

ATHLETES OF THE MONTH

★ OUTLAWS ★

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★★★ JOSIE AYLOR ★★★ EVAN PALMER ★★★

Athletes show commitment on court and slopes

Two senior athletes were recognized as January's Athletes of the Month for their commitment and work ethic as well as their performance in winter sports.

Josie Aylor is a leader on the Outlaws girls basketball team.

Her coach Brittaney Brown said, "As a senior in a new role, Josie Aylor has exceeded our expectations as a committed athlete, but also as an asset on

the basketball court. Josie Aylor has become a starter for us, with the ability to fill in at a variety of positions. She seems to handle any job or task that we continue to challenge her with, as we get into league play. We have appreciated her positive spirit and hard work as she continues to develop her basketball skills and to compete daily in games and practice."



PHOTO BY JERRY BALDOCK



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★★★

Evan Palmer is in his fourth year as an Outlaws alpine skier, and is helping to lead his team to its best performance in years.

Coach Gabe Chladek said that Evan has been "stepping up and showing hard work in practice." That hard work led to a career best result in his first race of the season, finishing third among 100 competitors.

"His skiing has really changed since last year," Chladek said.

Palmer's hard work, enthusiasm and commitment inspires the whole team, making him, in Chladek's words, "a role model for how to work hard in practice."

In his most recent race, Evan continued to ski with a technically clean style and took an individual fourth place (105 points) on the way to leading the Outlaws to an exceptional second-place finish.

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Outlaws take third in cheer competition

The Outlaw Cheer Team took third place at the Newberg Classic against six other 4A teams. Among their competitors were Newport, Gladstone, and Sweet Home, who have in recent years all competed with Sisters for state titles. This weekend, Gladstone took first, Sweet Home took second, and Sisters took third, knocking Newport out of contention.

The Sisters cheer squad scored in the maximum point range in Running Tumbling, Jumps, and their Pyramid Stunt Sequence. Running Tumbling is differentiated from Standing Tumbling in cheer, with both necessary for a top spot in a cheer



PHOTO PROVIDED

The Outlaws cheer squad is having a strong year.

competition. The cheerleaders will be competing next weekend in Springfield.

Commentary...

Benefits of

Mitchell L. Luftig, Ph.D.

Correspondent

As parents we wish for our children to grow up to be healthy, happy, and responsible adults. We want them to find success in careers that matter to them, to find fulfillment in their marriages, to raise happy children, and to pursue interests and hobbies that they find engaging.

Side by side with the hopes we nurture for our children's future is the fear we harbor that we will let our children down by not adequately preparing them for the adult responsibilities that lie ahead.

We may embrace the idea that eliminating our children's weaknesses or character flaws is the best way to prepare them for adulthood. So we nag, cajole, and threaten our children with punishment, all in an effort to help them improve so that some day when they are no longer living under our roof they can live successful adult lives.

But does stamping out our children's weaknesses best prepare them for adulthood? According to recent research, a parenting approach that seeks to eliminate a child's weaknesses moves the child from below average in performance to average. In contrast, "strength-based" parenting, with a focus on building upon a child's character strengths, may enable them to reach their full potential.

Research demonstrates that:

- Children who learned to use their strengths to navigate the world were more likely to experience greater life satisfaction, confidence and positive emotions.

CREATIVITY, CULTURE, & FAITH
MOVIE NIGHT...

BREAKER MORANT

Wed., Feb. 12 • 6:30 to 8:30 p.m.
at Sisters Movie House, 720 Desperado Ct.

Jim Cornelius will facilitate discussion after the movie.



Complimentary tickets are available at Gypsy Wind,
351 W. Hood Ave. – Wednesday-Saturday 11 a.m. to 4 p.m.

Presented by Sisters Community Church
in partnership with Sisters Movie House
For more information call 541-549-1201.