

## Spilyay Tymoo Sports

### Wells benefits from exercising in all aspects of her life

Congratulations to Tammy Wells for being selected "Exerciser of the Month" for October. Wells has been exercising consistently for two years and exercises four to six times per week in aerobics and weight training. She exercises approximately 6 to 8 hours per week.

Wells had exercised off and on for about five years until she finally made a commitment to herself two years ago to lose weight and get herself into shape.

"Motivation comes from within and if your not ready to make lifestyle changes then don't expect changes to happen for you. It takes a lot of hard work and dedication but its worth the effort," says Wells.

She feels she benefits from exercising in all aspects of her life. She has more energy and a positive outlook on things. It helps her to handle the day-to-day stress that can tend to get her down.

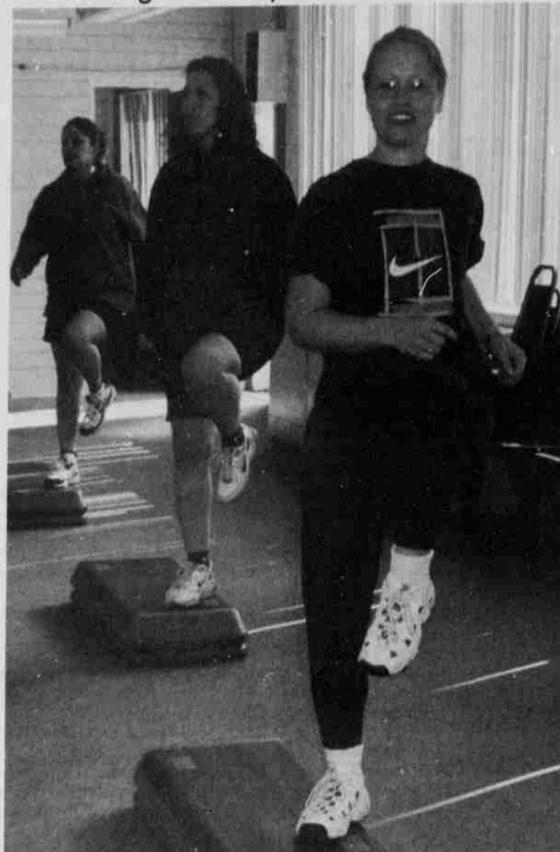
Wells exercises with a specific goal in mind. It was initially to lose weight and now after reaching that goal she strives to keep the weight off.

"It was easy to find an excuse not to go to the gym or aerobics class but exercising with other people helps me to feel committed to going," says Wells.

She also enjoys walking and bicycling with her boys, Jaron and Tanner.

She would love to do some rock climbing. It would be a great mental and physical challenge.

She offers these words of wisdom about exercise, "You have to make a commitment to yourself and make exercising a priority to make changes in your life. You can't just lay around all the time and expect to lose weight and feel better about yourself. It just won't happen! Start by setting small



Tammy Wells enjoys aerobic exercises with others.

exercise goals and work your way up to the larger ones gradually. It's easy to get discouraged but keep focused and exercise with friends or family. They help to make exercise fun and you all benefit."



In the game against LaSalle shows Jaca about ready to hand off the ball to Keller Christensen for the touch down in the second quarter where the Buffaloes went ahead 24-0, before the half time. The Buffs just held off the determined LaSalle Falcon team to win by the slim margin 24-21.

### White Buffaloes Out Last LaSalle Falcons

A field goal by the Buffs was the winning margin for the Madras White Buffaloes in a league game with the LaSalle Falcons in a tough fought game on the Falcon Gridiron.

It was a half for the Buffs and the second half belonged to the Falcons with the final score at the end was Madras 24, LaSalle 21.

The White Buffaloes scored all their points in the first half leading 24 to 0 as they shut out the Falcons in the first two quarters.

The LaSalle Falcons elected to receive at the opening coin toss and the Buffs stopped them deep in their territory. A couple plays later LaSalle fumbled and the Buffaloes recovered it in good field position. The Buffs could not penetrate the Falcon defense and settled for a field goal as Steve Reeder booted a 25 yarder that split the up rights to put the Buffs on the score board at 3-0.

After the kick the Falcons were not able to get anything going and the Buffs intercepted a Falcon pass and returned it into good field position that set up the first TD for the Madras girders as Mora caught a 5 yard pass in the end zone and Reeder's kick was good putting the Buffs up 10-with

7:20, left in the first quarter.

The Buffaloes were on the move once again and this time Jaca unloaded a 45 yard pass to Mora who hit pay dirt for the second time. Reeder's kick was true once again to bring the score 17 for the Buffs and 0 for the Falcons with 2:17 left on the time clock in the first quarter.

In the second quarter the teams exchanged possessions of the ball a couple of times than the Buffs started to make their move down field and to round off the drive Keller Christensen boomed his way across the goal line for the one yard touch down. Again Reeder's kick was good to put the Buffaloes out in front 24-0 with 4 minutes and 55 seconds remaining in the second quarter before the half time intermission. As the Buffs kicked to the Falcons they went to the air and seemed to move the ball pretty well but time ran out on them as the half ended with the Buffaloes ahead 24-0.

The second half was altogether a different story and things went for the Falcons as they shut down the Buffs pretty well and they started to move the ball through the air as their first score came from a pass from

Quarter Back Aaron Hazel to end Dan Grosser who's 6' 5 frame towered over the Buff defensive team. The Falcons were good for a two point try on a pass from Hazel to Scrutton, making the score 24 for the Buffs and 8 for the Falcons.

The second score for the Falcons came on a 40 yard pass from Hazel to Scrutton, the try for another two points failed leaving the score 24-14, in favor of the Buffs.

As time was running out Quarter Back Hazel hit wide receiver Scrutton from about 1 yard for the score. The kick was good which brought the Falcons with-in three points of the Buffs 24-21. The Falcons came with an on side kick but the Buffs covered the ball with just 6 ticks left on the clock. At the snap of the Ball Jaca went down on one knee to run out the clock and the victory Buffs made a great effort both on offense and defense. With just one more league game remaining the Buffs travel to Wilsonville, to face the wildcats on their turf. A big "W" would keep the Buffs in the hunt for a playoff spot. The game is at Wilsonville to me 7 P.M.

**Girls 16 and Under Basketball Tournament**  
**November 14, 15**  
 Sponsored by the Spokane Tribe Drug Elimination Program in Wellpinit, WA  
**\$100 per team**  
 Contact Phil Haugen 509.258.7617 or Tiger Peone 509.258.7242  
 PO Box 284, Ford, WS 99013  
 Deadline: October 30

**Eagle Spirits 6 ft. & Under "All-Indian" Basketball Tournament**  
**November 27, 28, 29, 1998**  
 Warm Springs Community Center  
 Entry Fee \$285 Deadline Nov. 25th (\$85 holding fee)  
 1st Place-Pendleton Jackets; 2nd Runner Up-Jackets; 3rd place-hooded sweatshirts; 4th place-crewneck sweatshirts; 5th & 6th place-t-shirts; 14 Pendleton bags-All Stars; Pendleton jackets for Hi-Scorer; Mr. Hustle, Top Gun, Most 3-points, MVP; 1 Sportsmanship  
**"Money Orders only"**  
 Director: Ricky Minthorn; PO Box 955; Warm Springs, OR 97761  
 (541) 553-1813 after 6 p.m. or Deannie Johnson (541) 553-9030 after 6 p.m.

### Fitness Challenge off to a good start

Community Wellness Center is proud to announce that 25 teams are entered into the November Fitness Challenge (possibly 27).

Also that Tribal Council has entered a team this year and General Managers are entered in their departments. A total of 105 participated in the Poker Fun Run/Walk held November 2 to kick off the Fitness Challenge. All participants will receive triple bonus points. Good luck to all the teams entered.

Entry fee deadline is November 10



### Elk season is here. All hunters be careful.

### 10th Annual Blackwolf 6' & under +1 Men's Basketball Tournament

**November 13, 14, 15, 1998**  
 The first 12 paid teams will be on the bracket (\$100 non-refundable deposit will hold spot) Entry fee is \$275  
 1st thru 4th place  
 Pendleton jackets—championship  
 Satin jackets—2nd place  
 Hooded sweatshirts—3rd place  
 T-shirts—4th place  
 Pendleton jacket—MVP  
 Pendleton vests—All Star  
 Tank tops—Sportsmanship  
 Most "3pt.", Mr. Hustle and Mr. Rebound—Jackets  
 Player of the game—Tank tops  
**Host team: Young Blackwolf**  
**For further information call:**  
 Foster/J'Dean Kalama (541) 553-1392  
 Easton/Tina Aguilar (541) 553-1960

### Northwest Indian Invitational revealed great local talent



Joe "Da Pro"

#### Tips from the Pro:

Now that the season is slowing down, the resort has finished with two tournaments, which have been among the favorites of the local members. The Northwest Indian Invitational has replaced the Oregon Indian Tournament. In addition, the Kah-Nee-Ta Club Championship held on October 24-25, was a great season closing tournament. The results of the Northwest Indian Invitational revealed a great number of talented players from our local membership especially in the women's division. Shauna Queahpama showed the great talent which has made her the Ladies Club Champion for 1996-1997 by firing a 167 gross to take first place. Carol Conner placed second in the gross scoring with a 194 followed by Janell Smith in third place. The first place net also went to our local women members with Madeline Spino (previously known by Madeline Queahpama) with a low net score of 146. (Just a footnote, Madeline Spino was also voted as the most improved

women's player by the golf professionals for the 1998 season.) Second Net went to Verna Conner who practically spends her life at the course and has played less than eight times this year. (Practice Verna), Holding on to third place with her first year of golf under her belt is Libby "I'll buy anything purple" Chase. Great job to all our ladies. While on the subject of ladies, our new Ladies Club champions for the 1998 season is Carol Conner who fired a low gross score of 190. Carol, will be representing Kah-Nee-Ta Resort at the tournament Of Champions in 1999. Congratulations to all our ladies.

The Open Division for the men saw some great second day golf and a few bad holes for the field. Gary Whittle captured the Open Division Championship with a final day finish of 71 to out place Rudy Younger in the gross scoring for the title of Men's Club Champion for 1998. Gary will also represent Kah-Nee-Ta Resort in the Tournament of Champions in 1999. Rudy Younger was able to hang on to first Net with a score of 134 in the open men's division. A couple of other players that chased the leader to the finish were Keiki Rauschenburg and Loy "Big Bradda" Peterson with a 155 followed by Satch Miller with a 156. Congratulations to all our participants in this years event.

The winter is slowly arriving and this is a great time for practice, the course is in excellent shape and available so pick-up your sticks and practice, you will not regret it next summer.

Ah Hui Ho, Da Pro

### High School/Alternative/Middle School

### All-Indian Free For All Co-Ed Basketball Tournament

Toppenish Community Center

November 6, 7, 8,

Limit 8 team members

First 10 High School teams

6 local/4 traveling teams

6 Middle School teams

4 local/2 traveling

For more information, call Youth Activities 865-5121, ext. 450/451