

Growing up with an alcoholic parent



by Erin G. Sweeden

If you grew up with an alcoholic parent, you may still have a few scars because of it. You never knew what to expect because your parent was five different people depending on the point in the alcohol curve—irritable hangover, normalization, the high when everything was wonderful, angry drunkenness, or passed out. Until you got old enough to understand that the changes were caused by alcohol, you may have taken responsibility and thought there was something wrong with you or what you did or said. In order to survive, you learned to always be on guard for subtle clues of what was coming, and you set your own feelings and needs aside. Perhaps you tried harder and harder to be perfect and to do more to please your parent, but it was never enough. You may have spent your childhood taking

care of, cleaning up after and parenting your parent instead of being a playful, carefree child.

Now, as an adult, you may find lots of other people who need you to take of them because you're so good at it. However, there's always one sad, abandoned, little child off to the side who even you never find time to care for. This is your own inner child. Because at the age of five you were so busy being thirty-five, now that you're thirty-five, there's a part of you which is still five because it never got to grow up in the normal way. This child doesn't feel worthy of any love. This child doesn't know how to ask for help. This child doesn't even know how to feel because it was never safe to feel at home, there was no one to provide support and expression of feelings wasn't tolerated. This child never learned how to trust.

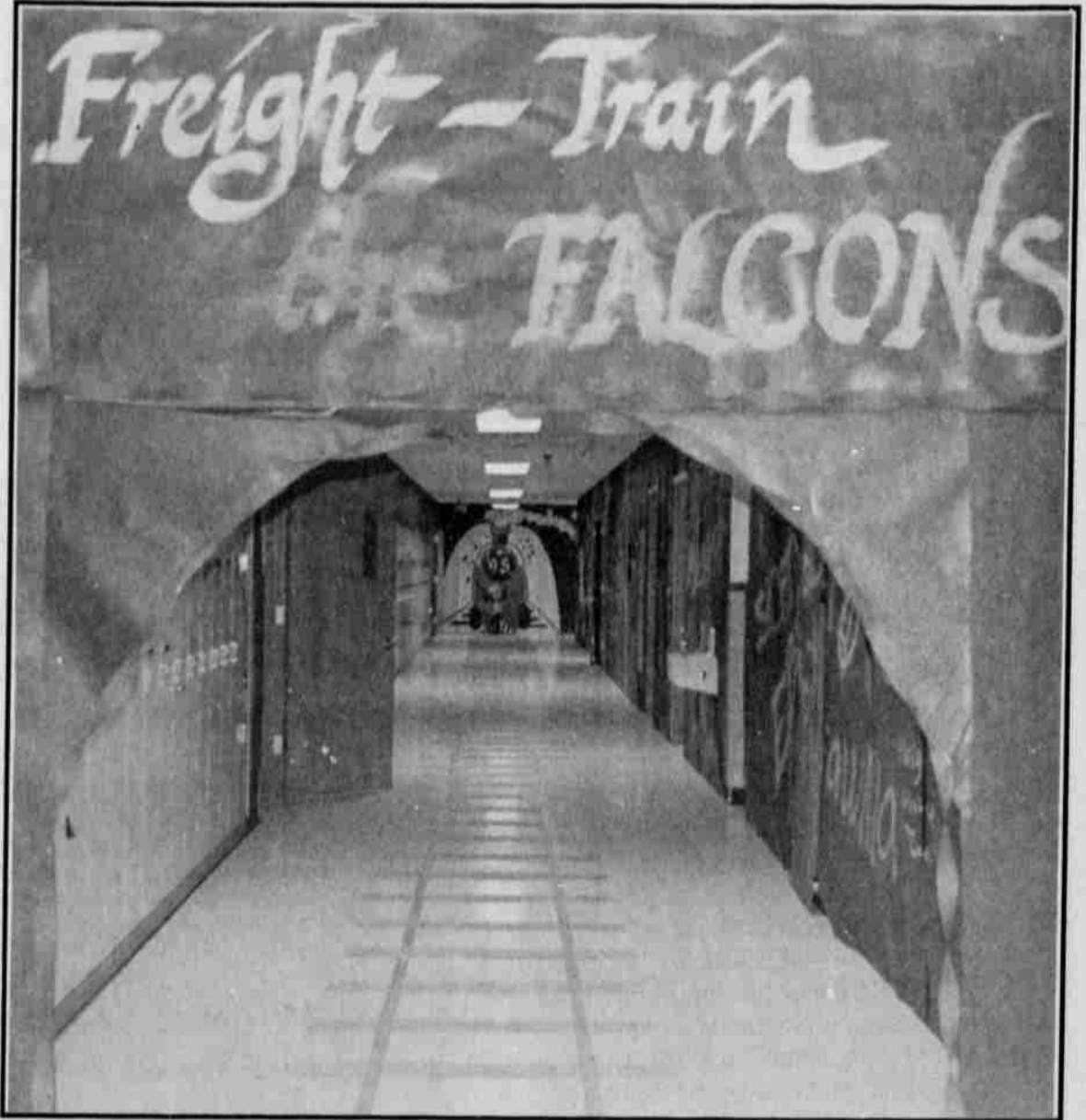
Many adult children of alcoholics become very successful people who earn the respect and applause of others. They work around the clock to meet an endless chain of deadlines and goals. However, they have difficulty ever feeling satisfied with their own accomplishments because they don't acknowledge themselves. Some become very perfectionistic and controlling of others. Some get involved in one non-nurturing relationship after another in an effort to "get it right this time", and they find it very difficult to separate themselves from relationships which be-

come abusive. Many become "crisis junkies" who are always seeking intense stimulation and find it very difficult to relax or live a normal, smooth, "boring" life. The only time they can relax is when they're sick. They create many physical symptoms such as headaches, stomach aches, ulcers and high blood pressure. Some are plagued with depression, excessive guilt, or a wall of rage which keeps the outside world at a safe distance. Others have so successfully numbed all of their feelings that they merely exist as observers, rather than participants, of their own lives. A great many adult children of alcoholics follow their parent's pattern and escape all of their problems through drugs and alcohol.

The damaging childhood programming does not have to be a life-long sentence. By establishing a trusting relationship with a therapist, people can go through the process of remembering the old hurts, expressing the feelings which couldn't be expressed then, and receiving the support which wasn't available at that time. The grieving process can help to wash the slate clean and make room for greater freedom of choice in the present, spontaneous expression of a full range of emotions and peace of mind.

If you would like to give this gift to your neglected inner child, please call the Community Counseling Center at 553-3205 and schedule an appointment.

MHS seniors were full of spirit



Spilyay Tymoo photo by Saphronia Katchia

The senior class won the Hall Decorating contest at Madras High, the juniors were second, third was the freshman and the sophomores were fourth.

Madras High School held Spirit Week October 17-21, 1994, with the Homecoming football game Friday night. Throughout the week various activities were held to prompt spirit

throughout the school. Overall the standings were as follows; 1. Seniors Class of '95, 2. Juniors Class of '96, 3. Sophomores Class of '97, 4. Freshman Class of '98. The Buffaloes

lost their Homecoming game to LaSalle 6-29. At half-time Becky Harrison was crowned Queen and Jake Suppah was crowned King.

Free workshops offered

Pacific Power and the Oregon Department of Forestry are sponsoring free community forestry workshops in nine cities throughout Oregon this fall. A Bend workshop will be held at Central Oregon Environmental Center, 16 Kansas Ave. NW on November 3, from 8:30 a.m. to noon.

The workshops, which discuss managing urban trees, are designed specifically for community leaders, elected or appointed officials, park and public works employees, and green industry professionals, such as tree service companies, nurseries and landscape contractors. However, the public is also invited to attend the free workshops.

"We have trimmed trees away from power lines for many years, all in the interest of safety," said Bob McConnell, Pacific Power manager. "Recently, along with the Oregon Department of Forestry, Pacific Power has taken a wider view of trees, using pruning techniques that protect a tree's health and advocating the planting of only low-growing trees near power lines."

He added that the workshop will help officials and planners, as well as tree professionals, look at urban trees as a valuable natural resource.

The opening session considers urban tree management and planning. Further topics include proper tree

pruning techniques to preserve a tree's health, the peaceful coexistence of trees and power lines, utility tree trimming, planting the right tree in the right place and safety, and sources of assistance and funding for community forestry programs.

"People generally think of forestry as managing vast expanses of land with large trees, but trees are a valuable part of the community infrastructure, as well," said Paul Ries, ODF Urban and Community forest program manager. "We have only recently begun considering our urban trees as forest to be managed."

Both Pacific Power and the Oregon Department of Forestry have established community forestry

programs. In addition during 1993 and 1994 they teamed up to plant trees on private non-industrial land as an experiment to offset carbon dioxide emissions from Pacific's fossil fuel generating plants. Trees, like other green plants, naturally absorb carbon dioxide (CO2) while giving off oxygen.

Workshops are also available in Astoria, Albany, Coos Bay, Grants Pass, Klamath Falls, Medford, Pendleton and Roseburg. Although anyone is welcome to sign up for the free workshops, pre-registration is requested. More information is available at the Pacific Power or ODF offices in these areas.

Register now for fitness challenge

The Recreation Department is now taking registration for the Annual Employee Interdepartmental "November Fitness Challenge." This will mark the 15th year in existence for the challenge. Last year had set a mark in number of teams entered, which was 21, and the number of participants, which was 419.

The Fitness Challenge will run from November 1-31, giving participants opportunity to tally up minutes spent in exercise for their department team total. Register now with your department, a \$5.00

registration fee is asked for those wishing to receive a T-shirt, and a \$3.00 entry for those participating and not wanting a T-shirt.

Winning department with the accumulative total minutes for the month, will have their name put on the shirt for 1994. Thursday, December 8 is the date scheduled for the awards luncheon and distribution of T-shirts at the Recreation Social Hall.

For more information contact the Recreation Department at 553-3243 or 3244.



Spilyay Tymoo photo by Saphronia Katchia

Dress up days at MHS was won by the seniors.

General Council meetings scheduled

Monday, November 21—Simnasho Longhouse
Tuesday, November 22—Agency Longhouse
Agenda: 1995 Operating Budget
Dinner at 6 p.m.; meetings follow

WSE News--Continued from page 3

Phil Riley, 509-J School District Superintendent, will be at the Warm Springs Tribal Admin. building every Wednesday from 9 to 11 a.m. to meet with parents and community members. An appointment is not necessary. Please stop by if you have suggestions or concerns that you would like Mr. Riley to be aware of.

Free/Reduced Meal Update

A huge congratulations is extended to the WS parents/guardians for their participation in helping all of the free or reduced meal applications to be in on time this year. This is the first time in the school's history that this has happened and is extremely appreciated by Dawn, Chele and Judy. Thank you!!!

If your financial situation changes during the year and you thing you might be eligible for free or reduced meals for your students, please contact the school office to fill out an application.

Student Accident Insurance

Student accidents insurance applications are available in the school and district offices for parents wishing to purchase coverage for their students. The school district does not process applications or claims, but simply makes the forms readily available upon request.

Board Approves 1994-95 District Goals

The Board of Directors approved the following goals for the 1994/95 school year: 1) The District will seek to improve opportunities for students by increasing the involvement of parents, the business community and/or other patrons in school activities. 2) Each school will raise academic achievement and provide opportunities for learning about diverse cultures.

Fundraising Activities

Have your kids come home asking for \$1.00 for pepperoni or beef jerky and you didn't know what they were talking about? WSE will be having several fund raising activities this year with proceeds going to

playground equipment, art supplies and the fourth/fifth graduation, just to name a few projects.

Currently, students can buy pepperoni or beef jerky in the office on Tuesday and Thursday, during lunch recess or after school for \$1.00. The proceeds for sales go to the fourth/fifth grade graduation.

Campbell's Soup Labels

Once again WSE is collecting Campbell's products labels for our Education Program. Listed is names of the labels that can be turned in to the WSE office, remember, Campbell's labels for education include more than just soup. It takes a lot of labels to redeem one item. Labels are collected throughout the school year.

Insertion

Asbestos in WSE School
As required by the US Environmental Protection Agency (EPA) you are hereby informed that WSE contains Asbestos-containing building materials (ACBM).

In accordance with AHERA regulations, an asbestos inspection and management plan was written and implemented on July 9, 1989. Thereafter each six months the asbestos in WSE will have periodic surveillance performed. Every three years the facility will be reinspected completely. Asbestos found in WSE does not pose a threat to health or the environment. Management plans are located in the building office and in the District Maintenance office. These are available during normal working hours should anyone choose to inspect them. A copy or parts of a copy may be purchased at the cost of copying. Anyone who feels there is damaged ACBM in WSE should call the District Maintenance office as soon as possible and report such finding.

District 509-J has on staff EPA and ODEQ trained members to inspect, write plans and work with asbestos. If you have any questions regarding the District activities in asbestos, please feel free to call Steve Dove, District Asbestos Designated

Person at 475-3360.

Trained staff members: Steve Dove, Designated person, Vern Middleton, Full Scale worker, Rod Hanson, Full Scale worker

What is Healthy?

The Warm Springs Healthy Nations Project, committed to reducing substance use and abuse in our communities, would like to announce a poster contest.

WHO: Grades K-4; Grades 5 & 6; Grades 7-9; Grades 9-12

WHAT: An expression of your concept of "Healthy"

WHERE: Warm Springs & Madras Schools

WHEN: Please turn in your expression by October 31, 1994

HOW: Paint a picture, write a poem, or write a short essay. What does "Healthy" mean to you? Maximum limits: 11" x 14", 300 words and/or four colors.

WHY: The WS Healthy Nations Project is exploring ways we as a community can reduce substance use and abuse and promote healthy living. We want to know what "Healthy" means to you.

Prizes: First Place: \$50 gift certificate; Second Place: \$35 gift certificate; Third Place: \$25 gift certificate. Five Honorary Mention Certificates in each category. "Healthy Living" Artist Ribbons for grades K-6.

the first place winning expressions will be used in the productions of four posters to be distributed in the Warm Springs/Madras Schools and communities.

All submissions become property of the WS Healthy Nations Project, a Robert Wood Johnson Foundation Program. For more information, please call 553-4914.

Public Hearing on P.L. 81-874

As specified in School Board Policy 911, the District plans to afford patrons and opportunity to make comments and recommendations relative to application for and use of P.L. 81-874 Impact Aid funds. A public

hearing has been scheduled during regular school board meeting beginning at 7:30 p.m. on Monday, November 14, 1994, in the library at WSE. The public is invited to attend and encouraged to ask questions and state opinions regarding District 509-J programs and the use of funds. If you have a disability, please advise the District 509-J Support Services office about special arrangements that may allow you to fully participate in this meeting by calling Gail Stone at

475-6192.

Visitors at WSE

All visitors, parents and guardians who come to WSE are to report directly to the school office. Students are not to leave the building with any person without first notifying the office and signing out the student on the check-out form. If you would like your child to be checked out by someone other than yourself, you must call or send a note to notify the school.

Breakfast/Lunch Visitors

Parents and guardians are always encouraged to visit the school for breakfast or lunch. The cost for breakfast for adults is \$1.00 and for lunch is \$2.00. Payment must be made in the office prior to eating. Breakfast is served from 7:30 a.m. to 8:25 a.m., lunch for 1-2 graders is served at 11:10 a.m. and lunch for 3-5 is served 12:10 p.m. If you have any questions about the meal program, please contact Chele Paye at 553-1128.

Smiths score well at WHRA national finals



Jason Smith shows two buckles won at Wild Horse Racer's Association finals in Billings, Montana October 18-22. Jason's dad Buck also did well at event.

If you are a rodeo fan and enjoy watching the wildhorse race events, chances are you've seen these two Warm Springs cowboys, Buck Smith, aged 57, and his son Jason Smith, aged 27, competing.

Buck and Jason have competed in rodeo events nearly all their lives and are members of the Wild Horse Racer's Association. On October 18 through 22, the Wild Horse Racer's Of America (WHRA) gathered in Billings, Montana to compete. Buck Smith is happy to announce that his team placed first in the pro rodeo finals. Team members included Buck, Troy Winters and Duane Garette. According to Jason, his dad is the oldest cowboy out of 183 WHRA members to compete in and win the rodeo finals.

The Jason Smith team placed first and second in the day money only but won the year-end for the Wild Horse Racer's Of America National Finals. Jason's team included Mark Tobiasson of Eugene and Joe Mclean of Redmond. Total winnings for Jason so far this season, which is only seven months long, added up to more than \$22,000. According to sources, Buck and Jason's teams were two of ten teams that competed. They are the only two Warm Springs cowboys to ever place or win in professional rodeo national finals.

The next competition for Buck and Jason is the Crown Royal World Championship being held in Rapid City, South Dakota in early February 1995.