

Spilyay Tymoo



SPORTS

Steelheads win first reservation relay run

Women's team places second

by Jolene Estimo

The Inter Tribal Sports womens basketball team traveled to Albuquerque, New Mexico April 20 to 23 to participate in the National Indian Athletic Association basketball finals. They entered the competition as reigning champs and came out with second place.

The defending Oregon womens team was handed second place by the Oklahoma Reds at the finals in which 24 mens and 24 womens teams participated. The teams competed at six locations throughout the city.

Oregon, the number one seed, received a bye in the first round of play. They went on to play the winner of Lethbridge, Canada and Shiprock, New Mexico game. The young Shiprock team won and played the Oregon girls in game #24. Shiprock gave the seven Oregon players a good game but Oregon pulled together in the fourth quarter to win. A main factor, realized early by the teams traveling into Albuquerque, was the elevation of 5,000 feet.

The Oregon team moved on to play the winner of the Montana North Stars (1987 6th place team) and the North Dakota Stars (1987 4th place team). The North Dakota Stars, led by their 6'2" center and awesome three-point shooters, beat the highly ranked Montana team. The three-point line was to be a main factor against the Oregon team but Oregon edged the Stars by two points to advance into the finals.

Meanwhile, the Oklahoma Reds, who had been winning most of their games by thirty points, beat Tuba City, Arizona to advance into the finals also.

The finals were held at Sandia High School Saturday evening. Attendance was 1,700, according to tournament director Pete Homer. The womens championship game, at 7 p.m., was followed by the mens

championship game at 8:30 p.m. The 1987 mens champs, the Oregon Travelers, had played the North Dakota Warriors earlier that day. The Travelers, who had not been able to "get it together" throughout the tournament, placed sixth, while the Warriors took fourth place.

The Oregon womens team also had their share of problems. They weren't able to execute their full court press and could not get their fast break going. The Oklahoma Reds were just that, red hot, in the first quarter of the championship game. They came out shooting and running, taking a 30-15 lead at the end of the first quarter. Oklahoma maintained the lead through the second and third quarters. The struggling Oregon team made a run in the fourth quarter, but were unable to catch the Reds. The final score was 91-101.

The eight members of the team were Lorraine Suppah, Jolene Estimo, Julie Taylor, Debbie Rios, Yollie Makalah, Elberta Monroe, Trina Witt and Jennifer Jim. Coach Tom Estimo had four returning and four new players, but they had a bad game and he could not get them to play to their potential as a team. The Reds, who were knocked out of the semi-finals last year by Oregon, had a good game and capitalized on Oregon's turnovers. Oklahoma had an awesome starting five and choosing the MVP was no easy pick. Mary Lane-Wesley, the point guard, was chosen.

Overall, the tournament was well run and the competition was great for both men and women. Rapid City, South Dakota was selected for the 1989 finals. The Oregon team will welcome the return of some of the 1987 team members and will be looking for new talent, as well.

The girls would like to thank Inter Tribal Sports for their full

Continued on page 8

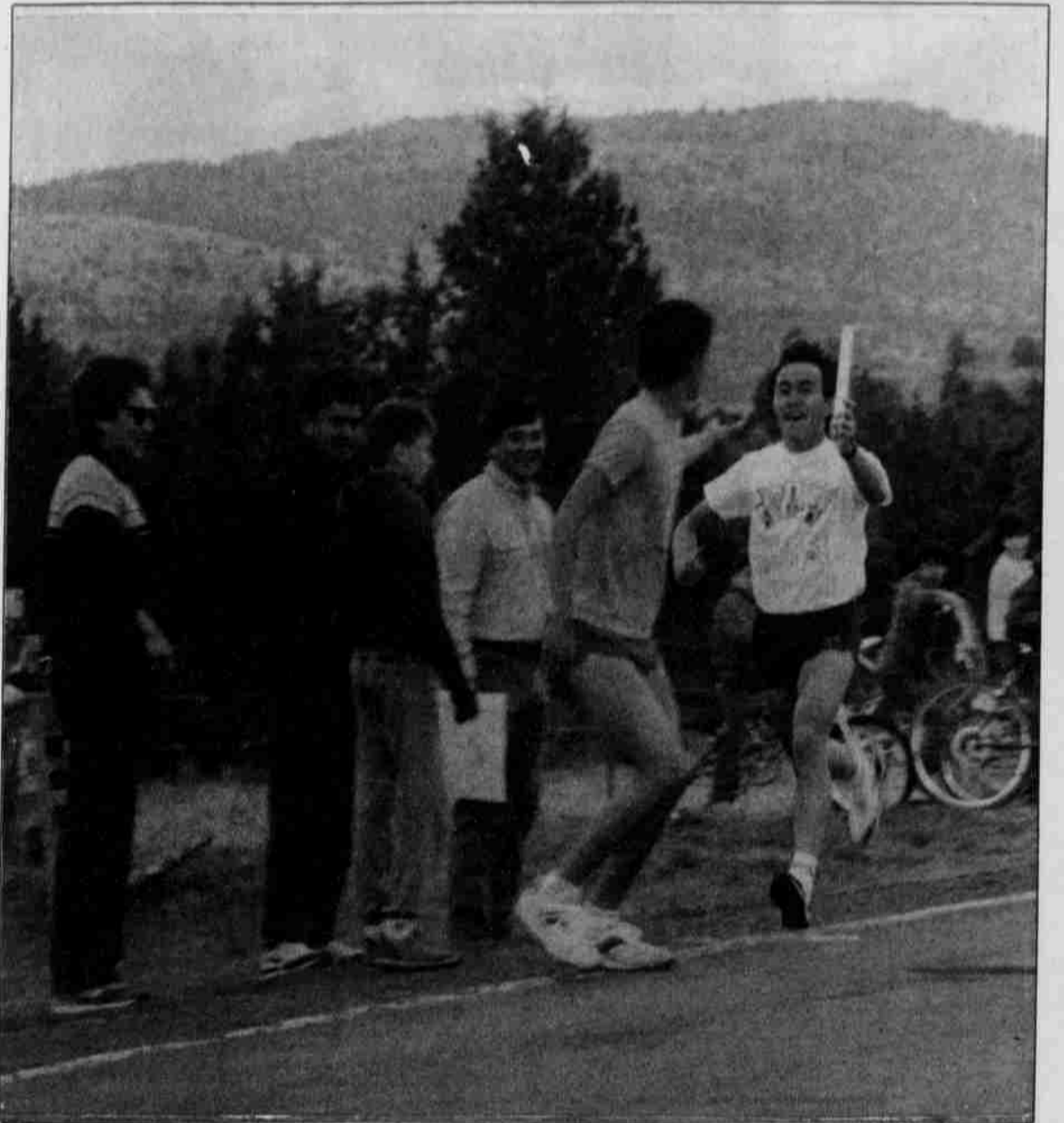
Ten teams participated in the running of the first annual Reservation Relay held at the Kah-Nee-Ta resort May 7, 1988. The 58.2 mile run was hosted by the Warm Springs Athletic Committee and Kah-Nee-Ta resort. Overall winner and also winner of the mens division was the Warm Springs Steelheads team with a final time of 6:27:03. Runners for the Steelhead team were Terry Squiemphen (captain), Thurman Squiemphen, Stan Kneeland, Roy Nakamura and Jabbar Davis.

Second place in the mens division with a final time of 6:59:22 was the Redmond, Oregon team, the Striders. It was a team of young runners composed of young men (junior high students) with Geoff Bury being the only adult on the team. Team members were Geoff Bury (captain), John Stones, Tim Jorgenson, Wade Stanton and Vince Stanton.

The Dirty Ole Men from Portland, Oregon turned in a final time of 6:59:49. The Dirty Ole Men runners were Ralph Queaphama (captain), Charlie Scott, Rick Lewis, Everett Dawes and Mike Veech. In fourth place for the mens division was the team of Warm Springs with a final time 7:59:38 with team members Bernie Earl (captain), Nelson Zomont, Andy Leonard, Jessie Maril and Leffert Miller.

The Warm Springs Athletic Association members Everett Miller (captain), Jerry Sampson, Ron Suppah, Sr., Don Courtney and Howie Patt ran a final time of 8:12:51.

In the youth division first place winner was the team, Sidwaller Boys turning in a time of 7:27:44. Vernon Squiemphen was team captain with team members being Jonathan Smith, Gary Sampson, Orlando Stevens, Jeremy Lagers, Jared Sampson and Gerald Sampson, Jr. The Simnasho Roadrunners youth team took second place with a time of 7:57:34. Runners for the Roadrunners were Leif Suppah (captain), Samuel Wolfe, Marc



Nakamura hands the baton to Davis

Arthur, Matthew Smith, Alyssa Macy, Obedt Suppah and William Parker. Third place for the youth was the team of the Rainbow Market with a final time of 8:15:38. Team members for the Rainbow team were Vernon Suppah, Jr. (captain), Otis Johnson, Eldred Heath, Frank Brunoe and Victor Smith.

The Pant-Hers of Warm Springs took top honors in the womens division with a final time of 9:36:43. Pant-Hers members were Gladys Squiemphen (captain), Lisa Kaber, Iris Quam, Fritz Miller and Becky Ouinn.

Thirty and Dirty of Warm Springs took first in their division, adult

co-ed, with a winning time of 9:36:45. Runners for the team were Nancy Kirk (captain), Oliver Kirk, Bill Chemema, Katie Smith and Charlie Strom.

Coordinator of the run, Austin Greene stated it was a success and said the second annual should be an event to look forward to next spring.

Major girls schedule

- #1 Dairy Queen—George Neilson.
- #2 Keith Manufacturing—Don Dexter.
- #3 Sparklers—Rick Utter.
- #4 Olsen's Saddlery—Gary Sundberg.
- #5 Madras #5—Curt Pollard.
- #6 Warm Springs #1-Louis Alvarez.
- #7 Warm Springs #2—J.R. Smith.
- #8 Culver—Cindy Williams.

Week 2—Tuesday, May 24: (5 at 2-Field #3); (7 at 1-Red Field) (4 at 3-Field #4); (8 at 6). Thursday, May 26: (6 at 1-Field #4); 3 at 2-Blue Field); (5 at 7); (4 at 8).

Week 3—Tuesday, May 31: (6 at 4-Field #3); (1 at 5-Red Field); (3 at 7); (2 at 8). Thursday, June 2: (2 at 1-Blue field); (3 at 8); (4 at 7); (5 at 6).

Week 4—Tuesday, June 7: (3 at 4-Red Field); (2 at 5—Field #4); (1 at 7); (6 at 8). Thursday, June 9: (4 at 2-Blue Field); (8 at 5-Field #3); (3 at 1-TBA); (6 at 7).

Week 5—Tuesday June, 24: (6 at 2-Field #3); (5 at 3-Red Field); (1 at 4-Field #4); (7 at 8). Thursday, June 16: (8 at 4-Field #3); (2 at 3-TBA); (7 at 5-Blue Field); (1 at 6).

Week 6—Tuesday, June 21: (5 at 4-Red Field); (1 at 8); (2 at 7); (3 at 6). Thursday, June 23: BYE

Week 7—Tuesday, June 28: (8 at 1-Blue Field); (4 at 5-Field #3); (6

at 3—Field 4); (7 at 2—Red Field). Thursday, June 30: Make-Up.

1. All games must start by 6:00 p.m.
2. No inning shall start after 7:30 p.m. while school is in session. No inning shall start after 8:00 p.m. after school is out.

3. The home team is responsible for the game balls, and is the official scorekeeper. (umpires too).
4. No coaches, managers or officials shall smoke during the game! Little League Regulation.

5. Red and Blue field are at Little League Field near Fairgrounds.

6. Field #3 is junior varsity softball field. Between gym and football field. Field #4 is varsity high school softball field.

Sports Exchange trip....

Three local girls selected

Three Madras High School basketball players have accepted an invitation to join an Oregon team destined for Sydney, Australia.

Christel Leonard, Laura Snow and Angie Namenuk will join other Oregon Double AA league girls in an exchange scheduled for July 18 to July 28.

Bonnie Souers, coach of one of the two Oregon teams to participate, explains that the girls who

Exercise—benefits great, commitment not easy

All of us know regular exercise is important to our health. We've heard over and over how exercise makes us feel better, improves our heart and lung efficiency, helps us lose weight and maintain a healthy weight, strengthens our muscles and bones, helps us handle stress better, allows us a better night's sleep, adds to our self-esteem by helping us to look better, helps us lower our blood pressure and blood fat levels, helps in controlling diabetes and lot of other good reasons. If something is this good, then why aren't we all regular exercisers? Probably because making a commitment to a regular exercise schedule and sticking to it is hard

work. In fact, for many people, the real obstacle to exercise is subconsciously working to escape exercising. Committing to a regular program of exercise is hard work, but the benefits are well worth the effort.

So, be prepared. If you are going to take responsibility for your own well-being and start an exercise program, here are some common ways to sabotage your efforts—and how to avoid them.

1. Choose an activity you don't like, but everyone says is good for you. If you don't like to run, don't take up jogging just because your good friend convinces you it is the only way to exercise. You won't stick with it and there are many other ways to get exercise.

2. Set your exercise workout time for a time during the day when you are least likely to want to exercise. If you are not a morning person, don't decide to join Early Bird exercise at 6 a.m. Decide on a time during the day (or evening) when exercising would be possible and desirable for you.

3. Exercise with someone who makes your feel inadequate. If exercising with your lean, slim, trim, fit friend makes you feel old, fat and out-of-shape, find another

exercise partner. Exercise with someone with similar abilities and goals. (Exercising with your spouse isn't always the best approach.)

4. Set unrealistic goals. Deciding to lose 35 pounds in two weeks or

run the Kah-Nee-Ta Marathon in two months (after doing nothing for the past 10 years) is sure to discourage even the best efforts.

Always set short-term, reachable

Continued on page 8

Sports camp offers fitness, nutrition workshops

The Gary Bays' Sports Camp, formerly known as the WPC Hoop Camp, will hold its tenth camp session at George Fox College in Newberg, Oregon. The camp will feature sessions for boys and girls in basketball and girls volleyball. Sessions will began July 17.

Six-day camps with lodging will cost \$210 per individual. A non-refundable deposit of \$50 per session is required from each applicant. Remainder of fee must be paid on arrival at camp.

The camp is headed up by Gary Bays, with a 20 year coaching background that spans every level from junior high school through college.

He has 15 years experience in the summer camp business. He is credited with building winning programs from scratch. Bays just completed a 12 year career at Warner Pacific where his last six teams and eight of his last ten clubs qualified for the district play-offs. Bays' camp began with 43 boys and girls in a one week camp and grew to 550 boys and girls in the summer of 1987. Due to the rapid growth the camp site has been moved to George Fox College where there is more dorm space, a larger cafeteria and plenty of gym space.

The girls' volleyball camp is new this year, it was added due to the

many requests Bays receive for just such a camp. The volleyball session will be held August 14-19.

Fitness and nutrition workshops will be offered during the each session. A full battery of fitness testing will be conducted. The added features make this camp the fore-runner among sports camps. Also featured will the International Tour Program, all-star boys and girls will be selected from the camps to travel abroad to play against international competition. The June 1988 tour will spend three weeks in the Far East with a combines boys-/girls team. Another squad to travel in June of 1989 will also be selected

from boys and girls at the camp for 1988. If you are 16 years old or older come to camp to try out for the tour team.

Four sessions offered are session one: boys basketball camp from July 17-22; session two: girls basketball camp from July 31-August 5; session three: boys basketball from August 7-12; and session four: girls basketball from August 14-19 and girls volleyball from August 14-19.

For an application or more information write to Gary Bays Sports Camp, 8910 S.E. Spencer Drive, Portland, Oregon 97266 or telephone (503) 659-5563.

Warm Springs, Oregon 2nd Annual Junior Rodeo

Sanctioned by N.W.P.R.A. Sponsored by the Warm Springs Little Buckaroo Club

May 28 & 29, 1988

At the Warm Springs Rodeo Arena, Kah-Nee-Ta Road

DIVISIONS:

Underage — 5 & Under

Pee Wee — 6 thru 10 years

Junior — 11 thru 13 years

Senior — 14 thru 17 years (or still in high school)



Mail Entries to:
N.W.P.R.A.
Diane Seipert
35801 S.E. Hwy. 26
Boring, Oregon 97009
No later than May 20, 1988
Must pre-enter - Books open May 23, Books close May 24, 1988, 8:00 AM - 9:00 PM.
Telephone: (503) 668-4142
Entries must be paid by 12:00 Noon each day of Rodeo.

PEEWEE AND JUNIOR EVENTS

Pony Bucking	\$15.00
PeeWee Calf Riding	\$15.00
Jr. Bull Riding	\$15.00
Barrel Racing	\$8.00
Pole Bending	\$8.00
PeeWee Figures	\$8.00
Goat Tying	\$8.00
Breakaway Calf roping	\$8.00
Underage figure 8 & Barrels	\$5.00 Ins. Fee

SENIOR EVENTS-JACKPOT

Saddle Bronc	\$20.00
Bareback	\$25.00
Bull Riding	\$25.00
Barrel Racing	\$10.00
Pole Bending	\$10.00
Goat Tying	\$10.00
Team Roping (Enter twice)	\$20.00 per team
Breakaway Calf Roping	\$10.00

HORSES used in Pee Wee and Junior gaming events must be 56 inches or under. Juniors will be allowed to ride in Senior Division if their horse is above 56 inches (See 1988 rule book). Seniors have no height limit on their horses. Insurance Fee \$5.00. All events will be one go around.

Buckles & Awards thru 5th place will be issued All Around Saddle to high point in 5 events

For more information call:
Lee or Cheryl Tom - (503) 553-1009
Evans or Eileen Spino - (503) 553-1706
from 5:30 - 10:00 PM