

# Green, 14, has major success with 4-H cattle herd

By Leslie Mitts  
Spilyay Tymoo

Tysen Green admits to being a little nervous about speaking in front of over 1,000 people.

The 14-year-old estimates that he told his story to about 1,400 people total during a recent trip to Las Vegas.

Green, an eighth grader at Jefferson County Middle School, traveled to Las Vegas to speak at an annual conference for the Intertribal Agriculture Council and the Indian Nations Conservation Alliance in December.

The organizations selected Green to speak about his success with the 4-H loan program that he utilized to start his own cattle herd.

Three years ago Green received a loan through the 4-H program to start a cattle herd.

He purchased nine cows and one bull, and is currently on his third batch of calves.

During his first year with the herd he had nine heifer calves, and during his second year he had eight bull calves that he was able to sell. So far this year, Green has four calves.

Green has been making yearly loan payments and progressing his herd for the past several years and is headed into his fourth year with the loan program, he said.

As for the future of his cattle herd, Green said, he has a couple different ideas.

"I think I want to sell it for a boat, or just keep going," Green said. "I want to be a fishing guide when I get older, or just stay out in the brush."

The idea of working outdoors away from people and traffic is appealing to him,



Green (second from right) met with many different people (including rodeo stars) during his visit to Las Vegas.

Green said.

When it comes to the success of his herd, Green credits a lot of it to his family.

"My dad helped me along the way," he said.

Green is the son of Casey and Di Green.

Green travelled to the Flamingo Hotel and Casino in Las Vegas for three days.

While at the conference, Green received a Wrangler Award and also later received a Pendleton blanket and a plaque.

Many of his family members, including his grandparents and aunts and uncles, were also able

to make the trip to see him speak. Green said their support was important to him.

"It was fun," Green said. "They got to see me talk in front of a lot of people, and they got to see me get my award."

One of the highlights of the trip involved a stop at "Cowboy Christmas," an annual gift show hosted by Wrangler, Green said.

He also attended a luncheon during the conference where there were cameras for ESPN and he got to meet several rodeo stars like Joe Beaver.

Green wishes to thank his grandmother, Lucinda Green, as well as his grandmother Roma and aunt Starla Green for their fundraising efforts. In addition, Green wants to thank the community for their support in sending him to the conference.

Jefferson County Middle School also receives a thank you

from Green for the support of his teachers, as well as Fara Brummer with the OSU Extension and 4-H programs.

In addition, Green wishes to thank his uncle who stayed to feed his cows while he travelled to Las Vegas.

The Intertribal Agriculture Council and Indian Nations Conservation Alliance collaborate for the annual meeting where tribes come together to discuss natural resource and agricultural issues on their land.

According to Fara Brummer of OSU Extension, Green has been very successful with the 4-H loan program. He also succeeded in speaking in front of the general council session at the conference, she added.

"He did really well," Brummer said. And, she added, "He did get a standing ovation at the end of it."

## Biggest Loser Challenge beginning soon

The annual Biggest Loser Challenge is set to begin January 26.

The competition aims to help community members trim off excess pounds for the final weigh in this spring.

This year the competition will keep the same categories as last year: women 49 and younger, women 50 years old and older, men 49 and younger, and men 50 years old and older.

Carolyn Harvey of Community Wellness said the categories changed last year and they decided to keep those changes intact for the 2009 competition.

According to Harvey, "Making change is a little bit tougher when you get older, so I just thought it would be a more fair way to do measurements."

"I think it was, so I'm going to do it again this year," Harvey said. "I try to be as fair and square across the board as I can be."

Harvey said they will also be changing the way they do measurements this year. While before competitors were measured

by weight, waist measurement and body fat percentage, Harvey said they'll be swapping out the body fat percentage for a hip measurement.

The reason for the change, she explained, is that the calipers used to measure body fat percentage aren't always as accurate as they could be.

The competition is aimed at giving participants a jump start on weight loss, Harvey said, as well as educating them about exercise, nutrition and motivation.

"I think with it being January, and it coming after the holidays, a lot of people are in the right frame of mind to start making some changes," Harvey said. "This is just a way to give them motivation to do it."

Men and women compete in separate divisions, Harvey said, because men and women lose weight differently.

In order to participate, a \$10 entry fee is required.

However, the competition is non-profit—meaning that all the entry fees are put into a

pool for the winning competitors.

The contest is open to anyone 18 years or older who lives or works in the Warm Springs community. Measurements must be taken at the beginning and the end of the challenge.

Beginning measurements will be taken between Jan. 26 and Jan. 30 between 8 a.m. and 5 p.m. daily at the Health and Wellness Center in Pod A.

Participants just need to go to the Community Health window and ask to be measured. No appointment is necessary.

Ending measurements will be taken between April 20 and April 24 at the same location and during the same times.

Awards will be based on a short essay and the total percentage of change in weight, waist measurement and hip measurement.

The essay will address two questions: what did you do to make these improvements and what benefits have you experienced from the challenge?

Last year 103 people com-

pleted the challenge and lost a total of 481 pounds.

After 12 weeks, participants had also trimmed a combined 134 inches off their waists and 120.8 percent of their body fat.

For the 2008 competition, 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; and for women 50 and older Chris Smith won first place while Charlene Dawson won second place.

The competition is sponsored by the Community Wellness Team, CHET, the Diabetes Prevention Program and the I.H.S. Nutrition Department.

For more information, contact Carolyn Harvey at 553-1196, ext. 4166, or by e-mail at Carolyn.Harvey@ihs.gov.

— by Leslie Mitts

## 2008 Lincoln's Birthday Powwow Queen

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Third place winner: Beaded hair ties, medallion

and money. All dancers will receive a consolation prize.

We hope to see you at the 2009 Lincoln's Birthday Powwow in Simnasho.

For more information or questions, please contact Joy Ramirez at (541) 777-9220 or email at: joy\_joseramirez@yahoo.com.

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## Public Announcement – Availability of Funds

The Special Transportation Fund (STF) Advisory Committee in Warm Springs announces the opportunity for eligible transportation providers to apply for an **Older Adults and People with Disabilities Grant**.

Funds are allocated to the Warm Springs STF Advisory Committee by the Oregon Department of Transportation. Grant applications are for the 2009-2011 Biennium. Projects providing transportation services for seniors and people with

disabilities are eligible for grant funding. Applications are available at the Public Transit Division Web site: [www.oregon.gov/ODOT/PT/](http://www.oregon.gov/ODOT/PT/) The application packet includes instructions and eligibility guidelines. Applications submitted for projects in

Warm Springs must be submitted to the STF Advisory Committee, not later than 5 p.m. on Friday, January 30. Contact Lonny Macy at 553-3270 or LMacy@wstribes.org for more information.

### Warm Springs Library open Monday-Thursday

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.

There are computers available for Internet access, as well as daily newspapers. For more information, call 553-3462.

The next deadline to submit items for publication in the Spilyay Tymoo is Friday, Jan. 23. Thank you.

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