



Spilyay Tymoo Sports

1997-98 Madras High winter sports schedule

V=Varsity, JV=Junior Varsity and F=Freshman.

JCMS= Jefferson County Middle School

Boys basketball

December 5-6

Madras-V, Henley, Sisters and Astoria @ Bob McKenzie Tournament
Time 5:45 and 7:30 p.m. each night

12-6

Bend @ Madras-F, time 10:30 a.m.

12-9

Madras-F @ Mt. Veiw, 5:30

12-6

Cascade @ Madras-JV/V, 5:45/7:30

Cascade @ Madras-F, 5:45 at JCMS

12-16

Gladstone @ Madras-JV/V, 5:45/7:30

Gladstone @ Madras-F 5:30 at JCMS

12-18

Sisters @ Madras-JV only 5:45

Sisters @ Madras-F, JCMS, 5:30

12-20

Madras-F and JV/V @ Portland Christian, Warner Pacific College

2:00 and 3:30/5:30

Girls basketball

12-4

Madras-F/JV @ Sisters 4:00/6:00

12-5 & 6

Madras-V @ Burns Invitational

12-6

Bend @ Madras-F 12:00

12-9

Wilsonville @ Madras JV/V 5:45/7:30

Wilsonville @ Madras F, JCMS, 5:30

12-12

Madras JV/V @ The Dalles 5:45/7:30

Madras F @ The Dalles 5:45

12-16

Madras JV/V @ Gladstone 5:45/7:30

Madras F @ Gladstone 5:45

12-19

Portland Christian @ Madras JV/V 5:45/7:30

Portland Christian @ Madras F, JCMS, 5:45

Jefferson County Middle school winter sports schedule

Following is Jefferson County Middle School boy's basketball schedule:

Tuesday 12-09

Madras Blue @ Culver

Madras Red @ Obsidian White

Thursday 12-11

Madras Blue @ Crook County

Madras Red @ Obsidian

Tuesday 12-16

Obsidian White @ Madras Blue

at Westside Elementary

Madras Red @ Hartman White

Thursday 12-18

Madras Red @ Gilchrist

Madras Blue Bye

Thursday 1-8

Madras Blue @ Sisters

Crook County @ Madras Red

Tuesday 1-13

Madras Red @ Culver

Madras Blue @ Crook County

Thursday 1-15

Crook County @ Madras Blue &

Red plus intramurals

All games start at 4 p.m. with 7th graders playing first and 8th graders right after, unless stated otherwise. Teams don't stop for dinner, please pack a sack lunch to eat after games and a healthy snack to eat on the way up.

Game rescheduled

The game between Madras girls varsity basketball against LaSalle has been rescheduled from February 14 to February 13. The Frosh game will be held at the Jefferson County Middle School and the JV, Varsity game at the Buff Dome with tip-off time at 5:45 for JV and 7:30 for Varsity.

Tips from the Pro

Tips from the KahNeeTa golf pro Joe Rauschenburg.

Its getting closer to the Holiday Season here in Central Oregon, time for the family gatherings and merriment with friends. Golfers sometimes forget why they started playing this sport, it was usually for the pure enjoyment of the game, relaxation and a peace of mind. As the years went by we usually became much more intense in our pursuit of excellence in shot making and scoring, some times its best to reflex back from when we started and smile, because your allot better now then before.

Simple remedies to lower your score for this winter.

Buy a new Hat, lower two strokes.

Buy a new shirt and lower two strokes.

Buy a new pair of Shoes and lower six strokes.

Buy a new set of Clubs and add five strokes to your game.

Smile be happy and good to your self, (Its still just a game) Happy Holidays.

Lady Buffs dismantle Redmond Panthers



Madras players, 35 Marie Kalama, 25 TaraLee Suppah and 15 Heather Duff other player not known, getting ready for the rebound.

The Madras White Buffaloe girls varsity basketball team won its first game of the season by defeating the Redmond Panthers, a class 4A school, by the score of 51-66. Junior Deece Suppah lead the way in scoring with 10 and TaraLee Suppah added nine. Madras has seven returning players from last years team.

In the first quarter, the teams pressed each other with Madras taking better care of the ball by committing only two turnovers to the Panthers 11. Which lead to Madras being up by the score of 17-12. In the quarter TaraLee Suppah score six points, with Kea Wyatt and Heather Klos each having four points. Deece Suppah Madras starting center got in to early foul trouble picking two quick fouls and had to sit most of the quarter. While Madras was getting

most of its points with in 12 feet the Panthers were settling for shots 15 feet out.

In the second quarter, Madras kept the pressure on and out-scored Redmond 17-11. The Lady Buffs lead 34-23 at the end of the first half of play. Madras got great play from Marie Kalama who had five points in the quarter. Kalama hit a three pointer and a two pointer. Heather Duff also had five points in the quarter. TaraLee Suppah added three. Redmond's Melissa Gibson tried to keep the Panthers in the game by scoring nine of her game high 13 points.

In the third quarter, Madras rode the strong play of Deece Suppah who had three blocked shots, four steals and five points. Katie Christensen added five points also to lead the Buffs. Madras lead 47-32 going into

the final frame.

In the fourth quarter, both teams picked up the pace by scoring 19, Madras and 18, Redmond points in the quarter. The Panthers could not overcome the Buff's lead. The Buff's reserves got plenty of playing time. Reina Estimo made an impact by scoring six points in the final frame. Sherie Johnson added four points. Starter Deece Suppah pitched in four also. The final score was 66-51. For the game Madras forced 35 turnovers and committed 20.

Madras varsity roster: Kea Wyatt, Heather Duff, Melanie Smith, Heather Klos, Deece Suppah, TaraLee Suppah, Katie Christensen, Annie Gregg, Marie Kalama, and Sherie Johnson. Head coach Rob Reidinger and assistants, Mike Osborne and Candy Campbell.

Madras JV rout Redmond 73-20

The 1997-98 Junior Varsity girls basketball team started the season off with a bang by running over the Redmond Panthers 73-20. Reina Estimo lead the Lady Buffs with 22 points and hit three from the arc. The future looks good with six sophomores, three freshman and one junior on the team.

In the first quarter, Madras started out slow and lead 10 zero after one quarter of play. Estimo had seven points in the quarter.

In the second quarter, Madras out-scored the Panthers 16 to 7. The Panthers tried to press the Buffs, but the ball handling of the Buffs was the key to the win. Madras had 13 turnovers compared to the Panthers 45. In the quarter Estimo scored five points, hitting a three and a two pointer. CeCe Polk and Nicky Johnson added four apiece.

In the third quarter, the Buffs broke loose for 22 points in the quarter to the Panthers' eight. Madras lead Estimo and Polk did most of the

damage by scoring all but one point, Estimo had 10 and Polk had 11. Blanche Mitchell scored one in the quarter. Point guard Amy Suppah got many assist in the quarter. After third quarters of play Madras lead 48-18.

In the final quarter Madras put the game out of reach by out scoring the Panthers 25 to two. The Lady Buffs were lead by Janell King's nine points. Estimo didn't play the fourth due to getting ready to play with the Varsity squad.

Final stats: Madras, Johnson-8, A. Suppah-5, B. Mitchell-6, B. Suppah-3, Polk-15, Estimo-22, Espenel-3, King-11, Brunoe-0 and Gleason-0.

Redmond was lead by Lindsey Struck's 8 points.

Following is the Madras JV team roster: Nicky Johnson, Rachel Gleason, Amy Suppah, Blanche Mitchell, Billie Suppah, CeCe Polk, Reina Estimo, Anna Brunoe, Emily Espenel and Janell King.

The 39th Annual All-Indian Men's Holiday Basketball tournament is set for December 31, to January 3. At the Warm Springs Community Heath Center.

The 2nd Annual Bob McKenzie boy's varsity basketball tournament is scheduled for December 5 & 6, at the Madras High Gym.

The first game tip-off time is 5:45 p.m. and the second game is at 7:30 p.m.

Joining the host team, Madras White Buffs is Henley, Sisters and Astoria.

Play-For Fun basketball youth league looking for players

Teams are needed for a Play-For-Fun youth basketball league. Ages eight & under Co-Ed, 9-14 years old boys and girls.

I am also looking for help referees, people to help clean and maintain gym floors, and patrol the building. We are thinking of kids that don't get

alot of playing time. We just want the kids to come to the gym and play for fun this is not a competitive activity!

If you are interested in getting involved or helping, or have any ideas, please give us a call at: 553-9030 Deanie or 553-8119 Reva or leave a message at 553-1831.



PO Box C
Warm Springs, OR
97761

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Organizations can lead to toxic, destructive environment

by Michele M. Waltz
Reprinted at the request of
Community Health Education Team

We read and hear much about toxic organizations these days. School systems also have additive organizational dynamics that sabotage their efforts and create unhealthy environments.

Additive organizations dynamics will develop in any system that denies the existence or minimizes the consequences of one or more dysfunctional members in the group. This leads to staff and students feeling angry, apathetic, negative, confused, fearful, oppressed, defensive, overwhelmed and powerless.

Many factors can contribute to creating and maintaining a toxic organization, but primary among them is untreated chemical abuse and dependency and related problems.

School systems are rampant with chemical dependency and related problems. Research suggests that at least 10 percent of the secondary student population experiences serious problems because of alcohol and other drug use, poor academic performance, teen pregnancy and delinquency. In addition, 20 percent of all students live with at least one chemically addicted parent.

Among staff and administration, 14 percent are likely to be chemically dependent. Twenty-five percent of staff are likely to be adult children of alcoholics—many of whom have untreated codependent personality disorder.

Both chemical dependency and codependency thrive in, as well as create, unhealthy addictive systems. Untreated addiction deteriorates the school environment and ultimately the quality of education provided to all students, as well as the quality of the work environment.

Such systems are stressful and destructive, forcing members to protect themselves by adjusting their behavior to survive and reduce the stress. The dynamic that's put into motion is interpersonally abusive and unsafe.

Untreated chemical dependency manifests itself in a variety of behaviors and thought disorders affecting the user, as well as those working with him. In the highly interactive school setting, a significant number of students, staff or parents may be interacting with one or more individuals whose behavior or cognition may be influenced by an addic-

tive process. This influence may manifest itself as irrational thinking, a low frustration threshold, preoccupation or irritability, among other behaviors or moods.

The impact of these behaviors is multidimensional and very complicated. For example, a child of an alcoholic acts out in class and a co-dependent teacher angrily reacts to the child. But the teacher is actually acting out her own frustration and feelings of powerlessness from living with an active alcoholic. The child complains about the teacher's reaction to the alcoholic parent, who has a few drinks and calls the principal. The principal, a child of an alcoholic parent, is defensive when interacting with the student's alcoholic parent and feels guilty afterward. Nothing is resolved and everyone feels worse as a result of the chain of interactions.

Unfortunately, this environmental toxicity often goes unrecognized due to denial and because the system is frantically reacting to the symptoms rather than the causes of the problem.

Denial and delusion, the cornerstones of the progression and maintenance of chemical dependency, can be perpetuated and even strengthened by people and systems that surround the alcoholic/addict. Environmental perpetuation of the denial prevents the alcoholic/addict from being consciously aware of the extent of the psychological, physical and spiritual damage the addiction has created in her life. Ironically, it's the same systemic denial that prevents system members from seeing the addictive organizational dynamics and their impact on them.

If you're working in an addictive organization and you see little hope of change, then here are some suggestions for protecting yourself from the harmful effects. However, it's important to note that if your environment is very dysfunctional, then no matter what you do, you will not be able to totally avoid personal deterioration.

This is not meant to sound hopeless, only realistic. Addictive organizational dynamics are extremely powerful, and we generally minimize their ability to deteriorate our mind, body and soul. Ultimately, that denial is enormously costly. If at all possible, get out. If that's not possible, then take the following steps to protect yourself from the system's effect on you.

* Acknowledge the extent of the problem

and recognize that you're not the cause of it, nor can you fix it.

* Learn as much as you can about chemical dependency and related problems. Examine your own family history and using behavior. Get help if you think or even question your own chemical use patterns, or if you were brought up in an alcoholic or other type of addictive family.

* Go to Al-Anon meetings. These are community support groups for people with friends or family members who have a chemical dependency problem.

Furthermore, you must stop contributing to the addictive process. This will be easier said than done. Attending Al-Anon and therapy can help you identify your own unhealthy patterns and learn to take care of yourself.

CHET news—Continued from page 1

Speakers Robert Ryan, Ken Billingsley, Jerry Raining Bird, and Charles Tailfeathers all received high ratings from the Men's evaluations. The conference went very well. The sessions were well attended by participants, and thoughts of healing were strong. Participants expressed their feelings that this was a powerful and motivational experience.

We would like to take this time to publicly thank all our guest speakers, and all the participants who attended this annual Wellness conference.

The Men's Wellness committee spends all year planning for the Gathering of Men conference. This activity is funded by the Robert Wood Johnson Foundation through our local Healthy Nations program.

This year we would also like to say thanks to Willy Fuentes, Human Services Manager, for providing us

with additional funds to support the added costs due to the increased number of participants.

Next year the Gathering of Men IV will be held at Kah-Nee-Ta on November 17, 18 & 19, 1998. Due to the number of requests for an additional day, we are looking at a 3-day conference.

The next 1998 planning meeting has been set for **January 6, 1997** at the **Vern Jackson Home** from 12:00 noon to 1:00 pm.

Path to wellness is in your hands

As we flow into another busy time, the Community Health Education team wishes each and everyone a safe holiday season. Let each of us look at the road ahead. Use this special time of the year to be with your family and friends. The path to wellness is in your hands.