

Spilyay Tymoo



SPORTS

Western States Indian Rodeo Association standings

Rodeo fans have seen two Western States Indian Rodeo Association sanctioned rodeos. The first was at Tygh Valley, Oregon, in May and the second at White Swan, Washington. There have been other sanctioned rodeos since but at the present time the results have not been available. After the two shows here are the standings to date.

- Bareback**
1. Shawn Best, 891.36; 2. Gary Sam, 268.80; 3. Roy Begody, 260.64; 4. 5. Shane Olney, 86.88; 4. 5. Freddy Blackwater, 86.88; 6. Kenny Sam, 53.76.
- Saddle Bronc**
1. Dave Best, 947.28; 2. Terry Parrish, 425.04; 3. Shawn Best, 396.48; 4. Wilson Begay, 212.44; 5. Jerry

- Frazier, 30.72;
- Bull Riding**
1. Shawn Best, 537.60; 2. Smith Condon, 468.48.
- Calf Roping**
1. Pete Bruisedhead, 572.16; 2. Andrew Hunt, 547.20; 3. Gary Sutton, 489.60; 4. Roy Hicks, 429.12; 5. Ed Harry, 143.04.

- Steer Wrestling**
1. Cort Herrera, 655.39; 2. Mel Joseph, 554.88; 3. Oaks Locust, 344.83; 4. Robert Bruisedhead, 104.83.
- Cow Milking**
1. Cort Herrera, 811.77; 2. Fred Herrera, 741.89; 3. Robert Hicks, 488.45; 4. Ed Jones, 483.84; 5. Tom Begay, 311.81; 6. Jerry Parrish, 183.16; 7. Ralph Rogers, 101.76.

- Barrel Racing**
1. Stacy Colliflower, 565.25; 2. Marilyn Colliflower, 520.32; 3. Stacy Corbett, 476.93; 4. Shannon Williams, 412.32; 5. Crystal Colliflower, 278.21; 6. Sue Burton, 130.08; 7. Fay Suppah, 61.82.
- All Around**
1. Cort Herrera, 2,688.95; 2. Shawn Best, 1,825.44; 3. Ed Harry, 1,763.18; 4. Gary Sutton, 1,455.07; 5. Ralph Rogers, 144.48.

- Team Roping**
1. Ken Peppers, 2,799.21; 2. Ed Harry, 1,620.14; 3. Cort Herrera, 1,221.79; 4. Gary Sutton, 965.47; 5. Anson Begay, 922.75; 6. Garry

Support Easter Seals at Bend Bucks game

Bring your family out to the ball game on July 16th at 7 pm. The Bucks will be playing the Bellingham Mariners. Have a great time and help support the Easter Seal Society serving central Oregonians with disabilities.

Five lucky people will win a photo with a future baseball star. Baseball related prizes will be given out every inning, and you could even win some cash during our 50-50 raffle.

Admission is \$3.50 and tickets are available at Bend area Safeway, Wagners, and the Easter Seal office at 51 NW Oregon Ave., downtown next to the post office.

Register for softball marathon

Register now for the 7th annual Easter Seal Softball Marathon to be held on August 4, at Skyline Park in Bend.

Each team plays 3 one-hour games against teams of similar ability - lots of fun, and lots of prizes. All kinds of teams - business, league, families and friends, organized and unorganized - are welcome to play.

SIGN UP NOW!! Registration is limited to 30 teams. Registration is \$200.00 per team. All team members will receive baseball caps. If your team raises \$325 you get hats and sunglasses. If you raise \$500 or more you get hats, sunglasses and t-shirts and coolers.

The top team raising over \$1500 will win the GRAND PRIZE, an all day raft trip for the entire team

by Rapid River Rafters!! (Plus all the other fun prizes).

Register now and get your first choice of time slot. \$50 deposit will hold your spot. Call Easter Seals for more information, 389-9889.

Alumni to play

"Alright... Loosen up!" The annual Alumni football game will be on August 25, 1990, game time at 7:30 p.m. in the Madras High football stadium.

Equipment check-out will be from 2-5 p.m. and the dressing room will open at 6 p.m. on Saturday.

This year the graduates of the odd numbered years will VS the graduates of the even numbered years. So if you graduated on years like 85, 87 or 89 you will be on one team and the even numbered years like 84, 86, 88 and so forth you will be on the other team.

Now is the time for you to show your stuff once again and remember... August 25th is when the stars will shine once again.

Football camp scheduled

A football camp headed by Rod Chester, Madras High football coach, will be held on August 13 to the 16, 1990. There will be a division in age groups with the first being boys in the 3rd to the 5th grades their session will be from 3-5 pm. This will include the basics and fundamentals of football for the younger boys.

For the boys in the 8th and 9th grades and also for the boys in the 10th to 12th grades, the sessions will be from 6-8 pm. There will be a camp fee of \$30.00, to cover Insurance, a T-shirt and instructions. For more information a person can contact Mr. Chester.



Andy Leonard instructs Summer Recreation participants in the art of golf.

Crooked River Round-up features horse races

Pari-mutual Horse Racing runs from July 11 to July 14 at the fairgrounds in Prineville during Crooked River Round-up days.

Wednesday, July 11 is Ladies Night with ladies admitted free. Post time is 6:45 p.m. each night. Children under 12 years of age are not allowed in racing area.

A street parade is scheduled for Saturday morning in Prineville.

The Little Wasco Singers will be participating.

At 1:00 p.m. Saturday and Sunday, the Pro-rodeo will get underway.

An art show will be held in the city park on Saturday.

Davis Shows of Portland, Oregon will provide carnival rides during the Round-up days. For rodeo ticket information call 447-4479.

Ticket cost includes: Box seats—\$8.00; Reserved grandstand—\$7.00; Grandstand—\$6.00; Bleachers—\$5.00.

Horse racing information may be obtained by calling 447-6535.



Kah-Nee-Ta Resort offers rafting on the Warm Springs River this season.

Smith serves on U.S.A. Boxing team

Boxing fans will have an opportunity to see the U.S.A. boxing team in action at the Goodwill Games in Seattle, Washington from July 20, through August 5, 1990.

The U.S.A. Boxing team consists of 24 eager, young boxers from across the country. They will be facing tough competition from the Soviet Union and the Cuba team. These two teams are always a threat in competition such as this. There will also be teams from

throughout the world in action also.

Gerald Smith, along with the rest of the U.S.A. boxing team staff will have their hands full in the 12 weight divisions in world competition.

The quarter finals in all weight divisions begin July 24 to July 31. The semi-finals begin August 1 and 2 and the finals will take place August 4 and 5, 1990.

Medicine wheels still available

Are you still filling out your Medicine Wheels? Well if you are then by all means don't quit. You still have a lot of time to fill out two before the year is out. The Challenge will go on for a full year, with quarterly drawings for prizes.

The first quarter drawing was held at the Community Center on June 20th, immediately after the Pi-Ume-Sha Walk. The walk was on the Trail that was to be used for the Pi-Ume-Sha Walk/Run during the Pi-Ume-Sha weekend. There was a good turnout of people for the walk that day at noon, total there was 25 people in all.

Winning the Nike Air Walking shoes was Don Dexter of the Public Health Clinic. Paula Vandehey also of the clinic won a "Just Do It" Nike T-shirt. Daryl Pamperien won a fluorescent cap from Nike also.

The Wellness department would like to commend the Public Health

staff for all becoming healthier people. Quite a number of their staff have turned in their filled Medicine Wheels already. Many people have been seen walking at noon and also seen working out at their own time. It is good to see more people becoming more aware of their health.

There is a certain department in the Administration that should be mentioned. They have had a weight loss contest going for two months now between five people. I don't know the details of their results or the names, but let us all praise and congratulate them for a job well accomplished and encourage them not to stop.

There are many people out there that have become health and safety orientated that do not have the Medicine Wheel. If you are on some sort of program or just doing something good then by all means

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Kenyon chosen exerciser of month

Sonya Bryant Kenyon was chosen Exerciser of the Month for April 1990.

Kenyon started a regular exercise schedule one year ago. She spends approximately five hours a week doing aerobics, using the nordic trak and exercise bike while also working on muscle toning with hand weights.

Kenyon says, "I got a lot of inspiration by seeing people in the community jogging and walking before beginning my exercise program and still today these people are a great inspiration." She also adds, "I have a lot more energy. I feel good about myself. I am losing weight and it's one of my ways of relaxation and its fun."

Her family is involved in exercise with her. Kenyon takes walks with them and they play at the park and ride bikes.

Her stumbling block, she admits, is going to the restaurant instead of exercising but generally she handles it by self-talk that consists of positive affirmations.

Three activities Kenyon would like to do is hang gliding, downhill skiing and parachuting. An exciting event for her is clothes shopping and discovering that clothes sizes have dropped down four sizes for her. She adds, "Knowing I have made exercise a part of my life is exciting."

Kenyon would like to share this about exercise: "Just remember the key to exercise is consistency, not intensity. And fill your mind with positive thoughts like 'I can do it.'"

Be kind and gentle to your mind and body. Remember, you are important and deserve to feel and look healthy and fit as the next person."



Sonya Kenyon

Responsibilities of Sportsmanship

A goal for everyone

The Player

1. Treats opponents with respect
2. Plays hard, but plays within the rules
3. Exercises self-control at all times, setting the example for others to follow
4. Respects officials and accepts their decisions without gesture or argument
5. Wins without boasting, loses without excuses, and never quits
6. Always remembers that it is a privilege to represent the school and community

The Coach

1. Treats own players and opponents with respect
- Inspires in the athletes a love for the game and the desire to compete fairly
3. Is the type of person he/she wants the athletes to be
4. Disciplines those on the team who display unsportsmanslike behavior
5. Respects the judgement and interpretation of the rules by the officials
6. Knows he/she is a teacher and understands the athletic arena is a classroom

The Official

1. Knows the rules and their interpretations
2. Places welfare of the participants above all other considerations
3. Treats players and coaches courteously and demands the same from them
4. Works cooperatively with fellow officials, timers and/or scorers for an efficient contest
5. Is fair and firm in all decisions, never compensating for a previous mistake
6. Maintains confidence, poise and self-control from start to finish

The Spectator

1. Attempts to understand and be informed of the playing rules
2. Appreciates a good play no matter who makes it
3. Cooperates with and responds enthusiastically to cheerleaders
4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players, and avoids use of profane and obnoxious language and behavior
5. Respects the judgement and strategy of the coach and does not criticize players or coaches for loss of a game
6. Respects property of others and authority of those who administer the competition
7. Censures those whose behavior is unbecoming remarkable honor roll