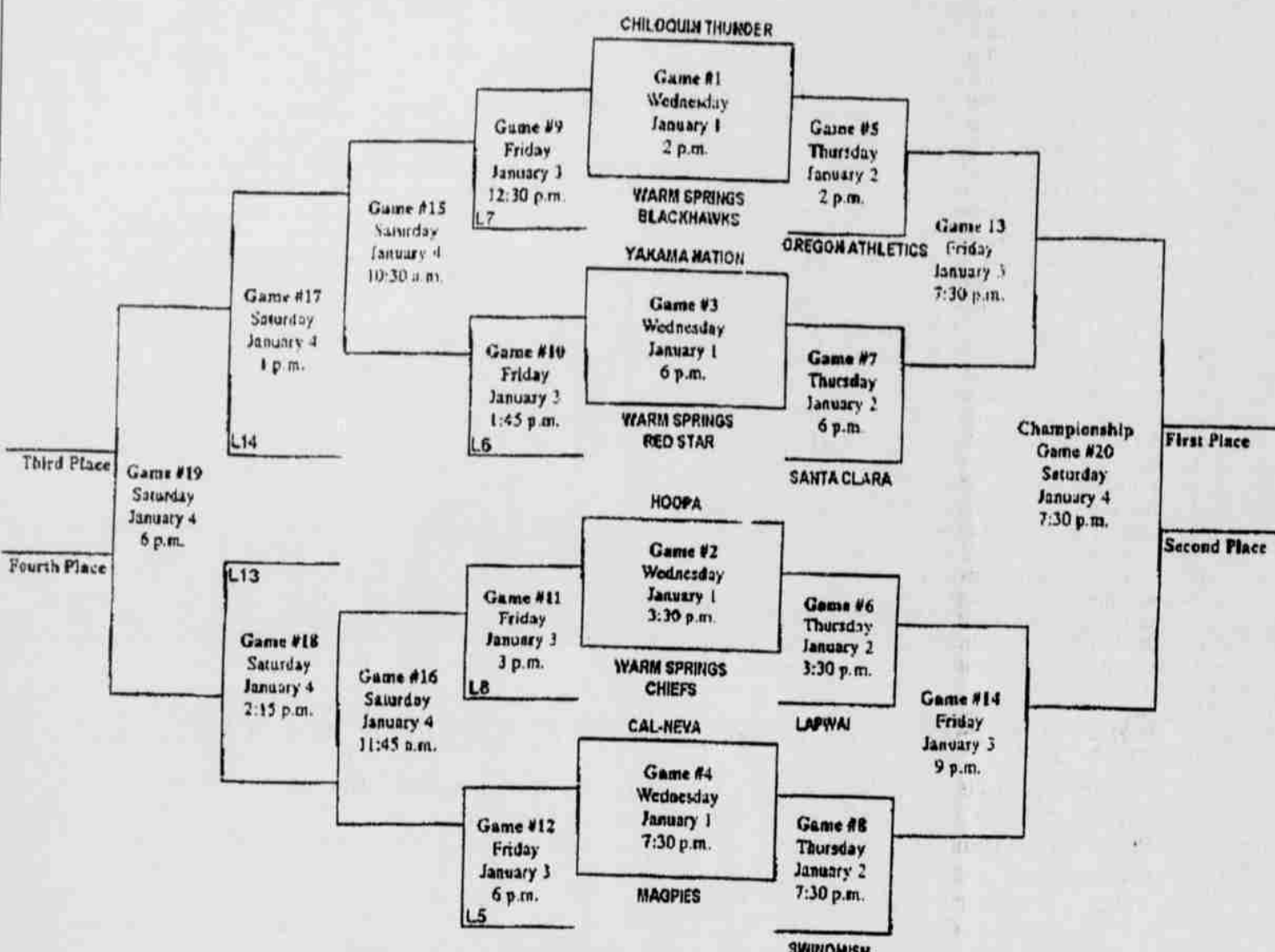




Spilyay Tymoo Sports

39th Annual Warm Springs Nations Indian Holiday Basketball Tournament



Be a fan, have some fun!
Attend the tournament and show your support!
Season pass: \$15—\$3 or \$3.50 per session

Madras High school winter sports schedule:

Varsity Boys basketball: F=Freshman, JV=Junior Varsity and V=Varsity

1-6 Madras @ Sherwood F & JV-5:45, V-7:30 p.m.
 1-10 Estacada @ Madras F-4, JV-5:45, V-7:30 p.m.
 1-13 LaSalle @ Madras F-5:30 @ JCMS, JV-5:45, V-7:30 p.m.
 1-15 Madras JV @ Culver-5:30, Madras F @ Redmond-5:30
 1-23 Wilsonville @ Madras F-5:30 @ JCMS, JV-5:45, V-7:30 p.m.
 1-24 Madras @ Valley Catholic F-4, JV-5:45, V-7:30 p.m.
 1-27 Madras @ The Dalles F & JV-5:45, V-7:30 p.m.

Varsity Girls basketball:

1-6 Sherwood @ Madras F @ JCMS 5:30, JV-5:45, V-7:30 p.m.
 1-9 Madras @ Estacada F & JV-5:45, V-7:30 p.m.
 1-13 Madras @ LaSalle F-4 p.m., JV 5:45, V-7:30 p.m.
 1-9 Madras @ Estacada F & JV 5:45, V-7:30 p.m.
 1-13 Madras @ LaSalle F-4 p.m., JV 5:45, V-7:30 p.m.
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 1-13 Madras @ LaSalle F-4 p.m., JV-5:45, V-7:30 p.m.
 1-15 Madras JV @ Culver 5:30 p.m.
 1-23 Madras @ Wilsonville F&JV-5:45, V-7:30 p.m.
 1-24 Valley Catholic @ Madras F-4 p.m., JV-5:45, V-7:30 p.m.
 1-27 The Dalles @ Madras F-5:30 JCMS, JV 5:45, V-7:30 p.m.

Madras Wrestling

1-3 Madras Invitational JV/V Madras High 1 p.m.
 1-7 Central Oregon Novice @ Culver JV/F 4:30 p.m.
 1-10 Madras V @ Riverside Invitational, Madras JV @ Woodfin Invitational @ Burns, weigh-ins @ 9 a.m.
 1-14 Gladstone @ Madras JV/V 6p.m.
 1-17 Nels Ochs Invitational, Host team Madras JV/V. Other teams Redmond JV/V, Bend JV/V, Sisters, Cascade and Burns.
 1-21 Estacada @ Madras JV/V 6 p.m.
 1-24 Madras @ North Lake Invitational Novice 12 p.m.
 1-30 Madras @ Sherwood 6p.m.

Laday Buffs next home game is against Sherwood January 6, tip-off time 7:30 p.m.

Madras boys next home game is January 10, The Buffs host the Estacada Rangers tip-off at 7:30 p.m.

Oregon Athletic Association passes new rule on ejected players, coaches

Madras High school has a new rule that states that if a player or coach is ejected by an official. The athletic director of the school of the ejected player or coach and the commissioner of officials shall notify the OSAA by fax of the ejection by the next work day. Ejected coaches must leave the contest immediately and shall not be allowed further contact with the team members for the duration of that contest. It shall be the responsibility of the school to disallow the ejected player or coach from participating in the next

scheduled contest. Should an ejected player or coach participate at the next scheduled contest, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Board. Note this does not apply to basketball players whom have fouled out of a contest.

The appeal process: if in the opinion of the principal of the ejected coach/player, the ejection was based upon misapplication of a rule or rules by the official(s), the principal may

appeal to the Executive Director within 48 hours of the ejection to set aside the next game suspension of the penalty. The Executive Director shall refuse to hear appeals of the judgment of an official. If the Executive Director hears and denies an appeal, that denial may be appealed to the Executive Board, which shall hear the appeal at its earliest convenience and issue a final ruling. Implementation of the next game suspension may be postponed during the time that an appeal is pending.

Play For Fun League looking for players

Teams are needed for a Play-For-Fun youth 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 and play for fun this is not a competitive activity.

If you are interested or have any helpful ideas please call Deanie Johnson at 553-9030.

Eagle Spirits to 6" + 1 Open Mens basketball tournament

The Eagle Spirits Men's basketball team will be hosting a 6" Plus One Open men's basketball tournament, true double elimination. At the Warm Springs Community Wellness Center February 27 to March 1.

12-16 teams, First through Sixth place awards and 10 championship jackets awarded.

No more than two men over 6 and 3/4 feet tall. Entry fee is \$275 and a holding deposit of \$75 can be sent to Ricky Minthorn, money orders only please.

For more information you may call: Ricky Minthorn at (541)-553-1831 from 5:30 p.m. to 9:30 p.m. or Deanie Johnson at (541)-553-3238 from 8 a.m. to 5 p.m.

Holidays can be time of grief and loss: coping skills offered by Community Counseling

Grief: A deep distress caused by bereavement, or loss by death of loved one. To suffer and feel sorrow.

Sorrow: Deep distress and regret, as over loss of something loved. A cause of grief or sadness, or to display grief or sadness.

It's the holiday season, a family time of high emotion, celebration, expectation, and stress. The holidays may also bring up losses.

Everyone feels grief or sorrow over the loss of someone loved. When families lose a loved one, family members, friends, and neighbors are involved in grieving the loss.

Grief can be brought on by moving, divorce, losing a pet, changing schools or jobs, a friend moving away, or the death of a loved one. Feelings of past losses may come up again at birthdays, anniversaries,

or holidays.

All human beings can feel helpless and confused at this time of loss. People need each others' support at this time, not just with family, but also with friends and neighbors. Friends and neighbors can visit and check on their friends who have lost a loved one. Don't tell yourself "they want to be left alone." Family and friends need each other most at these times.

In times of sadness or struggle, people need to be able to ask for and give help, if only to talk. Identify people you trust like family members, church leaders or Longhouse leaders, and Elders. Give yourself permission to talk to someone.

Stages of Grief

People naturally go through many stages of grief as they adjust to a loss. Grieving is hard work, often lasting a year or more. The process of grieving involves accepting the loss; the loss is never really "gotten over."

1. SHOCK-Feeling numb, in a state of disbelief.
2. EMOTIONAL RELEASE
3. DENIAL-Preoccupation with loss, despair, guilt, anxiety, jealousy, shame, anger.
4. LETTING GO
5. RESOLUTION AND ACCEPTANCE.
6. REINTEGRATION-Carrying on your life with respect to loss.

Normal Grief in Adults

Physical signs include: sleeplessness, tightness in the throat, shortness of breath, sighing, hollow feeling in stomach, lack of muscle power, upset stomach or reduced appetite.

Emotional signs include: slight sense of unreality, feeling

emotionally distant, feeling panicky.

Children's Grief

Adults and children experience grief differently but have similar needs. Adults tend to get lost into their own grief and forget that their children also grieve and feel sorrow.

Children experience grief based on their age level of understanding. Three-year-olds may act like babies and be confused, since death can't be understood at this age. Nine-year-olds may ask many questions and be in shock since they understand that death is final. Children may re-experience loss as they grow up, to adjust to new ways of thinking.

If children are protected from death and loss, they will invent their own explanations of it. They might blame themselves due to unresolved issues with the deceased. Angry acting out may also be part of their attempt to cope with the loss.

What Adults can Do.

It is important for adults to use simple, honest words about the death or loss. Acknowledge children's feelings and reassure them about the future. Include the children in funeral rituals. Playing, drawing, and telling stories with your children are activities which help with children's understanding of the loss. It is also important to do regular family activities together such as eating meals and watching movies.

Normal Grief in Children

Less than two years-Sleeplessness, despair, protest. Children respond to parental grief.

Two to Five Years-Confusion, agitation, regression, scary dreams. Children understand event has occurred, but limited understanding of loss.

Five to Eight Years-Denial, anger, sorrow, disorientation. Children want to understand about loss in concrete way and may ask repeated questions.

Eight to Twelve Years-Shock, denial anxiety, distress, phobic behavior, morbid curiosity. Children understand finality of loss.

Adolescents-Shock, anxiety, distress, denial anger, depression withdrawal, aggression. Children have immature coping mechanisms,

feel vulnerable, and need to talk.

For more information and assistance. . . Please contact the Community Counseling Center at 53-3205, or talk to church leaders or Elders you trust.

To the Warm Springs Community

This article is appropriate for us during the holidays. There is loneliness, happiness and memories of loved ones.

This is one of many ways to heal.

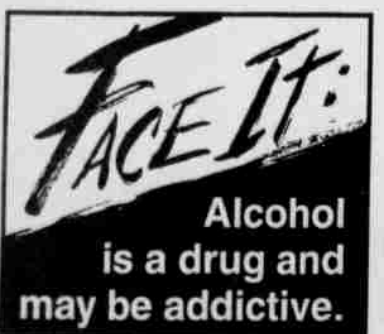
Treasure precious memories

Remember the love
 Discover the peace within
 Have faith. Seize hope
 Draw on inner strength
 Release fear. Let yourself cry.
 Take comfort in friends.
 Be patient with yourself.
 Trust in tomorrow.
 Attend your needs. Ask for help.
 Let others give.
 Trust enough to take.

Be comforted
 Lean on others
 Know people care
 Feel the warmth of friendships.
 Be circled by love
 Vow to move forward
 Know the sun will shine
 Behold new life
 See the light ahead
 Explore your heart
 Seek healing. Let time pass
 Look ahead with confidence
 Celebrate the dawn.

Author unknown

Happy Holidays
 Community Counseling Center, Warm Springs, Oregon



ALCOHOL AND VIOLENCE ARE PARTNERS IN CRIME.

Assault. Child abuse. Rape. Murder. More than half the time, alcohol is involved. Let's face it. If we can't stop abusing alcohol, we can't stop the violence. Alcohol abuse hurts all of us.

We all have the potential for violence inside us. Alcohol can let it come out. We make bad decisions, get angry, take risks, and ignore danger. These are the results:

- Alcohol is a factor in more than half of all incidents of domestic violence.
- Drinking by the assailant, victim, or both is involved in 90% of all campus rapes.
- In over half of all homicides, the perpetrator, the victim, or both have been drinking.
- 20% of men and more than 25% of women report that alcohol has led to trouble for their families, including violence between spouses and child