

White Buffalos open 2-0

By Will Robbins
for Spilyay Tymoo

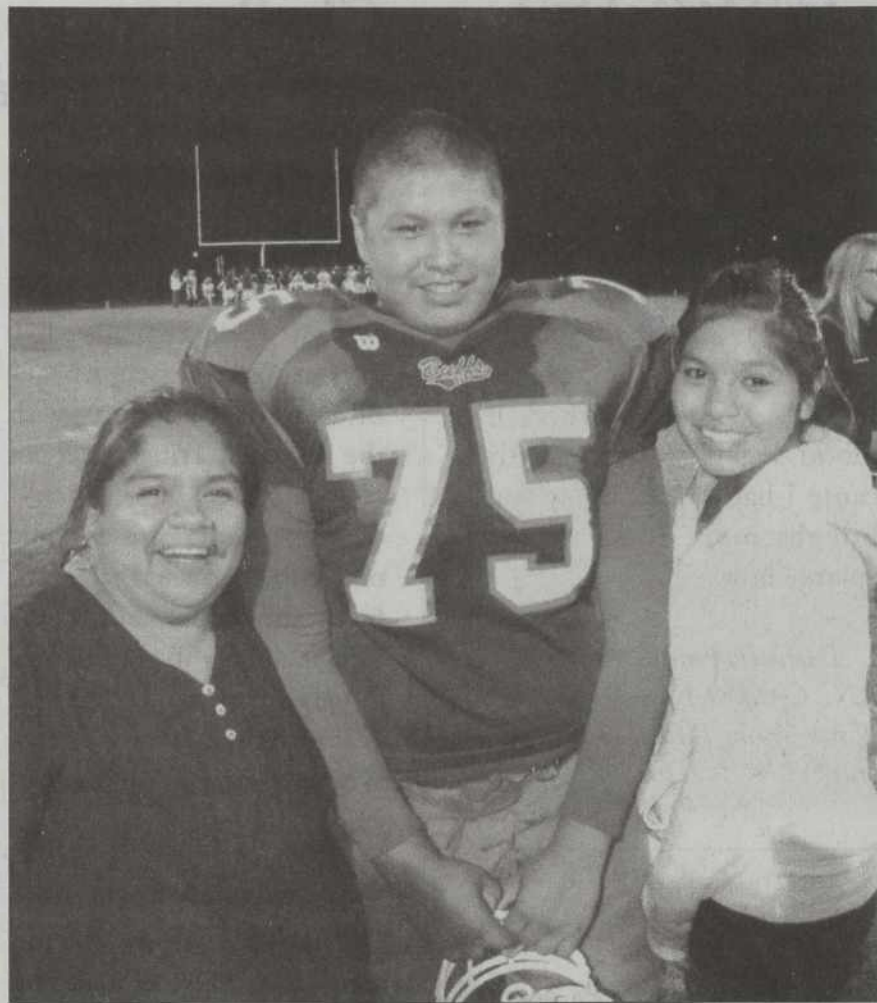
Things are looking good and the buzz in the air is full of positive ions for the Madras High School football program.

The varsity football team is off to their best start in recent years, and with new leadership seems to be headed in the right direction.

The changes begin at the top with enthusiastic new head Coach Rick Wells, who was promoted from assistant head coach over the summer.

Wells' philosophy on football might come as a surprise to some. His philosophy focuses less on winning games and more on building character.

Wells teaches his players to be good athletes, but he also stresses the importance of being a good person. Through the summer Wells has emphasized that point to players through character building activities, and the momentum seems to be paying off early in the season.



Yvonne Iverson/Spilyay

Startling linebacker Merlin Tom (center) visits with family after the game. Auntie Sharon Katchia (left) and cousin Shania Tom (right)

breathed into the program, and the players are buying into it.

This is especially true of the designated seven leaders of the team who all say positive things about playing football.

Post-season challenge

Championships in high school football are hard to earn.

First a team must play well enough to get into the playoffs, and once there they must make all the right moves.

Historically, Madras has only made it to the second round once, and that was in 1998. Since 1947 the White Buffs have only made to the post season nine times.

Last year they missed the post season by one game. Coach Wells is hoping to improve on that record starting with this season.

With two victories the White Buffs are already as good as they were last season, and the expectation is that it will get better from here.

If Madras plays the rest of the season like they have played the first two games, then there no doubt exists the opportunity to make it to the post season. Either way, Coach Wells' theme of "Be Great" is already producing results.

Madras will play in one more non-conference game before league play starts September 30.

This Friday will be a great opportunity to witness something great, both on and off the field. Kick off is at 7 p.m. at Madras High School and the White Buffs will be playing against natural rivals Crook County.

Opening victories

In the first game of the season the White buffalos scored 5 touchdowns on their way to a 38-0 shut out over LaPine.

In the second game Madras came back from a 19-14 deficit against Sisters to win the game 22-19.

The victories have created some confidence in the team and a belief that anything can be accomplished through hard work on and off the field. For Coach Wells it's the right medicine at the right time.

The Madras High School football program has had its fair share of hard times. Put together several losing years and low turnout for participation and the program nearly disappeared into an abyss until new life was



Dave McMechan/Spilyay

Kayla Jones of Warm Springs won her boxing match at the Bad Girls Boxing tournament this month in San Francisco, Calif. Kayla trains with the Warm Springs Boxing Club, coached by Austin Smith. The bout in San Francisco was her first competition. She's pictured with the belt she won at the tournament.

Golf tourney benefits football squad

An 18 hole golf scramble happens this Saturday, Sept. 24, beginning at 9 a.m. at Nine Peaks Golf course in Madras.

Proceeds and entry fees for the tournament will benefit the Madras High School football program.

The entry fee of 50 dollars, and is good for 18 holes with a cart, a souvenir hat, lunch and a gift bag.

Features of the tournament include side games like longest putt and drive and closest to the pin. There will also be putting strings and mulligan's available

for purchase at additional cost.

Lunch and a silent auction are also part of the day's festivities.

For more info or to sign up contact Rick Wells at email: rwells@509j.net Or call 541-977-5657.

Sweet success through sugar awareness class

The Nutrition Department has a sugar awareness class coming up in October.

Linda Porter, public health nutritionist, will be giving the classes.

This is a three week series of one hour classes. It is open to anyone who would like to learn more about sugars.

This class is for you if you have diabetes, worry about diabetes, have someone in your family with diabetes, cook for someone with diabetes or just want to learn more about how to eat well.

Have you ever wonder what to eat? How to manage those pesky sugars that lurk everywhere? Do you know what the glycemic index is or the glycemic load?

Answers to questions

Have you ever wondered if there is such a thing as a good sugar? Are all sugars bad? How come a sugar is good or bad... why? How much sugar should you eat?

Come to this informative and motivational class series and find out the answer to these questions and more.

Interesting, tasty and low

sugar snacks will be served at each class session, along with the recipe.

At each class you will receive a gift to add to your diabetes/good health toolbox.

At the end of the three class series, you will be the expert in your family when it comes to question of sugars. Classes will be held in the Health and Wellness Center kitchen conference room on Thursdays.

Times for the classes are 9 a.m., 3:30 p.m., and for those of you who work, 5:30 p.m. The dates are October 6, 13 and 27.

Engineered salmon still a distant reality

WASHINGTON, D.C. (AP) - Members of Congress are pushing to stop the Food and Drug Administration from approving genetically engineered salmon, saying not enough is known about a fish they say could harm fishery businesses in coastal states.

It appeared last year that the FDA might approve the engineered salmon quickly. But the congressional pushback and a lack of action by the FDA could mean the fish won't be on the nation's dinner tables any time soon.

Best Tires

874 SW Adams Dr., Madras

"While having a need for tires or while repairs are vital, there is no substitute for quality products and service."

Ph. 541-777-9274 (Benito) 541-279-3147 (Jose)



CAR STEREO

SOUNDZ UNLIMITED

1225 SW Hwy. 97
Madras, OR 97741
475-7123

Black Bear Diner *Grrreat Family Food*

Madras' Finest Family Dining

- All Products Prepared Fresh Daily
- Entrees Roasted Daily
- Featuring Hand Cut USDA Choice Steaks

BREAKFAST - LUNCH - DINNER Served All Day

• Senior Menu • Children's Menu • Daily Specials

All Major Credit Cards Accepted 237 S.W. 4th Street, Madras • 475-6632 OPEN 6 am - 10 pm DAILY

No Foolin - The Best Food In Town!

Nana's Sugar Free Bakery

910 SW Hwy. 97 Suite 203 Madras 541-460-5020

Pastries Pies
Cakes Cookies Candy

Will do Special Orders