

# 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.

Upon purchasing Pelton Lanes the Youngs completely renovated the building. New pinsetters, hoods and racks, seating and electronic 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 non-smoking 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<sup>st</sup> through 5<sup>th</sup> grade students. Wednesday junior league is still accepting 6<sup>th</sup> through 12<sup>th</sup> grade students.

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

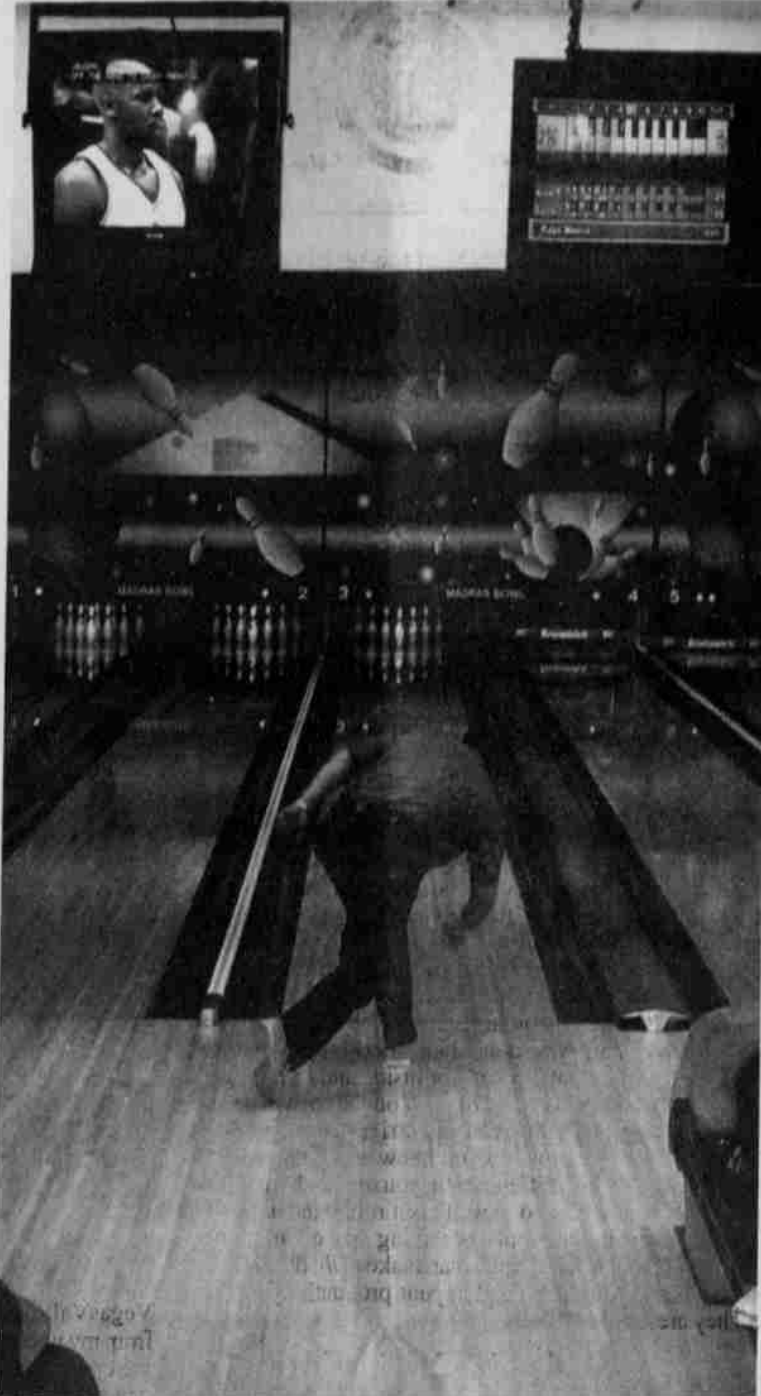
"The lanes are consistent, scoring is consistent, we haven't broke down," says Christie. "We are open when we say we are open, we will be consistent about our hours," she adds.

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.



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



New owners of Madras Bowl, Christie and Dennis Young.

### 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-Ne-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 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 4<sup>th</sup> 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 non-profit 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.

## Charley asks for assistance to rebuild Hehe corral

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 experience one of the events most

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 be realized some work needs to be done to fix-up the rodeo grounds at

Hehe. Nikki and her group are requesting 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 next summer's feast?