

Pro rodeo action in Feb.

The Professional Wild Horse Racers Association Spring Stampede is coming to the Jefferson County Fair Complex in March.

The event will feature the Colt Racing Finals, and the PWHRA sanctioned Wild Horse races, plus bull riding,

bareback, saddle bronc, junior colt race, senior colt race, businessmen cow race, and ranch saddle bronc.

The Spring Stampede, brought to you by Indian Head Casino, is set for March 20-21, starting at 6:30 p.m. each day.

Admission is \$8 for 13-and-up; \$6 for 6-12 year-olds; 5 and under free both nights. Hosted by the Jefferson County Fair Board.

Colt race entries, call Butch David at 541-325-2253. Rough stock entries call Robert Hagley at 541-815-9765.



Jayson Smith/Spilyay

The final games of the regular basketball season at Madras High School are coming up this week. The girls varsity team plays away at Molalla this Wednesday, Feb. 18; and then at home on Friday, Feb. 20 against Corbett. The girls had a loss against Gladstone last week, snapping a five-game winning streak. The MHS boys varsity team was home against Molalla on Tuesday of this week; and then travel to Corbett on Friday.

Students visit U of O



Courtesy of Butch David/509-J

Students outside the Matthew Knight Arena, home of Oregon Ducks basketball.

Thirty-five Warm Springs Eagle Academy students traveled recently to the University of Oregon.

They watched the Oregon Ducks women's basketball team play the

UCLA Bruins. As an added bonus, the Ducks won the game.

The students who made the trip were being rewarded for their great attendance at the academy.

Before the game, Univer-

sity of Oregon Native American liaison Angie Morrill visited with the students about the U of O, and what the school has to offer. The students then went on a tour of the campus.

Trail Blazers to host Native American Night

The Portland Trail Blazers are hosting the Second Annual Native American Heritage Night the evening of April 4. The Trail Blazers will take on the New Orleans Pelicans.

There will be a special halftime performance. If you order your tickets before March 9 you can go onto the Trail Blazers court after the game to shoot free throws and take pictures. Ticket information is online at nayapdx.org/event. The promo code is N A H N K T.

Hoops tourneys upcoming

Upcoming basketball tournaments at the community center include the Warm Springs Cougars All-Indian Youth Basketball Tournament is February 27-March 1.

There is a sixth-grade and under division, and an eighth-grade and under divi-

sion, both co-ed.

And the Warm Springs Cougars All-Indian High School Basketball Tournament is April 2-5 at the Warm Springs Community Center.

For more details contact Austin Greene at 553-1953 or 553-3243.

Lifeguard classes at Kah-Nee-Ta

Kah-Nee-Ta is offering lifeguard classes in February and March. This is for people 15 and over.

For prospective employees of the resort, the cost is \$100. Classes are on Feb. 21-22; and Feb. 28-March 1.

Classes start at 9 a.m. Total course time is 28 hours

and 30 minutes. Students must attend all classes to be certified.

In the class you will learn the duties and responsibilities of being a lifeguard, and how to carry out these duties in a professional manner. To register call Matt at 541-553-1112 ext. 3456.

Functional Fitness starting at Community Center

Functional Fitness Foundations, or F³, is a 12-session, four-week introduction to functional fitness.

Classes are held at the Warm Springs Community Center aerobics room at 12 noon, Monday, Wednesday and Fridays, for approximately one hour.

At the end of the course, the athletes are welcome to continue with the regular Functional Fitness workouts at noon Monday through Friday. Or set up a time with Mike Holyan.

This Foundations course is perfect for you if you've been interested in attending the fitness classes, but have been intimidated by the movement, or the weights or the intensity of the classes.

The Functional Fitness Foundations trainers can adjust any of the workouts to any level.

"We want you to join us to learn the foundational movements and principles of functional fitness, while you improve your health, get stronger, and join a truly supportive and inclusive community," said Edmund Francis.

Functional Fitness is the application of training prin-

ciples and movements that directly translate to strength, mobility and endurance in the actions of everyday life.

"Our focus is to improve your general preparedness for whatever endeavor you choose. We have been successful in improving the strength and capacities of firefighters and police officers, basketball players and wrestlers."

Functional fitness has improved the strength and capabilities of nurses, teachers, waiters, boxers, secretaries, runners, administrators, football players, cashiers, mothers, fathers, grandparents: Everyone has the potential to improve their strength and performance in everyday life.

The Foundations course provides the athletes with an introduction to the type of workouts of the program, and the primary movements used in the training.

Classes will consist of a learning session that is followed by skills development and a short workout.

Functional Fitness is accepting all participants of any fitness level or experience. Please ensure you can commit yourself to the full 12

sessions.

At the end of the 12 sessions all of our Foundations athletes are welcome to attend our regular Functional Fitness Classes at the Center.

In order to provide proper

instruction, there is a limit to the class size.

Please contact Edmund Francis or Michael Holyan, or come to the physical therapy room in the Community Center to sign up.



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