

Spilyay Tymoo

SPORTS



Bismarck, N.D. last year's runner up this year's champs

It was the first quarter that just about wrapped up the game for the United Tribes of North Dakota, as they out scored Haskell, Kansas 24-11, and held on the rest of the game to win the championship.

Darryl Redeagle led the scoring attack for UTETC as he scored eight points in the first quarter while Haskell could only manage to get five field goals and one out of five foul shots. From that point on the scoring

was pretty even with UTETC getting 22 and Haskell 21 in the second quarter to give N.D. a 46-32 half-time lead. UTETC came back in the third quarter to out-score Haskell 26-24, but in the final quarter Haskell came

back strong to out-score UTETC 26-24, but that wasn't enough to overtake the big lead UTETC had built in the first quarter.

Steve Daney out-scored everyone in the game with 33 points. Others scoring for Haskell were Sonny Harris 18, Rich Wells 14, Bob Eaglestaff 11, and Al Estimo six. The scoring for UTETC was pretty well balanced throughout the game with Red Eagle scoring 20, Val Finley 19, Perry White Owl 16, Wallace White Dress 14, Ted Little Moon 10, Robert Hugs 3, Dave White Face 2 and Alfred Lefhand 1.

There were 41 fouls called during the game, of which 24 were on UTETC and 17 for Haskell. Ted Little Moon and Ben Lovan fouled out from the UTETC team and Bob Eaglestaff and Al Estimo were called for five fouls on the Haskell team. UTETC was hot at the foul line sinking 17 out of 18, while Haskell made nine out of 20 foul shots. This was UTETC's second tournament championship as they just won a Junior College tournament in North Dakota before coming here for the Holiday Tournament.

In the game for third place the Pendleton team out-lasted the Simnasho Roadrunners with the score of 92-82, with Bill Quimpts leading the way for the winners scoring 17 points. Chipping in on the scoring was Buck

Jones 14, Vern Bronson and Jamie Jim each scored 11, Brooker Jones and Vic Sohapp each had ten, Rod Cowapoo nine, Dave Schnieder eight and Bub Bronson two. Pendleton was ten out of 22 at the foul line, Vern Bronson fouled out for the Pendleton team.

Ron Jones kept the spark aglow for the Simnasho Roadrunners scoring 27 points in the game, Mike Green added 17, Cal Poncho ten, Randy Settler nine, Chas Mitchell seven and Tony "Big Rat" Suppah and Bob Eagleheart each scored six apiece.

The Roadrunners could only get 16 of 25 at the foul line for the losers. There were a total of 20 games during the three day long tournament where Jerome Davis of the Eugene team scored a total of 53 points in a single game when they beat the Roadrunners 119-103. That was the most points scored by an individual in a single game.

Rocky Boy, Montana, had some difficulties while here at the tournament and had to withdraw because of a death in one of the players family. They left early Saturday morning.

While they did participate here they did fairly well which earned them the sportsmanship trophy.

The Mr. Hustle award went to Al Estimo of the Haskell team, and Perry White Owl was voted the Most Valuable Player of the tournament. Following is the list of the all-stars as selected by the coaches of all the teams here. Billy Thomas, Yakima; Adrain Whitecraft, Chiloquin; Jerome Davis NASU; Ron Jones and Mike Greene of the Roadrunners; Buck Jones and Brooker Jones both of Pendleton; Perry White Owl UTETC; Steve Daney, Haskell, Darryl Red Eagle, UTETC; Bob Eaglestaff, Haskell, and Val Finley, UTETC.

There was a special award presented this year, the Vernon Tanawasha memorial trophy went to Brooker Jones of the Pendleton Bucks. The teams placed; in sixth place Chiloquin; 5th Eugene, Oregon 4th Simnasho Roadrunners; 3rd Pendleton Bucks; 2nd Haskell, Kansas and the champs from Bismarck, North Dakota the United Tribes.



Spilyay Tymoo photo by Starr

In the championship game between Haskell and UTETC, No. 20 Sonny Harris of Haskell, No. 21 Bob Eaglestaff and No. 15 Rich Wells of Haskell watch Ben Lovan under the UTETC basket.

Youth basketball tourney set

A sixteen team basketball tournament is being staged in the Portland area which include teams of grades 6th, 7th and 8th grades and the age groups no older than 12 years old in the 6th grade by 4/1/86. No older than 13 years old in the 7th

grade by 4/1/86 or no older than 14 in the 8th grade by 4/1/86.

Out of the sixteen teams during the tournament the finals in each group division will be played before a Portland Trail-blazer home game in the

Memorial Coliseum. There is one boy's team in the 8th grade division from here entered in the tournament and two girls teams one 6th grade and one 8th grade. Team members on the boys team are Jabbar Davis, Rae Benson, Richard Brisboise, Kahseuss Jackson, Leo Washington, Andy Staciona, Wayne Miller, Matt Clements, Reemo Smith, Ron Suppah, Jason Harris, Tyrone Smith, Maurice Smith and Joel Martinez.

Members of the 6th and 7th grade team for the girls are Laura Miller, Mona Smith,

Shirley Allen, Danielle Gabriel, Lauanne Foltz, Becky Soliz, Rachele Bettles, and Kris King. The members of the 8th grade girls team are Desiree Allen, Jocelyn Moses, Masami Danzuka, Fahnee Huntington, Jan Osborne, Marty Schmith, Kara Jones, Tammy Elliott, Marcy Hawes and Joey Ratliff.

The teams will be playing in a tournament January 19th, in Portland, at this time the site is not known. It is believed that there will be several gym's used for the tournament. Last year the teams played in the Southeast area.

Exercise values

Energy Range Activity (Approx. calories used per hour)	Conditioning Benefits
72-84 Sitting, Conversing	Of no conditioning value
120-150 Strolling, 1 mph, Walking, 2 mph.	Not sufficiently strenuous to promote unless your exercise capacity is very low.
150-240 Golf, using power cart	Not sufficiently taxing or continuous to promote endurance
240-300 Cleaning windows	Adequate for conditioning if carried out continuously for 20-30 minutes
Bowling	Too intermitten; not sufficiently taxing to promote endurance
Walking, 3 mph Cycling, 6 mph	Adequate dynamic exercise if your capacity is low
Golf, pulling cart	Useful for conditioning if you walk briskly, but if cart is heavy, isometrics may be involved
300-360 Scrubbing Floors	Adequate endurance exercise if carried out in at least two-minute stints
Walking, 3.5 mph Cycling, 8 mph	Usually good dynamic aerobic exercise
Table tennis Badminton Volleyball	Vigorous continuous play can have endurance benefits. Otherwise, only promotes skill.
Golf, carrying clubs	Promotes endurance if you reach and maintain target heart rate. Aids strength and skill.
Tennis, doubles	Not very beneficial unless there is continuous play for at least two minutes at a time. Aids skill.
360-420 Walking, 4 mph Cycling, 10 mph Ice or roller skating	Dynamic, aerobic and beneficial. Skating should be done continuously.
420-600 Jogging, 5 mph Cycling, 11 mph	Dynamic, aerobic, endurance building exercise
Downhill skiing	Runs are usually too short to promote endurance significantly. Mostly benefits skill. Combined stress of altitude, cold and exercise may be too great for some heart patients.
600-660 Running, 5.5 mph Cycling, 13 mph	Excellent conditioner
Above 600 Running, 6 or more mph	Excellent conditioner
Swimming	Good conditioning exercise—If continuous strokes. Especially good for persons who can't tolerate weight-bearing exercise, such as those with joint diseases.

Manion, Earl participate in Alumni game

For an evening of fun, the traditional Alumni-Varsity basketball game is held as former players and the present Lady Chieftans gather for the annual game.

Kim Manion and Barb Earl were among former players who made the annual Alumni game this year. Other former players include Mo Dunn, Fredi Henderson, Dee Jacobs, Cathy Percy, CJ Sealey, Sue Stimac, Chris Thomsen, Sue Turina and Deb Weston.

The scoring leaders were Deb

Weston and CJ Sealey with 16, Sue Stimac 13, Cathy Percy 10, Kim Manion, Deb Weston each had five assists, while handling the rebound chores were Fredi Henderson with 6 and Sue Turina with five rebounds apiece, Turina also added six steals during the game.

The Alumni led 46-28 at the half, with the varsity making a rally to overtake the Alumni scoring 50 points in the second half but fell short to lose by ten points 89-79.

New ruling reduces number of jump balls

The new rule in high school basketball will reduce the number of jump balls during the game this year. Jump balls will apply only at the start of a game and at a overtime periods. Another change will keep the coaches on the benches rather than pacing up and down the sidelines giving the officials a bad time.

The jump ball rule will be applied as it is done in the college games. Possession stemming from two players controlling the ball or knocking it out of bounds will alternate. The team losing the opening tip will receive the ball first.

The team who has the turn at possession at the close of a quarter will take the ball out to start the next period.

The bench rule will give a technical foul to coaches who

stand up during a game unless they:

- *Confer with bench personnel and players during a timeout or between quarters.
 - *Signal players to ask for a time out.
 - *Confer with the scorer to ask for a timeout for a correctable error.
 - *Attend an injured player when beckoned onto the court by an official.
 - *Replace or remove a disqualified or hurt player.
 - *Rise from their seats to react spontaneously to any outstanding play by a member of their team, but they must return immediately to their seats.
- It will be hard for some coaches to give instructions while sitting on the bench, especially when they are used to standing while giving their instructions.

UPI ranks Madras girls fourth in state

From the first balloting by UPI's panel of Oregon Sports Writers the Madras White Buffalo girls basketball team ranked fourth in the state. They are followed by No. 1, Marist, 2, Philomath, 3, Scappoose, 4, Madras, 5, Glide, Siuslaw and Cascade tie, 8, Tillamook, 9, North Valley and 10, Astoria. Others receiving votes were Woodburn and Central each receiving eight, Sweet Home five, Rainier four,

Hood River and Henley three each and Elmira two.

The boys team also made the top ten as they ranked 9th. LaSalle once again was a unanimous choice for the No. 1 spot, 2, North Valley, 3, Creswell, 4, Phoenix, 5, Scappoose, 6, Pleasant Hill, 7, Sutherlin, 8, Burns, 9, Madras and 10, Sweet Home. Others receiving votes were Tillamook, Lakeview, Banks, Brookings and Woodburn.

1985 busy with sports

Buff highlights in sports during the year of 1985. First it was the Madras Cross Country team that didn't have a great runner as they did the year before in Mike Donaghu, the team managed to pull out second place in the state championship cross-country meet. The Buffs have won the title two times in a row in the past.

The Buff girls went through the basketball season undefeated and ranked No. 1 in the state by the UPI's sports writers as they entered the state championship round to be upset in the last minutes of the game by unranked Cascade.

The White Buffalo boy's basketball team also glided through an undefeated season to

wrap up the GOL league title. The boys ran into trouble in their first game at the state tournament and were upset by unranked Banks Warriors in the opening round.

Lana Shike sparked the Buff girl's basketball team all season long. Ashley Thorpe was another leader for the success of the girls' basketball season. Lana now plays for Linn-Benton Community College while Thorpe is playing for the Air Force Academy in Colorado.

Mike Donaghu, the son of Bill Donaghu was the winner of the 800 and the 1500 meter events at the district 7AA meet. Despite illness Donaghu finished second in the 1500, and seventh in the 800 meter events at state.



White Buffalo player Ada Billey prepares to make break around Glide defense during championship game December 21. Madras defeated opponents.