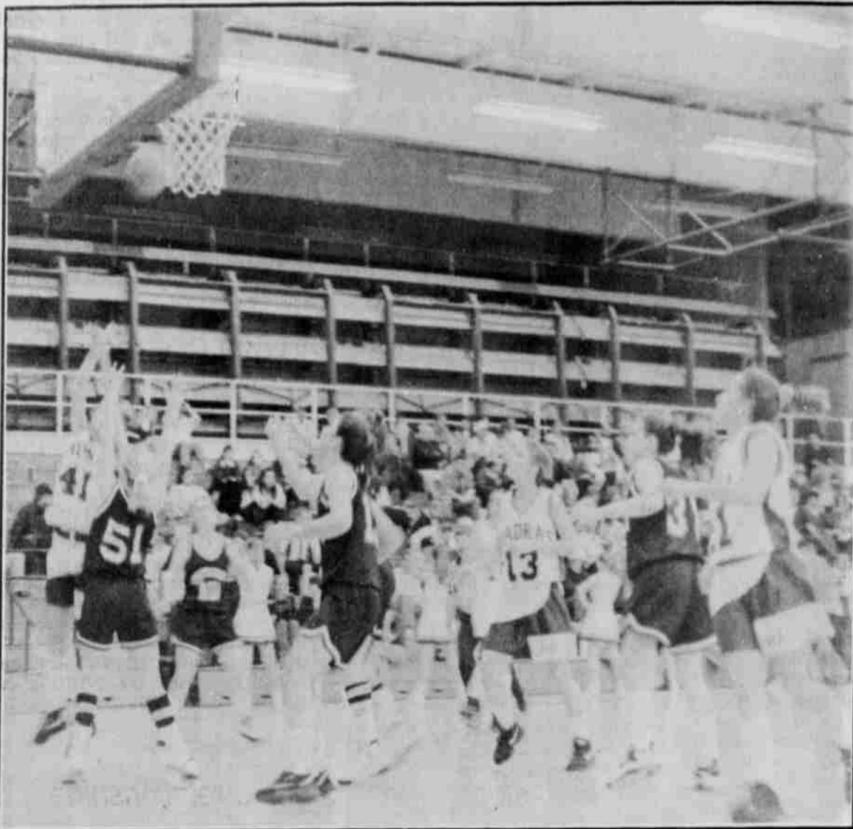




Spilyay Tymoo Sports

Defense key to Buff girls' first victory



Madras High School varsity girl's team played tough defense during first game of the season.

The Madras girl's varsity basketball team opened the 1996-97 season with a 57-35 victory over Sisters at the Buff dome Tuesday night,

December 3. Coach John Peterson stated, "We put forth a great effort and our defense carried us tonight. I was pleased with the play of Abby Nara

and Sherie Johnson at the post, also with the play of Kea Wyatt and Heather Duff. They gave us quality minutes of play. I think we had first

game jitters but played through them. We saw a few things we have to work on. With our first league game being this Thursday, December 6, we have our work cut out for us. It is nice to start league play at home because we usually play very tough at home."

Madras and Sisters played even most of the first quarter. Madras starter Taralee Suppah picked up two fouls and had to sit down. The score after one was 12-10 in Lady Buffs favor.

The second quarter the Buffs started to pull away. Suppah came in and scored was fouled and made the free throw to make the score 17-14 Madras. Abby Nara scored to give Madras a 19-14 lead. After a three pointer by Suppah the score read Buffs 21 and Outlaws 16. The score was 30-20 Madras at half time.

The Buffs scored 25 points in the second half, eight coming in the third and 17 in the fourth. They held the visiting Outlaws to 15 second half points. The Buffs were lead by Johnson's nine fourth-quarter points.

The Buff's scoring was lead by Johnson's 13 and Nara's 12. Duff had 11. Suppah and Gregg each scored six. Wyatt and Christensen had four each. Rounding out the scoring was Hawes with one. The Outlaws were lead by Shelley Greene with 15 points.

The Lady buffs next game is Thursday, 7:30 p.m. December 5, at the Buff Dome.

The JCMS started the 1996-97 basketball season Tuesday November 26, with each house teams playing another. The result were not available the next game is December 3. Here is the rosters for the Red and Blue teams.

7th
RED TEAMS
 Melvin Stahi
 Louis Hellon
 Leroy Hicks
 Gordon Scott
 Louis Smith
 Preston Romanich
 Travern Yazzie
 Paul Houch
 Ryan Foster

7th
BLUE TEAMS
 Louie VanPelt
 Temo Loza
 Chad McFarland
 Victor Van Pelt
 Kyle Devine
 Jacoby Ellsbury
 Vernon Sampson
 Servando Baza
 JD Urrtia
 Matt Benson
 Jeff Barnes
 Colter Barnes
 Manual Gelindo
 Michae Ortiz
 Jarrod Kalama

8th
 Kye Wells
 Dusty Krugle
 Floyd Frank Jr.
 Jerry Brunoe
 Chasen Walker
 Mark Johnson Jr.
 Brett Cunningham
 Mike Mines
 Michael Martinez
 Joe Aguilar
 Adam Merritt
 8th

Jake King
 Abe Strong
 Dennis Willaims
 Justin Bronson
 Joe Thompson
 Gabe Walker
 Galen Boggs
 Travis Moschetti
 Jorge Pocheco
 Jason Zarate
 Johannon Gates
 Doug Nagel
 Janos Spencer
 Eddie Rutherford
 Winter Owl Boyd



Lovie Ike was selected Exerciser of the Month for November.

Self-motivation crucial when working out, says Ike

Lovie Ike is athlete of the month for November 1996. "I work out two to four times a week and average about 10 to 20 hours per week," stated Ike. Ike has been exercising since 1993.

"Between four children and my job as a police officer I have to be in good shape and working out helps with my work and home life. I started working out because my sister Leona kept asking me to go down and work out with her at the Center. She said there was an aerobic class being taught by the late Joey Ortiz, three times a week. After about six months, I decided to give it a try. When I started I was in the back of the class, that's when Joey took notice me and began to work with me. If I missed a class, Joey or Leona would call and see why I was not in class that day. They were my inspiration, without their support and encouragement, I would not be in the physical condition I am in now. I am very thankful for the Recreation Department and staff for the services they provide to the community."

When asked how she benefited from exercising, Ike stated "that I am a healthier person physically and mentally. My job requires you be in good physical shape, so working out has helped in that way."

Ike's goal is to be able to run in a marathon. "Right now I am able to run two miles without stopping."

"My stumbling blocks are that I don't want to work out which happens maybe twice a month or I snack on fatty foods. I handle those problems by looking at an old picture of myself."

Other hobbies Ike likes to do are going to powwows, being in the of outdoors hiking or camping. "Right now my main concern is my children," stated Ike.

Ike enjoys working out with others stating "I like to help others who have just started out. It makes me feel good and motivates me."

"Other family members that exercise are my brothers Tyrone and Lucas they are very active sport wise. Leona, sister, whom works out with me," stated Ike.

The one thing Ike would do if she could do anything is rock climbing. "As a teen I did some rock climbing and would like to do it again."

"My word of wisdom are, you are what you make yourself to be. I don't set limitations on myself because it gives me an excuse to become lazy physically and mentally. Self motivation is crucial and important when working out."

Panthers Girl's Basketball Tournament

For more information call Luther Clements at 553-2413 or 553-1146

JV girls stomp Sisters Outlaws

The Madras JV girl's basketball team won their first game of the season by breezing past the Sisters JV 80-10 at the Buff Dome Tuesday, December 3.

Coach Rob Reidinger stated "We took care of the basketball really well and our defense was very good. I was pleased with the rebounding and the effort the girls gave. This was a total team effort all the girls did a excellent job. Everyone got a chance to play

and each player scored. Now we have to get ready for Gladstone on Thursday, December 5."

Madras was lead in scoring by Johanna Martin's 16 points. Marie Kalama scored 14 and Decee Suppah pitch in 12. Melanie Smith had eight, Brooke Alexander scored two and Heather Klos had three. Reina Estimo tallied seven and Bonita Merrifield chipped in four. Rose Kirk and Janile King pitch in five and nine respectively to round out the scoring for the Buffs. Next up is Gladstone, Thursday, December 5. JV game starts at 5:30 followed by varsity at 7:30 p.m.

Madras boy's varsity to host Bob McKenzie Memorial

The Madras Boy's Varsity Basketball Team will begin their 1996-97 season with the Bob McKenzie Memorial Tournament this Friday night, December 6, at the Madras High School gym.



Edna David

David participates in volleyball

Edna David, 16 daughter of Alley and Joan David, participated in volleyball at Riverside boarding school this fall. David has one sister, Missy Scott and one brother, Butch David. Her grandparents are Rose Mary and Roy Kalama, also Andrew and Edna David.

David stated, "This was my first experience being away from home. I am enjoying it. I like it at school because everyone is treated the same. No one is better than anyone else." David plans to play softball this school year, stating "softball is more challenging than volleyball."

David's favorite class is athletic PE with Carol Schwab. David plans to go back next year for her senior year.

From the Pro....



Golf Pro Joe Rauschenburg

When your ball comes to rest near an obstacle such as a tree, bush, fence or large rock and you have little room to make a backswing, this specially shot is a great stroke-saver. It will work with as little as six inches or backswing, enabling you to get out of trouble without taking a penalty drop that still might leave you in bad shape.

The procedure: Use a wedge or other lofted club because you will be striking sharply down on the ball and taking loft off the club. Take a preset position with your hands about in the impact position and your wrists fully cocked. Set the clubhead against the object that is restricting your swing. When you are ready to hit, simply snap your wrists and release the clubhead into the ball.

If it doesn't work, see your local PGA professional. (Hau oli LaHo omaika) Happy Holidays

21st Annual Warm Springs Indian Holiday Bowling Tournament

December 27-29, 1996
 at Pelton Lanes, Madras, Oregon

ABC/WIBC Sanctioned

Prize fee 100% returned

**Men's/Women's/
 Mixed Team**
 6:30 & 9:00 p.m. Friday
 12:00 Saturday

**Men's/Women's
 Holiday Roll Off**
 2:00 p.m. Sunday
 \$5.00 Entry
 (Must Qualify)

Singles/Doubles
 2:30 p.m., 6:00 p.m.
 Saturday

Mixed Doubles
 12:00 p.m., 3:00 p.m.
 Sunday

YABA
 9:00 a.m. Saturday
 1st 30 Entries

Mixed Masters
 9:00 p.m. Saturday
 \$20.00 Entry

Per entry/Per event: \$15.00
Breakdown: Prize fee \$7.75
 Lineage \$5.25
 Expenses \$2.00

This year's tournament in honor of Cecil Seyler

"Special events & added purse"

Contact: Margie Tuckta, P.O. Box 895, Warm Springs, OR 97761 or Jerry Sampson, P.O. Box 847, Warm Springs, OR 97761

Raffle drawing for visiting tournament participants for one nights lodging. (Please bring your room receipts.)