

Respect, Honor And Discipline: Martial Arts Is About Dedication

■ Tribal member Chris Dugger brings pride to his family through his pursuit of excellence.

By Toby McClary

Chris Dugger is on his way to the top in the karate world. Chris, the son of Casino Host for Spirit Mountain and Tribal member Regan Dugger, has been studying martial arts for about four years and has no plans of stopping anytime soon.

Dugger, 15, attends McMinnville High School where he is a freshman. He is the grandson of Tribal Elder Dee Dugger and great-



Chris Dugger

grandson of Tribal Elder Elsie Cummings.

Dugger competes in the Northwest Martial Arts Association and has traveled all over the Northwest to show his skills. He practices at the White Wolf Martial Arts Dojo in McMinnville and is currently the

National Champion in two different divisions, weapons and traditional forms.

When competing in the weapons division Chris uses sais, which are a smaller version of a sword that have three prongs and come in various weights and lengths. Sais are used strictly for style competition and not to compete amongst one another.

"I just feel comfortable using sais and swords," said Dugger.

Chris practices two styles of fighting, Urufu-Ryu Karate Do, an eclectic style that combines strong points of several different styles, and Shorin-Ryu, which is known for its light, quick and agile techniques that are suitable for someone with a light body structure. According to his Sensei, James Rosenweig, he is doing very well in both.

"Chris has a unique dedication," said Rosenweig. "He has matured a lot in the last year and has become a very influential role model."

Dugger has become part of the special team of role models, or Storm Team, and is only two belts away from being an Assistant Instructor. He is currently an orange belt, which is the top of the beginner ranks, but plans to become a 12th degree black belt.

"He will be an awesome black belt one day," said Rosenweig. "He will go all the way."

Dugger just earned the title of Grand Champion at the Tillamook Open and more recently became the



Sensei James Rosenweig and Chris Dugger

National Champion at the USA Nationals in Olympia, Washington. He plans to defend his titles on July 10 and 11 at Linfield College in McMinnville.

"I am very proud of Chris," said Regan Dugger. "Karate has taught him respect and discipline and these characteristics have carried over into his personal life. He identifies what he has done wrong, takes responsibility and corrects his mistakes."

Chris wants to continue his training in martial arts but is unsure if he wants to instruct. He wants to attend college at either Chemeketa Community College or Oregon State University.

"If I decide not to instruct karate, I want to become an archaeologist or a pilot in the Air Force," said Dugger.

"If Chris wants to pursue a dif-

ferent career, then I am behind him all the way," explained Rosenweig. "But I want him to teach martial arts."

Chris enjoys singing and recently tried out for Sterling Jazz, a jazz choir class offered by his high school, and explained that he was accepted. He likes to skateboard around town and at the local parks as well.

Dugger lives with his father in McMinnville where he also stores his many trophies. Regan explained that when Chris's Dojo was out of trophies, Chris removed the nameplates off of his own personal trophies and returned them so that other kids had something to win.

"The most rewarding part of my training in martial arts is all of the friends and respect that I have gained," said Dugger. ■

Take The Weight Of The World Off Your Shoulders

■ Tribal member Darci Warren gives a great massage.

By Ron Karten

Two years ago, (*Smoke Signals*, 9/1/02 issue) Tribal member Darci Warren swept through the Ashmead School of Massage with straight A's with a course load specializing in rubbing people the right way.

Last month, *Smoke Signals* dropped in on Warren to see how she is doing with her new occupation, and we can now report with certainty that the results feel great.

Her work at Ashmead was so good that she now teaches two massage courses there. Next term, she also will be teaching spa offerings like mud raps and salt glows.

All of which should put you on the road to Warren's home base. It travels by the many beauties — farms and woods — of Peavine Road in the countryside northwest of McMinnville. It's a peaceful back roads drive to a peaceful pursuit, and while representing only the massage part of the company's name and message — Massage on the Move — it remains the predominant place to get an authentic Warren massage. With the massage table inside facing large picture windows that look out into



Darci Warren

nothing but nature, the benefits of working here are visible.

"The atmosphere is so beautiful out here," she said. "I like to share it."

The massage table is like a bed but with a head hole at the top so you can keep your face straight down while the work on your back continues. Below the head hole is a ledge, which like the table, is covered with a leathery material, and

it is on this ledge that I placed my notepad and pen, to make notes as the massage unfurled. It is a testament to Warren's work, I think, that I am now barely able to read any of these notes.

I remember her saying things like, "I forget what I get out of a massage." She had just had a difficult day. Her dog had ended up in a veterinarian hospital, but in this

natural dreamland, working over a back and shoulders purring under her touch, it all seemed to come back to her.

She also frequently checked in to make sure she wasn't applying too much pressure, or that she was applying enough.

Then, she took out the hot rocks. Massage provides great benefits, and in particular, these benefits can be a great help for Elders. "It in-

For more information, contact Darci at Massage on the Move at 503-472-7226 or 503-560-7775 (mobile). Through August, she is charging \$60 for a hot rocks massage. After August, \$75 per session.

creases circulation," she said, and "helps relieved tightened muscles. It increases your range of motion. It's relaxing. It decreases stress."

Warren loads up her table, hot rocks and oils for jobs on the road. These events have included businesses and in-home visits. She is saving for the kind of vehicle that will allow her to build in a few permanent massage stations for these events. It's been part of her dream since beginning massage school.

If that part is still in the future, the news today remains good. In the country behind McMinnville, you can still find a masseuse who starts on your gluts while you take notes, and when she finishes, you are flat on your back, knowing that no matter what happens next, you have been to heaven and returned to write about it.