

Spilyay Tymoo Sports

Madras White Buffalo second half come back Falls short as they lose to Redmond



Nicole Main at the free throw line getting two of her 11 points for the night in the game with the Redmond Panthers on Tuesday night in a non-league game. Ready for the rebound is Blanche Mitchell, as the Buffs dropped the game to the Redmond Panthers 54-51.

The opening Jitters seemed to be the factor in the 54-51 Buff loss to the Redmond Panthers on Tuesday night in the Buffalo Dome.

The larger Panther girls team took right off to lead at the end of the first quarter by the score of 16-11. The taller panthers who are contenders for the Inter mountain League, were out rebounding the Buffs in the first half, and had a big lead at the half time intermission, where the score stood at Panthers 29, the Buffs 21.

The first half could have been the point where the Redmond Panthers won the game.

In the second half the Buffaloes came storming back to get within one point at one time only

to let the Panthers pull away again.

It was CeCe Polk who led all scorers with 15 points for the Buffaloes, with Nicole Main contributing 11 counters for the Buffs. CeCe and Nicole were the only two in double figures for the Buffs which shows that they are capable of scoring right along for the White Buffaloes. The two Buffs girls play a big roll for the Buffalo team with a lot of hustle and fine defense work. At the end of the first half the Panthers held on to the lead, by the score of 29-21.

The Buff girls came out storming in the second half playing the Redmond Panthers to a dead heat at the end of the third quarter as each team scored 12 points apiece.

The White Buffaloes went on to outscore the Panthers in the final stanza by the score of 18-13, but just fell short of overtaking the 4-A school and to win the game. The Panthers had their hands full in the closing minutes.

Scoring for the Buffaloes were CeCe Polk 15, Nicole Main 11, Blanche Mitchell 6, Sperry 5, Carroll 4, M. Smith 4, Estimo 3, Brunoe 2, Karai 1 Dunn.

Scoring for the Panthers were: Kooch 12, Gibson 11, Parret 8, Oakland 6, Perdue 5, Miller 4, Van Houweling 3, Fischer 2, Johnson 2, Hudson 1, Nance, Gillaspie Steel.

The next action for the Madras girls will be at the Burns Invitational tournament where they will face Lakeview in their first game.

Fun Poker Walk draws many participants



Iris Smith "draws" from the kitty for her poker hand.

Judy Johnson named "exerciser of the Month"



Judy Johnson

The Community Wellness Center named Judy Johnson as the "Exerciser of the Month." Judy won the honor during the November Fitness Challenge.

To keep in shape Judy enjoys playing volleyball, walking and chopping wood. It is not unusual to see Judy walking during her lunch hour, taking a break from her duties with the Tribe's Finance Department.

Judy began exercising 7 years ago. She gets in 5 hours of exercise a week. She said her motivation to exercise is to keep in good health, lose weight, and Joey Ortiz. "He sure is missed," says Judy, speaking of the late fitness instructor.

The benefits of her exercise program include keeping her cholesterol down, controlling her weight and performing preventative maintenance, leading to a higher resistance to illness.

Johnson's goals are to stay healthy, lose weight in the process, and have fun doing.

Some of Judy's "stumbling blocks" include controlling her eating, not working through lunch hour, and not letting stress get her down. She says her weakness is to many Mountain Dew's.

She prefers to exercise with others and tries to avoid lunch meetings. She also avoids putting limitations on herself and feels she can do pretty much whatever she wants.

Judy invites all departments to join her during the noon hour for volleyball every Tuesday and Thursday at the Community Wellness Center.

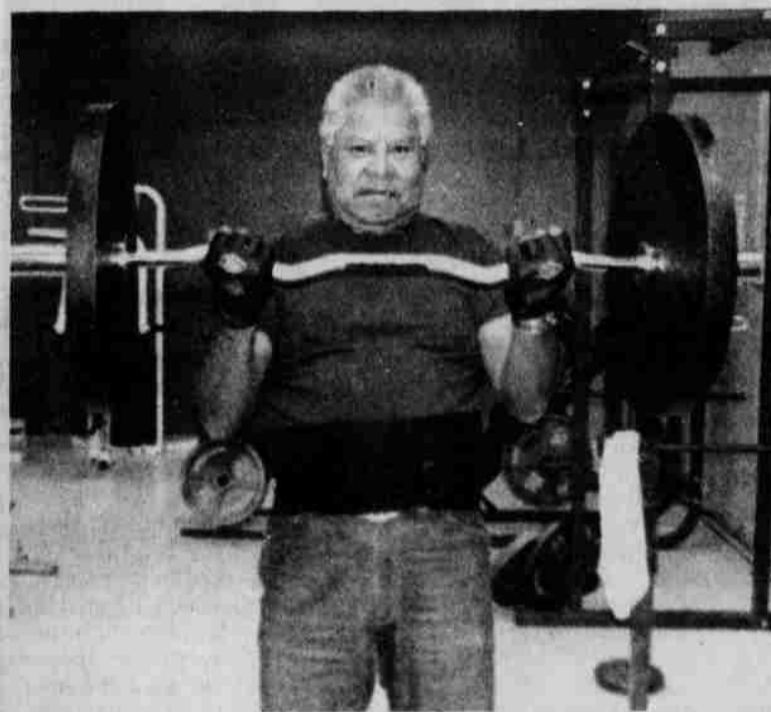
Judy's "words of wisdom" to anyone who is just starting to exercise is to make it a habit and make it fun. Don't put it off. The sooner you make exercise a part of your life, the healthier and happier you'll be.

Besides keeping herself in good shape, Judy's hobbies include her three Maltese dogs and her husband.



Joel Santos bags himself a trophy Elk, Saturday, November 20, 1999. The Bull Elk a 7 point plus was Joel's first Bull Elk. He shot the elk twice behind the shoulder with a 308 savage. The Old Bull has a deformity on his right side. The right side antlers has been broken off. More than likely it occurred during battle.

Haikanubbi selected "Exerciser of the Month" for October



Haikanubbi prefers to arm curl as his exercise. Here he curls 115 pounds of iron. When he started three years ago he could only curl 5 pounds. He has built his strength to better his health.

Warm Springs Community Wellness Center has selected Louie Haikanubbi as the "Exerciser of the Month" for the month of October.

Haikanubbi has been exercising regularly for two-and-a-half years to keep his high blood pressure and diabetes under control. He would also like to be physically fit and lose weight. He exercises about six hours a week-three days a week.

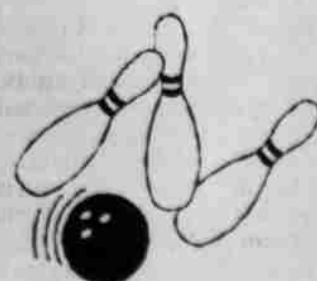
His only stumbling block is that he is asked to do car repairs for people. Car repair is a hobby he does along with rebuilding motors.

He prefers to exercise alone but if family were to exercise with him it would be walking or running.

If Haikanubbi had no limitations on him and could do any activity he really wanted to do it be baseball and football.

He offers these words to inspire others to exercise, "It helps me to feel great throughout the day or other days." And he concludes with this advice, "like some people say, try it, you'll like it. Feels great, if you're true to yourself."

Congratulations to Louie Haikanubbi for his commitment to himself and his health.



The Annual Holiday Indian Bowling Tournament will not be held this year due to the loss of the Tournament President, Gene Greene.

Tournament will resume in the year 2000.