

Spilyay Tymoo

SPORTS



In a game with the Baker Bulldogs, Shauna Craig gets ready to pass the ball to teammate Janel Wiles, No. 32. Buffalo girls went on to win the game.

Exercise begins for "large person"

Weekly exercise classes are offered for "the large person," twenty pounds over the ideal weight. The class for these special people is very low impact aerobic for both males and females.

The class starts February 13 from

5:30-6:30 p.m. and meets each Monday and Wednesday in the aerobics room at the Community Center.

Call Eva or Lucinda at the Wellness Office for more information or to sign-up, 553-1161, Ext. 205.

Varsity wins one, loses one

Last Friday and Saturday nights the Madras White Buffaloes won one and lost a basketball game on

the home floor.

On Friday night the Baker Bulldogs came to town looking for

Madras girls play Nyssa Friday, Feb. 10 and Burns, Feb. 11

revenge of a loss to the Buffaloes on their home court earlier this season, but they were turned away by the Buffs 70-60. The game was pretty even throughout most of the game and all tied at the end of the third quarter at 47 apiece. It was then the Buffs put a lid on the hoop as they outscored Baker 23-13 in the final quarter to give them the winning margin.

Baker kept themselves in the ball game by popping in three 3 point bombs from way out as the lead changed back and forth during the first half. At the end of the third quarter the Bulldogs held a one point edge 67-66. In the final quarter it was when the Buffs sewed up the game stopping Baker from their long range pot shots to out score them and win the game.

Paul Williams led the scoring with 21, Eric Petersen 17, Jeff Cordill 15, Aaron Schneider 5, Curt Cosgrove 4, Casey McKinzie 4, Harris 1.

Ontario 71 Madras 69

On Saturday Eric Petersen sparked the Buff attack pouring in 31 points but the Buffs fell short and dropped the game 71-69, in favor of the Ontario Tigers.

It was Earl Elliott of the Tigers who made all kinds of shots and played an outstanding game and he also had a total of 31 points for the game to lead the Ontario Tigers. It appeared that no matter what position he was in when he threw the ball in the air it looked like it was drawn through the hoop by magnet. He made off-balance shots, lay-ups, three pointers and free shots. If he was left open for a second it was like an automatic two points. It was in the final period when the Madras boys almost pulled the game out but as the ticker was running down the Buffs missed a couple of three point shots as time ran out.

Besides Eric Petersen's 31 points, Williams had 20, Cordill 14, Schneider 3, Cosgrove 1. The Buffaloes will be on the road this week to meet the Mac Hi Pioneers of Milton-Freewater, Friday February 10.



In JV action against the Ontario Tigers, Craig Tulee goes high for two points. The Buffs went on to win the game, while the Varsity was edged out for their second GOL loss.

Buffalo girls top Baker, Hilanders

In girls action the basketball team hosted the Baker Bulldogs Friday evening, January 27 then traveled to Burns to take on the Hilanders in another league game Saturday.

The Buffs were victorious 57-45 against the Bulldogs. They played a great game as they were 75 percent at the free-throw line, and the leading scorer had 18 points.

Angie Namenuk was the high scorer totaling 18 points for the evening, two of which were 3-point shots. Laura Snow was close behind with 15 points to add to 11 rebounds. Janel Wiles, next in the

double digits, scored 10 points. Christel Leonard had eight points for the night while Emily Ralls, Shauna Craig and Ellen Blincoe each collected two points. Kitty Davis was the leading scorer overall with 21 points for Baker.

The Buffs then traveled to Burns Saturday for a victory over the Hilanders which they completed by the score of 72-64. At halftime the score was 45-25. After the third quarter the score remained 61 to 39. The Hilanders came within eight points in the fourth quarter but couldn't quite catch the Buffs;

even though Madras missed eight free-throws.

Janel Wiles was high scorer overall with 21 points. Angie Namenuk was next with 19, one of which was a 3-point shot. Emily Ralls had 16 points for the night. Other scorers were Laura Snow with eight points, Christel Leonard and Ellen Blincoe each with four for the night.

Madras was 43 percent at the line. Jeanie Gargill was high scorer for Burns with 14 points. This victory puts the girls at 12 and 2 overall and 5 and 1 in the league.

Hilanders give Buffs first GOL loss

The boy's varsity basketball team traveled to Burns Friday January 27, as the White Buffaloes took a GOL loss to the Hilanders. The Buffs fell three points short in the fourth as the buzzer went off showing a score of 60-63. This loss broke a six game winning streak for Madras. The last time the Hilanders ever defeated the Buffs was back in 1981.

The Buffs trailed by 14 points early in the fourth quarter. By the completion of the final quarter, the Buffs had outscored Burns 26-18, which was not enough to take the lead. Five bonus free-throws were missed by Madras. The Buffs had two chances besides the free-throws to tie the game but two three-point shots failed to go in the hoop during the final eleven seconds.

Jeff Cordill was leading scorer with 20 points in the book. Paul Williams totaled 10 points for the

Buff. Eric Peterson was close behind with nine, one being a three-pointer. Curt Cosgrove had seven for the evening, one of which was a three-point shot. Aaron Schneider had six points. Following him was Jason Harris making

five points while Casey McKenzie had a three-point shot. Jeff Wilson of Burns made high scorer with 27.

Aaron Schneider fouled out of the game and Jeff Cordill received a technical foul for the Buffalo bench.

Ken Springs Tourney on tap

The 8th Annual Ken Springs Invitational Basketball Tournament for men and women will be held April 7-9, 1989 in Boulder, Colorado.

All teams interested in the tournament should send team rosters (12 player limit) with each player's height and tribal affiliation along with the \$150 entry fee by March 31, 1989. Also, it is very important to include a phone number that you can be reached at so we can let you know what time you play. Please

note that a \$20 late charge will be added if you enter after the deadline. There will be no refunds.

The tournament will consist of 10 men's and 10 women's teams, double elimination and the championship will be a one game final.

Please send roster information and money order made payable to: Ken Springer Basketball Tournament, 1506 Broadway, Boulder, Colorado 80302, Attn: Fran Mousau, treasurer.

Buff wrestlers on losing streak

In a dual meet on January 28, the Baker Bulldogs the Madras White Buffaloes come out on the bottom side losing 51 to 21.

The Buffaloes have shown vast improvement in the young wrestlers. Stronger in light weights and steadily improving in the heavier weight divisions. The results of the meet are: In the 103 lb division, Scott Peckens, Baker, won by forfeit; 112—Brian Hopps, Madras, won by forfeit; 119—Justin Chester, Madras, pinned Junior Soliz in the second round. 125—Ron Nelson, Madras, decided, Danny Bonneville 130—Jake Freeman pinned Robert Rios, second round. 135—

Rick Taylor, Baker, pinned Matt Smith, first round. 140—Shawn Bell, Madras, pinned Jason Hobson, first round. 145—Mike Kuhl, Baker, pinned Otis Johnson, second round. 152—Kody Justis, Baker, pinned Jeremy Lagers second round. 160—Ryan Taic, Baker, pinned Joe Hogge, third round. 171—Chris Van Cleave, Baker, pinned Mike Hoaglin, first round.

189—John Edison, Baker, decided, Shawn Smith 12-10. Heavy weight—James Edison, Baker, pinned Chad Duff, first round.

Hopps, Madras, decided, Rick Luna, 11-5; 119—Dick Justin Chester, 6-4; 125—Alan Walker, Nyssa pinned Ron Nelson, second round; 130—Manuel Perez, Nyssa, forfeit to Robert Rios, second round; 135—John Espin, Nyssa, decided Gerald Sampson, 4-3; 140—Shawn Bell, Madras pinned Kelly Huston second round; 145—Travis Cole, Nyssa won by forfeit;

152—James Larsen, Nyssa, decided Andy Frazier by injury default second round; 160—Travis Ellsworth, Nyssa pinned Joe Hogge, first round; 171—Ben Espin, Nyssa, pinned Mike Hoaglin, first round; 189—Shawn Smith, Madras, pinned Tim Ashley, first round; Heavy weight, Scott Ashley, Nyssa decided Chad Duff 7-6.

Nakamura exercise for improved health, fitness

Running to Kah-Nee-Ta from Warm Springs by accident wouldn't be very funny to most of us, but that's how Roy Nakamura, physician at the Warm Springs clinic and December Exerciser of the Month, described the incident. Nakamura's wife was supposed to pick him half way to the resort but was late. By the time they met up, Nakamura was at Kah-Nee-Ta. "It was a hot day, so I was feeling a little tired by the end," he said.

Nakamura, 34, has been exercising on a regular basis since he was six years old when he started Judo training. When he moved to Warm Springs, there were no Judo clubs in which to train, so running became his main exercise activity. Combining running with weight training, Nakamura now spends 10 hours a week exercising.

"Even though I am 34 years old, I feel like I have the health of a 20-year-old and I don't feel limited in anything I do. Exercise gives me self-confidence in my work, even though my work is not very physical. I am an easier person to get along with when I exercise—you can ask my wife," he said.

Goals are important in Nakamura's exercise plans. "It is hard for me to exercise without goals. When I played Judo, I was always preparing for tournaments and since I've been running, I've always prepared for certain races, like the Portland Marathon and the Hood To Coast Relay."

Injuries are proven stumbling blocks for the doctor. A knee strain last summer interrupted his training. It is difficult to "sit around at noon because my knee is injured when I feel like running." However, his knee is on the mend and Nakamura can be seen running around the community while others of us are feeding our faces.

The doctor prefers exercising with others and he says his wife is involved in aerobics. She is also

signed up to run on a women's team in the Hood to Coast Relay.

Nakamura said he would sail the Caribbean in his own sail boat if he had no limitations on exercise activities. "Then I'd come back to Warm Springs and tell people all about it," he said.



Exerciser of the month for December is Roy Nakamura.