

51st Cowdeo

The Cowdeo last weekend celebrated its Fifty-First Anniversary.

The All Around prize this year was a tie between Tallie Wood, who won the saddle, and the Gentry Johnson.

The prize saddle was donated by Delford and Marita Johnson, and DMJ Automotive of Warm Springs. Here are the full results (in order of finish, first-, second-, third-, etc.):

Sheep Riding, sponsored by Dairy Queen: KaiKoa Freeman. Avery Tickner. Royce Ihrig. Bransyn Harper. Alessandra Norton. Sixth place tie: Brogan Forman and Rainee Jacobs.

PeeWee Goat Tail Undecorating, sponsored by Papa Murphy's: Breanne Arnzen. Callie Smith. Brinlee Smith. Avery Tickner. Kieran Sutherlin. Brody Bomke.

PeeWee Barrel Racing, sponsored by Kim Schmith: Charlee Mitchell. Callie Smith. Chayanne Arnzen.



Courtesy Brian Crow

Delford and Marita Johnson present the All Around saddle to Tallie Wood.

Avery Tickner. Julia Rydman. Brinlee Smith.

PeeWee Calf Riding, sponsored by Abbas Pump Service: Drake Brisbois. Joletta Begay. Third-place tie: Brody Bomke and Arellie Scott. Callie Smith. Tommy Norton.

PeeWee Horseless Calf Roping, sponsored by Plateau Travel Plaza: Winola Brisbois. Bransyn Harper. Joletta Begay. Sharmiah Brisbois. Anna Bowen. Kaylee Duling.

Junior Horseless Roping, sponsored by The City of Madras: Coby Holmes. Mylaena Norton. Trey Chase. Gemma DeLance.

Tenley Towell. Tessa Camas.

Junior Breakaway Roping, sponsored by Grocery Outlet: Kasamira Johnson.

Junior Barrel Racing, sponsored by the Odd Fellows Mt. Jefferson Lodge No. 196: Tallie Wood. Kasamira Johnson. Tristan Sutherlin. Trey Chase. Gemma DeLance. Maurice Petersen.

Junior Flag Race, sponsored by Brightwood Corporation: Tallie Wood. Kasamira Johnson. Trey Chase. Tristan Sutherlin. Maurice Petersen. Gemma DeLance.

Junior Calf Riding, sponsored by MidOregon

Credit Union: Tatyn Harper. Tallie Wood. Maurice Petersen. Clayton Brandau. Talley Towell. Kasamira Johnson.

Senior Barrel Racing, sponsored by Dry Canyon Farms: Kaycee Kasch. Gentry Johnson. Josie Lauman. Ryann Mitchell. Taylor Towell. Kelsea Bomke.

Senior Breakaway Roping, sponsored by Grocery Outlet: Addison Arnzen.

Senior Cow Riding, sponsored by Sureline Broadband: Gentry Johnson. Kaycee Kasch. Third-place tie: Taylor Towell and Emma Brandau.

Senior Scurry Race, sponsored by Metolius Mobile Manor: Gentry Johnson. Josie Lauman. Marcelina Zacarias. Kaycee Kasch. Kelsea Bomke. Makenna Bomke

Thank you to the Cowdeo Committee for all of their hard work: Mike Towell, Jay McCabe, Amy Smith and Brian Crow. Special thanks to the Fair board, Kelly Simmelink, Cord Gomes and Tanner Towell. And thank you to all of the many volunteers and sponsors who make this event possible.

Thank You!

Nike N7 sale in Nov.

Each year the Nike N7 collection is released in November, honoring Native American Heritage Month. And this month Nike will be releasing the N7 Holiday Collection.

On the Holiday Collection opening day, November 9, tribal members who register will receive a 40-percent discount on N7 products at the Nike World Campus in Beaverton. Nike will also be hosting a 5k fun run/walk on that date.

Race registration will open at 7 a.m., the opening welcome is at 8:30, and the run/walk starts at 9.

If you would like to attend the November 7 sales event at the Nike World Campus, contact Delson Suppah by November 6 at the Warm Springs Media Center, or call 503-422-8502. Some of the provisions of the Holiday Collection sale day:

The invitation is valid on November 9. No re-entry is allowed. Members are allowed to a spouse or partner, and dependent children, all who must check in at the same time as the member.

Members' guests must provide proof of the same address to accompany the member into the store. This can include a piece of mail.

Attendees are kindly asked to refrain from wearing any competitor brands in the store. Photographs and autographs are strictly prohibited.

No exchanges may be made.

Eighth Annual Christmas tournament in December

The Eighth Annual Warm Springs Cougars Youth Christmas Co-Ed Basketball Tournament is coming up December 20-22.

Divisions: Youth co-ed divisions for 10 years and under; 12 years and under and; and seventh-eighth grade co-ed divisions.

For all three divisions the first six teams to register will play. Deadline to register is December 5. Entry fee is \$150 per team.

The tournament will be at the Warm Springs Community Center.

Tourney director is Austin Greene, Recreation director. His email is: austin.greene@wstribes.org

You can reach him by phone at 541-553-3243 (w); or 553-1953 (h).

Tournament awards include ten champion hoodies for each division; runner-up crew necks; finalist t-shirts, All Tourney; and coaches t-shirts.

Guarantee of three games for each team; round robin then single elimination

bracket.

Age deadline is December 20. Bring tribal identification.

Tourney will turn 59

At the Warm Springs Community Center gym, the New Year will bring the Fifty-Ninth Annual All-Indian Men's Holiday Basketball tourney, January 1-4, 2020.

The deadline to register is December 13. Entry fee is \$375. Awards will be:

First-place, Pendleton jackets. Second, wool jackets. Third, jackets. Fourth,

hoodies. Fifth, crew neck sweatshirts.

Other awards: Most Valuable Player. Mr. Hustle. All Tourney selection.

For information contact Austin Greene, tournament director, 541-553-3243(w); or 541-553-1953(h). Or you can email:

austin.greene@wstribes.org

Aerobic exercise improves brain health

by Alicia Oberholzer
W.S. Holistic Health

Top brain researchers have referred to exercise as 'Miracle Gro' for the brain.

This is because studies have shown that aerobic exercise causes a release of proteins that help with the growth and connectivity of neurons.

Neurons are the building blocks of the nervous system and play a key role in transmitting information throughout our brains and bodies.

Exercise has also been shown to impact our brain's longevity, structure, and function.

Scientists have found that participating in an aerobic fitness program can increase the brain's volume, reduce risk of dementia, spark creativity, and improve higher-level thinking.

Fitness maximizes learning potential

A study at Naperville Central High School in Illinois looked at the impact of establishing a strong health and fitness culture in an academic setting.

While several schools across the country have cut physical education programs in response to budget pressures, Naperville took a chance by trialing a program that allowed students to sign up for Physical Education directly before their most challenging class.

Since the start of this pro-



Alicia Oberholzer

gram six years ago, students who took PE right before English read on average half a year ahead of those who did not; and students who participated in PE before math scored significantly better on their standardized tests.

Exercise elevates mood, reduces anxiety

A large study out of Harvard University found that individuals with depression who performed strength training twice a week experienced significant improvement in their symptoms compared to those who did not.

Several studies have also concluded that aerobic exercise is a helpful tool to reduce anxiety.

This is due to improved blood flow to the brain, as well as the release of important proteins and mood-boosting hormones.

How to get started

Next time you have a work, life or school related

challenge, set your brain up for success by enjoying an hour of movement first.

Take a walk with friends, toss a ball at the park, attend an exercise class, or go for a run.

This pre-learning exercise can boost your brain's potential to acquire knowledge and develop new skills.

Make a goal of participating in 30 minutes of moderate intensity aerobic exercise daily. Examples of aerobic exercise include walking, biking, or swimming.

If 30 minutes sounds too challenging, start daily consistency and work your way up to the half hour duration.

You can also break up the sessions throughout the day, such as 15 minutes performed twice a day or 10 minutes three times per day.

Strength training can be performed at home, as there are several exercises that do not require any equipment. Examples include squats, lunges, push-ups, planks, etc.

If you prefer to add resistance, all the equipment that you need is available for free use at the Warm Springs Community Center.

There are even complimentary personal trainers to help get you started and keep you safe in the weight room.



Jayson Smith/Spilyay

Madras High School freshman Dru Boyle ran for a 65-yard touchdown on the kickoff against Mt. View of Bend in October. The Buffalos won the game 35-25. Madras varsity football plays at home this Friday, October 25 against Corbett High School, game time at 7 p.m. The following Friday, November 1 the Buffalos travel to Salem Academy for a game. These are their finals games of the regular season.

NDN HOOPS

56th Annual

Warm Springs All-Indian Mens Holiday Basketball Tourney

Jan. 1-4, 2020

Warm Springs Community Center Gym
2200 Hollywood Blvd
Warm Springs, Or. 97761
Entry Fee: \$375.00
Deadline by: December 13th, 2019

Awards:

- 1st Place - Pendleton Jackets
- 2nd Place - Wool Jackets
- 3rd Place - Jackets
- 4th Place - Hoodies
- 5th Place - Crew Neck Sweatshirts

MVP, Mr. Hustle, All Tourney Selection

Contact:

Austin Greene, Tourney Director
541-553-1953 (home) or 3243 (message)
austin.greene@wstribes.org