40 per man and wild horse race \$75 a team. Junior barrels and calf riding entry fees are \$12. Added purses for all events are \$400 with the exception of junior barrels and calf riding which have added purses of \$75. All events with exception of

wild horse race are limited to one go.

Contestants will pay a fee of \$7, barrel racers will also pay a \$1 electric eye fee and junior events will have \$2 fee deductions.

Books will be open June 17 and 18 from 1 p.m. to 8 p.m. Books close June 18 at 8 p.m. Call back will be June 19 from 6-8 p.m. Contestants must have a current paid up 1986 WSIRA card to telephone in entry. Mail-in entries must be received by the rodeo office no later than 5 p.m. June 18. Entries must be paid by cash or money order. The rodeo office will not accept personal checks or Canadian money. Wired entry fees may be sent to the Madras, Oregon Western Union office. Phone entries to (503) 553-1750 and mail entries to Ginger Johnson, Rodeo Secretary, P.O. Box 541, Warm Springs, Oregon 97761.

Admission for each rodeo will be adults-\$3, children under 12-\$1.50 and senior citizens-free. There will

be absolutely no free passes issued.

A buckaroo breakfast will be held both Saturday and Sunday at the Agency Longhouse from 6:00-10:30 a.m. Cost per plate will be \$3.50. The breakfast will be sponsored by Rita and Earl Squiempfen.

A revolving trophy for all-around cowboy sponsored by the Wewa family will be given for contestant who is qualified by placing in a timed event and a judged event. To earn the trophy permanently a contestant will have to win the trophy three times. Jackets will be given to all events winners and to the all-around cowboy.

A "Queen's Ball" will be held Saturday, June 21 at the Warm Springs Elementary School gym from 9 p.m. to 1 a.m. Music will be provided by the El Coochise and the Country Express. Admission to the dance will \$3 per person and \$5 per couple. Proceeds from the dance will be used for rodeo Queen Shana Johnson, and her princess Sonya Heath.

Jackpot rodeos set for Beatty

The Jackpot rodeo series of the Flying A of Beatty, Oregon will start their rodeo series with a two day rodeo on May 31 and June 1. Additional rodeos will be held June 14 and 15; July 5 and 6; July 26 and 27 and August 16 and 17.

A saddle for the "all-around cowboy" and a trophy for the "all-around cowgirl" will be given at the end of the series, plus buckles in each event except in the kids' calf riding. To be eligible for all-around and buckles a contestant must have entered five out of ten of the shows. The saddle is donated by the Coors Company.

Entry fees of \$22.50 will be for saddle bronc, bareback, bull riding, team roping (two goes), calf roping and wild cow milking. Entry fees of \$12.50 will be for girls team roping (two goes), goat tying, breakaway roping, barrel racing, girls cow riding and the hide race. In kids' calf riding entries will be limited to the first eight and the entry fee is free. A \$2.50 office fee will be taken out of each entry.

The rodeo will cost \$3.50 a person or \$5 a car.

For more information call (503) 884-3844. No collect calls will be accepted.

Nick Kalama Memorial Endurance racer's special

It takes a special breed of person to ride in an endurance race but that is only half of the team as it also takes a special kind of horse. Both rider and horse have to endure the miles and different types of terrain to come up the winner.

This year the Nick Kalama Memorial Endurance Race will be held Saturday, June 21 at 10:30 a.m. Entries will be taken up to 10 p.m. on the day of the race. The event is sponsored by Tribal Council.

Three divisions—men's, 18 and older with entry fee of \$50, womens, 18 and older with entry fee of \$35 and juniors, 10-17 years. Three places will be paid in the mens division, one in the womens and one in the juniors. Each event will

have an added purse.

Being over 14 miles, the race will start at the Culture Camp park across the Shitike Creek west up Shitike road, up Wilford Canyon then across south to the bench on White Hill, then east to the face of White Hill and down the trail on the south side of White Hill back to the Culture Camp park. The run in past years average two hours.

The winner of the men's race will receive the Nick Kalama Memorial trophy. The trophy will be a perpetual, if a person wins it three consecutive times they become the owner of the trophy.

For more information contact Beulah Switzler or Mernie Polk at (503) at 553-1161, ext. 259 or 260.

Fried Bread Open June 21-22

An invitation is extended to everyone to come to the Kah-Nee-Ta Golf Course and join in the fun of the 28th Annual Fried Golf Tournament which will be held June 21 and 22.

The original Fried Bread Open tournament began in 1958 as a Bureau of Indian Affairs tournament at Bowman's resort. In 1968 the annual event was moved to the Madras Nine Peaks golf course. The Fried Bread remained at Madras in 1969 and 1970. In 1971 it was

hosted at the McNary Course in Salem. Since 1972 the event has been held at Kah-Nee-Ta.

The tournament is open and it is expected that this year there will be 100 of the finest golfers in the Northwest in the tournament play, according to Levi Bobb, tournament director.

For more information contact Levi at 553-1161, ext. 262 during the week, Monday through Friday from 8 a.m. to 5 p.m.

Vitamins necessary in diet

by Clarice Crane

Vitamins are found in common foods, they are organic substances that perform metabolic functions. Vitamins regulate chemical changes in your body, but don't provide energy and do not serve as building units. The body manufactures vitamins K and D, the remaining vitamins need to be obtained through the food you eat.

The Warm Springs Health center pharmacists, Russ Alger and Kevin Lemieux, recommend getting vitamins through well balanced meals each day. But since many women are on weight reduction diets, they would recommend a daily multi-vitamin that contains 100 percent of the U.S. RDA, (Recommended daily allowance), many diets short-change, the body of many vitamins and this would compensate for this loss. They stress there aren't any magical vitamins that would revitalize your sex life or any bodily function, a myth generated by ad campaigns, your body can only benefit from vitamins in correct amounts. In fact fat soluble vitamins, such as vitamin A, can be highly toxic taken in incorrect amounts. Water soluble vitamins give the body what is needed and the excess is flushed out of your body, fat soluble vitamins are the ones to be careful with, since the excess is

stored in your body and can harm your physical well-being if taken in high amounts. Many are taking vitamins in mega-doses, Alge and Lemieux cautions that like anything else, you can have too much of a good thing, so talk to your pharmacist or doctor before getting into this practice.

Vitamins can lose their potency, check the expiration date on the label and toss any old vitamins in favor of new ones. The composition of synthetic and natural vitamins are identical, the only difference is in the price range. The following are some specifics on certain vitamins.

Vitamin A contains beta-carotene that the American Cancer Society

claims may lower the likelihood of developing cancer. Too much vitamin A is highly toxic and can cause symptoms of blurred vision, hair loss and menstrual irregularity.

Vitamin C, the body cannot absorb more than a normal amount of vitamin C, the excess is eliminated through the urine, although too much vitamin C can result in diarrhea or development of kidney stones.

Vitamin B, the B vitamins work together, but too much B-6 taken in isolated amounts can cause nerve damage.

Vitamin D, the body manufacture vitamin D when the skin is exposed to the sunlight. Excessive vitamin D supplements can cause heart damage and in rare cases, death.

VITAMIN	FOOD SOURCE	IMPORTANT FOR
A	broccoli, carrots, dark green vegetables, eggs	vision, healthy skin, teeth
B-1 (thiamin)	legumes, pork, yeast	heart and brain functions, nervous system
B-2 (riboflavin)	Beans, enriched flour, milk, vegetables	tissue repair, nervous system
B-6	avacadoes, bananas, beans, fish, meat, potatoes	protein, metabolism
B-12	eggs, milk, oysters	blood cell formation
C	broccoli, cabbage, citrus, spinach	strengthening tissues, healing process
D	milk, eggs	bones, teeth
E	chocolate, nuts, oil, grain bread and cereal	whole red blood cells development
K	leaf, dark green vegetables, peas, liver	blood clotting

Summer Fun sign up for Summer Recreation at the Community Center Fun begins June 18



Spilyay Tymoo photo by Shewczak
The May 8 district-wide Health Fair held at Madras High School gymnasium exposed students and community members to fitness, exercise and safety.

Win a Dad's Day trophy

The annual Father's Day Squawfish Angling Tournament will be held June 15 at Lake Simtustus near Warm Springs.

Sponsored by the Round Butte Anglers, the tournament will last from 9 a.m. to 4 p.m. Signup begins at 7:30 p.m. at the Pelton Store.

The entry fee is \$2 for adults and \$1 for youngsters 13 and under. The Confederated Tribes will not require a tribal fishing permit for contestants. Fish likely to be caught during the tournament are northern squawfish, chiselmouth, and large-scale sucker.

An engraved trophy will be awarded to men's, women's and children's division winners who catch the most squawfish, most pounds of squawfish and largest squawfish.

Contestants may also take part in a team fishing competition.

For more information call Madras Gun and Tackle Shop at 475-2044.