



Terry Luther, named "Exerciser of the Month"



Above, Terry Luther plays basketball during lunch hour at the Health and Wellness Center.

Congratulations to Terry Luther, you have been selected as "Exerciser of the Month," by the Community Wellness Center of Warm Springs.

Terry Luther has been employed with the Natural Resources Branch, Fish & Wildlife Department for the past 23-years.

## White Buffalos Breeze Past Estacada Rangers 67-52

The Madras White Buffalo's traveled to Estacada and breezed by the Ranges 67-52, in Tri-Valley league action, Tuesday night Feb. 8, 00.

The Buffs were in no real trouble through the game leading after each period, 15-8 at the end of one and 39-21 at the intermission point.

Jacoby Ellsbury had the hot hand in the game hitting a total of 17 points to lead the Buff attack, while Fulton of Estacada was high on their team with 18. The Buffs led at the end of each period, at the end of the third quarter it was 13 for the Buffs and 12 for Estacada, but the Buffs had built up a large lead and the Rangers were never in any position to overtake the high flying

Buffalo's. The Scoring: Madras Ellsbury 17, Jaca 16, Moschetti 13, Walker 8, McCabe 4, Mora 3, Barnes 3, Christensen 2 klose 1.

Estacada: Fulton 18, Brinkham 11, Libby 9, O'Meara 6, Baggs 6, Cliff 2, Gibler, Lougheed.

The show down for the Tri-Valley league is on Friday night as the LaSalle Falcons come to Madras for a league game as they now lead the league with 7-0, record while the Buffs have a 7-1 record.

This could be a pretty good game and maybe the game of the season, as the Buffs will match wits with the Falcons. Friday night in the Buffalo Dome at 7:30 p.m.

## Estacada Tops Buffs 38-35

The Lady Rangers of Estacada, Oregon, came to town to meet the host Madras Girl White Buffaloes, and went home with a big win after trailing through out the game.

The White Buffets led at the end of the first quarter by the score of 14-8, and held on to out score the Ranger gals and hold a 21-16, lead at the intermission. In the second half the Buffets couldn't get going and at the end of three quarters the Buffs held a one point lead at 24-23, as the Rangers seem to come alive and done some hustling with trap plays causing turnovers on the Buffs.

The Buffs missed a lot of shots during the second half, shots that usually fall through but didn't and the Rangers slowly crept up on the Buffs. The Buffs were leading with just under a couple of minutes to play in the final quarter but turnovers on the Buffs were costly, and the Ranges made good use of the fast breaks.

Nicole Main and Tiffanie Sperry were high score's for the lady Buffs each having 12 points apiece. Nicole had four field goals and she was four for four at the charity stripe. Tiffanie had three field goals and she was six out of nine at the foul line for her 12 points.

With the limited scoring for the

Buff the whole team played a great game but it just went to the other team in the closing minutes of the game.

Amy Carroll, fouled out of the game late in the final quarter which was a big blow the buff defense. Carroll left the game after contributing 8 points for the Buffs.. The Buffs were 11 out of 17 from the foul line for the night, and there were no three pointers scored by either team for the night.

Somer Erickson was high scorer for the Rangers with 13, as she had five field goals and she was three of eight at the foul line. The Ranges were eight out of 16 from the foul line for the night. The Rangers were called for sixteen fouls and the Buffs were called for 14 fouls for the night.

Scoring for the night: Madras: Nicole Main 12, Tiffanie Sperry 12, Amy Carroll 8, and Erin Dunn 3, Melanie Smith, Tosha Wilson, Reina Estimo, Andrea Kari, Anna Brunoe, Estacada: Somer Erickson 13, Jamie Carey 10 Kasie Elliot 4, Ashlee Fortune 4, Molly Mull 3, Kim Premore 2

The next game for the lady Buffs, they will travel to LaSalle on Friday, Feb. 11, 00.

For exercise, Terry plays Basketball, works out on a stationary bike, and works out with a weight machine 2-4 times per week.

Terry has been exercising for the past 15 years, 1-2 hours 7 days a week. What motivated him to exercise and to keep exercising, is his knee problem.

"I had surgery on both my knees and need to keep my legs built up, or my knees will hurt. I also enjoy exercising because it reduces stress and keeps me in shape," said Terry.

What are your stumbling blocks that get you away from working out, and how do you work past them to keep working out? Was one of the questions asked by the Community Wellness Center.

"I often exercise during my lunch hour," says Terry. "Noon meetings, or out of town travel, are often problems. I try to workout at home or in weight rooms at motels if I'm out of town," said Terry.

"My goals are simple, to stay fit so I can enjoy better health, and less stress. My encouraging words for others is. Try to make exercising a priority and stick with it. It only takes a few missed days before one begins loosing the muscle tone you have worked hard to acquire," said Terry.

## Buffalos Squeek By Valley By Catholic 50-48

"As I See's Um."

The Valley Catholic Vallants came to town and gave the Buffs a hand full of basketball. The game could have gone either way but at the end the Buffs pulled this one out 50-48.

Valley Catholic's Erin Gram was high scorer for the night with a total of 30 points. Gram hit six three pointers and six two pointers for the night to keep the game well in hand for the Vallants. They led at the end of the first quarter 16-12, and at the end of the first half the score was tied at 23 apiece

Jake Jaca was the man of the night for the Buffalos and he seemed to be in the right place at the right time to score a total of 19 points for the winners.

But the show belonged to Gram of Estacada who scored the majority of points for the Ranges. The Buffs couldn't leave him open for a moment, or he would score on them. Gram seemed to get himself open

several times and when he did it was a sure basket. Gram a 5.10 sr. was deadly and almost all his shots were hitting the net only, with a swish.

The season is well under way now and the play-offs are just around the corner, and hopefully the Buffs will be right in the thick of things and a trip to the State Tournament. The only set back the Buffs suffered was to the LaSalle Falcons on their home floor. The game could become very interesting when the Falcons come to the Buffalo territory.

In the game with Valley Catholic Jaca was the leading scorer for the Buffs with 19, Travis Moschetti added 9, Jorge Mora 6, Chasan Walker 5, Keller Christensen 5, Jay McCabe 4, Jacoby Ellsbury 2. Colter Barnes.

Estacada: Erin Gram 30, Joe VanDomelen 8, Kosti Efstathiou 4, Tom O'Brien 2 and Brian Gram 2.

## Community Wellness Center weekend schedule

- February**  
 18-19: Columbia River Chinooks 14 & 11 & under Hoop Tourney, Contact person: Melvin Teweew  
 19th: Youth Semi-formal dance in the social hall, Contact person: Anita Davis  
 19th: Rez 10K, 5K, 1.0 mile fun run-Admin. Bldg, Contact person: Andy Leonard  
 25-27: Cougars 8th Grade/5th Grade Co-ed Basketball Tourney, Contact person: Austin Greene  
**March**  
 3-5: WS All Indian Men's 6 Ft. & Under Basketball Tourney, Contact person: Shawn Henry  
 18th: C.H.E.T. Family Event Day-Fun Run, Remote Car Races & Department Chili Cook off, Contact persons: Carol Wewa & Carol Allison  
 23-26: C.H.E.T. Youth Formal Mini-Workshops/Dance, Contact person: Anita Davis  
 31-April 2: 8th Annual Cougars High School Boys Basketball Tourney, Contact person: Austin Greene  
**April**  
 14-16: Chief Spirits Youth Basketball Tourney, Contact person: Reva Johnson  
 15th: Kah-Nee-Ta Mini-Marathon 14.5 mile, 10K, 3 & 1 Miler, Contact person: Andrew Smith  
 29th: Road Warriors Biathlon-Biking/Running event, Contact person: Andy Leonard  
**May**  
 6th: 12 Annual Reservation Relay (58.0 mile x 5 person teams), Contact person: Austin Greene  
 13th: Litefoot in Concert (tentative), Contact person: Andy Leonard

## Rez Run 2000 set for February 19



Registration will begin at 10:00 a.m. and all races will begin at 11:00 a.m. Pre-registration cost is \$12.00, day of race cost is \$15.00. Scheduled are a 10k course and a 5k course. 10k course is out and back on pavement with rolling hills, and three water stations. 5k course is out and back with 1 water station at turn-around point. There will be male and female divisions 13 & under, 14-18 years, 19-29 years, 30-39 years, 40-49 years, 50 & over. Awards will be given to overall winners in each age division. T-shirts will be available to each participant. Make checks and money orders payable to CWC-REC, P.O. Box C, Warm Springs, OR 97761. Registration forms are available at the Community Wellness Center.

The Warm Springs Community Wellness Center-Recreation Department is cordially inviting you to participate in the 2000 Rez Run held on February 19 at the Tribal Administration building.

**All Indian Hoop Tourney, Men's 6 ft. & Under**  
**March 3-5, 2000**  
**Warm Springs Community Wellness Center**  
**Warm Springs, Oregon**  
**8 man roster limit**  
**1st thru 4th Place Awards, All Stars, & MVP**  
**Entry fee: \$250 (Money orders only)**  
**Team holding fee: \$100 (non refundable, due by February 18, NO Exceptions)**  
**Send money orders to: Shawn Harry, PO Box 597, Warm Springs, OR 97761**  
**For more information call Shawn at (541) 553-1547 after 5:00 p.m. or leave a message.**  
**Not responsible for any accidents injury or theft.**

**Aaron T. Kalama Memorial Basketball Tournament**  
**40 and over**  
**March 24-26, 2000-Nisqually, Washington**  
*On January 1, 2000, the Daily Olympian, Olympia, Washington, published the High School Athletes of the Century for the local schools in the area and Aaron Kalama was named the Athlete of the Century for Yelm High School, Yelm, Washington. The family is having this tournament to commemorate this honor.*  
 Awards given to 1st to 5th place winners, All Stars, MVP, Mr. Hustle, Most 3 points, Most Inspirational.  
 Entry fee is \$300 if paid by February 29, 2000  
 \$325 if paid after February 29, 2000  
 The deadline for receipt of entry fee is March 17, 2000  
 For more information contact Carmen Kalama at (360) 426-3990 ext. 214 (day), (360) 455-5136 (evening); or Lorna Kalama at (360) 438-1181 ext. 327 (day), (360) 491-6724 (evening).  
 No collect calls, money orders and cash only.

**Stay In School**  
**Columbia River "Us-Wun's" 15 & under (boys) plus**  
**Columbia River "Redwolfs" 11 & under (boys)**  
**February 18, 19, 20, 2000**  
**Warm Springs Community Center**  
**Team Entrance fee: \$150 per age bracket**  
**Championship jackets; Runner up Hooded Sweatshirts; 3rd place-Crew Sweatshirts; 4th place-Tee-shirts; Sportsmanship Award; All Stars; MVP Coat; Coach Tourney Award;**  
**Mr. Hustle Hooded Sweatshirt; Tournament High Scorer Hooded Sweatshirt**  
**3 point Champion Award (one award).**  
**For more information contact:**  
**Melvin A. Teweew, Sr. (541) 553-1675**  
**(leave message on answering machine).**  
**3 point shoot-out will be on Saturday evening.**

**PROFESSIONAL BULL RIDERS**  
**SCHEDULE OF EVENTS**

Dec. 31	SALT LAKE CITY, UT	DITTA CENTER
Jan. 7-8	WORCESTER, MA	CENTRUM CENTER
Jan. 14-15	COLUMBUS, GA	COLUMBUS CIVIC CENTER
Jan. 22	PORTLAND, OR	ROSE GARDEN
Jan. 28-29	GREENSBORO, NC	GREENSBORO COLISEUM
Feb. 4-5	GUTHRIE, OK	LIZY E ARENA
Feb. 11-12	CLEVELAND, OH	CSU CONVOCATION CTR.
Feb. 19-20	ST. LOUIS, MO	KIRI CENTER ARENA
Feb. 26	TAMPA BAY, FL	ICE PALACE
MARCH 11-12	FT. WORTH, TX	WHL ROGERS COLISEUM
MARCH 18	PHOENIX, AZ	AMERICA WEST ARENA
MARCH 24-25	ALBUQUERQUE, NM	TIMBLEY COLISEUM
MARCH 31-April 1	ODessa, TX	ECTOR COUNTY COLISEUM
April 7-8	BILLINGS, MT	NILE
April 15	UNIONDALE, NY	NASSAU VET'S MEM. COL.
April 22	NEW ORLEANS, LA	NEW ORLEANS ARENA
April 28-29	NANPA, ID	IDAH0 CENTER
May 12-13	BAKERSFIELD, CA	THE CENTERMALL GARDEN
May 19-20	GRAND RAPIDS, MI	VAN ANDER ARENA
June 2-3	NASHVILLE, TN	MUNICIPAL AUDITORIUM
June 9-10	CHARLOTTE, NC	INDEPENDENCE ARENA
AUG. 5-6	HOUSTON, TX	COMPAQ CENTER
AUG. 11-12	OKLAHOMA CITY, OK	OKLA. STATE FAIR ARENA
SEPT. 8-9	RENO, NV	LIVESTOCK EVENTS CENTER
SEPT. 16	ANAHAIM, CA	AEROWHARD POND
SEPT. 22-23	LAUGHLIN, NV	LAUGHLIN FAIRGROUNDS
OCT. 7	CALGARY, ALBERTA CANADA	SADDLE DOME
OCT. 13-14	COLUMBUS, OH	FEZ QUARTERHOUSE CONGRESS
OCT. 26-29	LAS VEGAS, NV	SUN NATIONALS ARENA
		THOMAS & MACY CENTER

**Jefferson County Little League Sign-up**  
**When:** February 10th Thursday from 6:30 to 8 p.m.  
**Where:** Westside Elementary Cafeteria  
**Who:** All baseball & softball players ages 8 years to 16 years  
**Cost:** 8 yrs thru 12 yrs \$15; 13 yrs thru 16 yrs \$30; Family of 3 or more in same household \$30.  
 There will be a Warm Springs Little League Board meeting on February 24th at the Warm Springs Community Wellness Center at 6p.m. And would like to announce a public meeting regarding Little League on February 28th in the social hall, in attendance will be the Jefferson County Little League President, Jim Struck. Any questions call the Community Wellness Center at 553-3243.

**Nespelem All Indian 40+ Basketball Tournament**  
**February 26-27, 2000**  
**Nespelem Community Center, Nespelem, WA**  
**Entry fee, \$150 (due by February 12, 2000), cash or money order only!**  
**Awards give to 1st through 4th places**  
**For more information call**  
**Larry Jordan at (509) 634-2238, Ken Bourgeau (509) 633-3622. Send entry fee to Larry Jordan, P.O. Box 234, Coulee Dam, WA 99116.**