

Red Ribbon Week a time for reflection

By Selena Boise
Spilyay Tymoo

One time a friend of mine asked me, "What do you think of the world situation?" My friend was holding a beer in his hand, and we didn't really care. He was very smart, one who could go as far as he wanted in life, but then he chose the wrong path.

Spilyay Speaks

He died in a motor vehicle accident involving alcohol. I was reading about the Red Ribbon Week, and thought of my path and that of my friends. Sometimes we are not equipped to make the right decision for ourselves.

Like the man in the front page methamphetamine story, his path was chosen for him at an early age.

Our childhood and what we learn from the adults in our lives, our emotional growth and discipline are what decide our paths for us.

I heard another phrase from my brother, "When you don't discipline your children, you're setting them up to fail."

Now, I've heard this phrase before and thought about it for a while, repeated it over and over to myself, and it made sense to me.

At the beginning of November another friend of mine, who also used to drink and use with me, is reaching her sobriety birthday. She has been clean and sober for fourteen years.

I always remember the date, because it was two years later in November that I decided that I would change my path in life.

That first year was pretty rough, and there were times I wanted to use just to ease the emotional stress.

I learned a lot about alcoholism and drugs during this time.

For instance, the time when you start to abuse drugs and alcohol is the time when you stop growing emotionally.

That makes me wonder how old are all these young adults running around in Warm Springs?

How many people come from dysfunctional homes, and are still trying to get off that misleading path?

Good news about powwow

Thanks to the Veterans Powwow Committee, the Tribal Council and the tribal Human Resources Department, Warm Springs will be hosting a powwow next Friday evening and Saturday afternoon and evening.

At first it looked like the Veterans Day Powwow, which started 13 years ago, was going to be cancelled. Fortunately, though, the event will occur. The problem initially was funding, as the powwow committee was without money to award in the dance contests. Tribal Council gave \$5,000, and the Human Resources contributed the same. Thanks to committee and everyone who has helped make the powwow possible.

2003 pageant

We are seeking young women between the ages of 18 and 24 to participate in the 2003 Miss Warm Springs Pageant.

We are encouraging you to take this opportunity to become involved with your community, and prepare yourself to represent the tribes as Miss Warm Springs.

All candidates will receive gifts in appreciation for their service.

The pageant will be scheduled for mid-December, 2002. Please contact the Tribal Council office for more information. 553-3257.

Thank you.
Miss Warm Springs Pageant Committee.

Good powwow

We would like to thank all the people who made their way to Simnasho for the shindig and social powwow. The evening was filled with a lot of laughter and good times. We danced, we played games, we ate, we sang happy birthday, Miz Hucks had a giveaway, we 49ed, we ate again, we sang some more. We had a good time being Indians.

We had some doubts about continuing on with the powwow so soon, but with the guidance of our elders and with the approval of the family we continued on. Our young people have very little offered to them here in Simnasho, and if we cancelled we would be taking something else away leaving them more idle time.

We would like to thank the Alcohol and Drug Board for the donation. Gifts were shared with all the children who danced or played a game. Those who were still there even had late, late lunch.

We would like to thank Aurolyn Watlahmet, Neda Wesley and Eliza Jim for all the food they brought. Aurolyn brought a birthday cake for her son Jonathon and shared it with all. Aurolyn on behalf of her son donated cash to the tiny tots that were dressed up.

We had a 49 drum contest with four drums taking part. The "Casino Ramblers" beat out Dry Creek for a small cash prize. Eliza Jim, Merle Kirk and Evan won the adults Sweep your Teepee contest. They each won a small cash prize and t-shirts. Huston, Ryan and another boy won the youth contest. They won a six pack of pop. Miz Hucks clown contest was won by Tillie Moody, who beat her sister Tamera for the grand prize of \$30.

We would like to thank Mr. and Mrs. Levi Keo for the donation, Charlotte Herkshan for the food, and Austin Greene for the food and paper goods. We would like to thank Pine Grove Jr's, Quartz Creek and Dry Creek for bringing their drums. Austin provided the PA and Jabbar Davis allowed us to use his generator. Thanks to Steve Waldorf and Harvey

Scott for watering down our grounds. It was nice to not have so much dust. Thanks to Tom O'Reilly, the Simnasho Policeman and the EMTs Joe, Juanita, Rob and the other young fella for being there, it was good to hear them laugh. Thank you Utility Department for the use of the tables and the most requested item "bathrooms." Thanks to Hobo for the Support.

We hope all who came enjoyed themselves. Our elders have always demonstrated the way we should welcome people and how we should treat our guests. Hopefully we are doing it in a way that they would approve of. We believe that with the community's support and effort by those who are able, we can continue having good times and share time with one another in a good way.

We invite you back for the Simnasho Halloween party at the firehall Oct 31.

Captain Moody

From Cartoon's

Cartoon's Espresso would like to thank those for their support with the new location. Here's a list of those who have free drinks waiting for them:

Longhouse Lucy, Shauna Queahpama, Brian Lund, Lyda Flowers, Jessie Esquiro-Del-Niro, Donnie Winishut, Jessica Tufti, Beaulah and Ray Tsumpti, Cal Poncho, Toot Penningham, Patrick Kalama, Mona Jim, Luther and Liam, Ollie Smith, Fred Lucero, Lionel Smith, Harmie Boyd, Walden Winishut, George Spino, Willie Bagley, Verleen and Noland Kalama, Deanna Blueback, Esther and Jon Culpus, Sheylene Greene-Boise, Sharon Orr, Alvis and Vivian Smith, Sandra Main, Val Aguilar, Kelly Winishut.

Business hours are 6 a.m. till 6 p.m. Monday through Friday. And 7 a.m. till 6 p.m. on Saturday. Closed Sunday.

Appreciated

We would like to extend our greatest appreciation to everyone who was so supportive during our loss of our loved one, Elmer G. Scott Sr. (Scotty).

Your kindness will be remembered in prayer. We would like to thank these kind and wonderful people:

All the drummers, Sam Starr, Phillip David, Nola and helpers, Jimmy Wesley.
Marvin Meanus Sr., Alice Scott, Rita Squiemphen, Gladys Thompson, Irene Towee, Iva Meanus.
Russell and Ruthie Smith, Laurie and Tommy Fuentes, Eva and Boss Heath, Archie Caldera.

Pat Allen, Ellen Thompson, Broken Bow Trading Post, Tribal Council.

God bless you all that donated. If we have forgotten anyone, forgive us, we did not intentionally do so. Thank you all.
The Elmer G. Scott family,

Daniel and Christine Scott family, Gordon and Brenda Scott family, Delcie Scott and family, Elmer "Buzzy" and Debbie Scott family, Rosemary Scott and family, Yvonne J. Scott and family. All the numerous nieces, nephews, grandchildren and great grandchildren.

Thank-you

To the people,
We would like to say thank you for all your support, love and prayers for Walter R. Payne. As you all know, we have been having a hard time trying to move on since we lost our mother Josepha Crowe. We children kind of went our own ways after our mom passed away. We want people to know it is seven months between our mother and our brother Walter's passing away.

To all the people, if your parents both mother and father or either are alive, take the time to tell them you love them. Help them as much as you can, and don't neglect or abuse your parents.

And for brothers and sisters of families, take care of each other and don't let jealousy or anger pull your bond apart as a family. Keep that bond strong for each other. We want you all to know we have had a bad year this year. We children still need your prayers because we are tired now. We thank you people who were there for us. The cooks, the drummers, Full Gospel, utility workers, family and friends. We care for all of you. Thank you.

Richard Payne, Josie Payne Williams, and all the family.

A hard loss

To our family, friends and relatives,

I would like to take this time to thank all of those who helped us during the loss of our brother Walter. Thanks especially to the drummers, cooks, diggers and the ones who helped with our brother, to put him away.

It's been very hard to deal with a loss after a loss, but I know it happens in everyone's life, and that death is part of life. We have to accept it, like a daily thing.

I would like to thank, for all of our family, everyone who was there for support and their prayers, sorrow and love. I can't remember everyone's name. Thank you and thank you.

Linda Meanus, Owens Yahtin, Williams family, Yahtin family, all of the Payne family, Arlene George and family, Jimmy Payne and family, Meanus family.

Child's health

To the editor,
Hundreds of research studies have been conducted over the past 20 years evaluating the long-term development and behavioral outcomes of children born prematurely. The results

of many of these individual studies have been questioned because of the small numbers of children involved and other flaws in the research methods used.

Selecting only those studies from the recent literature that met key standards for research design, researchers from the University of Arkansas analyzed the combined data on the subjects of these studies, including 1,556 children, who were five years or older, underwent cognitive tests to measure intelligence and academic ability. Many of the children were also assessed for behavioral problems, such as attention deficit hyperactivity disorder (ADHD).

As a group, children who were born full-term had significantly higher intelligence scores, compared to the prematurely born children. Both birth weight and gestational age were related to the average cognitive test scores - the lighter the children were at birth and the earlier in the pregnancy the children were born, the lower the cognitive

score were among the children in each group. In addition, children who were born prematurely had twice the risk of developing ADHD.

What this means to you is that the survey of the most scientifically sound studies done to date on this topic confirms that premature babies are at higher risk for delays in cognitive functioning and certain behavior problems (such as ADHD) in childhood. Particularly if your child was born prematurely, work with your child's doctors, caregivers, and teachers to identify and address early any learning or behavior problems your child may have.

Source: Adnan T. Bhutta, MBBS; Mario A. Cleves, PhD; Patrick H. Casey, MD; Mary M. Craddock, PhD; K.J.S. Anand, MBBS, Dphil; Journal of the American Medical Association, August 2002. Reviewed by Steve Dowshen, MD, September 2002.

Judith Budd, RN, MS, Public Health Nurse, Warm Springs Indian Health Services

Thank-you from runners



Front row: Shawn Harry, Clarice Hall, Gardenia Ike, Gary Sampson, Kaipo Akaka, Cal Poncho. Back row: Louis Smith, Norman Puhuyaoma, Eugenia Alire, Heddy Botts, Lyda Sampson, Monica Leonard and Val Squiemphen.

Every year since I've participated in the annual Hood to Coast Relay, there have always been people and organizations supportive of the team's involvement. I would like to take this opportunity to thank the following for helping our 2002 Co-Ed Team:

Warm Springs Forest Products Industries, Warm Springs Composite Products, Bruce Brunoe Logging, Johnnie Guerin Logging, Warm Springs Market, Earth2O of Culture, Culver City Hall, Erickson's Sentry, Culver Fire Department, Jack Jones, Elko (Nev.) Smoke Shop, and the Health Education Department (Ed Henderson).

Thank you from all of us. We could not have participated without your help. Also, I'm sure that I speak for all of the runners when I say that they appreciate the support of their families and friends. It takes a lot of time and commitment to partici-

pate in something like this. Thank you everyone for your continued understanding and support during our time of training.

I owe special thanks to Louis for being our last minute recruit. He is an impressive young man. This year was a good year, in that the team members meshed together very well.

Everyone got along, and everybody "clicked." So thank you, runners. Everyone did an excellent job.

We are hoping to run in the 2003 Hood to Coast Relay, so keep an eye out for these runners between now and next August.

Cheer them on. It is hard work and takes a lot of commitment.

I'd like to congratulate the "Lost in Pace" IHS walking team also. Heard they did an excellent job. Once again, thank you to everyone for the support.

Val Squiemphen, Captain, Reservation Runners

Reminder regarding letters

It is the policy of Spilyay Tymoo to print Letters to the Editor from any and all tribal members. Because of space limitations, letters should not exceed 350 words.

Letters that are longer than 350 words may be cut starting with the last sentence and progressing up until the item is within the 350-word limit.

This policy is necessary in order to ensure that room exists in the newspaper for all of the Letters to the Editor.

Drugs can take possession of lives

To be possessed: To have something or someone in control of your life.

Hello, from Pastor Rick

Time and time again I have talked about the effects of alcohol and drugs on people and families. How it makes a bad situation poorer for family, friends and especially kids.

Money issues, emotions, relationships, etc., all down into the toilet.

Now, I was watching a tele-

vision show the other night on MTV. Yep, MTV. It took a behind the scenes look at the marijuana industry. Yes, I said industry. I did not know that the economy of northern California, Pacific Coast Oregon, Washington and coastal Canada is being held up by the marijuana industry. Billions of dollars every year.

Did you know that marijuana, or the hemp plant as it is

called, grows wild in the Mid West? It is a roadside weed. Most do not bother to smoke it because it has no buzz. It has no drug effect.

The drug in hemp is too low to give a high. So what is being offered to your kids? It is a genetically changed plant that has a drug level in it that is four to eight times higher than the roadside weed. This is not a traditional plant that is sold by your local mom and pop store.

This stuff affects every part of your body, especially your mind. The lady on the MTV show talked about people who become walking Jell-O.

So let's talk about possession. What is in control of your life? Jesus Christ has given me the gift of being in control.

You may say that your Christ possesses you. You bet. If I am possessed by something, let it be a loving God. See you in church.
Rev. Rick R. Ribeiro.

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