

Biggest Loser competitors shed over 480 pounds

By Leslie Mitts
Spilyay Tymoo

People in Warm Springs are 481 pounds lighter following the annual Biggest Loser Challenge.

Community members and local employees competed for 12 weeks to see who could trim the most fat off of their bodies.

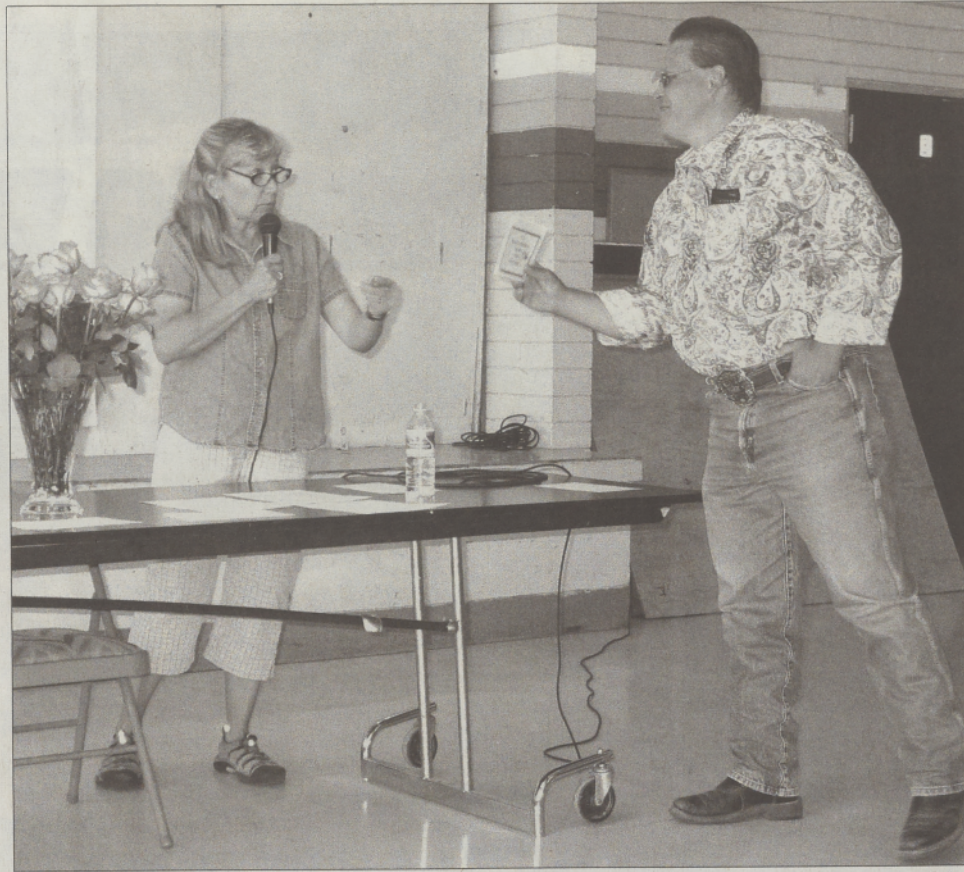
The annual competition ended recently after participants lost a combined total of 481 pounds, 134 inches off of their waists, and 120.8 percent of their body fat.

According to Carolyn Harvey of Community Health, the competition helps people with their weight loss goals each year.

"I think it serves as a good motivator for people," Harvey said.

Her goal for the program is that people come to get their final measurements taken and have made some type of positive change in their lifestyle, she added.

While some succeed in losing significant amounts of weight, Harvey said, others suc-



Jason Smith accepts his prize from Carolyn Harvey.

Leslie Mitts/Spilyay

ceed in different ways.

"It's not about up and down, up and down, it's about a con-

sistency in what you do," she explained.

This year Harvey said one of

the contestants had the biggest change she's seen yet during the competition.

Winners of the Biggest Loser Challenge include:

In the men 49 and under category, first place was awarded to Jason Smith, while Brett Whipple won second place.

For men 50 and older, Harvey Jim won first place.

For women 49 and under, Lisa Hewlett won first place while Leslie Davis placed second and Tiyanna Tuckta won third place.

For women 50 and older Chris Smith won first place while Charlene Dawson won second place.

People pay an entry fee to compete in the non-profit challenge.

All the fees are then given out as prize money to the winners of each category.

Competitors are weighed and measured at the beginning and end of the 12-week period.

They write an essay about the changes they made in their lifestyle.

This year 103 people finished the competition.

Please note: The next deadline to submit items to the Spilyay Tymoo is Friday, June 27. Thank you.

Space for Lease

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2008 PORTLAND TO COAST WALKING TEAM "WADING TO EXHALE"

RAFFLE

Items to be raffled: Pendleton blanket, portable butane stove, huckleberry jam, eagle figurines, Crowave plate stacker, espresso maker, Coke salt & pepper shakers, beaded barrett, Coleman three-person tent, 22 piece cutlery set, beaded cell phone holder, 6-inch one fun pak, Kah-Nee-Ta pool passes, sleeping bag, Starbucks certificate,, many other items...

Tickets are \$1 each or six for \$5. Need not be present to win. Drawing to be held July 31, 2008.

See the following people to get your tickets: Earlynne Squiemphen, Lynn Fluhr, Shari Marrazzo, Becky Hunt, Salena Sahme, Jolene Hintsala, Juanita Majel, Lauren Holliday, Bridgett Culpus, Denys White, Michele Stacona, Paula Miller.

Youth conference powwow, contest results

The following are the results of the Northwest Indian Youth Conference Powwow:

Junior Girls Fancy/Jingle: fourth DeCole Wilson; third Aurelia Johnson; second Cherokee Eagletail; first Tia Boyer.

Junior Girls Traditional: fourth Alexia Edwards; third Ashley Meanus; second Dancing Star Leighton; first Keeyana Yellowman.

Junior Boys Fancy/Grass: third Martin Frutos; second Jake Frank; first Gavin Begay.

Junior Boys Traditional: fourth Preston Stevens; third Jovon Heath; second Trevor Smith; first Tom Tias.

Teen Lady's Fancy: fourth Ashlynn Danzuka; third Miriah Olson; second Dakota Littlecrow; first Shoshanna Street.

Teen Lady's Jingle: fourth Rosey Suppah; third Norene Sampson; second Natika Boyer; first Cynthia White Plume.

Teen Lady's Traditional: fourth Readawn Wahl; third Arlene David; second Mileena Edwards; first Temi Meninick.

Teen Men's Grass: fourth Colton Stevens; third Nathon

Norwest; second Chad Brownagle; first Hardo Frutos.

Teen Men's Traditional: fourth George Clements; third Tyson Wahchumwah; second Rolin MorningOwl; first Tristen EagleTail.

Golden Age Lady's: fourth Roberta Queahpama; third JoAnn Smith; second Rose Ann Abrahamson; first Lynne Pinkham.

Golden Age Men's: fourth Lee Sorrelhorse; third John Meninick; second Darrel Abrahamson; first Gary Greene.

Women's Fancy: third Betty Stevens; second Paulette Manuel; first Rosa Frutos.

Women's Jingle: fourth Julie Johnson; third Thea McCloud; second Alexis Goodstriker; first Acosia Red Elk.

Women's Traditional: fourth Sisily Scott; third Tia Cree; second Edwina MorningOwl; first Katrina Walsey.

Men's Fancy: fourth Arron Wright; third Gary Smith; second Julian Phoenix; first JJ Meninick.

Men's Grass: fourth

Theodore Umtuch; third Jackson Rollingthunder; second John Williams; first Darren Todacheenie.

Men's Traditional: fourth Justus Cree; third Buck Wallahee; second Colby White; first Russell McCloud.

Awards for extra curricular activities during the conference:

Banner Contest: first, Northern Ute Tribe, Fort Duchesne, Utah; second, Kalispel Tribe, Usk, Wash.; third, United Auburn Community - Sacramento, Calif.

Three on Three Coed Basketball Tournament: first Albert Kalama Team, Warm Springs; second Natika Boyer Team, Selkirk High School, Ione, Wash., sponsored by the Shoshone-Bannock Tribe of Fort Hall, Idaho.

Essay Contest: first Natika Boyer, Sho-Ban, Ione, Wash.; second Penny Danzuka, Warm Springs/Navajo, of Warm Springs; third Donavan Arquette, Yakama.

Art Show: Jennifer James, Tulalip Tribe, Marysville, Wash.

(More results in the next edition of the paper.)

Warm Springs Community Library

The Warm Springs Community Library is located in the Family Resource Center.

The library is open Monday through Thursday from 9 a.m. to 6 p.m., and on Friday from 9 a.m. to 5 p.m.

Library staff invites all community members to stop by and browse through the growing book collection.

There are computers

available for Internet access, as well as daily newspapers.

The library is conducting a survey to find out how to best serve the Warm Springs community.

If you wish to give your input, stop by the library to fill out a survey form.

For more information, call 553-3462 or send an e-mail to lsmith@wstribes.org

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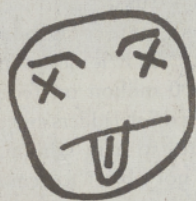
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Alcohol Poisoning

Warning Signs:

- Does not respond or Wake up to being shouted at or shaken.
- Can't stand alone
- Slow Breathing (less than six breaths a minute)
- Cool, Purplish or Flushed Skin; Bluish lips or nail beds.
- Irregular or slow Pulse (less than 40 beats a minute)
- Projectile vomiting
- Vomits while passed out, and won't wake up after vomiting.

What To Do:

- * Don't Leave Person Alone
- * Keep Awake if Possible
- *Keep Person from Choking or Harming Themselves
- * Place Person on their side
- * Call 911
- * If not breathing, perform mouth-to-mouth resuscitation/ CPR (if trained)

Know the Facts:

- * A person's Blood Alcohol Content continues to rise after a person has stopped drinking.
- * Alcohol Overdose=Alcohol Poisoning
- *Binge Drinking and Drinking games often lead to alcohol poisoning.
- *Alcohol Poisoning is a Medical Emergency!
- *Coma, Cardiac Arrest, Brain Damage and Death are Possible.
- *Don't be afraid to do something--Be afraid of doing Nothing.