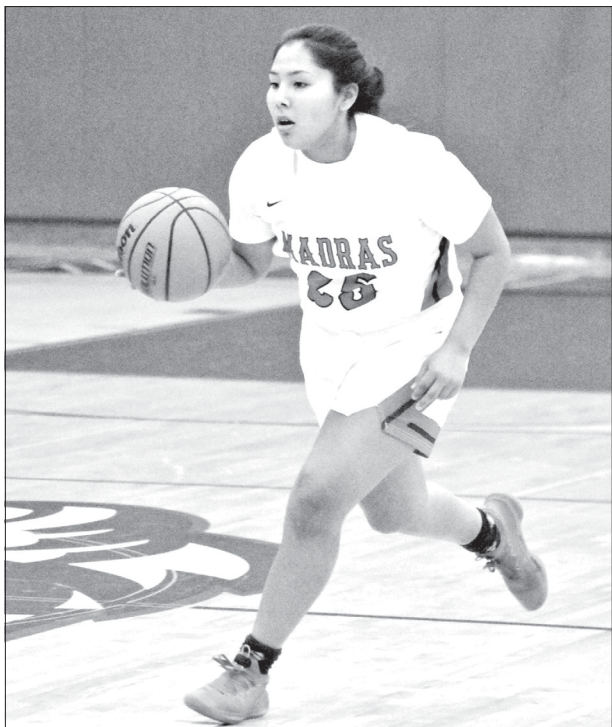


December Tourneys at Seaside, Summit



On the Madras High School White Buffalos varsity boys basketball team: Dylan Heath, Alex Smith-Morales, Jordan Mitchell, Donnie Bagley, Dapri Miller, Cole White, Aaron Culps, Derrek Main, Jesse McDonald and Jacob Hulsey.



Madras High School senior guard Jiana Smith Francis scored a team-high 25 points in a December win over Toledo, 71-27.

The Madras High School boys varsity basketball team has a series of away games coming up. The boys are at Seaside this Thursday to Saturday, December 19 and 21. Next is a tournament at



Summit, December 27-29; and then at Sisters, Mountain View and Valley Catholic: January 7, 10 and 17. They are home on January 21 against Corbett. The boys junior varsity,

freshman-sophomore teams play Monday, December 23 at Culver. The freshman team plays Monday, January 20 at Crook County High School.

A reminder to students

Now is the time for students planning to attend college or technical school to start completing the requirements for the tribal scholarship. This includes doing a FAFSA for financial assistance. Details are now available at kws.org - Click on the slide: 'tribal scholarship'.

Fitness goals for the New Year

Alicia Oberholzer
Warm Springs Holistic Health Center

As the New Year gets closer, so does the much anticipated start date of our annual resolutions. If you are planning to focus on a fitness goal in 2020, Congratulations! Making a commitment to your health is a powerful first step in the wellness journey. Upon starting a new exercise routine, do not be surprised when you wake up the next day with some sore muscles. Delayed Onset Muscle Soreness—commonly referred to as DOMS—is a normal response after trying a new or more intense form of exercise. It can be experienced by anyone from an elite athlete to a first-time exerciser. DOMS is caused by the adaptation and re-



Phyical therapist
Alicia Oberholzer

building process of your muscles. The soreness usually peaks 24 to 48 hours post activity and will resolve on its own after three to five days. Sore muscles are no reason to stop your program! The good news is that if you repeat the same exercise a week later, the reactive soreness will likely be much less intense. As your muscles become familiar with the new chal-

lenge, they will adapt and strengthen. This allows for improved tolerance, decreased sensitivity, and faster recoveries. Another important aspect of advancing your fitness is to progress gradually. In general, a safe rule of thumb is to increase exercise intensity or duration by 10 percent per week. This will help your body to safely move towards your wellness goals. Good luck to everyone setting a New Years resolution!

In the words of Mel Robbins, 'If you have the courage to start, you have the courage to succeed.'

If you would like to speak to someone about services of the Warm Springs Holistic Health Center, please call 541-777-2663. Or stop by: The center is located across the parking lot from the courthouse.

Team visit to Ducks basketball game



The White Buffalos girls varsity basketball team made a trip in December to the University of Oregon, where they met players on the Ducks basketball team, and took in the game.

NDN HOOPS

56th Annual
Warm Springs All-Indian Mens
Holiday Basketball Tourney
Jan.1-4, 2020



Warm Springs Community Center Gym
2200 Hollywood Blvd
Warm Springs, Or. 97761
Entry Fee: \$375.00
Deadline by: December 13th, 2019
Awards:
1st Place - Pendleton Jackets
2nd Place - Wool Jackets
3rd Place - Jackets
4th Place - Hoodies
5th Place - Crew Neck Sweatshirts
MVP, Mr. Hustle, All Tourney Selection
Contact:
Austin Greene, Tourney Director
541-553-1953 (home) or 3243 (message)
austin.greene@wstribes.org





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