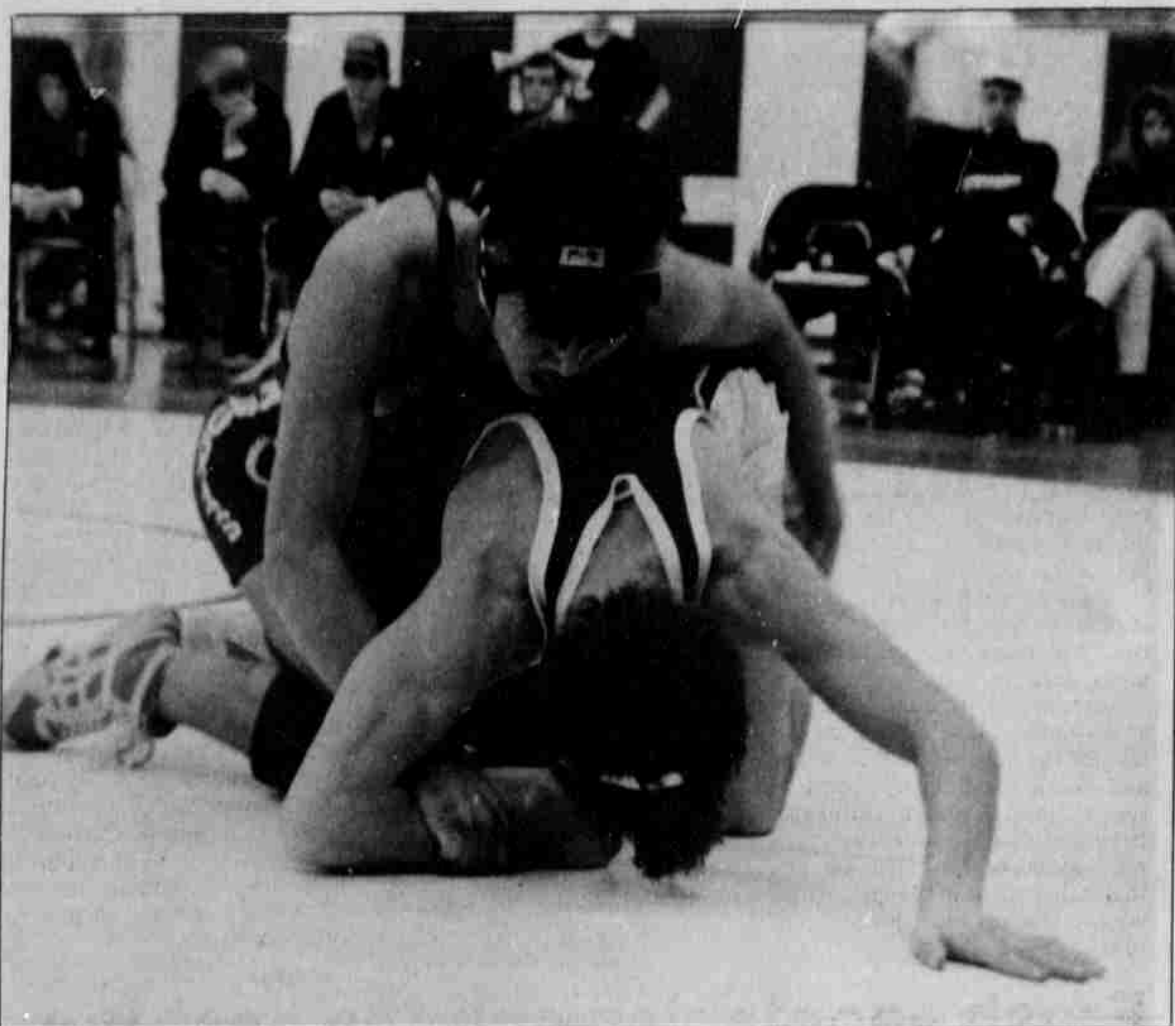


Spilyay Tymoo



SPORTS



Gerald Sampson in a match with a Vale Viking wrestler. Madras went on to win the match. Since that match the Buffs have topped Ontario 37-28 and lost to Baker 35-33, with just a few matches left.

White Buffalo girls top Ontario

It took a lot of kindling to get a spark going for the Madras girls basketball team last Saturday night against the Ontario Tigers after going a whole quarter scoring just two points from a basket by Michelle Simmelink. The Ontario Tigers were not much better in field goal percentages but they did convert five of eight from the free throw line along with two field goals leading at the end of the first quarter 9-2. The Buff girls did manage to out-score Ontario 10-8 in the second quarter but still trailed 17-12 at half-time.

In the third quarter the Buff girls got things rolling, outscoring their opponents 21-8 to take the lead away from Ontario and were in no trouble from there on. They got a three-pointer and eight field goals and were two of four at the foul line. As the final quarter got underway another three-pointer sparked the team and they got going to outscore their opponents 17-9 and get the win with the final score of 50-34.

Becky Soliz scored 11 points to top the scoring for the Buffs, Laura Sahme 10 points with the two three-point baskets for the Buffs, Michelle Simmelink added 9, Jocelyn Moses 8, Carrol Miller 4, and Shirley Allen and Kris King each added two points each to

round out the scoring for the Buff girls.

Lisa Blacketter led the scoring for the Ontario Tigers with 10, Jill Warrington 7, Tiffany Simmons 6, Diane Bertalotto 4, Joanne Nielsen 4, Brandi Brown 2, and Tricia Leedy 1, Kim Smith, Brooke Sasser.

The Buff JV's had a close game most of the way until the final minutes when they pulled ahead to get the win with the final score of 41-33.

The next game for the girls will

be this Friday afternoon when they host the Mac Hi Pioneers here in Madras with game time starting at 2:30 p.m. The reason for the afternoon game is because the boys play Ontario after the girl's game that evening.

Things are tightening up a bit as the season nears to a close and state playoffs are just around the corner. The girls have to play some good basketball from here on out to have a shot at the state play-offs.

White Buffs 81, Baker 67

With the season at midpoint the Buffs stand a 3-3 league record and with just six games left there is a lot to happen if the boys want a shot at the play-offs for state. It's a big word when it's time for the nitty-gritty, when a team has to win every game for the remainder of the season, and sometimes even that could mean that the door to the state play-offs is already closed.

Last Friday the Buffaloes hosted the Baker Bulldogs and came away with a win that put them at the 500 mark with three wins and three losses. The game started out to be a pretty close game as both teams could only get 13 points each in the first quarter with Baker relying on the three-point shots which kept them in the game during the early stages of the game. They did make eight three-point baskets during the game, other than that the Buffs kept them pretty well at hand throughout the game.

Remo Smith had a pretty good night getting six three-point baskets and he was also three for three

at the foul line and had four two pointers as he led the scoring for the Buffaloes. Eric Petersen added 16 points, Scott Moses 12, Jason Harris 11, Todd Earnest and Todd Sullivan each added four each, Jeff Collins 3, Darin Jones 2.

Jason Heisey the big 6'6" senior poured in 24 for the Baker Bulldogs, Tim Spaulding 18, Jon Spence 10, Ryan Baxter 8, Bill Uttenreither 5, and Mike Harrison 2, Shane Davison, Sean Chapman, Wad Swiger, Tyan Elms.

The Buffaloes had a total of 21 fouls and losing Eric Petersen in the final quarter on five fouls. Baker had a total of 23 fouls and losing Jon Spence on five fouls. The Buffs were 17 of 24 at the foul line and Baker hit 18 out of 26 at the free throw line.

This week the Buffs host two top teams and must get by them, the Vale Vikings and the Ontario Tigers. They lost to Vale on Vale's court and beat Ontario in overtime on the Ontario court. Game time is 5:45 on Friday and Saturday.

Green encourages exercise for improved health

Participating in aerobics, hand weight conditioning, conducting chair exercises and walking have earned Lucinda Green the title of "Exerciser of the Month" for December. Green has been exercising 12 times for a total of six hours a week on a regular basis for the last three years.

Green says, "When I first became aware that aerobics dance existed, I dreamed of being an aerobics leader. I was not, at that time, involved in any exercise program. I was very unhealthy, over-weight (fat) and very uncomfortable with how I looked. I give Eva Montee most of the credit for getting me to where I am today. She had faith in me to lead her exercise classes in her absence for the day. She has trained, encouraged and supported me on my road to better health." Green adds, "I need to exercise for my health. I am diabetic and exercise keeps my sugar count low, plus I had two back surgeries and if I do not exercise daily, my muscles get tight and that tends to make my back ache. I also find exercise is the most helpful way to reduce stress

and tension."

Green's goal is to be in good physical health by the time the new aerobics room is moved upstairs to its new location where she can lead classes in front of mirrors. And when she becomes a senior citizen, she will feel good. Green says some of her stumbling blocks are if she sustains an injury or if her back trouble flares up. She must listen to her body and slow down. When this happens, she has to start all over again. She states she has started over many times. After being frustrated and upset, she looks at the problem realistically. "I have faith in my Creator. He helps me through all my problems. Without him I am nothing."

She says one of her hobbies, if you can call it that, is tanning hides. It is very active, but Green calls it "plain hard work." She is learning to sew and learning how to cook good, low-fat foods. It's a very hard change for her family. She is trying to get her family involved in and aware of their own health. Her husband, son and daughter all ride horses together,

though Green, herself, is unable to ride anymore. However, she enjoys watching them ride. The entire family goes camping, hiking, backpacking and huckleberry picking together.

Green says that if she didn't have any limitations, she would like to fancy dance with the men, with no aches and pains at all in her body.

Green also wants to share these words of wisdom, "I know, for a fact, that exercise has helped 100 percent. After repeatedly attending exercise classes or working, I found my self-esteem improved. I began liking myself and did not feel quite so uncomfortable with how I looked. I worked hard on losing fat, or inches. I tried every diet and trick there was but realistically, I found nothing will work unless you totally commit yourself to change. I really seriously want to stress to all my people, *become more aware of your health*. If you're diabetic, don't ignore it, educate yourself and family on diabetes, start taking control of it, do not let it control you. A large percent of our Indian community is obese. When you start an exercise program, go into

it thinking of feeling better and healthier. Sure, you want to lose weight, but believe me, a person can be fat and fit, but you will also be healthier. So, my advice to you is, concentrate on changing habits, and don't concentrate so much on weight. That will all change after you change your habits."

Green has been working in the tribal Wellness department since January, 1989. She is the Wellness trainee coordinator and works with Eva Montee. Green says she is very honored when she is asked to lead aerobics at different locations. Early this month, she lead chair aerobics at a wellness conference in Phoenix, Arizona. In June, she will be leading aerobics at a health conference in Seaside, Oregon, the third year of doing so.

Green wants to thank all the people who have helped her grow by encouraging and supporting her. She also adds, "When I lead classes, I use Indian music recorded from powwows (thanks to Mary Sando from KWSO). So, I encourage all people to start themselves on some sort of health program."

Holiday bowling results

Following are the results of the 1989 Indian Holiday Bowling Tournament held at Pelton Lanes in Madras.

—Team Events—

Men—1. Left Overs, 2583; 2. Smokin Joe's, 2524; 3. Chicken Hawks, 2507; 4. VFW, 2472; 5. Deschutes Crossing, 2442.

Women—1. 3N Livestock Too, 2543; 2. WSAA, 2508; 3. Guerin Logging, 2465; 4. 3N Livestock 1, 2455; 5. Smith/Greene Logging, 2350.

Mixed—1. Adams/Danzuka, 2598; 2. Greene/Wright, 2538; 3. David/Sanders, 2522; 4. Bobb/Dixon/Clements/Anstett, 2521; 5. VanPelt/Shike/Trimble, 2443.

—Doubles—

Men—1. Benson Heath, Bob Macy, 1327; 2. Ralph Minnick, Roger Holcomb, 1325; 3. Cliff Walker, Ray Shike, Sr., 1309; 4. Ron Clements, Joe Badoni, 1265; 5. Jim Durglo, Cliff Walker, 1249.

Women—1. Norene Greene, Sandra Greene, 1293; 2. Relda Jack, Alice Jackson, 1288; 3. Anna Clements, Margie Tuckta, 1228; 4. Reona Trimble, Nancy Kirk, 1219; 5. Sherri Smith, Norma Smith, 1217.

Mixed—1. Owen Danzuka, Libby Chase, 1349; 2. Ron Clements, Missy David, 1315; 3. Rodney

Adams, Lana Adams, 1313; 4. Bob Macy, Maria Macy, 1310; 5. Jerry Sampson, Sandra Greene, 1289; 6. Austin Greene, Sandra Greene, 1273.

—Singles—

Men—1. Alley David, 697; 2. Cliff Walker, 686; 3. Ron Clements, 660; 4. Jeff Sanders, 647; 5. Dino Jones, 645.

Women—1. Deanna Shadley, 644; 2. Donna Anstett, 643; 3. Norene Greene, 641; 4. Nancy Kirk, 632; 5. Joni David, 631.

—Holiday Roll-Off—

Men A Division—Ron Clements

B Division—Alley David

Women A Division—Nancy Kirk

B Division—Sandra Greene

—Masters—

Men—Cliff Walker

Women—Birney Tufti

—All Events—

Men A Division—1. Ron Clements, 1925; 2. John Wright, 1874; 3. Cliff Walker, 1834.

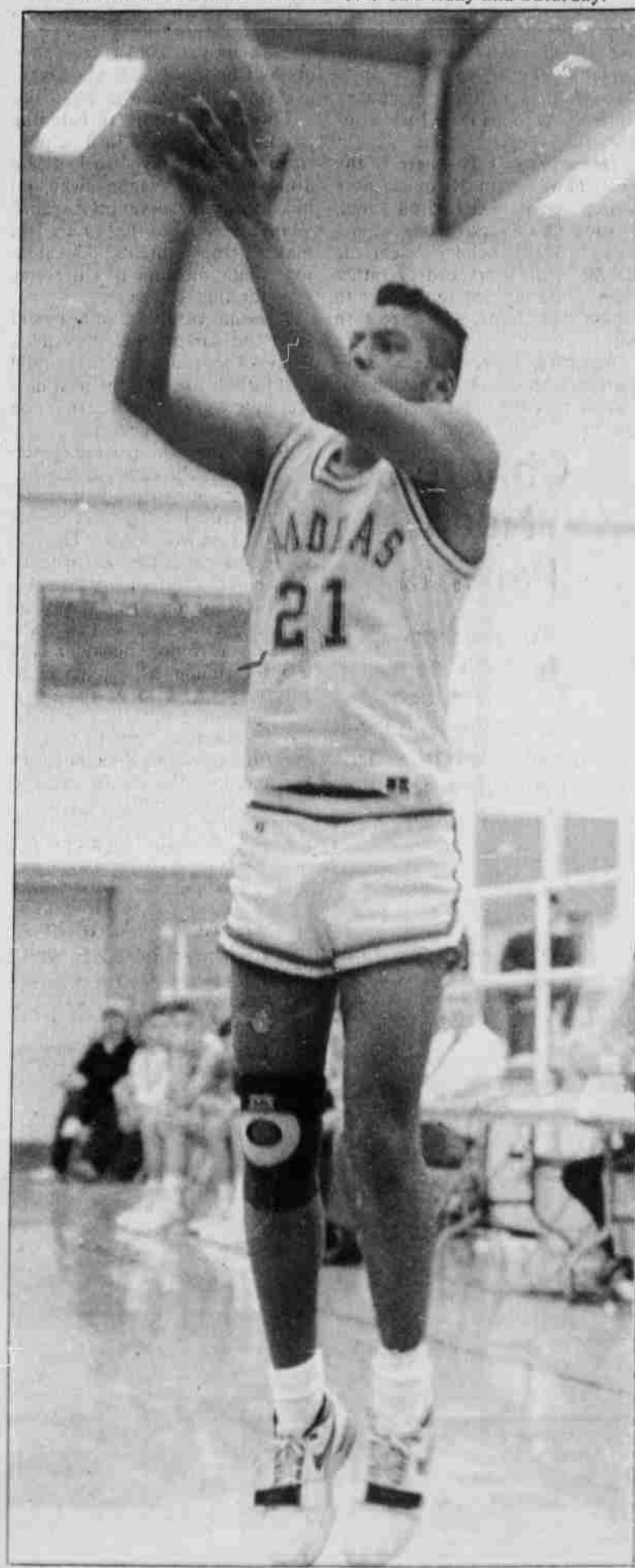
Men B Division—1. Alley David, 2013; 2. Bob Macy, 1909; 3. Levi Bobb, 1907.

Women A Division—1. Nancy Kirk, 1976; 2. Margie Tuckta, 1844; 3. Angie Greene, 1818.

Women B Division—1. Norene Greene, 1922; 2. Deanna Shadley, 1871; 3. Sandra Greene, 1863.

Ron's 18 and Under Basketball Tourney

February 9-10-11



Remo Smith bags one of his three-point baskets as the White Buffaloes top Baker 81-67. Their next games are home on February 9 against Ontario and Saturday they host the Vale Vikings.



Lucinda Green
Exerciser of the month