

Community invited to support National Food Drive Month



Community Food Drive committee members from L-R, Nancy Saludo, Lovie Ike, Anson Begay, Versa Smith and Carol Wewa

February is National Food Drive Month. To help support this important month and collect food for the local food bank, the Warm Springs community is invited to participate in a Poker Fun Run/Walk.

Pre-registration is on February 8, through February 22, for the community Poker Fun Run/Walk that will take place on Tuesday, February 23. There will be prizes available for every best hand dealt. Entry fee of one or more canned or non-perishable food, will be required. Lavina Ike, Fitness Coordinator at the Commu-

nity Wellness Center, will be in charge of the run.

The first event will take place from 11 a.m. to 12 p.m. for the ECE kids and their parents, 12-1 p.m. (Trailer Court Route) and again from 1-2 p.m. (Campus Route) for all others. This is to involve as many people as possible because of odd lunch hours. Head Start parents are encouraged to participate with their children during the first walk.

Prizes will include Rose Garden tickets, a half case of pop from Warm Springs, Vending and other

Kah-Nee-Ta Resort prizes will be available. All food collected will be donated to the Warm Springs Food Bank, operated by the Presbyterian Church.

This important event is being sponsored by the ECE Head Start Program, the Community Wellness Center, C.H.E.T., and the Warm Springs Elementary School. For more information about the event contact Lovie Ike, at 553-3243 or Nancy Saludo, at 553-3241.

Warm Springs Health & Wellness news

by Russ Alger

The Warm Springs Health and Wellness Center would like to say welcome to our new column. We will have an article in each paper on medical news, updates, department information and health concerns. Each issue the writer of the article will be different, so we can give you a variety of information. This is part of how we will be working on the mission and goal of the Indian Health Services which are:

Our Mission-to raise the physical, mental, social and spiritual health of American Indians and Alaska Natives to the highest level.

Our Goal-to assure that comprehensive, culturally acceptable personal and public health services are available and accessible to American Indian and Alaska Native people.

If readers have a medical question or article idea, we will have a suggestion box in the Medical Waiting Room at the clinic.

I would also like to say thank you to the community for celebrating our five year anniversary at the Open House and community forum. We received a lot of great ideas on how to improve services and areas to work on in the coming years from the forum. We will be working on these ideas and appreciate the constructive teamwork in improving services. The Open House went very well. The staff here worked very hard on the presentations and I appreciate all their hard work.

Prenatal Care

by Rachel E. Locker, MD

I often hear people questioning why they should waste time going to see a

doctor for pregnancy. Pregnancy is a natural state, not a sickness, women have gone through pregnancy and child birth for thousands of years without medical care, why should women in modern times seek medical attention for a natural state?

Pregnancy is definitely a natural state, we women were meant to bear children and populate the earth. Sometimes however nature turns against us for whatever reason. Before routine prenatal care became available numerous women and infants died from conditions related to pregnancy, labor or deliveries gone bad. It is unusual in this day to hear of a woman or infant dying in pregnancy or childbirth. This is because of the availability of technology, treatments and general improved health.

Prenatal care should be considered preventative care or the earliest health maintenance for your unborn child. Today we have technology that can help us detect problems that are unique to pregnancy. Most of these problems can be detected early, treated and thus prevent serious problems, including death, for the mother and/or infant.

The blood work that we check at the first prenatal exam looks for numerous potential problems. Blood is drawn to check for syphilis, Hepatitis B, and HIV (if the mother consents). These tests are looking for infections that can cause illness, birth defects and even death in the baby or mother. Though syphilis is the only of these that we can cure, we can use vaccines and medications for the mom and baby, which can help reduce the chance that the baby will get HIV or Hepatitis from the mother.

We also check to see if the mother is immune to measles. This is because if she contact measles during the pregnancy the baby could be born with severe heart, eye and brain deformities.

Other surveillance that we do is to check the pregnant woman's urine at each visit. By doing this we can look for infection that is not treated could make the mother very sick but also put

her into preterm labor or even cause her a miscarriage. We also look for sugar in the urine as a screen for diabetes and we look for protein, which can give early warning signs of preeclampsia, a condition unique to pregnancy in which the mother's blood pressure rises, she swells in the body, liver and even the brain. If not treated this can lead to seizures and even death for the mother and/or unborn child. A woman might now feel bad in the early stages of these conditions.

We routinely check for diabetes during pregnancy and most know that Native Americans have a much higher risk of developing diabetes. Pregnant women can develop diabetes of pregnancy because of the increased need for insulin in pregnancy. Infants of diabetic mothers are typically large babies with opens up a whole new set of problems including difficult delivery, with increased tears, or cuts and more C-sections needed. A C-section is more risky than a vaginal delivery in most cases. If we can help a diabetic mother to control her blood sugar the chance of these complications is much lower.

There are numerous other evaluations we do at each visit that help us to detect problems. Some of these include listening to the heartbeat, measuring the mother's womb and simply talking to the mother. We can discuss subtle symptoms, which may clue us to other problems, such as preterm labor, drug abuse, bleeding, or even anemia. We can also help mom to deal with some of the normal side effects of pregnancy and teach her about healthy habits.

Pregnancy is a normal and natural state for a woman, but it is also a special situation in which the parents have the first chance to influence their child's health for the future. If you know someone who is pregnant please encourage her to seek prenatal care early and regularly. With everyone's effort this is one way we can continue towards becoming the healthiest Indian Nation by the year 2000.

Tribal member overcomes many obstacles to start business

Editorial note: All comments and contents of this letter are purely the opinion of the author and by special request for this letter to be printed without editing as his remarks. Spilyay Tymoo has no barring one way or another.

To the people,
For the past few years I have been developing a business plan to open a care dealership dba Wide Spot Auto Sales. The goal being to set something up for the future of our three boys.

We anticipate opening for business officially on March 1, 1999. We will be located at 2194 U.S. Highway 26 (at the plaza across from the Museum at Warm Springs).

We are slowly building up our inventory but we do have some cars for sale and are ready to conduct business.

I apologize to those seeking employment. I am unable to hire anyone. Myself, I was in the same boat. Unemployable (unqualified). I realized I was going to have to find some way to go into business for myself. Many obstacles had to be overcome to reach our goal. The battles were many but the war is over except for a few who can't see people try to succeed.

Charles Jackson, Secretary-Treasurer, was Director of Business and Economic Development when I first approached him with my

proposal. Dave Dona, then Small Business Development Center Director, referred me to Mr. Jackson, to secure a lease on the old Information Center. Mr. Jackson informed me I had to go through the Land Use Committee. Although White Horse Rafting is presently leasing the site without going through Land Use or Tribal Council Resolution. I then attempted to lease the old Burger Inn. I was told whomever had the soundest business plan would probably get it. Now I hear Delford Johnson of DMJ has the place and is building an AM PM Mini Mart, without going through the proper channels. How about Spud Smith Trucking up the creek at Tom Cat Logging? A non-member conducting business without a lease.

Before Credit would even consider my request, I needed land with lease, business license, register with the State of Oregon, and have proof I was bondable and insurable. Bill Christianson, Credit Support Staff, needs to be taught some customer service techniques. The man drives our people away and I don't blame them for going delinquent on their loans. I feel like doing the same thing.

Charles Jackson, Big Man. But I couldn't get him to sign my business certificate. Oregon State DMV threatens our Sovereignty, he said. Nothing threatens our Sovereignty,

Charles. Just ourselves. Took this issue of who signs my business license to Tribal Council. Tribal legal eagle Jim Noteboom was present and said he would personally take care of it by Thanksgiving, 1998. Week after his promise I call him. He refers me to his associate Jeff Whiting, who didn't know a thing about my business. (Are you getting the picture?)

Charles Jackson has shirked his responsibilities as Secretary-Treasurer by refusing to sign my paperwork. I have spent many hours camped outside his office trying to make progress.

Did you know the grant program ran broke before the end of 1998 and the program is in abeyance? So why keep the employees on? My grant money was approved in April 1998. I was told the money was earmarked for me till I got Land Use resolved. June 1998 my request was approved by Land Use. October 1998, my Land Use request was approved by Tribal Council resolution. I am now informed by Small Business Development that some money is available but the program is basically broke and none would be forthcoming unless surplus funds are found. Or, if I can prove to Charles Jackson (Big Man) that in the November 24, 1998 meeting with Council that Zane Jackson and Garland Brunoe discussed looking into Small

Business budget and see what was going on. I thought for sure it would be on record and the money would be available. Also, why can't Zane and Garland inform Big Man what was discussed? Or Maxine Clements, Mike's wife (presently Director Business Economic Development) who recorded and witnessed the discussions also. (anyone getting the picture yet?)

Wasn't one of the conditions to receive a grant require the 10-week class? How many grants went out to people who didn't take the class, much less have a business plan?

To those of you who are jealous and angry that I started this business, I ask you to buy me out, and develop your own plan and do what it takes to buy and sell cars according to DMV Compliance requirements. It's not easy and I sacrificed thousands of hours in training, living away from my family in Portland, learning the trade. It's not an easy career to get into. I wouldn't wish on my enemies the obstacles I had to overcome with our leaders and managers. Because of this I have two specific issues I will discuss in a separate letter.

Thank you, Roger Stwyer, Sr.
P.S.: Any questions or comments, please call me at 553-1859, or drop by and see me at 1740 Bray Ave. My mailing address is P.O. Box 635, Warm Springs, OR 97761.

The Final Answer

The old man stood there shaking, a tear fell from his eye as he lifted his bearded face skyward, he knew he was about to die.

Vision of many wasted years, slowly flashed throughout his brain, realization came upon him, he had lived his life in vain.

He had traded the joys of childhood for many listless fears, memories of coming from a broken home, was the cause of many tears.

Outward scars had vanished, but the inward scars are there, he tried to heal through drink, but failed to his despair.

There was a time when he had a choice, to drink it or leave alone, then came the day he lost his wife, his job, his home.

The years had passed and age crept up, the bottle took its toll, he'd sold or traded all he had for a drink and perhaps even his soul.

As the icy hand of death began to grasp his fame, he began his final prayer,

confessing his shameful blame, "I traded my life for a bottle, Lord, and I know I'm a foolish man, please forgive me for this folly, I know it wasn't your plan,

I wish I could share my wisdom now, so others wouldn't have to pay, I thought I am lost and have reached my end, it's for other I pray,

"touch their hearts and heal their minds Lord, help them along life's way,

show them all their fatal mistakes and direct them to A.A."

This old man got lucky, and was saved by his final try, but others never have that chance and only God knows why, the answer is there throughout the world, it has existed for many years, ditch the bottle and let A.A. remove you from all your fears.

Anonymous

Thank you Warm Springs

To the editor,
To whom it may concern, I'd like to thank Spilyay Tymoo for putting my poetry in their tribal paper. I believe everybody has a little talent somewhere in their lives and mine's writing a little poetry every now and then.

I know all my friends probably got a kick out of it but yeah, Ricky-O does have a little talent in his mind. I surprised myself at times when I lay here thinking about all the time I had fun on the Warm Springs reservation. It's a beautiful place to live and a beautiful reservation with very beautiful people too. For all the years I've stayed there it was always my second home away from home.

To get to know all the "elders" and all the beautiful women there on the WS reservation. And learning all the WS Indian language from Mrs. Tewee (Carla Tewee's grandmother) and a couple other elders.

Well, I'd like to say thank you all again. "God Bless" you all. If anybody wants to write me I'm at:

Ricky-O Sampson
#54881-065 B Unit
c/o 3901 Klein Blvd.
Lompoc, CA 93436
U.S.P. Lompoc

P.S. I will be sending more poetry OK.

"Me & You"

by Ricky O Sampson

Just like that son, On the radio playin,
The words of that singer, way back in the day

While other couples quarrel, argue & fight,

With us it was different it was love at first sight

We've been together for many moons, but our love is still strong.

It's all about me & you just like that Indian song.

I won't take your love for granted, although no on is perfect

like this Indian brother...

I'll worship your body, you're special, it's worth it.

When we hold each other tight or heads tilt

together, I promise to be faithful for good times & bad times.

While others play games, I'll keep being true to you as an

Indian couple, Lets get away my Darling

Just ME & YOU.

Games wanted

Board games wanted to donate to the Warm Springs Corrections department. For more information call Billie Jo Bagley at 553-1171 or Detective Hornbuckle at 553-3272.

Community member speaks out about police harrasment

To the editor,
DWB, this is the abbreviation for Driving While Brown. It is found in the Internet throughout the United States.

On Sunday morning, I went to church in Madras, just as I have always done since I moved to this area 18 years ago. My 16 year-old granddaughter and older nephew were both with me.

Within blocks from the church, a Madras police car stated to follow me. When I parked in the church parking lot, the police officer parked beside by car. The police officer walked over to me and asked, "What are you doing at this church?"

I thought it was an odd question, because anyone with common sense could see that we were obviously dressed for church. But, I replied that we were going to church, just as I have been doing for the past 18 years and I invited him to join us. Without comment, he left.

The following Saturday, 1/2/99, I was driving home to Warm Springs after doing some grocery shopping in Madras. On the way out of Madras, I noticed a Madras police car

following me. About half-way home on the plains, between Madras and Warm Springs, I could see that I was toward the end of a line of about a dozen cars. Suddenly, a car with 3 Caucasian teenagers pulled out from the cars behind me and the police car and attempted to pass the dozen cars in front of us.

The teenagers reckless driving scared me, so I pulled off to the side of the highway to let them pass. The Madras police officer did nothing to stop the reckless teenage driver, instead he continued to follow me all the way to the Warm Spring Reservation boundary at the Deschutes River.

During that following week, my nephew was stopped by the Madras police. And although he had proof of insurance, the Madras police department would not accept it. He was given a citation to appear in court. When he did appear in court, he presented his proof of insurance and it was accepted.

On Saturday, Dec., 1999 I was again followed by a Madras Police car. After enjoying breakfast at a restaurant there with my granddaugh-

ter and nephew. As we were passing through Madras, I was stopped by the Madras Police. The police officer, who was formerly employed by the Warm Springs Police Department and with whom I am employed, told me I was stopped for not using my seatbelt. Use of the seatbelt is required by Oregon Law, I have always abided by that law. When that police officer stopped me, I was buckled up! So was my granddaughter and nephew.

My granddaughter was shocked to hear that police officer's allegation that we were not using our seatbelts. It was as plain as day, anyone could see that we were using our seatbelts. In addition to his accusations that we were not using our seatbelts, he demanded identification from my passengers which included my granddaughter and nephew.

The Madras police officer took a long period of time running our identification through the Madras Police Department. Through all this harassment, I finally lost control of my temper and argued with the police officer. I cried. I was so angry and

upset because of the continuous harassment I've endured these past several months from the Madras police department.

I have often asked why the Madras Police department has been so hateful to me, to Hispanic people and to Warm Springs tribal members. And, they pay special attention to Warm Springs tribal members especially during the end of each year when tribal members usually receive their bonus checks.

Many Warm Springs tribal members own scanners and they can hear the constant traffic stops made by the Madras police department of their tribal people. Some tribal members counted 26 traffic stops within 2 hours made by the Madras police department which all involved Warm Springs tribal members.

Racial hate crimes are escalating in the United States. How are they allowed to grow. I strongly believe that it starts at the top. In my case and the case of the Warm Springs community, it starts with whoever runs the Madras police department.

Sincerely,
Shirley A. Smith

Behavior at Tribal Council meeting appalling

To the editor,
I was at the Tribal Council meeting on January 20, 1999. During that time, what I observed was very disturbing to me. I was employed at the Police Department for several years. So I know how the system works. I understand the turmoil and what a thankless job a public safety employee endures. The COO had mocked a suicide that occurred at the local jail. I found it very appalling and insulting to the family and myself for pulling this incident out in a public setting for his own benefit.

You see, I was on duty when this happened. When I confronted him after the meeting, I asked him if the incident was directed towards me. Of course he denied of knowing that I was one of the officers on duty. I told him if he had did his research like I assumed he did, he wouldn't

have brought this up, and he would have seen my name on the report. I will not mention or go into detail about what happened out of respect I have for the family. When the suicide occurred, I was very devastated. If it was not for the parents and family been supportive, I would probably would not be where I am today. I grew up with the victim. I knew him my whole life. His mother was my pre-school and Head Start teacher.

So, next time I would appreciate it Mr. Calica if you would at least consult the family first before you go grand standing for your own selfish defense.

I would hope that the COO would take a good look at what is going in Public Safety, and to make amends with his family. What I saw was hatred towards his brother and family.

That is really sad, I would never treat my family that way, much less for the public media.

I suggest that Ms. Jackson go back to school. I'm not talking about a college school. I

m talking about to learn her traditions and cultural values. This may give her an understanding of her peoples needs. I was taught not to hold ill feelings towards other people, but to pray and hope they would repent themselves. What I saw at the meeting was blaming, selfishness, and greed.

Whatever the outcome is, I hold a special place for the line employees of Public Safety, just remember to support and help each other, especially through the hard times, don't stop believing in yourself. Take care of your families.

Lovie Ike, Tribal Member

16th Annual powwow set

The Sixteenth Annual World Celebrated "Gathering of Nations" Powwow, billed as North America's Biggest Powwow will be held April 22-24, 1999 at Albuquerque, New Mexico, USA. Featured are the Indian Traders Market and the Miss Indian World Pageant. The Pageant will be held at The Pit, University of New Mexico Arena.

Advanced tickets are on sale now, call Pro Tix at 1-800-905-3315. For more information call (505)836-2810 Fax (505)839-0475

Website: www.gatheringofnations.com

