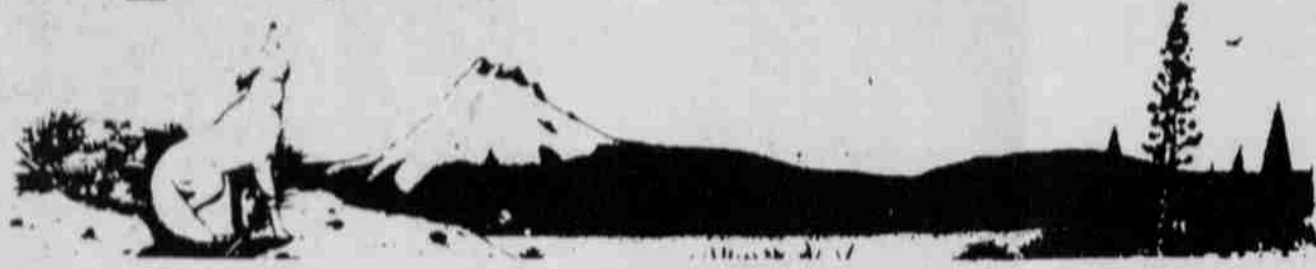


Spilyay Tymoo



SPORTS

Buff girls top Redmond

In a non-league softball game on Tuesday night the Madras White Buffalo girls pounded out a 23-6 win over the Redmond Panthers on their home field. The visiting Redmond team just couldn't get anything going while the Buffs ran wild. Almost everyone scored during the game. Redmond's weak spot was in the pitching area, while the Buffs had quite a day. The next game the Buffs will host a tough Gladstone team on Saturday, which will be a league game.

The Madras girls softball team with just four returnees from last year's squad are fielding a very young team and the lack of experience shows but they are showing improvements in each game. The returnees are pitcher Marty Schmidt, catcher Kris King, Marcy Hawes and Laura Sahme.

Their last league game they traveled to Estacada and split with them over there. In their winning efforts Laura Sahme hit a home run and was four for six at the plate and walked two times. She had quite a day for herself. The whole team had a pretty good day and by the time the league is near ending the team will have a better record.

The Buffs are members of the Tri-Valley league which includes Banks, Hood River, Gladstone, Sherwood, The Dalles, LaSalle, Estacada, St. Mary's and Madras.

Two make Oregonian All-State team selection

Each year the Oregonian selects high school basketball players of the year for both boys and girls. This year for the girls it was Angie Evans of the Vale Vikings and Jason Bail of Central who was the boy's state champ.

Eric Petersen, the 6-3 Junior of the White Buffaloes, was named to the second team selected by the Oregonian in the boy's division. Jocelyn Moses, a senior, received honorable mentions for the year. Both Madras ball players were picked from a team that was not represented at the state play-offs. That is quite a feat in itself.

Mary Ann Standage, coach of the Vale Vikings was named the girl's coach of the year. Terry McClary of Central, the boy's champs, was named the boy's coach of the year by the Oregonian.



During the game with Hood River, Laura Sahme of the Buffs, gets a hit driving in two runs. Hood River went on to win the game. This was a Tri-Valley League game.

Mexican dinner

April 7, 1990
5:30-8:30 p.m.
Adult \$4.50
Child \$2.50

Dance
9-2:00 a.m.
\$5.00 couple
\$3.00 single
at the
All Indian Rodeo
Grounds at Tygh
Valley

Sponsored by the Tywama Saddle Club

All-Indian softball tourney set

Warm Springs All-Indian Invitational Softball Tournament will be hosted by Rick Minthorn May 19 and 20, 1990 at the Community Center ballfields. Teams from Oregon, Washington and California will be invited to participate. The first ten teams will be on the bracket. This will be a double elimination with championship jackets awarded. There will be all-clothing awards given to first place through sixth place.

For further information contact: Jerry Sampson, Monday through Friday, 8:00 a.m. to 5:00 p.m. at (503) 553-2419 or write Rick Minthorn, P.O. Box 155, Warm Springs, Oregon 97761.

1989-90 TRACK

DAY	DATE	OPPONENT	PLACE	TIME
TUE	4/10	MADRAS INVIT FR/SO GLS	3:30	
TUE	4/17	GILCHRIST FR/SO G HOME	3:00	
SAT	4/21	FR PRA/WDBRN V HOME	9:00	
TUE	5/1	MAD INV FR/SO HOME	3:30	
FRI	5/4	MAD TWILIGHT HOME	5:00	
FRI	5/11	DISTRICT MADRAS	TBA	
SAT	5/12	DISTRICT MADRAS	TBA	

ALL MEETS ARE GIRL'S & BOYS' UNLESS SPECIFIED

Kah-Nee-Ta Mini-Marathon April 7

Kah-Nee-Ta Mini-Marathon: The date has been set for the Annual Kah-Nee-Ta Mini-Marathon as Saturday April 7, 1990 at the Kahneeta Vacation Resort in Warm Springs. Race times are set for 10:00 a.m. with registration beginning at 8:30 a.m. on the Village patio.

Races include the 14.5 mile race and the 10 kilometer race, a 3.0 mile fun run and the 1.0 mile walk/run.

The 14.5 mile overall male and female will receive a one-night stay at the Kahneeta Lodge and a jogging outfit. A shuttle will be provided for the 14.5 mile leaving the Village at 9:15 a.m. Pre-registration is open at the recreation office in Warm Springs daily from 8 a.m. to 5 p.m. Costs are \$10 pre-registration (until April 6th) and \$12 the day of the race. There is also a \$5 fee for runners not wishing to receive a tee-shirt. For more information regarding the Mini-Marathon, please contact the recreation department from 8 a.m. to 5 p.m. or phone (503)553-1361 or 553-3243.

58.2 mile relay set for May 5

3rd Annual Reservation Relay: The date for the Annual Reservation Relay has been set for Saturday May 5, 1990 at Kah-Nee-Ta Vacation Resort in Warm Springs. The relay is a 58.2 mile event consisting of five men adult teams and as many as seven members in the youth category. Entry is set at \$60 per team. All registered members will receive a tee-shirt. Overal-

Sign up at Center for Little League now

Little League Sign-ups: Sign-ups are now being taken at the Warm Springs Recreation office for Little League. Any child ages 6 through 15 years of age are eligible. Cost for the league is \$10.00 for any member and a maximum of \$20.00 for any family household.

Waivers will need to be signed by parents/guardians for child to be eligible. In the past, some youth were turned away from the program due to the high turnout. Don't let your child be left out. Come in and sign them up early. With the season beginning at least two weeks earlier this year, tryouts for major league boys and girls may be held as early as April 16-19, 1990. All boys and girls ages 8 through 12 are encouraged to attend the tryouts.

Mens/womens tourney set

The 17th annual men's and women's nationals basketball tournament will be held in Yakima, Washington April 10 through 14, 1990. The 1990 competition is cohosted by the Yakima Nation and National Sports. The finals, on Saturday, April 14, will be played in the SunDome. The first place team will be assured an automatic berth to the 1991 nationals.

For further information contact Cindy Patrick at (509)865-5121, ext. 305; Warren Dick (509)854-1012 or Clarence Umtuch at (509)877-4820.

InterTribal USA womens team going to finals

The InterTribal U.S.A. women's basketball team will participate in the National Indian Athletic Association's (NIAA) finals April 10-14, 1990 in Yakima, Washington. The team will represent Oregon alcohol- and drug-free as well as promote higher education to Indian athletes.

InterTribal Sports of Warm Springs is one of the many sponsors of the team. They have been very supportive of the team for the past five seasons. Since the team was formed in 1984, they have finished third place or better at the NIAA finals, including a National Championship in 1987 in Oklahoma City, Oklahoma.



The InterTribal USA womens basketball team will go to the NIAA nationals in Yakima, Washington April 10-14. Team members include (back row, left to right) Jocelyn Moses, Jennifer Jim, Fran Moses-Ahern and (front row) Jolene Estimo, Shirley Allen, Sammi Allen and Lana Adams.

Team members are Jolene Estimo, Jennifer Jim, Fran Moses-Ahern, Jocelyn Moses, Trudy Moses, Robyn Parker, Sammi Allen, Shirley Allen, Lorraine Suppah, Lana Adams and Kim Manion-Pittsley. Coach is Tom Estimo, Sr. The team sees this year's finals as "our challenge for the '90s."

Sponsors of the team are Centralia Hide and Fur, Warm Springs Vending, InterTribal Sports, JT Bond Company, Presbyterian Church, Laurelhurst Manor, Serenity Lane, Pepsi-7Up Bottling Company of Bend, Erickson's Sentry Market in Madras, Terry's Athletics of Bend, State Farm Insurance of Madras, Karl Jorgensen of Bend, Mt. View Hospital and COCC.

The team's first game is against Kirkland, New Mexico Tuesday, April 10.

Risky Exercises

Some of the following popular exercises may do more harm than good, particularly if you're not in good shape. Avoid these risky exercises which may put unnecessary strain on the structures of the neck, back, and knees.

LOWER BACK	NECK AND/OR BACK	KNEE
 Double leg lifts or lowers	 Thrusting donkey kicks with neck and back arching	 Deep lunges with knee past the ankle
 Straight-leg sit-ups	 Back arching, or bridge	 Deep knee bends and "duck walk"
 Standing toe touches, windmills, other sustained forward flexion at the hips	 Yoga plow and inverted bicycling	 Lean-back quadricep stretch
 Simultaneous arm and leg lifts	 Full head circles and head drop back	 Hurdler's stretch or other twisting of the knee

EVA MONTEE
AEROBIC CLASSES