



Spilyay Tymoo Sports

Madras girls keep on winning.....

The Madras White Buffalo girls varsity kept their winning ways by holding off a very determined Estacada team by the score of 50-44. Madras got 11 points from Heather Duff and 12 from Taralee Suppah to help Madras defeat the visiting Lady Rangers. Madras improved its Tri-Valley league record to 11-3 in Tri-Valley league play and 17-3 overall.

In the first quarter, Madras held the Lady Rangers scoreless for the first five minutes of the game, by using a very aggressive full court press. Duff scored eight points in the quarter. The Rangers got within 9 to 15, on a last-second shot by Jayme Dodrill.

In the second quarter, Madras kept the upper hand and held a 29-20 at half time. Both teams played evenly through the second quarter. Madras got four points apiece from T. Suppah and Marie Kalama in the quarter.

In the third, Madras out-scored the Rangers 11-9 and lead 40-29 at the end of the third. The Lady Buffs looked like they were going to run away with the game when Sheri Johnson scored two of her four, at the buzzer to give Madras a 11 point lead. Deece Suppah had to come out of the game with four fouls at the 5:30 mark.

In the fourth, Madras was out scored 15-10 and Estacada threatened to steal a win. It seemed at first Madras was going to keep the momentum on their side when T. Suppah opened the final frame with a three-pointer and added a free throw to make the score 45-33, with 5:24 to go in the game. But Madras scored only one point the next four minutes and the Rangers chipped the Buffs lead down to 46-40 with 1:40 to go in the game. Annie Greg final broke loose and scored two to make the score 48-42 with less than a minute to play. After Kelly Miskey, of the Rangers, made the score 48-44 with 25 seconds to go. Neither team make a field goal. Madras made two free throws to seal the win for the Buffs.

Madras will host The LaSalle Lady Falcons on Friday February 13, at the Buff Dome. This contest was rescheduled from February 14.

Madras girls to Host the LaSalle Lady Falcons, Friday February 13. Last home game for the Lady Buffs

The Madras boys varsity basketball team nexted home game is Thursday, February 19.

The Eagle Spirits Men's basketball team will be hosting a 6" Plus One Open men's basketball tournament, true double elimination. At the Warm Springs Community Wellness Center February 27 to March 1.

12-16 teams, First through Sixth place awards and 10 championship jackets awarded.

No more than two men over 6 and 3/4 feet tall. Entry fee is \$275 and a holding deposit of \$75 can be sent to Ricky Minthorn, money orders only please.

For more information you may call: Ricky Minthorn at (541)-553-1831 from 5:30 p.m. to 9:30 p.m. or Deanie Johnson at (541)-553-3238 from 8 a.m. to 5 p.m.

Madras Boys varsity win two at home



John Kalama scores two during JV action against, Portland Christian

Madras vs Portland Christian

The Madras boys varsity basketball defeated the visiting Portland Christian Royals 86-47, and now have a Tri-Valley league record of 5-5 and 9-8 over-all. Madras had a balanced scoring attack with Jerold Rico leading the way with 13, TJ Moschetti added 11.

In the first quarter, Madras got off to a 20-12 lead. Rico had six points to lead Madras.

At half-time Madras held a 39-26 lead. Rico had 11 points.

In the third Madras outscored the visitors 21-11 and lead 60-37. Madras' TJ Moschetti got two quick baskets and with 1:18 left the Royals called a timeout. The score read 58-35 in favor of the Buffs.

In the fourth quarter, Madras ran away from the Royals and won by the score of 86-47. Madras held the Royals to 10 fourth quarter points while they scored 28 points in the quarter. Madras got great play from its bench. Jared Moses scored four points in the quarter, Jorge Mora had 12 in the quarter.

The family of "Joe Kautz Jr." will be hosting the First Annual Joe Kautz Jr. Memorial Men's 35-and-Over Basketball tournament. On the week-end of February 27 through March 1, at th Nisqually Tribal Center.

Awards: 10 1st place Jackets, 10 2nd Hooded Sweatshirts, 3rd place will receive 10 T-Shirts, 4th place 10 T-Shirts and 5th place 10 Hats.

14 All-Stars will be chosen and will receive Hooded Jackets. While the MVP, Mr. Hustle and Mr. Three-Point Man will receive Jackets.

Entry fee is \$225. For more information contact Farron or Linda McCloud at (360) 493-8263 ext. 659 or 634.

This event will be open to the first eight teams to respond or send entry fee.

Madras vs Sherwood

The Madras Boys varsity basketball team improved its Tri-Valley league record to 6-5 and 10-8 overall with a 75-67, win over sixth ranked Sherwood Bowman. Madras was lead by the trio of Jerold Rico, Brian Miller and Jason Cordes. Rico scored 27, Cordes had 19 and Miller added 21.

In the first quarter, Madras was down 18-15. But a 20 to 10 outburst in the second quarter gave Madras a 38-28 lead that they never gave up.

In the third and fourth quarters Madras outscored the visting Bowman 40-39 and won its fifth game out of its last six. Madras now sits in fourth place in the standings in Tri-Valley league play.

Scoring
Madras: Rico 27, Miller 21, Cordes 19, Johnson 6, Mora 2.
Sherwood: Kulland 20, Sarver 3, Rasmussen 3, Hoddle 7, Harris 16, Auxier 8, Jordan 4 and Wert 6.

KNT golf meeting set

There will be a Kah-Nee-Ta Golf Association membership meeting on February 23, at the Lodge at 6 p.m. All persons, with an interest in golf are encouraged to attend, as this is open to the public.

Agenda items to include Annual membership dues, handicap fees, tournament schedules, Officers report, Twilight league, Pro-Am schedule and Pro report, ect.

Hope to see you all on February 23, 6 p.m. at the Lodge, and see how golf can make a difference in your life. Looking forward to see you on the Links in Ninety-Eight.

Students shoot hoops for heart

Eighteen Jefferson County Middle School students participated in the third-annual Hoops for Heart contest January 21. The students raised over \$550 in the fund raiser for the American Heart Association.

Top fund raiser was Warm Springs eighth grader Candice Miller, who raised \$239, topping her own record from last year.

Thanks go to the MHS girls' varsity basketball team for helping run the events and to sponsors Sentry Market, Safeway and Ahern's Mar-

1st Annual Northern Nations All-Indian Co-Ed Volleyball Championship
 March 19 through 22, 1998
 Wind River Indian reservation, two gym locations.
 Ethete, Wyoming
 12-16 team limit(true double elimination bracket), team rosters(8) players four women and four men.
 Entrance fee: \$200, half due by February 27.
 Guarantees seating in tournament, pool play March 19 & 20, 5 p.m. daily.
 Awards
 1st-Sport wool custom embroidered quilted coats, Trophy and a cash prize of \$1,000.
 2nd-Sport hooded pull-over jackets, Trophy and \$500.
 3rd-Hooded pull-over sweat shirts, Trophy and \$300.
 1-Traveling farthest team pull-overs, a plaque and \$350.
 1- Mr., Mrs., MVP and Hustler embroidered letterman coats and plaques.
 1-Outstanding player embroidered Pendleton coat and Plaque.
 1-Sportsmanship team T-shirts and Plaque.
 For more information you may call or write to the following address or call the phone number provided.
 Northern Nations Volleyball Championship
 C/O Darren W. Willow Box # 8570, Ethete, Wyoming 82520. Or call (307) 332-9811 no collect calls please.
 The All-Indian Co-Ed basketball Championship will be held May 14 through 17. For more information call or write to the number above.

Community Wellness Center/Recreation Activities

Mondays
 8:15 a.m. to 9 a.m. Diabetics and Seniors
 12 p.m. to 1 p.m. Aerobics and Basketball
 2 p.m. to 3 p.m. "Hot Shot Crew" Aerobics
 4 p.m. to 7:30 p.m. Youth Basketball
 7:30 p.m. to 9 p.m. Women's night
 2:30 p.m. to 7 p.m. Game Room and Carol's Art & Craft room open
 5:30 p.m. to 6:30 p.m. Evening Aerobics

Tuesdays
 12 p.m. to 1 p.m. Noon Aerobics and Noon Volleyball
 2 p.m. to 3 p.m. "Hot Shot Crew" Aerobics
 4 p.m. to 7:30 p.m. Youth Basketball
 2:30 p.m. to 7 p.m. Game Room and Carol's Room open
 7:30 p.m. to 9 p.m. Men's I.B.A.

Wednesdays
 8:30 a.m. to 11 a.m. Diabetics and Seniors Water Aerobics
 12 p.m. to 1 p.m. Noon Aerobics and Basketball
 2 p.m. to 3 p.m. "Hot Shot Crew" Aerobics
 4 p.m. to 7:30 p.m. Youth Basketball
 2:30 p.m. to 7 p.m. Game Room and Carol's Room open
 5:30 p.m. to 6:30 p.m. Evening Aerobics
 7:30 p.m. to 9 p.m. Women's Night

Thursday
 12 p.m. to 1 p.m. Noon Circuit Training and Noon Volleyball
 2 p.m. to 3 p.m. "Hot Shot Crew" Aerobics
 4 p.m. to 7:30 p.m. Youth Basketball
 2:30 p.m. to 7 p.m. Game Room and Carol's Room open
 7:30 p.m. to 9 p.m. Men's I.B.A.

Friday
 8:30 a.m. to 11 a.m. Diabetics and Seniors
 12 p.m. to 1 p.m. Noon Aerobics and Basketball
 2:30 p.m. to 5 p.m. Game Room and Carol's Room open

Saturday
 10 a.m. to 2 p.m. Open Gym, Weight room and Social Hall-TV

The Harlem Clowns basketball team are coming to the Warm Springs Community Center February 26, at 6:30 p.m.

They will be facing the Warm Springs Rez All-Stars.

Advance tickets are \$5.00 and at the door price will be \$6.00. The first 300 kids will be admitted in free with an paid adult. Also there will be a diner at the Social Hall starting around 5:30 p.m.

Brunoe, exerciser of the month, states, "listen to your boby when exercising."

The Exerciser of the Month of February, 1998, is Garland Brunoe. Brunoe is Director of Managed Care. He is married and has three children, Marcella age 21, Anthony 17 and Anna 16.

Brunoe started to exercise about two years ago, stating, "I used to go swimming at the Kah-Nee-Ta Village pool. Until the 100 or 300 year flood showed up early, then I needed a place to exercise and I heard about the Community Center. So, I have been going down there ever since."

The type of exercises Brunoe does is stretch exercises to keep muscles flexible, light to moderate weights to tone the muscles, moderate running mixed with stair climber or bicycle for cardiovascular and occasional swimming. Brunoe stated, "I do this a minimum of four times a week for one hour and 20 minutes."

The benefits that Brunoe feels he gets from exercising are it gets my blood moving and I find that I have more energy throughout the day. As I grow older it is helpful to keep my body flexible, which in turn, helps me from easily hurting myself. I also found out that if an individual tones their muscles up that you burn more calories to maintain muscle. Exercising also helps me to feel good about my appearance and I don't spend alot of money on clothes as I maintain the same size when I exercise."

Brunoe's goal when working out

is to keep his body in good health so his thinking, feeling and emotions can focus on the needs of his family, job and community. Brunoe stated, "I understand that in a spiritual sense it profits me little to exercise. To maintain my relationship with God is much more important and I do this through my spirit being in line with God's spirit. Each day and throughout the day, I pray 'body get in line with your soul. Soul get in line your spirit. Spirit get in line with the Spirit of God. In Jesus Name I pray.'"

Brunoe has one stumbling block that he watches for and that is not to overdo his exercising. He finds out that he ends up hurting himself. Brunoe exercises in moderation and to the point that the exercise that will be beneficial to his body. Brunoe stated, "If I push beyond that I end up hurting an area of my body and have to stop exercising to heal the part I hurt."

Garland's way of handling his stumbling blocks is to listen to what his body is telling him and adjust his exercising accordingly.

Besides working-out Brunoe also likes to hike, swim and work outdoors.

Brunoe has never thought of exercising either alone or with others. Brunoe stated, "To exercise with others is a benefit because sometimes you pick up an exercise from someone that will help you. Also if you are having a hard time getting into

exercising it is helpful to be around those that are getting into their exercising which might help motivate you."

When asked if any family members exercised with him. He and his wife Susan have started a walking program and his sisters Arlene, Urbana and Marcella generally walk during their lunch hours. Brunoe is not certain if his other sister Ursula, who lives in Oregon City, exercises. His cousin Carshal Brunoe is an aggressive exerciser and his mother, who was in her eighties, used a tread mill in her house to get exercise."

Brunoe said that if he had no limitations on whatsoever and could do any activity that he wanted to do, he "would like to learn how to snowboard and scuba drive."

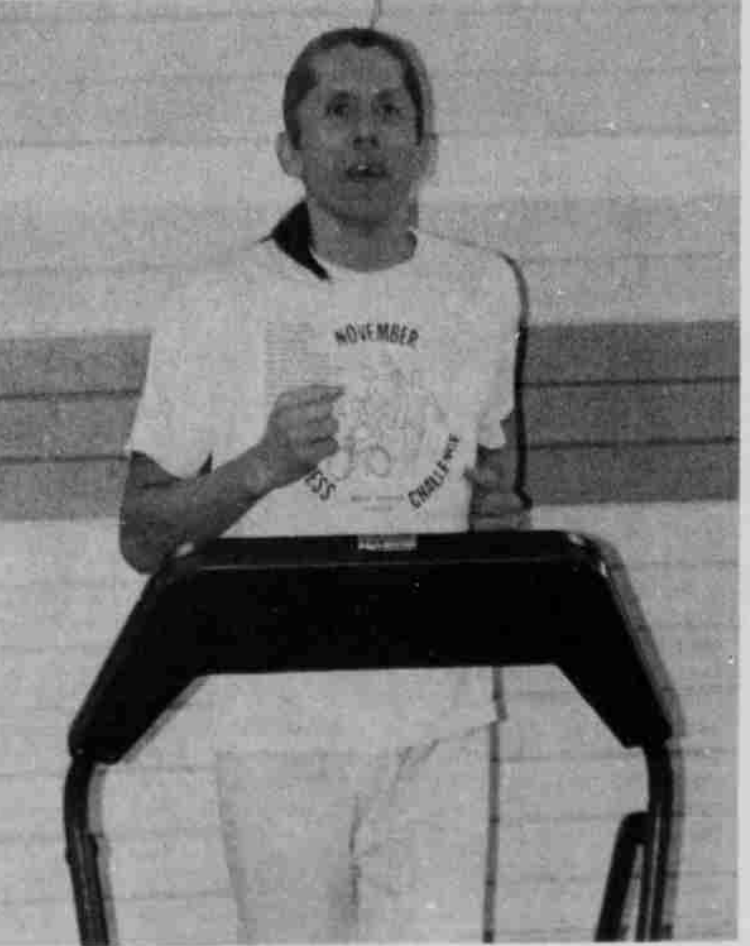
Brunoe shared these "words of wisdom" on exercising, "I believe that minimal of exercise is good for a person. If you are thinking about starting "Just Do It" and don't compare yourself with others. There is always going to be someone better than you and someone worse than you. When you start go slowly and build yourself up slowly. Like anything that one becomes good in it takes patience, discipline and a stick to it attitude. Remember that your exercise is personal. Exercise is to help you maintain a healthy body which in turn helps how you feel, think and express your emotions. Exercise also is an expression of

caring for others in your family. I.E. your willing to take the time to care for your body so you will be around to be with family and help them in this life. Eating is important, some of us can look at a chocolate cake and put on three pounds. While someone else can eat that cake and it won't affect their weight. Learn how your body metabolises the food. In moderation eat the proper foods such as vegetables, fruits, proteins and drink alot of water."

Garland added, "I think the main ingredients of a good fitness program provide for: **Strength**-resistance exercise such as weight training, **Endurance**-aerobic exercise such as jogging, **Flexibility**-range of motion exercise such as slow stretching and **Body fat reduction**(if necessary)-increased exercise and decreased calories.

Brunoe would like to leave these final words. "Ask the staff at the Community Center about the exercise equipment and an exercise program, they are always willing to help out. One last thought, if you stumble and eat that bag of potato chips, candy bar or chocolate cake, don't beat yourself up. Brush the crumbs off your face and move on with your exercise program."

Brunoe concluded, "I leave with these encouraging word: **Be of good courage, and He shall strengthen your heart, all that you hope in the Lord" Psalm 31:24.**"



Garland Brunoe on the treadmill