Write your autobiography through class in Sisters

Central Oregon Community College is offering a continuing education 10-week workshop for adults on guided autobiography, titled "Write It Down," beginning September 13. Each three-hour class will be on Tuesday, from 1 to 4 p.m. in the Sisters Library community room.

This workshop provides structure for participants who are interested in writing an autobiography or memoir. Each week, under the guidance of facilitator and Sisters resident Sue Stafford, members will explore a different life theme that has been influential in shaping their lives. Writing is done at home on each theme and then two pages are shared in a small group during the next class.

The first week explores major branching points in participants' lives. In subsequent sessions members explore such topics as family, the role of money, major life work or career, health and body, and other topics that interweave to form the tapestry of a life.

"Writing a guided autobiography focused on central themes in our lives can give new meaning to our present and future lives because it helps us understand the past more fully," explains Stafford. "This program is not therapy, but the insights gained can be very therapeutic. As stories are shared, strong bonds of support are formed among the participants. Previous groups that have taken the class enjoyed it so much they elected to continue together as writing groups for several years."

The guided autobiography program was developed by James Birren, PhD, former associate director of the UCLA Center on Aging, based on his 25 years of conducting autobiography groups. Facilitator Stafford, MA ABS, has a background in counseling and expressive arts therapy, as well as being a freelance writer.

The cost of the one-week course is $179. To register for the class, go online to the COCC continuing education catalog. For more information about the class, call instructor Sue Stafford at 541-549-2107.

Girls soccer off to a rough start

By Rongi Yost
Correspondent

The Outlaws kicked off their season with a 4-2 loss at home against Madras on Tuesday, August 30, in an endowment game. Two days later, they were shut out 7-0 at Molalla.

In Tuesday's action, the White Buffaloes scored in the first few minutes of the contest to take a quick lead. Sisters answered back when Lexi Stewart dribbled up the middle through the defense and knocked one into the back of the net to tie it up 1-1.

Madras started the second half with a goal, and a few minutes later Rylee Weber scored her first varsity goal, with an assist from Stewart to even the score at 2-2. The White Buffs were able to score two more goals and earn the win.

"This was the girls' first varsity match playing together," said Coach Jenna Pike. "The game goals were to be in control and play well, and we accomplished both of those. With three returning varsity on the field, everyone stepped up and played an awesome game."

Two days later, the Outlaws were blanked by Molalla. The Indians are a high-caliber team, and the Outlaws were totally outmatched.

Pike said, "The girls played extremely well considering the opponent was extremely talented. They never gave up the entire game. They took the mind-set that this game will teach them a lot of lessons before we go into league."

Sisters will play at Summit on Thursday, September 8. The game is set to begin at 6 p.m.

PHOTO BY JERRY BALDOCK

Alexa Stewart scores against Madras.