

Spilyay Tymoo Sports

Cougars hold fourth annual tourney

 November $10-12$ the Cougar
hosted a welve \& under basketha tournament at the Warm Springs
Community Cecticer. Blue Devils and Prineville. Scoring:
Bend; Cummings 27 Toby 6. Norris

 Martin2 Aball, , Matrin. A. Charectee
Prinevile placed third with 57 and Prinevilid placed anirid with 57 and
Bend Blue Devils placed fourth with
${ }^{52}$. Championship game between Warm Springs "Coug ars" and
Eastside of Yakima. Washington scoring was. Eastide: Nanamkin 1
Anderson 6 . Sneed 8 , Abeytin Mndersonn 6 , sned 8, Abeyta 11 Mitchell. Cougars, Walker 5 Moschetetit 13 , Greence 24. T. . Mitchel
12, Wells, A. Mithell The Cousar became champions with 54 as Eassiside were runner--up with 44 ., Stahi; W.S.S.PI weTmberever Chank Stwyer "Ish-Gec-Looksh" Nike Kimbor; K.a-Mo-Yan LLi
Bucks-Chiloquin Floyd Frank, Jr.
WS . W.S. "Warchiefs". Brent Grambael
Tr. W.
."Thers" Brian Cummins Bend Blue Devils. Brett Hisise: Prineville . Jacoby Ellsbury;
"Blackhawss", Jacqua Anderson: Eastside-Yakima, Travis Moschecti
WS "Courars" Joc Nanamkin W.S. "Cougars", Joe Nanamkin, Mosi Valuabis Player was

Volunteers needed for tutoring students who need help with their school work.
Tuesdays from 5 to 6:45 p.m., Wednesdays from 4:30 to 6 p.m., 6:45 p.m.
Let's keep our Indian children in School! Volunteer your time. Contact Andy Leonard at 553-3243.

## League bowling results noted

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Queahpama-Mehlberg named new Wellness Coordinator by Saphronia Katchia
 the

 new Wellness Coordinator at the Community Center. Fran MosesAhern is her supervisor. Bureau of Indian Affairs, IIM department. She mentioned she
neceded a change, "It seemed pretty challenging." Shauna was somewhat laminar woy's class prior to his
attended Joent death. Her job duties include working with ohe Diabenc Program, Monday,
Wednesday and Friday's, the Firel Saffets for an hour on circuit training.
Next spring she will work with the Next spring she will work with the
Hotshots. She instructs her usual Hotshots. She instructs her usual
aerobic classes at noon Monday, Wednesday and Friday, in the
eveningsfrom 5:30-6:30 Mondayand evenings from 5:30-6:30Monday and
Wednesday. Cruit Training (weightlifting) is held Tuesday and
Thursdays an oon.
The aerobics consists of step The aerobics consists of step
aerobics and hydraulics which is basically legwork. The circuit
training includes working with machine weights, and rotating
stations every 45 seconds. They do stations every 45 seconds. They do
as many reps as possible in that time classes is easy for her because it is
clater like calling off steps, somewhat like What she did in the military. She was Noon aerobics is one of Shauna's classes at the Warm Springs
enlisted in the Unites States Army enlisted in the Unites States Army Nommunity Center
from 1989-92 as an E-4 specialist.

## Madras High School schedule

Wreslting

| Wreslting |  |  |  |
| :--- | :--- | :--- | :--- |
| 12/1 Fri. | JVN | @ Madras Tourney | $4: 30$ |
| 12/8 Fri. | V. | @ Culver | $3: 00$ |
| 11/29 Wed. | Fr/So | @ C.O. Tourney, Redmond | $5: 00$ |
| 12/6 Wed. | Fr/So | @ C.O. Tourney, Mt. View | $5: 00$ |
| Boys Basketball |  |  |  |
| 11/28 Tue. | V. | @ C.O. Jamboree, Sisters | $5: 00$ |
| 12/7 Thu. | JV | Vs. Sisters | $4: 00$ |
| 12/5 Tue. | Fr. | @ Culver JV | $5: 30$ |
| Girls Basketball |  |  |  |
| 11/28 Tue. | V. | @ C.O. Jamboree, Gilchrist | $5: 00$ |
| 12/1 Fri. | JV | @ Mi. View | $5: 45$ |
| 12/2 Sat. | V. | Vs. Baker | $4: 00$ |
| 12/1 Fri. | Fr. | @ Mt. View | $5: 30$ |
| 12/5 Tue. | Fr. | @ Culver JV | $4: 00$ |



