



Spilyay Tymoo Sports

June Exerciser of the Month



Exer. iser of the month for June is Lynn Tanewasha.

Lynn works out five times a week and spends about 10 to 15 hours

doing so. She has been working out on a regular basis for two and one-half years now. Her main focus is Aerobics on Mondays, Wednesdays,

and Fridays. On Tuesdays and Thursdays she jogs. She likes to workout so that she will be in shape when "softball season comes around in the summer." When asked what made her decide to workout she said that when she got on a weight scale she didn't know if the scale was broken or if all the weight was muscle. She stated that she didn't have the same youthful energy she had ten years ago and said that it took her twice as long to take the weight off than it took to put on.

Lynn exercises with a goal in mind. That goal is she feels that if she doesn't workout the next day will be harder. Some of the stumbling blocks for her are laziness and lack of motivation. She counters that by saying to herself, "I know I'll feel better afterward."

When asked what other hobbies she has the only thing she said was softball. "That's what I live for!"

Exercising with others is what Lynn prefers because she likes to help and motivate others as they do the same for her.

If there were no limitations on what she could do she said that she would play in the Professional Women's Fast Pitch League, and would one day make "Team USA."

Lynn's words of wisdom to others is to "exercise daily and drink lots of water. It's the most inexpensive way to lose weight. Having a healthy lifestyle will help you exceed in life, sports, work, or just about anything you choose to do."

Recreational Invitational 1998 Boys and Girls Youth Track Meet Tuesday, July 21, 1998 Madras High School Track 5:30 p.m.

EVENTS

Ages 3 to 5

- 50 M
- 100M
- Standing Broad Jump
- Incrediball Throw
- 100 M Relay

Ages 6 to 13

- 100 M Long Jump
- 200 M Softball Th.
- 400 M 800 M
- 400 M Relay

Pre-Registration Starts at 4:30 p.m.

Sponsored by: Warm Springs Community Wellness Center. Call 553-3243 for more information

Madras Athletes compete in All-stars

Two 1998 Madras High School graduates joined both the boys and girls class 3A basketball teams on June 19 and 20 at Mount Hood Community College.

Brain Miller played for the West team and made some key plays down the stretch of the second game to help his team win with the score of 94-90. The West team won both games, the first on Friday, June 19, with a score of 99-68. Miller had eight points in the clobbering of the other team. Madras coach Evan Brown was an assistant for the West and said that there was a lot of talent on the team so they just let them play.

Taralee Suppah also played for the West team in the girls 3A games which were held the same dates. She scored two points for the West on Saturday as they won with a score of 62-54. The game was held at Linfield College in McMinnville.

Co-Ed Slo-pitch tourney set

There will be a Co-Ed Slo-Pitch Softball Tournament held in Memory of Kevin Little George on August 29 & 30, 1998 behind the Community Center in Warm Springs, OR.

The first 10 (ten) teams with their entry fee paid will be entered. Entry fee is \$275. Men must bat the weak side and use a 30" bat. ASA rules will be in effect.

For more information call: Rick Minthorn, Director at (541) 553-1831 or Deannie Johnson at (541) 553-9030.

Tips from the Pro



The tips from the pro for this issue talks about WIND.

As spring arrives so does the wind. Here are a few quick reminders that may help you survive the gusts.

Going downwind the wind will straighten your shot out as well as take a lot of backspin off the ball. So while your tee shots will run more so will your approaches, pitches, and chips into the greens. So plan for more run on the greens. I also recommend teeing off with a three

wood for two reasons, 1) You will get the ball up in the wind so it can "ride" it, and 2) The driver puts the least amount of backspin on a ball so a strong tailwind can actually knock a driver down.

Into the wind the number one thing to remember is swing easy, you have all heard it, now let me explain why. The harder you hit a shot the more spin you will put on it, the harder the wind blows the more your mistakes are magnified. A little slice becomes big, a little hook goes out of control. By swinging easier you will put less spin on the ball, letting it bore through the wind much easier, and keeping

Fry Bread Golf Results

The Fry Bread golf tournament was a great success. There were lots of participants that competed.

For the A flight gross Dave Hall got first with a 146, net went to Moe Chester with a 133. In B flight Eiel Eielson scored a 155 and Stan Kirk got a 134 for net both received first place. C flight was won by Craig Spainhower with a score of 175, net was taken by Kelly Weather with a 148. For the women's gross Shauna Queahapama placed first with a 161 and Carol Conner won the net with a 139.

Basketball Tournament attracts many

The 5th annual Tar Stars 3 on 3+1 basketball tournament was played during Pi-Ume-Sha on June 27 at the Elmer Quinn Park. There were 7 teams entered into the event with the host team Tar Stars taking home first place. They received jackets and 50% of the entry fees as prizes. The team

No Limit took second and received sweat shirts and 20% of the entry fees. Third place went to Jerome Davis team which received tee-shirts. The tournament got a couple of sponsors for the tournament and hope to have more teams next year.

Fastpitch softball clinic a big success for participants

The Warm Springs fast pitch softball clinic was a big hit for kids of all ages. The clinic which was held on June 25 and 26 had kids ranging from seven years on up to teen-agers. The clinic was put on by Healthy Nations. The instructors of the clinic were Ken Billingsley from Albuquerque, NM, Ellen Tiger from Mission Viejo, CA, Pricilla Jay from Phoenix, AZ, Richard Brewer from Lawrence, Kansas, and the local women's fast pitch team. The event was put on for the sake of the kids. The local team felt that since they have been putting the clinic on for four years that they should continue to help the kids learn the basic fundamentals of fast pitch softball.

Healthy Nations Family Jamboree held July 11



Kids kept their cool on the Slip and Slide during Family Jamboree.

Warm Springs Healthy Nations Program would like to thank the community people of Warm Springs for participating in the past two activities: The fireworks on the Fourth of July, and the Family Jamboree which was on July 11. This year the two activities were combined; the Fourth of July barbecue and games with the Family Jamboree activities. There was an estimated amount of 200 to 250 people who enjoyed the days events of Family Olympics games, Hispanic food, Indian food, and Hamburger and Hotdogs. Bellies were filled with lots of good food, and shook with laughter!

Its with the time and help of nice,

sharing people who value family fun-togetherness, and alcohol & drug free activities to bring to their people here at home; the Community people of Warm Springs! Thank you all, to name a few, and please accept my apologies for any names left out, you are truly all appreciated, very much!!!

A HUGE Thank you to Bobby and Maria Macy from Warm Springs Market, and also the coffee drinkers in Warm Springs. The coffee fund at the store was donated to the Warm Springs Fourth of July Committee for the second year, contributing to the purchase of the prizes!! Thank you Pyro Presentations for another great entertainment display of fireworks. And a big thank you to

Tribal Council for purchasing the fireworks.

Thank you Kahneeta Vacation Resort for a \$200 donation. The check was received after the Fourth, but will contribute towards the 1999 Fourth of July!

Thanks to all the helpers: Carol Allison, Mary Sando-Emhoolah, Lucinda Greene, Carol Wewa, Cherie Spino, the three ladies who cooked for the HAABLA group, the Recreation staff, and youth workers, Roma David, Starla Greene, Warm Springs Vending, Lucy and Big Rat Suppah, Flossie Wolfe, Carol Stevens, and Rudy G. Clements. Thank you all,.....see you next year?~!

Sheilah Wahnetah, HN Director

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Wahoo Livestock

Roping & Practices

5197 Hwy. 97, Terrebonne
Cinder Butte (look for the sign)

3 Series Roping

Montana Silver Smiths Buckles—High money winners to #5 up and #4 below

10:00 sharp!!!

Series 1 was July 11

August 1—Open 3 for \$15

 #10 3 for \$12

 #8 3 for \$12

 #6 3 for \$10

August 15—Open 3 for \$15

 #9 3 for \$12

 #7 3 for \$12

 #5 3 for \$10

For information call 541-504-9769

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One girl takes a crack at the pitching machine as another warms up