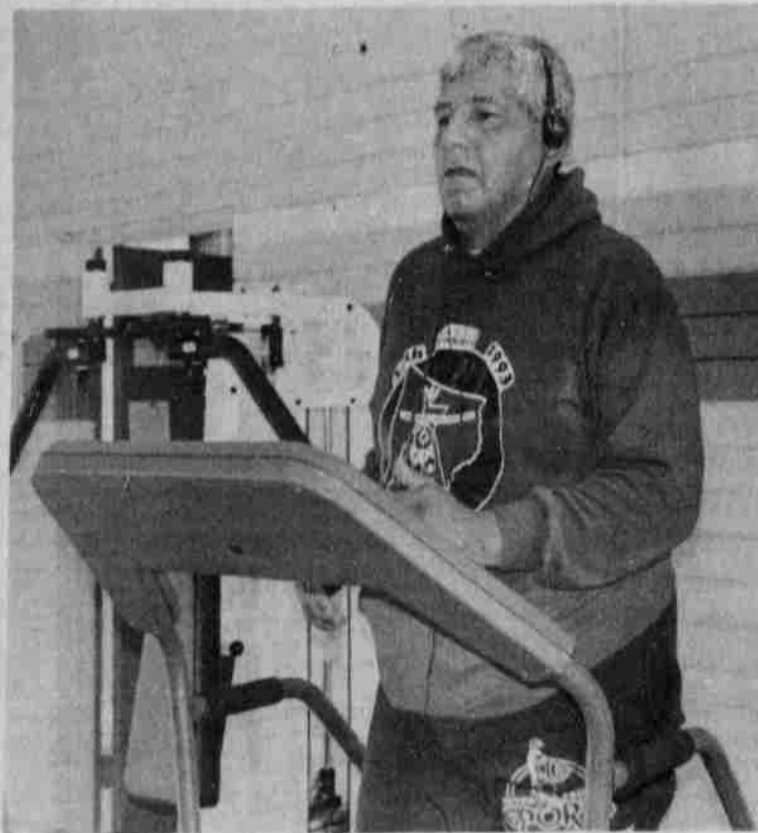




# Spilyay Tymoo Sports

## Miller is exerciser of the month for May



Satch Miller

Satch Miller was selected as the exerciser of the month for the month of May.

Satch began working out on a regular basis about four months ago, doing weight loss programs like walking on the treadmill and going through the circuit training classes they offer at the Community Center. He works out six times a week and spends around fifteen to sixteen hours doing so by himself, which he prefers.

When asked what motivated him to start working out his replies was that he felt he was in poor condition weight wise and wanted to change that for himself. In March, Sandra Greene and Missy Scott challenged him to a bet which motivated him to work out as much as he does now.

Snacks and bad weather are some

of the problems Satch has had while he has been working out. Will power, and the thoughts about these things keeps him on his toes when those short lapses occur.

Miller has some goals in mind that keep him going such as losing 70 pounds by August, and participating in the Portland marathon in September, and maybe the Hawaiian Marathon in December. If there were no limitations Satch would do the Boston marathon and the Hawaiian Triathlon.

Satch's words of wisdom to other people is "when you work out remember that you are only helping out yourself and no one else." He also says that exercise is an excellent stress reducer and is healthy both physically and mentally.

## Sport physicals given at Madras High School

Sports physicals will be given at the Madras High School June 2, 1998 at 8:30 a.m. The physicals are free of charge and are being given by local hospital and health and wellness volunteers. Any freshman that plans on playing sports in their sophomore, junior, or senior year will need to get a physical done. Students will get a physical form in there health classes, where they will have to bring home for a parent signature. Kids who aren't enrolled in a health class may pick up a form in the high school office.

The Jefferson County Middle School will also give physicals on June 2, 1998. Please

call JCMS for information concerning those physicals.

## Madras loses close one

The Madras boy's baseball team lost in the tenth inning to Wilsonville with a score of 10-9. The boys lead the game with a score of 6-0 in the fourth inning but couldn't hold on as the visiting Wildcats found their rhythm from the fifth inning on. Madras Scott Armstrong had a homer to lead the Buffs who are 3-16 this season with this being their last game.

## Madras loses close game, but remains Co-league champs

The Madras lady buffs had a very important game at home on May 11, against the second place Dalles Indians. This was their last league game of the season and what a game it was. The girls lost to the Indians in a heart breaker with a score of 8-1. Madras couldn't find a rhythm throughout the whole game offensively or defensively.

This loss makes the buffs the Co-League champions sharing this honor with the Dalles. Madras will have to go through the league playoffs where they will have to beat the other teams to get into the state playoffs.

The only game between now and the league playoffs for the buffs is a make-up game against Crook County on Thursday May 14.



Lady buffs get ready to take the field

## Boys baseball gets big victory

The Madras baseball team got a huge win on Wednesday May 6, against the Portland Christian royals with a score of 11-0.

Keller Christensen threw a no-hitter shutout against the royals. The

game ended with a sensational homer by Jake Jaca in six innings.

The game on Friday against the Estacada Rangers was canceled due to excessive rain.

## Tips from the Pro



Joe "Da" Pro

How many times have you been somewhere between ten and thirty feet off the green, with what appears a simple little chip shot to the hole? If you golf very much, you've seen this little shot's lots of times. You've just put two pretty fair shots together on a four hundred yard hole, now there's only about twenty feet left. The hard work on the hole appears to be over, right? Well...not always.

Too often this little simple shot becomes a nightmare for golfers. In your mind you see a little lob shot with a pitching wedge or a sand wedge land softly ten to fifteen feet short of the hole, with the ball rolling smoothly toward the hole, stopping a foot or two away. Unfortunately, many times instead of seeing the ball come off the clubface with a nice high trajectory and landing softly, it

does one of two things. The club hits two inches behind the ball, barely moving it, or just as bad, the club strikes the ball right in its center, and the ball takes off like a bullet often going over the green completely. (At this point, give this particular golfer plenty of space, for the next thing to fly wildly could be the person's wedge.)

This can happen for several reasons. One: The lie is very difficult, and making clean contact requires perfect precision. Two: The lie may be adequate, but the golfer simply mis-hits the shot. Hey, this happens to the best of times. Third, and the most common, is that the golfer is attempting to use the clubhead to "lift" the ball into the air. It is common sense to think that if you want something to go up, you naturally try to help it go up. Golf is not a game of common sense.

To be consistently successful with this shot, you must remember that the proper method is to strike down on the ball with the wedge. It isn't a severe downward motion, but to be good at this, remember you cannot catch the ball on the upswing with the club. The clubface comes into the ball going slightly downward, ideally meeting the back of the ball and the turf at the same instant. So remember to be a good chipping, you must learn to hit downward into the ball, allowing the angle of the clubface to get the ball into the air. Practice hitting slightly downward at the ball with the wedge, hitting the turf and at the same moment, and those embarrassing "flubs" will begin to go away. If you practice this shot some, I guarantee your chipping will improve.

**2nd Annual Memorial Weekend Powwow at Two Rivers Casino May 22-25, 1998**  
 Competition Dancing \$1,000  
 1st place- All adult categories  
 Grand Entry 1 p.m. & 7 p.m.  
 Registration for Dancing & Drums closes May 23 @ 12 noon  
 Grand Entry for points and exhibition Friday @ 7 p.m.  
 Stick game area will be provided;  
 Host Drum-Stoney Park \$5,000 Drum Contest  
 Honoring all Spokane Drums  
 Drummers please bring your own chairs  
 Dance Specials: Team Dance Contest  
 1st Place \$800 May 24  
 Veteran's Honor Dance-Veteran's Special Men's Traditional May 25  
 Women's Traditional-1st place Buckskin Dress sponsored by Donna Henry May 23  
 Men's Traditional sponsored by Two Rivers Marina & RV May 24  
 Not responsible for theft, accidents or injury.  
 No alcohol, drugs or firearms permitted on premises.  
 Paradise Amusements providing carnival for all ages.  
 Day passes available to area tribes now.  
 Call Two Rivers Casino for information.  
 Hwy 2. To Davenport, WA; 23 miles north of Davenport, WA on Hwy 25. 1-800-722-4031

## 1998 T-Ball, Softball and Baseball schedules

### T-Ball game schedule

**Tuesday, May 26**  
Tigers at War Ponies  
Rat Pack at Blue Jays  
Rockies at Hawks  
**Thursday, May 28**  
Blue Jays at Hawks  
War Ponies at Rockies  
Rat Pack at Tigers  
**Tuesday, June 2**  
War Ponies at Rat Pack  
Blue Jays at Rockies  
Hawks at Tigers  
**Thursday, June 4**  
Hawks at War Ponies  
Rockies at Rat Pack  
Tigers at Blue Jays  
**Tuesday, June 9**  
Rat Pack at Hawks  
Rockies at Tigers  
War Ponies at Blue Jays  
All games start at 6:00 p.m.  
Home Fields: Hawks-Simnasho Elem. School; Rockies-Front of Community Counseling Center; Blue Jays-Elmer Quinn Park; Rat Pack-Next to Fire & Safety; War Ponies-Warm Springs Elem. (upper playground); Tigers-Front of Children's Protective Services building.  
**Minor Girls schedule**  
**Wednesday, May 27**  
Culver at Dairy Queen (JH 3)  
Gators at WS Stars (WS 2)  
**Friday, May 29**  
Gators at Culver (FG 2)  
Dairy Queen at WS Stars (WS 2)  
**Monday, June 1**  
WS Stars at Culver  
Dairy Queen at Gators (WS 2)

**Friday, June 5**  
Dairy Queen at Culver  
WS Stars at Gators (WS 2)  
**Monday, June 8**  
Culver at Gators (WS 2)  
WS Stars at Dairy Queen (JH 3)  
**Wednesday, June 10**  
Culver at Dairy Queen (FG 3)  
Gators at WS Stars (WS 2)  
Coaches: Dairy Queen-Chris Walker; Culver-Leonard Lang; Warm Springs Stars-Denys White; Simnasho Gators-Jerome Davis.  
**Major Girls Schedule**  
**Tuesday, May 26**  
Madras Produce at Light Tech. (JH 3)  
Culver at Warm Springs 2 (WS)  
Gamblers-BYE  
**Thursday, May 28**  
Warm Springs 2 at Gamblers (WS)  
Madras Produce at Culver  
Light Technics-BYE  
**Saturday, May 30**  
Gamblers at Culver  
Light Tech. at Warm Springs 2 (WS 2)  
**Thursday, June 4**  
Gamblers at Culver  
Warm Spr. 2 at Madras Produce (FG 3)  
**Tuesday, June 9**  
Light Tech at Warm Springs 2 (WS 2)  
**Thursday, June 11**  
Gamblers at Warm Springs 2 (WS)  
Culver at Madras Produce (FG 3)  
**Fields:** JH1, JH2, JH3-Juniper Hills Park; Culver-Culver Park; WS, WS2-behind the Community Center.  
Gamblers-Warm Springs Gamblers.

### Minor Boys Schedule

**Thursday, May 21**  
WS Braves at Madras Lions (FG 1)  
JJ's Auto at WS Warriors (WS 1)  
Thrifty Drug at Madras Builders (FG 2)  
Erickson's at Bright Sox (JH 1)  
**Tuesday, May 26**  
WS Warriors at Culver  
Erickson's at Madras Builders (JH 1)  
JJ's Auto at Thrifty Drug (FG 1)  
Bright Sox at Madras Lions (FG 2)  
**Thursday, May 28**  
Culver at Madras Lions (JH 3)  
JJ's Auto at WS Braves (WS 1)  
WS Warriors at Erickson's (FG 1)  
Madras Builders at Bright Sox (JH 1)  
**Tuesday, June 2**  
Culver at Erickson's (JH 3)  
Madras Builders at Madras Lions (FG 1)  
JJ's Auto at Culver  
Bright Sox at WS Warriors (WS 1)  
**Thursday, June 11**  
Madras Lions at Thrifty Drug (JH 1)  
JJ's Auto at Madras Builders (JH 3)  
Culver at Bright Sox (FG 1)  
Erickson's at WS Braves (WS 1)  
**Major Boys Schedule**  
**Wednesday, May 27**  
Christain Church at Rotary (JH 1)  
Insurance Mart at Kiwanis (FG 1)  
Little Bucks at Culver 2  
Culver 1 at Papooses (WS 1)  
**Friday, May 29**  
Culver 2 at Christain Church (JH 1)  
Little Bucks at Rotary (JH 3)  
Insurance Mart at Culver 1  
Kiwanis at Papooses (WS 1)  
**Saturday, May 30**  
Rotary at Kiwanis (JH 1)

Christain Church at Ins. Mart (JH 2)  
Culver 1 at Culver 2  
Little Bucks at Papooses (WS 1)  
**Wednesday, June 3**  
Culver 1 at Christain Church (JH 1)  
Papooses at Rotary (FG 1)  
Insurance Mart at Culver 2 (FG 2)  
Kiwanis at Little Bucks (WS 1)  
**Monday, June 8**  
Culver 2 at Kiwanis (FG 1)  
Little Bucks at Insurance Mart (FG 2)  
Rotary at Culver 1  
Christain Church at Papooses (WS 1)  
**Wednesday, June 10**  
Insurance Mart at Rotary (JH 1)  
Kiwanis at Christain Church (JH 3)  
Papooses at Culver 2  
Culver 1 at Little Bucks (WS)  
**Junior, Senior Interlock Baseball**  
**Thursday, May 21**  
R at MS  
R at MV  
**Tuesday, May 23**  
WS at CC  
**Tuesday, May 26**  
WS at MS  
**Wednesday, May 27**  
WS at MV  
**Saturday, May 30**  
INVITATIONAL  
MS at Salem  
MV at Salem  
**Tuesday, June 2**  
MS at WS  
**Wednesday, June 3**  
WS at MV  
**Saturday, June 6**  
MS at R  
MV at R

**Monday, June 8**  
MV at MS  
**Wednesday, June 10**  
MV at WS  
**Thursday, June 11**  
WS at MS  
**Saturday, June 13**  
Chiloquin vs. Warm Springs at MHS, 11-2  
**Monday, June 15**  
WS at MV  
**Tuesday, June 16**  
MS at WS  
**Thursday, June 18**  
MS at MV  
**Saturday, June 20**  
End of Season Jamboree-MS, MV, WS & Chiloquin at Madras High School.  
Weekday games start at 6:00 p.m., Saturday games doubleheaders 10:00 and 1:00 p.m.  
MS-Madras Bright Sox; MV-Mountain View Hospital; WS-Warm Springs; CC-Crook County; L-LaPine; R-Redmond.  
**Senior Softball Interlock schedule**  
**Thursday, May 21**  
J9 at WS 11 (WS 3)  
**Tuesday, May 26**  
CU10 at WS11 (WS 3)  
**Wednesday, May 27**  
J8 at C14  
**Thursday, May 28**  
R6 at CU10 (JH4)  
**Saturday, May 30**  
WS11 at S5 (10 & 1)  
J9 at J8 (JH 5)  
**Monday, June 1**  
WS11 at R7

CU10 at J9 (JH 5)  
**Tuesday, May 28**  
R6 at CU10 (JH 4)  
**Saturday, May 30**  
WS11 at S5 (10&1)  
J9 at J8 (JH 5)  
**Monday, June 1**  
WS11 at R7  
CU10 at J9  
**Tuesday, June 2**  
WS11 at R6  
**Wednesday, June 3**  
J9 at C12  
C13 at CU10 (JH 4)  
**Thursday, June 4**  
J9 at C14  
R7 at J8 (MHV)  
**Monday, June 8**  
B3 at J8 (JH 4)  
CU10 at S5  
WS11 at J9 (MHV)  
**Tuesday, June 9**  
WS11 at CU10 (JH 5)  
**Wednesday, June 10**  
J8 at J9 (MHV)  
**Saturday, June 13**  
J8 at J9 (MHV) 10:00 a.m.  
J8 at WS11 (MHV) 1:00 p.m.  
**Monday, June 15**  
J8 at SC4  
CU10 at R6  
**Tuesday, June 16**  
J9 at CU10 (Culver)  
WS11 at J8 (MHV)  
**Wednesday, June 17**  
R7 at J9 (MHV)  
**Thursday, June 18**  
CU10 at J8 (MHV)  
R6 at WS11 (JH 4)