

Hawaiian Style: Her Track Career Just Beginning

■ Tribal member Sarah Felmley "a natural" at the hurdles.

By Ron Karten

Darryl Felmley and his ex-wife, the former Julie Simmons who is a Tribal member, have some pretty sturdy kids. One is heading for the Hawaiian track state championships and maybe beyond.

Eleventh grade Tribal member Sarah Felmley has discovered that she has exceptional talent as a hurdler.

"She is a natural hurdler," according to her coach, former U.S. Team hurdler, Denise Foreman. "As a high school athlete, she has the ability to win state in three different events: the long hurdles, the 400 meter hurdles and the 800-meter hurdles." Sarah also is coached by Denise's husband, U.S. Olympic coach, Ken Foreman, now 81.

Sarah ran cross country for the first time last year for the most convincing of reasons — "my friend, Kelsey, ran cross country," she said. She attends Konawaena High School in Kealahou, about 200 miles from Honolulu on the big island.

"We did a couple training drills over a couple of one-step hurdles, and the coach said I had a natural hurdle form, so I started practicing on the hurdles. By the time track season came around, I was on the hurdles every day, six days a week. My first race wasn't until February (she started training in January) and I came in first."

That was the first time she had an inkling that she could have a special talent, she said because she didn't just squeak by the other runners. "The other girls were coming in five steps behind me and that's a lot in a sprint race (the 300-meter hurdles)."

"I was never big on the hurdles," said her father from their home in Kealahou. "She said

she liked them but I said, 'That's a waste of time.' But the first time I came out to see her, it brought tears to my eyes."

Darryl Felmley is a paralegal and a one-time carpenter who raises in addition to the girls, lambs, chickens, ducks, house cats and, until recently, pigs and a cow.

He reports that the coaches told him that nothing can stop her, barring injuries from breaking all of the world records. They brought her to the stadium in Maui where the 2004 state finals will be held so that she could look at the stands from the field and visualize herself winning. "It was really pretty touching," said Felmley.

"She needs to lift and train hard," said Denise Foreman. "When she's motivated, she trains well. She's had a lot of 'well, I'm over this,' but I think she's getting to the point where she really wants it bad enough to work hard for it."

The school also is pitching in to help Sarah succeed. The high school, her father said, moved the weight room across the school so that it would be closer to the gym and the track where she works out.

Sarah's sister, Tribal member Mallorie, a 10th grader at Konawaena High School, is active in the ROTC Rangers, meaning she does rock climbing, repelling, that sort of stuff, and recently, her dad said, she put a starter in his truck.

Despite their prodigious talents, the girls are not prima donnas. When Sarah thinks about the possible success ahead, she thinks, "If I do it, I'm going to want to earn it. I don't want them to hand it to me."

Both girls also work after school giving tours at the local Greenwell Farms, the largest kona coffee producer in the state.

With the family living 25 miles from school and 100 from the nearest shopping mall, Felmley recently bought the sisters a little sports car. The CD player in it didn't

work, so he bought a separate CD player and gave it to Sarah. "So, she sat out there for a few hours and then she said, 'I got it going.'"

But this sense of personal responsibility and willingness to work hard is not to say that they aren't every bit teenage girls. "Sarah likes to go to the dances," said her dad. "One year, she spent almost \$500 on the dress, the shoes..."

And when Mallorie goes shopping, she prides herself on knowing a bargain. "Sarah'll spend \$25 on a blouse and Mallorie will get two or three for that price," said Felmley.

And he encourages the wise use of money. When Mallorie turns 21, her father said that she wants to use her Tribal Trust money to buy a Hummer. He told her, "When you get your money, you can buy a piece of property, sell it, and use the profit off it to buy the Hummer."

The girls grew up in California but moved back to Grand Ronde with their mom when they were six or seven. "I always wanted to be on Royalty," said Sarah, "but by the time I was able to do that, we moved to Hawaii. Hawaii's a lot different from Grand Ronde. I miss sitting in the trailer with Uncle Sammy (Simmons) telling us about how Grand Ronde was when he grew up."

If the past looms large in their lives, the future does, too. Practice for track & field has started again, and Sarah now has hurdles as big as the whole world in her sights. ■



Photos courtesy of the Felmley Family

Close At Home — Tribal sisters Mallorie (left) and Sarah Felmley on the track at Konawaena High School where Sarah's hurdling career is taking flight. Mallorie is active in the ROTC Rangers and can install a starter in a truck.



"Natural" — At practice, Sarah shows her stuff. Keeping an eye on her progress is 81-year-old Ken Foreman, formerly a coach to Olympian hurdlers.

Elders Present Good Neighbor Award

Information & Photo Provided By Tribal Elder Betty Bly

Beaver Court Elders presented a Spirit Mountain Pendleton blanket and 'Good Neighbor Award' to one of their own last week.

Following the New Year's Day snow storm this year, Tribal Elder Harvey Grout shoveled walks and driveways by hand for Elders living in the Beaver Court section of the Tribe's Elder Housing development. He was out there every day throughout the week-long ice and snowstorm, according to Tribal Elder Betty Bly.

"If it wasn't for Harvey I wouldn't even be able to visit my next door neighbor," said Tribal Elder Anna Hannan.

"The TV cable was out but at least I could walk to the mailbox," said Tribal Elder Juanita Lee.

Thanks to Grout, residents were able to move

their vehicles out of their driveways and even pick up much needed items including medicine, groceries both for themselves and for others who could not get to town.

"I was raised to help others whenever I could," said Grout. "It's the Indian way."

Pictured left to right (back row): Betty Bly, Vonnie Grout, Juanita Lee, Harvey Grout, Anna Hannan, Francis Dugan. Front: Joe Vicenzi. Not pictured were other residents of Beaver Court: Jess and Candy Robertson, Frank Thomas, Roger Bly, Leonard Vivette, Jerry Dugan, Nadine McNutt, Wanda Phillips and Leroy Shaw.

