

Rodeo and contest entertain Huckleberry Feast crowd



Bull riding...



Wild colt race...



Mud wrestling champ...

Huckleberry Feast Rodeo —Continued from page 6

Winners of the cowdeo of the rodeo events are as follows: **Bucking ponies:** Saturday-1. Shirley Allen and Sunday-1. Zee Smith, 2. Alburn Bryant; **Calf riding:** Saturday-1. Justin Tom, Sunday-1. Lyla Hernandez, 2. Justin Tom; **Colt bucking:** Saturday-no qualified rides, Sunday-1. Justin Tom; **Junior barrels:** Saturday-1. Flint Scott, 2. Justin Tom, Sunday-1. Justin Tom, 2. Flint Scott; **Senior barrels:** Saturday and Sunday-1. Sonya Heath, 2. Mona Smith; **Team roping:** Saturday-1. Brenda Scott and Jazzy Wewa, Sunday-1. Buzzy Scott and Alvis Smith, Jr.; **Wild colt race:** Saturday-1. Corbett Tom, Otis Johnson, Alburn Bryant, 2. Connie Daniels, Grant Clements, William Clements, 3. Justin Tom, Flint Scott, Shirley Allen, Sunday-1. Antone Fuentes, Zee Smith, Kyle King, 2. Corbett Tom, Otis Johnson, Alburn Bryant, 3. Justin Tom, Flint Scott, Shirley Allen; **Endurance race:** 1. Ricky Graybael, 2. Mona Smith; **Bull riding:** Saturday-1. Bill Jeffers, Sunday-1. Troy Smith; **Bareback:** 1. no qualified rides, Sunday-1. Larry Caldera.

All around cowboy for the boys was Justin Tom and all around for the girls was Shirley Allen.

Spilyay Tymoo
photos by
Pat Leno-Baker



Pie throwing champ...

STRESS: You can't live with it or without it!

Eighty percent of accidents, of all kinds, are caused by human error. Very few people make errors willingly. Very few people are careless. A better word might be "thoughtlessness". Most of us have the idea that "it won't happen to me" or we are occupied with other things.

Stress is a good thing. If we didn't have it we wouldn't be able to live. Stress is necessary for us to adapt to the environment around us. What happens is that stressors are increasing so rapidly that we have difficulty adapting to them. Our reaction to stressors (which is what we call stress) is responsible for our not living as long as we might.

The average age of a heart attack victim is 31. The average age of a fatal heart attack victim is 32. The average age of a stroke victim is about 40. That age used to be about 70 or 80. These increasing ages of heart attack and stroke victims is due to stress. We also have a \$35 billion industry just dispensing pills to help us deal with stress.

Stress in small amounts is good

for us and our body adapts to it. Stress in large amounts kills.

Our bodies and minds have been conditioned for many thousands of years to respond to threats from the external world (tigers) by getting ready to run or fight. Through the years the threat from real tigers increased and our mind prepares for the new threats just as though they were real tigers. Emotional and psychological threats (stresses) cause our bodies to prepare for fight or flight just as external threats do. The result is that we are in an almost constant state of preparedness for either running or fighting.

In the normal fight or flight response to external stressors, the stress is relieved by the running or fighting. In our constant state of stress there is no relief.

What can we do to reduce stress? One of the things we can do is reduce the amount of sugar we consume. High levels of sugar produce high levels of stress. The other biggest thing we can do is exercise. When the body is under stress it

produces high levels of blood sugar in preparation for strenuous physical activity. If we reduce our level of sugar intake and exercise strenuously on a regular basis we have done the two most important things we can do to relieve stress.

Stress is perceived. The events that are stressful to one of us may not be to another. There are no external measurements of what stressors are. The items in our environment that are stressful to us are perceived to be stressful.

We cannot stop the stress response from starting. We can manage the stress once it has started and reduce its effect on us but we can't stop it from starting.

There are three ways to overcome any situation.

- * If you don't like it, change it.
- * If you can't change it, remove yourself from it.
- * If you cannot or choose not to remove yourself from it, change your attitude toward it.

There is nothing to do in this life, except die. All other things in life are choices.

Improve your cardiovascular fitness

Fitness is a combination of muscular performance, body composition, and cardiovascular fitness. Of these components, cardiovascular fitness is perhaps the most important because it reflects the body's ability to use oxygen to release energy. Improving your cardiovascular fitness increases your supply of oxygen (and energy), and can lead to prolonged endurance and optimum performance. By conditioning your cardiovascular system, you can also decrease your risk of heart disease, stroke, high blood pressure, and other life-threatening diseases.

The normal heart beats at a rate of approximately 70 beats per minute at rest or about one hundred thousand beats a day. The well-conditioned heart can actually beat as few as 40 times a minute at rest or approximately fifty thousand beats a day. In short, a well-conditioned heart conserves energy. It can supply oxygen-rich blood to the rest of the body with half the effort.

Since the heart is a muscle, it can become bigger and stronger through

exercise that progressively increases the body's demand for oxygen. This type of exercise involves steady, continuous motion of the large muscles which places a large and continuous energy demand on the heart. Aerobic activities, walking, running, swimming, cycling, etc. should be intensive enough to raise and sustain your heartbeat to a target heart range or THR to 60 to 80 percent of its maximum capacity for at least 20 to 30 minutes. For optimum benefits, you should exercise aerobically within your THR for at least 20 to 30 minutes a minimum of three times a week.

A well-conditioned heart, like any muscle, is stronger and more efficient than average. By exercising within your target heart range for 20-30 minutes 3 times a week, you can condition your heart and enjoy the benefit of a more fit and healthy lifestyle in general.

Conditioning exercises improve flexibility and muscle strength. Muscles help you move, and also support all the bones in your body.

Stiff, weak muscles can limit movement, fail to support the rest of your body, and may make it hard to maintain a vigorous activity long enough to reach your THR. Stretching exercises improve flexibility, while "resistance" exercises (such as push-ups) build muscle strength.

Fitness also includes weight control, proper nutrition, and stress reduction. Becoming fit is saying "yes" to life and "no" to unhealthy habits such as smoking and alcohol and drug misuse. A total fitness plan can improve both the quality and the quantity of the years ahead of you.

As you begin your fitness plan, pace yourself. Know your correct THR and try not to exceed it. Choose activities you enjoy as your core aerobic exercises, and do a variety of conditioning exercises to improve flexibility and muscle strength. Finally, make healthy lifestyle choices to help yourself become healthy and fit.