

Spilyay Tymoo Sports



Janell Smith is March Exerciser of the month



Janell Smith enjoying her workout with friends during the March to Mazatlan that happened in March

Vickie Adams to perform at the 67th Annual Toppenish Powwow and Rodeo July 1-4.

Courtesy of the Yakama Nation Review

TOPPENISH - World famous rodeo entertainers Leon and Vicki Adams will highlight the 67th annual Toppenish Powwow and Rodeo held July 1-4 in Toppenish, WA.

The Adamsses have been named the specialty act of the year in the Professional Rodeo Cowboys Association, most recently in 1997.

The opportunity to work the rodeo in Toppenish will be a home

coming for Vicki, who is a Washington native. Vicki was an alternate Miss Indian America, representing her mother's tribe, the Yakama nation. She was also the Northwest Indian barrel racing champion for many years. Vicki is famous for her renowned dancing horses, well know as a trick and roman rider, and as a trainer of outstanding show and barrel racing horses.

Leon Adams also comes from a ranching and rodeo family, and has been a member of the PRCA since 1964, performing in his first rodeo when he was 12. Adams will bring Geronimo and Apache - roman riding bramas - the only act in the world of its kind.

The Adamsses have both appeared in movies and train horses, not just for their own unique performances, but for some of the top cowboys and cowgirls in the world. Leon has trained roping and steer wrestling horses for some of the worlds top cowboys, and has hazed for several National Finals steer wrestlers.

Advanced ticket information may be obtained by contacting the rodeo office at (509) 865-5313 or 1-800-569-3982 or e-mail: topdeco@wolfenet.com.

Swim lessons offered at Kah-Nee-Ta

The Kah-Nee-Ta Resort is offering swim lessons for children of all ages. The lessons are being given by Red Cross Certified Instructors.

They will begin on April 3 and will last until April 27. There will only be eight classes. The classes are on Tuesdays at 4:30 and on Saturdays at 1:00.

The cost is \$25 per child. There is a minimum of 6 children per lesson. Maximum of 15 per lesson. Space is limited.

Call to make reservation or for more information @ 553-1112, ext. 3458.

SEVENTH ANNUAL INVITATIONAL OPEN MEN'S UNDER 6 FOOT
 if you're 6 foot, you're too tall
BASKETBALL TOURNAMENT
8 TEAM TRUE DOUBLE ELIMINATION
APRIL 10 & 11, 1999
STEVENSON HIGH SCHOOL
STEVENSON, WA
\$225 ENTRY FEE
 Championship- Jackets & Plaque
 Runner-up- Hooded Sweatshirts & Plaque
 3rd Place- Sweatshirts & plaque
 4th Place- T Shirts & Plaque
 MVP & Hi 3 Points- Sweatshirts
 All Stars- Gym Bag
 Sportsmanship- Game Ball
 Half the Proceeds are shared with the local Food Bank.
 For more Info- Call Ted Lame Bull at work (541) 386-6363 or at home (509) 427-7011.

Lady Vols travel to win two tournaments



Lady Vols holding a trophy and a jacket that they won during two tournaments they traveled to

2nd Annual Tygh Ridge rodeo to be held on May 15-16

The 2nd Annual Tygh Ridge All-Indian Rodeo will be held on May 15 & 16, 1999. It will take place 8 miles north on highway 197 from the old Tygh Valley Rodeo Grounds.

Events included are Saddle Bronc, Bareback, Bull Riding, Team Roping, Barrel Racing, Calf Roping, Breakaway, Bulldogging, Wild

Horse Race, and Wild Cow Milking. Entry fee is \$50.00. Contestant fee is \$10.00. Added per event is \$300.00. Books open on May 10-11, from 5-10p.m.

Performance times are 1:00pm daily and admission is \$5.00 for people over 12, \$2.50 children 6 thru 12, children under 6 are admitted for

free. Vendors are welcome \$50.00 for the weekend. There is camping available.

For more information you can contact: Mike or Kitty Filbin @ (541) 467-2415.

Roadwarriors Biathlon set for April 24, 1999

The Warm Springs Recreation Department and the Kah-Nee-Ta Vacation Resort are cordially inviting you to compete in the Roadwarriors Biathlon on Saturday, April 24, 1999 at Kah-Nee-Ta Vacation Resort. The event will begin at the Kah-Nee-Ta Village at 10:00 a.m. with the novice division starting at 10:00 a.m.

Joey Ortiz was the Wellness Coordinator for the Confederated Tribes of Warm Springs Recreation Department for 3 years. He was an outgoing and energetic person who's personal goal was to get the

community involved in physical fitness activities as much as possible. As a person he worked countless hours, doing extra curricular activities such as; Dressing up for Halloween, being Santa Clause at the local Bazaar, and taking part of all the community activities that was sponsored by the Recreation Department including the Roadwarrior's Biathlon, in which he founded. Joey Ortiz was killed in a single car accident on September 2, 1995. He will be missed dearly and this year would like to honor him for what he has done and accomplished.

The competitive course has a 22

mile biking course with a 10k run to follow, both start and finish at the Kah-Nee-Ta Village. There is also a modified course which is a shorter version with a 15 mile biking course with a 10k run to follow, both starting and finishing at the Village.

There will be T-Shirts given to all participants and awards to the overall winners in each division.

Divisions include; Individual men's and women's, Team- Men's; Women's; Youth; Co-ed.

For more information call the Recreation department at (541) 553-3243 or fax them at (541) 553-1361.

Exerciser of the month for March is Janell Smith.

She works out around 5 to 6 times a week spending about 6-9 hours doing aerobics, circuit training, walking and running. Janell has been working out for 9 years on a regular basis.

When asked what motivated or inspired her she said "At first it was for weight loss, but over time, I realized exercising has more benefits. The more I exercised, the more I inspired myself. I am motivated and inspired by others who exercise and who are continue to make that commitment".

Janell feels that she benefits from exercising because it gives her a sense of well-being, higher energy level and a more positive outlook on my mental and physical traits.

When asked if she exercises with a goal in mind she said "Yes" and her goals have to be realistic and attainable. They vary depending on the specific types of activities.

Some of the stumbling blocks she runs into are going to lunch with girl friends or being tied up with meetings. She handles these stumbling blocks by "Just saying NO".

Other active hobbies include golf, bowling, softball and bike riding.

Janell prefers to work out with others, mostly in class instructions.

She says that family and friends also work out with her on a regular basis.

When she was asked if anything exciting ever happened to her while exercising she replies "I've met a lot of people over the years and enjoy

sharing my success stories with them and visa versa. The community center is a great place to socialize as well as getting a good workout.

Janell "words of wisdom" come from one of her health magazines and states "if you only do what you've always done, you will only get what you always got." When I changed my diet and exercise routines, I finally get the results I wanted- permanent weight loss and good health.

Helpful Hints: 1) Enjoy your workouts. 2) Eat healthy, but don't deprive yourself of your favorite foods. 3) Change your workout when you get bored or hit a plateau. 4) Challenge yourself, it feels great to overcome the hurdles. 5) Maintain consistency and continuity with your workouts. 6) Make a commitment and stick to it. 7) Willpower is the key!

"Redskins" trademark cancelled NCAI agrees

The National Congress of American Indians (NCAI) has long condemned the use of sports team "mascots" that claim to portray Native Americans and Native cultures in a positive light. For more than four decades NCAI's member tribes have collectively gone on record strongly opposing the use of such mascots. That stance continues as the Trademark Trial and Appeal Board reached its historic decision in the long-standing case to cancel federal protection of the trademark name "Redskins." The case was originally filed in 1992 by seven prominent Native Americans against the Washington professional football organization. The petitioners hope that without federal government certification, the name will be dropped in favor of one that does not offend Native peoples.

"I felt very confident in the way that the tribal testimony was presented and I am very pleased with the decision," stated NCAI Executive Director JoAnn K. Chase. "Although this practice continues in a number of communities throughout the

country, I hope that with this decision in our favor the Appeal Board will move America closer to a society free from publically condoned racism and discrimination."

"These mascots in no way honor Native Americans, they are an unnecessary element of today's society and represent the last vestiges of a time thought long past when stereotypes were commonplace," said Chase. "These mascots and team names serve to perpetuate racism and bigotry toward the African American community. We hope other sports teams with similar mascots and team names recognize the merit of this important decision and respond accordingly."

Although in recent years pressure against a number of sports teams at the high school, college and professional levels has been successful, the use of Native American "mascots" continues. To combat such negative stereotypes, NCAI's membership has united in full support of the petition to cancel the "Redskins" trademark, and has received support from other native

and non-native organizations, including the National Indian Education Association (NIEA) and the National Association for the Advancement of Colored People (NAACP). The Native American Rights Fund filed an amicus brief on behalf of NCAI and the petitioners' motion for cancellation.

Established in 1944, the National Congress of American Indians is the oldest, largest and most representative national Indian organization devoted to promoting and protecting the rights of this country's 2.3 million American Indian and Alaska native people. More than 250 tribes claim active membership in the organization, which is dedicated to the preservation of tribal sovereignty and the continued viability of Indian tribal governments. Engaging the federal government in the executive, legislative and judicial branches, NCAI is involved with all issues and initiatives that may affect Indian tribes and peoples.

If you have any questions or if you need further information on this issue contact NCAI at (202) 466-7767, or visit our website at www.ncai.org.

Local team participates in Wapato's

A local team from Warm Springs were involved in the 44th Annual All-Indian Tournament of Champions held in Wapato, WA. The Warm Springs team led by James Scott placed 5th in the tourney.

The team played on Wednesday, March 24, against a team from Arlee, MT and lost 94-78.

The team then played on thursday against Nespelem, WA and won in a

thriller 89-88. This win put them in the fifth place game which was held on Saturday, March 27.

There opponents in the fifth place game was a team from Fort Hall, ID. The game was never close as the Springs team cruised to victory with a score of 98-68. This locked up fifth place for Warm Springs and a good showing for the weekend.

Fort Bidwell tourney to be held on April 16-18

The Fort Bidwell Paiute All-Indian Basketball Tournament will be held on April 16, 17 and 18 1999, at the Fort Bidwell Rez. CA.

The tournament will have 8 Men's & 8 Women's Teams.

Awards given will include: First Place-Jackets, Second Place-Pullovers, Third Place-Sweatshirts, Consolation T-shirts & All-Tourney-Sweatshirts, Mr. & Ms. MVP-Pendelton Jackets, Mr. & Ms. Hustle-Pendelton Sport Bags.

Entry Fee is \$200.00. It is due by April 5, 1999. A half Entry Fee Deposit can be made by due date, to assure your spot in the tournament!

Free Breakfast will be served for teams only.

For more information Please call: Athena LameBull @ (530) 279-2047. Or write to P.O. Box 111, Fort Bidwell, CA 96112.

Absolutely No Drugs & Alcohol and not responsible for theft, accidents, etc.

Mini-Marathon set for April

The 1999 Kah-Nee-Ta Mini-Marathon will be held on Saturday, April 10, 1999.

The cost for the event prior to April 10, is \$10.00 with a shirt and \$5.00 without a shirt. For those paying for a shirt please specify the size you wish to have. On the day of the race the cost is \$12 with a shirt.

On the day of the event registration

will be at the Kah-Nee-Ta village front gate starting at 8:00a.m.

The 14.5 begins at 9:00 a.m. The shuttle bus will depart from the village front gate at 8:30a.m. The 10k begins at 10:00a.m.

For more information you can contact the Recreation department @ 553-3243.