

# Tohet setting the pace

By Dave McMechan  
Spilyay Tymoo

Melinda Frank Tohet considers exercise to be of great importance in her life.

Exercising, such as walking, or riding a bike, "Is a good way to pray," said Tohet. "And it helps unload a lot of my concerns to the Lord. It's not healthy to carry stress around," said Tohet. "I like how I feel now since I exercise daily."

Tohet walks 4.2 miles on weekends and holidays. She rides an exercise bike twice daily, Monday through Friday at the Community Center. She rides five miles during her lunch hour, and six miles in the evenings.

She has been exercising regularly for the past three years. Tohet just recently took up riding the exercise bike. She is motivated to exercise by a desire to feel better about herself.

It is important for her to feel good, because her job can be challenging. She is a teacher at the Early Childhood Education Center. She has been with ECE for the past 16 years.

Of her exercise program Tohet said, "I enjoy walking out in the country more than



Melinda Frank Tohet

on the treadmill. I get to spend time sharing my burdens with the Lord and asking for strength and direction."

Tohet has seen difficult times in her life, "and He has given me the strength to face them and continue on."

The only things that might prevent Tohet from exercising daily are being sick, or having too much else to do.

"I don't want to call powwows a stumbling block, but during some weekends I go to powwows, rodeos and horse racing."

Tohet has encouraging words for anyone considering taking up an exercise routine. "If you feel overweight, depressed or have a lot of stress concerns," she said, "then try walking."

## Blackhawks win third annual slam and jam tourney

The Warm Springs class of 2003 and Blackhawks basketball team hosted their Third Annual "Slam and Jam" Open Men's Tournament on April 11-13 at the Warm Spring Community Wellness Center.

This is a fundraising tournament to help the graduating seniors on their post graduation trip to southern California. Slam and Jam tournament direc-

tor Samuel J. Kentura would like to thank the sponsors for their contributions for this tournament: Warm Springs Forests Products, Warm Springs Composite Products, Brightwood Corporation, and also a special thanks to some individual sponsors.

A big thank you goes to Ellen Thompson for sponsoring the MVP jacket, and donations

from Kevin and Stormie McCarthy of Prineville, Doug McConnell of Madras, and Marcia Soliz for sponsoring the all-star medals.

Another big thank you also goes out to the Kentura family for purchasing some of the awards for this tournament.

Also a thank you to Roland and Verleen Kalama for helping out with scorekeeping and the game clock, you did an excellent job.

Appreciation goes to Ellison, Falena and Wayne Gilbert for their help during the tournament, and to Gerald "Big G" Tias and Christina Wolfe for their help.

Also to the peaceful recreation basketball officials Wil, Gregg, Dan and Terrance for their job in refereeing the games.

To Austin Greene and the Community Wellness Center staff for setup of the gym and the use of the facilities.

(The information for this article was taken from a letter from Samuel Kentura.)

# Fishing open at Sherar Falls

Sherar Falls is open for fishing seven days a week to tribal members through June 30.

Fishing is limited to hatchery spring chinook only.

All wild spring chinook salmon and all wild steelhead must be returned to the river unharmed.

Fishing is allowed from scaffolding using set nets, dip-nets and hoop nets. Set nets and hoop

nets must be attended continuously.

Also, hook and line is allowed, one pole per person, one hook per line.

Intentional snagging of fish is prohibited: Any fish that is snagged must be returned to the river.

All chinook salmon are for subsistence only. Sales to the public are prohibited.

For more information call the Warm Springs fishing hotline at 553-2000.

The Natural Resources Branch and law enforcement will closely monitor the Sherar Falls fishery, and strictly enforce the regulations.

Starting this year at Sherar Falls, non-tribal fishermen will be charged to use this area of the Deschutes River.

## Golf tourney benefit is April 26

The Priscilla Squiemphen-Yazzie benefit golf tournament is set for Saturday, April 26. Tee times start at 9 a.m.

The tournament, a four-man scramble, will be at Kah-Nee-Ta. All ages and levels of play are welcome.

The tournament will benefit Priscilla Squiemphen-Yazzie, who is scheduled for a kidney

transplant operation in June.

The golf tournament benefit is being organized by Butch David, Hobo Patt, Janelle Smith and the Yazzie family.



Yazzie

For information on a tee

time call 553-1112, extension 3371. For information on the tournament call Butch David, 553-0112 after 5 p.m.; or Hobo Patt at 553-1484, after 5 p.m.

The tournament has a \$50 per person fee. The fee includes green fees, a cart, and lots of fun. Extras include Mulligan, \$1 each, five maximum per person, and putting string, \$5 per team.

## Reservation Relay set for May 3

The Warm Springs Recreation Department and Kah-Nee-Ta High Desert Resort next month will host the 14th Annual Reservation Relay. The relay begins the morning of Saturday, May 3.

Teams with a predicted time of eight hours or more will start at 7:30 a.m., and other teams will begin at 8 a.m.

The course will be 58 miles in length. Most of the course is easy with rolling hills and a lot of flat surfaces.

The first third will be on pavement, the second third on gravel, and the last third on pavement and gravel combination. The course begins at the

Kah-Nee-Ta Village.

Teams will consist of five runners each, except youth, who may use seven. Teams will alternate legs of 4 miles (3 for youth) each.

Each team must run their runners alternately in the same sequence. Teams will have maps and course descriptions, and are responsible for directing their runners. Any runner off course will have to resume where they left the course.

All teams are responsible for their own time and must carry their own water and score card. Only one vehicle for each team.

Each vehicle should be marked with the team name and

read, "Caution, Runners Ahead" on the rear of the vehicle.

Registration is \$75 per team, checks payable to the Warm Springs Recreation Department. Forms can be picked up at the Community Center. For information call 553-3243.

Divisions are as follows: Adult, male, female or co-ed, 19 years and over. Youth, male, female or co-ed, 18 years and under. Adult sub masters, all runners 30 and over.

Adult Clydesdale, female 155 pounds plus, and males 185 pounds plus. Winners in each division will receive plaques, plus an individual award. Registered participants will receive a t-shirt.

## Boxers compete at Warm Springs

By Austin Greene  
Boxing coach

The Battle on the Rez, March 29, 2003, is over. The boxing clubs who came were local and from a distance. The Aztec Warriors Boxing Club of Trenton, Wash., traveled the most miles to compete. The All American Boxing Club of Burns came a good distance too.

But I think maybe they all traveled a long ways to put on a show for the Warm Springs boxing fans.

It's fun to do sports, but it's even more fun and exciting when there is a good noisy crowd having a good time.

First, let's thank the fight doctor who always shows his pleasure to our great community. Dr. Leland Beamer, M.D. "I like boxing. It's healthy, and healthy is good," he said. We had 15 matches, 60

pounds to 180 pounds, including 12 different clubs.

Who boxed and who won: 60-pounds winner, William Chapman, Grand Ave., defeated Efrain Estado, Beav. PAL. 70-pounds winner Cory Hill, Knott St., defeated Omar Villa, Central Oregon.

Seventy-five pounds winner Leonard American Horse of Warm Springs, defeated Josh Silva, Beav. PAL. 80-pounds winner Logan Christian W. Port., defeated Billy Martinez, Century Oregon Boxing Club. Eighty-five pounds winner J.R. Martinez, W. Port., defeated Leander Smith of Warm Springs. 119-pounds winner Francisco Reyes, Renton, Wash., defeated Leadro Valdez, Beav. PAL.

110-pounds winner Jasper Smith of Warm Springs defeated Willie Grover, Tahola, Wash. 135-pounds winner Omar

Nunez, Pacific Northwest, defeated Jorge Rubio, Beav. PAL. 132-pounds female winner SkyBell Tahola, Wash., defeated Brooke Topps, W. Port.

135-pounds winner Trever TeWee, Warm Springs, defeated Julian Morales, Salem. 140-pounds winner Matt Alonso, Central Oregon, defeated Johnny Smith, Warm Springs. 150-pounds winner Kenneth Bush, All American, Burns, defeated Daniel Marshall, Bend. 180-pounds winner John Mance, Wolf Pack, defeated Matt Dickson, All American.

160-pounds winner Sedrick Armstrong, Knott St., defeated Phillip Larson. 125-pounds winner Manuel Ortega, Aztec, defeated Jose Ruana, Beav. PAL.

Two fights of the night went to bout No. 2 at 70 pounds. Cory Hill vs. Omar Villa, and bout No. 10 at 135-pounds, Trever TeWee vs. Julian Morales. These awards are voted on by all the coaches and ring-side officials.

Many thank-yous going out to the lady's and men in white, our officials, without them there would be too much blood and no fun. They keep boxing a sport.

Next boxing at home: Pi-Ume-Sha Treaty Days 2003.

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