SPILYAY TYMOO

Spilyay Tymoo Sports

Madras Bowl opens doors to local bowlers

Madras Bowl opened its doors to the public December 22, 2000 by new owners, Dennis and Christie Young of Tigard, Oregon. The long awaited opening has made local bowlers happy as the bowling leagues have begun throughout the week.

After managing her parent's bowling alley for 12 years Christie Young has made it her goal to be an owner herself. She has reached that goal by purchasing Pelton Lanes.

the Youngs completely renovated the building. New pinsetters, hoods and racks, seating and electronic consistent about our hours," she adds. scorekeeping brought the bowling alley up to modern times. The lanes were kept and refinished. Other additions include new subfloor, heating and air conditioning, and insulation, which provided a comfortable environment for the bowlers. It is a nonsmoking environment.

Since the opening the long awaited leagues have begun. There are six leagues in progress, plus 2 junior leagues that have begun January 1. Teams are still being added to leagues on Tuesday, Thursday

(women), and Friday (men).

Because the turnout of junior league was large, it was divided into two leagues. Tuesday junior league is accepting more 1" through 5th grade students. Wednesday junior league is still accepting 6th through 12th grade students.

Summer leagues are in the works and will begin in ten to twelve weeks

"The lanes are consistent, scor-Upon purchasing Pelton Lanes ing is consistent, we haven't broke down," says Christie. "We are open when we say we are open, we will be

Madras Bowl is open 9:00 to 11:00 p.m. Monday thru Thursday, 9:00 a.m. to 12:00 midnight on Friday and Saturday, and 1:00 p.m. to 10:00 p.m. on Sundays.

Madras Bowl will take reservations for 1 lane up to 12 lanes.

Bowling products are available in the bowling alley and orders are made for products not in stock.

In the future look for Video Poker, Birthday packages and Pizza to arrive at Madras Bowl.

New Year Exercise Schedule

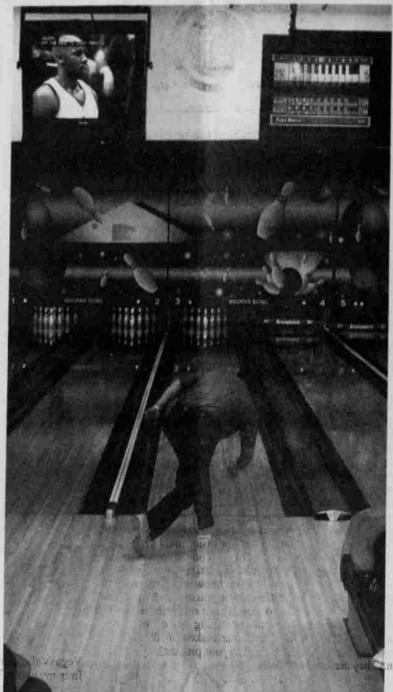
Monday

8:30-9:30 a.m.: c/c Walking-circuit training chair exercise Tuesday

12-1 p.m.: Dance-line dance or move to variety of music for all levels

Wednesday-

10-11 a.m.: Water Aerobic, Kah-Nee-Ta - no swim skills needed bus will pick up within Warm Springs area and will leave from Community Center at 9:30. Bring healthy snacks



Ralph Minnick rolls for a strike during men's league Wednesday night.



New owners of Madras Bowl, Christie and Dennis Young

Community Wellness Center announces tournaments

The North End Express All Indian 6 Foot and Under Basketball Tournament will be held Jan. 26-28 at the Community Wellness Center Gymnasium. This will be a 12-team tournament. Champions will receive wool jackets, runners-up will be hooded sweatshirts, third place will receive crewneck set sweatshirts and fourth place will get T-shirts. There will also be a most-valu- .// able player award and an all-star team. Admission to all sessions will be \$3 to for adults, \$1 for children from first-grade through high school. Children di younger than 6 and senior citizens will be admitted at no charge. Concessions will be available all three days. For information call Austin Greene at 553- 25 3243 (work) or 553-1953 (home).

The Warm Springs Cougars youth basketball invites you to attend the art eighth-grade and sixth-grade and under open co-ed basketball tournament ; scheduled for Feb. 23-25 at the Warm Springs Community Wellness Center. There will be eight teams in both divisions; entry fee is \$75 for the sixthgrade division, \$125 for the eighth-grade division, payable by Feb. 16. Awards 14 include champions through fourth-place, Miss/Mr. Most Valuable Player, 75 Miss/Mr. Hustle and an all-tourney team. Participation shirts will be given to + non-placing teams. For information call Austin Greene at 553-3243 (work) or 553-1953 (home).

The 9th Annual Cougars All-Indian High School Basketball Tournament will be held March 16-18 at the Warm Springs Community Wellness Center and Madras High School. This will be a 12-team boys and 8-team girls tournament. Entry deadline is March 9 and the fee will be \$175 for boys

for the potluck after class. No charge. Thursday 12-1 p.m.: Senior Building Chair exercise Friday 8:30-9:30: Chair, steps, weights all levels

Interested in Fitness?

Ace Native American Fitness inviting all people who have even a slight interest in fitness to take this training. We need people in this field desperately on this reservation. If you are or have been volunteering leading exercise classes, then please attend this training. For more information call Lucinda at (541) 553-5040 (home) or Diabetic Program (541) 553-4100

The ACE Native Fitness Leader Training teaches you how to design and lead group exercise classes and programs. The training, taught by ACE faculty experts, will include three full days of academic and hands-on training in exercise science, anatomy, nutrition and weight control, class variations, motivational techniques and more!

Each student will receive: The ACE Group Fitness Instructor Manual: a 300+ page, hardback textbook to keep and use as a resource; A student notebook with all course materials; The ACE Native Fitness Leader T-shirt; A Muscle Mixes music tape to get you started. Who should attend?

Anyone who is interested in becoming an ACE Native Fitness Leader to help Native American people live longer, healthier lives. Why is Fitness Program important?

The introduction of an unhealthy diet and less physical activity has allowed a new enemy to infiltrate the Native Population. This new enemy is Type II diabetes. Recent statistics from the American Diabetes Association and Indian Health Service are alarming: Diabetes is 4-8 times more common in American Indians 4-8 times common in American Indians compared to the general U.S. population; Diabetes is the 4th leading cause of death in Native Americans; In some tribes, 1 out of every 2 adults has Type II diabetes; Diabetes is the number one cause of blindness, end stage renal disease and non-traumatic lower extremity and amputations in American Indians; Native People have traditionally led active and balanced lifestyles, which helped keep their bodies healthy and strong.

What is the American Council on exercise?

The American Council on Exercise (ACE) is the largest nonprofit certifying organization in the world, and certified more than 90,000 fitness professionals in 77 countries. As the recognized voice of fitness, ACE is committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit.

Nikki Charley and many elder tribal members fondly recall Huckleberry Feasts of their youths as times for visiting, storytelling, games and celebration of family. However, they regret that today's children cannot be realized some work needs to be

enjoyed in past years - the rodeo. In response, Nikki and other concerned residents are working to bring back the rodeo for this August's Feast. However, before this vision can

experience one of the events most done to fix-up the rodeo grounds at

Charley asks for assistance to rebuild Hehe corral

Hehe. Nikki and her group are re-questing that anyone willing to help on this project contact her. She is optimistic that with a little help and the resources and donations already available, the rodeo will return to Hehe this August and make this

year's Feast not only as wonderful as those of yesterday but perhaps the best ever.

If you can lend a hand or have suggestions for the rodeo's return, please call Nikki at 553-6431.



Rodeo Grounds sit empty on a cold January day. Can you help restore them for n ext summer's feast

and \$150 for girls teams. Fees will increase by \$25 after the deadline. Championship leather-sleeved and jackets and solid wool jackets will be on hand for the boys and girls respectively. Last year's tournament held 16 boys teams : , from California, Idaho, Washington and Oregon. The tournament anticipates ... new teams in from the surrounding states. Early interests include South Da- ... kota and Nevada for this tourney. For information call Austin Greene at 553-3243 (work) or 553-1953 (home).