



Youth hoops

The Warm Springs Recreation Department recently conducted a basketball clinic, teaching young people the fundamentals of the game.

Photos by Selena Boise



Mitchell is Exerciser of Month

By Selena Boise
Spilyay Tymoo

The first Exerciser of the Month for 2003 is Robin Mitchell.

She was chosen Exerciser of the Month for her dedication to her health, and the motivation and energy she achieves with that dedication. "She has worked so hard," says Vesta Johnson, Fitness Coordinator.

Mitchell's exercise program includes aerobics, jogging, walking, weightlifting, use of fitness room, stairstepper and bike. She will choose from these workouts five to six days a week, to exercise a total of 14 to 18 hours a week. She has been working out to this schedule for one and a half years.

Her motivation to stick to this exercise program is to control her diabetes, which she was diagnosed with in July of 2001. She has benefited from this regime because her diabetes is now under control, she lost weight, has a lot more energy, and feels better about her overall health.

Her goal is to keep exercis-



Robin Mitchell

ing to maintain her health and to motivate other people to get on an exercise program that fits their personal level. Her only stumbling block to achieving this goal is stress.

"But I believe that exercising

releases a lot of my stress," says Mitchell.

Though her family doesn't exercise regularly she sometimes has their company on a walk. She likes to work out alone, but also likes to work out with others.

She would like to be able to compete in a mini marathon running event someday.

She has these words of wisdom to others, "It's never too late to start some type of exercise program, even if it's just walking."

She went on to say that a person shouldn't wait for health problems to afflict you, get started with a good diet and exercise program. "Make the time and effort to do some type of exercise, don't make any excuses why you can't go exercise."

She would like to thank the aerobic class instructors for the great classes, "thanks Shauna, Vesta and Carolyn."

"I would also like to congratulate and wish everyone good luck that is in the weight loss challenge," concludes Mitchell.

Great effort by local boxers

By Austin Smith
Boxing Coach

On February 8, 2003, the night started out all right, but it wasn't like clockwork, so now we're erasing some old mistakes or maybe I should say we're subtracting some things that aren't needed.

Sometimes things are just a little easier when they're done right the first or maybe just left along, I kind of feel like this today, thinking back a couple of days and wondering how the boxer, 143-pound Louis Smith, may have felt going into the ring with last year's 2002 Golden Gloves Champion.

On February 1, 2003, at Tacoma, Washington, I watched this same champion lose to a tough 141-pound Tacoma boxer. When I heard a match had been made with

Louis Smith vs. Waldo Rojoas to be fought upcoming "Battle in the High Desert" I thought, is my fighter ready? And does a manager coach ever ask his athlete their feelings about this subject?

I think if the two can bring you into the ring they can carry you through the fight. Louis did a good enough job of representing the Warm Springs community. But mostly I think he can beat this taller opponent by just using his shorter advantage, moving some movements to their right places.

In boxing when you use energy it is best used for one purpose, four 2-minute rounds is only eight minutes. Next time may take forever or next time could be just what you want. Louis entered the boxing ring because he was training himself to box, but one thing he needs

is sparring. Can we get some sparring partners down under? Louis lost by decision in an open senior four-round bout. Let's hear it for Louis Smith at the light weight division.

Our 75-pound Leonard American Horse boxed Knott Street's Justin Powers to win on all cards. Leonard boxed like he always does. He puts his heart into the contest and never gives much space to his opponent. He throws good straight to the point punches. A good sign of more victories up ahead.

Leonard likes the hoops too, so sometimes he'll do his workout with all them ball chasers. It's a good exercise and I think the leg movement that ball chasing demands is good training for timing the legs.

Middle school Book Fair is March 13

The Jefferson County Middle School is hosting a Scholastic Book Fair on Thursday and Friday, March 13 and 14.

Thursday evening will feature Family Night, and then on Friday the fair will be open during school hours.

This will be a buy-one-get-one free sale.

Anyone interested in volunteering can contact Kate Grant at the middle school. Her phone number is 475-7253. In other recent middle school news: Jefferson County Middle School

took home the first-place team award in the recent Math Counts competition in Bend.

Math Counts is intended to increase student enthusiasm in math. The competition was held at and sponsored by Bend Research, on Feb. 22.

Simnasho Mustangs win the Shooz Co-ed tourney

By Big Rat Suppah

The following are the results of the Shooz Only Co-ed Tournament, held Feb. 15-16 at White Swan Middle School.

Champions: Simnasho Mustangs plus two all-stars, boy-girl team. Runner-up: Wapato, plus two all-stars, boy-girl team. Third place: Tulalip, plus two all-stars, boy-girl team.

Fourth place: Muckleshoot, plus two all-stars, boy-girl team. Sportsmanship: Warm Springs Eagles plus two all-stars, boy-girl team. MVP boy: Redskywalker Suppah, Simnasho Mustangs.

MVP girl: Shoni Schimmel, Simnasho Mustangs.

All-Star boy: Carl Swallow, Simnasho Mustangs. All-Star girl: Rosey Twostarrs Suppah, Simnasho Mustangs.

Game One: Won by forfeit against Muckleshoot Stars, who worked their way through the back door.

Game Two: Defeated Granger, 69-16. Scoring: Redskywalker 19 points, Shoni Schimmel 28 points, Carl Swallow 10 points, Rosey Twostarrs Suppah 2 points, Isiah Moses 4 points, Jude Schimmel 2 points, Anthony Maldonado 2

points, Aja Maldonado 2 points.

Game Three: Defeated Toppenish, 61-15. Scoring: Redskywalker 16 points, Shoni 16 points, Carl 16 points, Rosey Twostarrs 6 points, Isiah 3 points, Jude 2 points, Aja 2 points, and Anthony 0 points.

Game 4: Championship semis defeated Wapato, 38-36. Both teams were matched

equally, good strong defense, free throws and turnovers decided the outcome. The game was very physical, fans from both sides got into the game, almost had fights in the stands. The tournament director and referees call a timeout and told the

fans to settle down or there would be a double technical call against both teams. Security also showed up later. I considered this the championship game, Redskywalker broke free down the court with an assist from Shoni giving us the victory. Both teams shook hands after and gave each other a cheer "good game."

The parents got into the game more than the kids did emotionally and got really loud the whole game. Both teams did not know what to think of it.

Scoring: Redskywalker 14 points, Shoni 10 points, Carl 7 points, Anthony 2 points, Aja 2

points, Jude 2 points, Rose Twostarrs 0 points, Isiah 0 points.

Game 5: Championship defeated Wapato, Wn 58-23

I explained to the team, you're getting a lot of support from the families and other fans. We know what we are up against. They can't foul you if they can't catch you guys, so each rebound look for the fast break and play hard defense.

We jumped out to a 10-0 lead and never looked back. The team tried slacking, so I told them play hard like you're behind the whole game.

At halftime we were ahead

31-15.

I said that you are warmed up, it's time to put them away, leaving no doubt.

The whole team played as one offense and defense, contributing to the victory for the championship.

I said we win as a team or lose as a team, don't blame anyone. Afterwards, the pride and joy showed when they received their awards.

Scoring: Redskywalker 17 points, Shoni 22 points, Carl 12 points, Rosey Twostarrs 4 points, Isiah 3 points, Anthony 0 points, Jude 0 points, Aja 0 points.

For Sale: 2003 Lincoln's Powwow VHS Videos - Digital.

Two hours, including Grand Entry, Men's and Women's contests. Hand drum, rounddances.

Contact James E. Greeley at 553-0309.

Cost: \$10

Email is: redrelations@yahoo.com.

This contest is for real hands: Rodeo Photographs of the 1930s.

March 29 - May 4 at The Museum at Warm Springs

Warm Springs community members are invited to submit rodeo and cattle drive related items to the museum.

Items for display can include: "lucky boots," belt buckles, cowboy hats, branding material, beadwork depicting rodeo life, pictures and stories.

Deadline to submit, March



14, 5 p.m. This exhibit will feature black and white photos as seen inside the arena by photographer Otho Hartley (1895-1964).

His images capture the drama and skill of the old time rodeo, complete with bucking broncos, wild steers, calf roping and trick riders of the 1930s.



WHEN IT'S TIME TO CHANGE YOUR OUTLOOK.

Work

IS WHAT WE DO ON TIRED MUSCLES

A good, strong pair of hands is all you need to work out the kinks and melt away the stress. So relax. Get a massage in our world-class spa. Emmerge yourself in our soothing, natural mineral baths. Or spend the day exploring all the attractions of this high desert oasis. Whatever you do, work will be the furthest thing from your mind.

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