

# Heath exerciser of the month

Lucinda Heath prepares herself for the Rez Relay and finds motivation from her coworkers and her father, and in a faster pace when she runs. She was chosen "Exerciser of the Month" because of her dedication to becoming healthy and challenging herself to excel.

Heath runs about five to six miles, five days a week. It takes her about 1 hour 15 minutes, which is an improvement from her first time out, back in February.

Her father, Chief Delvis Heath Sr., and the staff members of Warm Springs Elementary

School are her primary motivators. She wants to be healthy and fit, and to beat her time for the Rez Relay. That is what keeps her going.

"It is hard to get started at times, but once I get started, I start to feel good about myself," says Heath.

In the beginning she had a goal to run the 10K race during the Mini Marathon. Upon achieving that goal she wants to run the Rez Relay at a faster pace, to beat her time that she's done before.

As she continues to keep herself motivated, she adds these



Lucinda Heath encouraging words to others, "doing it is better than saying you'll do it."

## Baseball camp set for May

The Community Wellness Diabetes Prevention Team is sponsoring a free two-day baseball camp for 9-18 year olds, May 17-18, 2003. The camp will be divided into two age groups, 9-12 and 13-18, and will be held at the Community Center ball fields.

Both groups will meet Saturday beginning at 10 a.m., and Sunday beginning at 1 p.m. Arrive 30 minutes early for registration.

Camp will include a high level of instruction, water, food, baseball caps, and T-shirts.

Gary Reese brings 10 years of baseball coaching along with two years on the Eastern Washington University baseball team.

Jason Romine who was drafted right out of high school by the Montreal Expos in 1993 joins Reese. He played two years at Mendocino Junior College before being drafted and signed by the Colorado Rockies in 1995. He was voted most improved pitcher in the organization in 1996, and continued to play for the Rockies until he had two shoulder surgeries.

Romine currently coaches the Omak High School baseball team.

Reese and Romine will focus on pitching, catching, and some fielding and hitting drills.

For more information about this two-day baseball camp, contact Andy Leonard at the Warm Springs Community Wellness Center, 553-3243.

## Nickname origins uncovered

Once again several nicknames were investigated and the origins were uncovered.

Where did Stanley Simtustus get the name Beartracks? His mom said he came back from an eastern school with that name. Apparently he told the editor, Dave, that he was sneaking out and stepped on some paint. When sneaking back in, the paint left tracks directly to his room and his bed. He left tracks.

What about Lloyd Smith, Jr. and the name Shag? I don't think many people knew him as Lloyd for a long time. Since the Portland wrestlers came to the Warm Springs Community Center years ago. Lloyd was named after the wrestler Shag Thomas.

I was talking with Saphronia Katchia, or Soap as many know her. She told us how she got that name.

She was called Soph for short because her name is so long. Her friends were calling her that and were arguing about the spelling (So or Sa), when Willie Bagley said, "why not call her Soap?" So since then she has been called Soap.

And what about her husband Sky? He was just a little boy when he received this name, and it came from his uncles Isaac and Chaz Mitchell. He had a basketball hoop and they would say, "jump up there," and like all kids his feet never left the floor. So they would then tell him to sky up there, getting the name Sky. Who would have known back then that he would be so tall?

Well, Saphronia's brother Frank has a nickname, and that is Freckles. Talking to their mom she told us why. When he was born his father wanted, to name him after a well-known cowboy who's name is Fairchild. Well his mother thought that it would not be good, because she imagined all the nicknames he would get from that. So she asked Frank's father about naming him Frank. Reese, Jr. and nicknaming him after another cowboy named, Freckles Brown. He thought, that was fine and so he was named Freckles while he was an infant.

Call Spilyay with nicknames you know, 553-3274.

# Cooking class teaches kids



At left, vanilla extract measured; above, other ingredients needed to be measured.

The Warm Springs USDA Commodities Food Program and the 4-H Program is offering a cooking class for children to learn how to cook commodity foods. Children learn how to cook simple meals with food provided by the commodities food program.

This class began April 14 and will continue until May 19, meeting each Monday at 3:30 p.m.

The kids are learning to follow recipes, measure ingredients and mix ingredients. They have made potpies, macaroni and cheese, and brownies. They will continue to learn more before the class ends.

Today they share this recipe, which they learned April 28, Chewy Cocoa Brownies.

You will need:  
 1 & 2/3 cup sugar  
 3/4 cup butter (1 1/2 sticks)  
 2 Tbsp Water  
 2 eggs  
 2 tsp vanilla extract  
 1 1/3 cup flour  
 3/4 baking cocoa  
 1/2 tsp baking powder  
 1/4 Tbsp salt  
 1 cup chopped nuts  
 1 cup chocolate chips

Stir together sugar, butter, and water in a large bowl. Stir in eggs, and vanilla. Combine flour, cocoa, baking powder and salt, stir into sugar mixture. Add nuts and chocolate chips. Spread into greased baking pan. Bake in 350 degrees oven for 20 minutes.

**Food Handler Certification Classes to be held May 6, May 23, 1:30-3:30 p.m. at IHS training room. For information contact Nancy Collins, 553-4250.**

# Results of the Mini Marathon noted

The Warm Springs Community Wellness Center held their annual Mini Marathon Saturday, April 12 at Kah-Nee-Ta. Following are the results of this event.

**One mile fun run/walk**  
 13 and under male: Douglas Jackson, first place; Larry Spino, III, second. 13 and under female: Ashlyne Danzuka, first; and Jordan Leonard, second.  
 60 and over winner was Delvis Heath.  
 30-39 female: Monica Leonard, first place; Rebecca VanPelt, second; and Angie David, third.

**3 mile race**  
 13 and under male: Trevor Suppah, first; Triston Boise, second; and Kamm Akaka, third.  
 13 and under female: Kristi Olney, first; Norene Sampson, second.  
 14-18 male: Jermaine Tuckta, first; and Brandon Thompson, second.  
 14-18 female: Shelly Greene-Boise, first.  
 19-29 female: Shilo Shaw, first; and Lyda Sampson, second.  
 30-39 female: Jennifer Eurto, first.  
 40-49 male: Tom Shuman, first.  
 40-49 female: Linda Erickson, first; Sandra Jim, second; Connie Peterson, third.  
 50-59 male: Cal Poncho, first;

## Spring powwow set for May 15

The Education Spring Powwow is set for May 15 at the Agency Longhouse. This date coincides with Teacher Appreciation Week and the goal is to provide school personnel an opportunity to experience Native American culture, encourage positive parent and teacher relationships, and celebrate and recognize everyone's commitment to the children and youth of this community.

Last year's success is a testimony to teamwork and combined sources.

40-49 male: Sam Erickson, first; Don Courtney, second; Curtis Thompson, Sr., third.  
 40-49 female: Dawn Smith, first.  
 50-59 male: Kaipo Akaka, first.  
**14.5 mile race**  
 19-29 male: Sean Meissner, first (Overall Male Winner); Pete Moss, second.  
 40-49 male: Robert Jim, first.  
 50-59 male: Al McInnis, first; John Merrick, second; Rich Lohman, third.  
 50-59 female: Nancy McInnis, first (Overall Female Winner).  
 60 and over male: Harry Kittleman, first.

Darryl Smith, second; Chuck Alexander, third.  
 50-59 female: Mavis Shaw, first; Janice Alexander, second.  
 60 and over male: Harris Billis, first; and Nat Shaw, second.  
**10K race**  
 13 and under male: Josiah Thompson, first; Curtis Thompson, Jr., second.  
 14-18 male: George Boise, first; Randy Boise, second.  
 14-18 female: Samantha Carolla.  
 19-29 male: Matt Luebke, first; Brad Courtney, second.  
 30-39 female: Lucinda Heath, first; Robin Mitchell, second.

## Twenty-five years ago

From the May 5, 1978 issue of Spilyay Tymoo

**Macy promoted to Operations Manager**  
 Bob Macy became Operations Manager at Warm Springs Forest Products Industries as of Monday, May 1. He stepped into the new position after having been Administrative Assistant at the mill for the past five years.

His promotion was announced during the presentation of the WSFPI Annual Report at the General Council meeting held at the Agency Longhouse Monday evening, April 24.

In announcing the promotion, DeMoisy said that Macy has a good background for this new position. "He has a lot of budgeting and planning experience and," said DeMoisy, "he's ready."

In his new capacity as Operations Manager, Macy will be responsible for the sawmill operation, the energy plant, trucking, the planer operation, the log yard, and loading dock operations.

**Recreation on the Metolius faces uncertain future**  
 Hopes for mutual recreational planning on the Metolius Arm of Lake Billy Chinook were temporarily dashed at the State Marine Board hearing April 24 when discussion gave way to emotion; boaters, water skiers, and property owners joined in a loud "no" to restrictions recommended by the Warm Springs Tribal Council.

About 200 people crammed the Madras City Council Chambers to listen or register their opposition to the proposal, but a dialogue never developed.

Members of the Council said afterward that they would take the opportunity at the upcoming Marine Board hearings on May 31-June 1 to further "educate" users and recommend joint planning.

A long history of concern about the use of waters bordering the reservation led up to the Tribal Council's request for a hearing.

**Phones coming to Sidwatter and Seekseequa**  
 It won't be long before the peace, and rural quiet of Sidwatter Flat and Seekseequa is shattered by the ringing of phones and the frustrations of the busy signal. But, on the other hand, Sidwatter Flat and the Seekseequa area will not be without fast communication for much longer, either. Pacific Northwest Bell is taking orders for telephones for families in areas who would like phone service.

# Calendar

**Native American Festival:** Join the Central Oregon Community College Native American Student Alliance for the annual spring festival. There will be story telling, a salmon bake, Native American artists, and Native American music and dancing. Thursday, May 15, noon till 2:30 p.m., outside of Modoc Hall, at COCC.

**Diabetes education classes are being offered at the Diabetes Breakfast gatherings held every second and fourth Tuesday of the month. This month's topics: Basics of eating, and food and glucose, May 13. Planning meals, and stocking the cupboard, May 27.**

**Quilts & More at the Plaza at Warm Springs is hosting quilt classes this month. Saturday, May 10, Log Cabin, from 10 a.m. till 4 p.m. Sunday, May 11, same. Wednesday, May 14, Log Cabin, beginning, 5 to 9 p.m. \$25. Thursday and Friday, May 15 and 16, same.**

## Winishut answers Geo Quiz

Donnie Winishut was the first person to guess the Geo Quiz in the last edition of the paper.

Winishut correctly identified the photograph as being of Lake Simtustus, from an area south of Indian Park Road.

## Corrections

In the last edition of the Spilyay Tymoo, the name of the Exerciser of the Month should have read Melinda Frank, not Melinda Frank Tohet.

Also, the story on Warm Springs boxers was written by Austin Smith, not by Austin Greene.

The Spilyay apologizes for these errors.

## Have a story idea?

Call Spilyay Tymoo, 553-3274.

# Spilyay Tymoo

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