

Be thankful for what we have

By Selena Boise

Thanksgiving is the time of year when we give thanks for all that we possess in our lives, whether it's companionship, family closeness, security in our lives, self-worth or confidence in ourselves, pride in our children's accomplishments, and that sense of just being.

In these times of financial hardships in the community we lose sight of the things we should be thankful for in our lives.

Sure some of us don't have a new car, new fancy clothes, the most innovative expensive toys out there, or any of these material things that supposedly say who we are. In these financial hardships that are everywhere we should not lose sight of what we do have.

There is family and togetherness in our lives that we should be thankful for. There is a sense of security in our lives that says we will never endure a hardship alone. There is the feeling of warmth we get from our brothers and sisters, children and family.

On thanksgiving I look forward to a meal with turkey and all the trimmings. Not only that but the people sitting at the table with me while I'm eating this delicious meal. There's always talk about what's going on with everyone and their families. It's a good time to forget about work and day-to-day monotony and enjoy the fun and laughter.

This year I am thankful for having my family. Each day has a surprise from one or some of my children. Sure there are days when they could listen more and do their chores without being told, but each day they surprise me with their knowledge and learning experiences. One day I will look back at their childhood and be thankful that I was part of it.

Material things in our lives are pleasant but the feeling of belonging is far more valuable and should not be forgotten.

I believe that despite all the financially challenging times we as a community should be thankful that we are here and that we have family in our lives. So smile at the person across the table, and have a happy Thanksgiving Day.

Spilyay Speaks

Veterans event

The Veterans Day Powwow Committee would like to extend their thanks and appreciation to the Human Service Branch, Tribal Council, Kahneetah Gaming, WSFPI, Composite Products, Power Enterprise, Madras Best Western Motel, Ericksons Sentry, and Pepsi-Cola for their support and sponsorship.

Special thanks to the Veterans that took part in another successful year for the Veterans Day Powwow. We would also like to thank Sara Vigil who made the quilts for the Veterans and the Public Safety Branch who donated crafts to the veterans and their families. Many more thanks for the support of the community, who hosted our visitors who traveled many miles to honor our local and visiting veterans. Appreciation to our police department, who adequately maintained law and order in a positive and orderly manner. The committee also send special thanks and appreciation to our elders, who handed down the knowledge to us young people so that we can put on a successful event and to look beyond negativity. Thanks to the members of council that took the time to join the committee, the community, and our visitors to pay tribute to our wonderful veterans. The Veterans Day Powwow Committee would also like to recognize the head staff for a job well done - Anson Begay, Austin Greene, Kenny Scabbyrobe, Eagle Thunder, Quartz Creek and Blacklodge. Thanks to the Tribal Court and the Judges for loaning us their flags for grand entry. We must not forget the Utilities Staff, Herb Graybael, Tribal Corrections and all the the inmate workers. The kitchen staff - Flossie Wolfe, Agnes Wolfe, Natasha Edwards, Frank and Valerie Fuiava. All your hard work helped the committee more then you will ever know. Everyone's contribution made this event successful. The committee also send a big thank you to Spilyay Tymoo and the Oregonian for taking the time to come join our annual community event. God Bless everyone, and we apologize if we missed anyone.

The Veterans Powwow Committee

Masks

Often people use a mask unconsciously. They have used it so often and so long that they are unaware it is not their true feeling. In time they loose their

true identity. As time goes on they become their masks alone and lose their true feelings and emotions. The outcome is they become lonely people without fulfilling relationships. Types of masks:

Dudley Do Right: Tells you what you want to hear, confident attitude, cool breezed, but avoids revealing their true feelings.

Mr. Nice Guy: Tries to please everybody, very wishy-washy, clinging person, won't tell you like it is, will not confront people, is a gossip.

Susie or Sam Cream Cheese: Comes off sweet, innocent and naïve. Uses this come-off to get his or her own way, very skillful manipulator.

Mr. Magoo: When confronted, comes off like a moron or dummy, and tries to manipulate people into excusing him; wants people to believe he is dumb when in reality he is just the opposite.

Lance Romance: Uses seduction to get his way, seeks power, projects superiority when in fact he is inferior.

Smarty pants: Smart-alec, loud, seeks sick attention, tries to be the life of the party, inside he is very lonely and seeking attention.

Scooge: Anti-social, very paranoid, doesn't know how to act around people, projects hostility to keep people away.

Snidely Whiplash: Thinks he's been around, thinks he can get whatever he wants, can use any mask, is a very heavy manipulator, has convenient values.

Einstein: Hides behind words and ideas, is out of touch with his feeling, is therefore afraid to express himself, often uses his intellect to impress people.

Dope Fiend: Is a want-to-be dope fiend and/or criminal, glorifies drinking behavior and the life he leads. Will usually end up being a dope fiend if he doesn't get it together.

I have been working on this awhile and above are the most common masks seen with alcoholics and drug users. A purpose of this concept is to develop some awareness as to how we relate to other people. It is important to become aware so we may see clearly what needs change, and to develop fulfilling and rewarding lives.

Written and studied by **Cassandra Beulah Wolfe**

From school

Dear Editor,
The staff at Jefferson County Middle School would like to send our appreciation to

the parents and guardians who attended the recent Parent/Teacher Conferences at the Longhouse in Warm Springs. As a group, the middle school staff found it to be a very beneficial night, and enjoyed the opportunity to meet with parents and discuss the academic progress students are making.

During the conferences, many methods of continued communication between parents and the schools were discussed, and new methods developed to keep parents informed about the progress of their students.

We hope you, the parents and guardians, found the night beneficial and we encourage you to continue to contact the school if you have any questions regarding your students.

Again, thank-you for your support of Jefferson County Middle School in assisting us to provide the best educational program possible for the students of Warm Springs and the rest of Jefferson County.

Steven Johnson, principal

Raffle results

The following are the results of the recent raffle for Priscilla Squiemphen Yazzie. Thank you to all who contributed. The list states the winner, the prize, and who contributed the prize:

Natasha Lopez, quarter-horse colt, Earl and Terry Squiemphen. Lois Squiemphen, half-cord of wood, Gary Sampson.

Benson Heath, microwave, Monica and Trey Leonard. Jacob Frank, DVD player, Val Squiemphen.

Ted Sampson, Pendleton blanket, Harvey and Florene Scott. **JR Smith,** black Stetson cowboy hat, Warm Springs Rodeo Association. **Justine Clements,** \$100, Earl Squiemphen.

Bobby Thurby Jr., \$50, Terry and Gladys Squiemphen. **Mae Dickson,** \$25, Monica Leonard and Gary Sampson. **Butch David,** one gallon of huckleberries, Rita Squiemphen. **Mona Strong,** one gallon of huckleberries, Rita Squiemphen.

Janet Corbett, ribbon shirt, Marcia Soliz. **Suzie Macy,** Western pillow set, Warm Springs Rodeo Association. **Charlotte Shike,** one gallon dried corn, Rita Squiemphen. **Tony Torres,** box Cowry shells, Rita Squiemphen. **Cleeve Tom,** box cowry shells, Rita.

Jermaine Sampson, lead rope/halter, rodeo association. **Suzie Slockish,** Western cookie jar, rodeo association.

Jacob Frank, beaded cap,

Redine Kirk. **Jake Grossmiller,** head stall, rodeo association. **John Witty,** subscription to Spilyay, Spilyay Tymoo. **Carol Craig,** huckleberry jam, Rita. **Dawn Smith,** white Pendleton shawl, Rita. **Jabbar Davis,** horse bucket (filled with various items), rodeo association.

Joni David, Hawaiian painting, Kaipoo Akaka. **Mike Clements,** Hawaiian coffee, Kaipoo. **Kate Jackson,** gift basket, Museum.

Jim Garret, framed picture, Earlynnne Squiemphen. **Mike Clements,** framed picture, Earlynnne.

Dolly Badonie, fuzzy blanket, Bruce and Barbara Jim. **Lois Squiemphen,** beaded cell-phone cover, Rita. **Debbie Stacona,** hat band, Rita.

Emerson Squiemphen, hat band, Rita.

Thyrecia Chavez, quarter-horse pillow, Benson Heath. **Jamie Lopez,** fancy shawl, Suzie Slockish.

Angela Smith, Pendleton Round-Up bag, Benson. **Raphael Caldera,** yarn bag/purse/tule mat, Suzie. **Tony Holliday Jr.,** Pendleton bag, Suzie.

Lois Squiemphen, fleece sleeping bag, Benson. **Don Courtney,** Tamastslikt cultural center t-shirt, Benson.

Yvonne Nathan, wind chime, Earlynnne. **Thyrecia Chavez,** wind chime, Earlynnne.

Thank you

I am especially happy to see our beloved elder Nettie Shawaway so happy to see her loved ones on her 102nd birthday.

And to hear her express her appreciation for her honor dinner, cake, and the beautiful Pendleton blanket she received from the Warm Springs Confederated Tribes.

In appreciation, I too would like to thank the Warm Springs Confederated Tribes for the

Birthday wishes...

To our baby, Happy third birthday Tyrece Jones. You are 3-years-old, how time flies. We love you very much. Love, Mommy and Daddy

To our grandson, Tyrece Jones, Happy third birthday. We love you. Love Grandpa (Alley), Grandma (Joni)

To our granddaughter Ellise Rose, Have a happy third birthday on December 10. Love you, Grandpa and Grandma

I would like to wish my daughters Jessica (11/24/88), Bridget (11/16/89), and BethAnn (11/10/91), Happy Birthday. I love all three of you with all my heart. You girls have brought much joy into my life. May God watch over you all your lives. With lots of love from your mom.



Happy birthday "Wes" age 2. Love, Grandma, Grandpa, Tina, Phillip, Jamey and Theo.

cakes, for the salmon, deer meat and groceries in Nettie's honor.

Thank you to Willy Fuentes and Jeff Sanders for their involvement, and to Nola Queahpama my side-kick cook, Aunti Pamarien, Tim Wainanwit, Poopsy, Gomer and crew for helping in the kitchen and cleaning up, and the drummers.

I would like to especially thank Teresa Shawaway-Crane, Bobby and Leah Connor for traveling the distance to be here, as well as the local families.

Nettie said she was pleasantly tired after the day ended, and she went back to High Lookee and slept well.

Thank you.

Neda Wesley

Appreciated

The Elliot Palmer V.F.W. Post No. 4217 would like very much to express its most sincere thanks to the Ladies Auxiliary for their brilliant and precise handling of our Veterans Day activities at the Agency Longhouse.

Thanks again from all the veterans.

Head Start

Hello. My name is Jodi Orr, your newly elected Parent Policy Council Chairman.

This is my second term on the Head Start Parent Policy Council.

If you have any questions or concerns with your children, their classroom, food menu, the facilities or anything else, please call me at 553-9230.

Our meetings are every second Tuesday of the month. Please get in touch with us one week before each meeting to get scheduled on the agenda.

I am also writing to invite you all to our Head Start workshop at Kah-Nee-Ta on Tuesday, Dec. 10.



Happy third birthday, Ellise Rose, 12/10/02.

Love you Auntie Ed, Uncle Doug, Cuz Ty

Happy third birthday, Chad Thurby. We love you. Edna, Doug, and Tyrece.

Happy birthday to my sister-in-law Wanda, 11/27. I thank you for all you and Billy Joe do for myself and my kids. Love, Bobbi Jo.

Make my day!
I'm still gutsy.
Happy birthday Gusty Jamey Francine Wesley, 12-04-? Love, Mom and Dad, Phil and Tina, Theo and Wesley.



Happy "Big 60" birthday nephew Danny Scott, 12-01-42.

Love, Auntie Oochk-oochkaty-oochk.

For the next edition of the paper, the time to submit birthday wishes is by Friday, December 6. Thank you.

Clinic changing prescription policy

Waiting time for prescriptions at the clinic has grown noticeably longer during the last couple of years.

The chief reason is the extremely high number of prescriptions we now fill for our patients. For example, we set a record in the year 2000 by filling 46,000 prescriptions.

However, we have already filled 66,000 prescriptions in the last 12 months. We can expect the number of prescriptions to continue growing.

Our provider staff of physicians and nurse practitioners has grown through the years. We commonly have five to six providers working in the clinic at the same time to see patients.

This large number of providers causes a lot of charts to arrive at pharmacy at close time intervals for prescription filling.

It is common for each of

these charts to have one to eight prescriptions that need to be filled. This means there will always be a certain amount of waiting time that can be expected.

This type of waiting is unavoidable; however, we are going to make it our goal to shorten excessive waiting times.

Through the years we have tried to meet the community's expectations of having prescription refills ready to go within just a few hours after we have received the refill request.

Trying to meet this goal is now greatly interfering with our ability to fill new prescriptions in a timely manner. Moreover, due to the huge volume of refill requests, we lately have had patients show up, but their refills are not ready to go.

We want to provide the community with shorter waiting

times for new prescriptions. We also want to provide the community with a refill prescription service they can count upon. To accomplish both goals, we will be making a change that takes place on January 1.

First, our primary focus on any workday will be to fill new prescriptions. We need to care for sick people first.

This will allow us to decrease the waiting times that are currently being experienced. At the same time, we want to respect the needs of patients requiring refill prescriptions by having them ready to go at the appointed time.

We can only do this if we have adequate time to prepare refill prescriptions. We will be switching to a "next day" turn around time for refill prescriptions.

If a refill prescription is

called into pharmacy before 1 p.m., it can be picked up the next workday after 1 p.m. This arrangement will require some planning on the part of patients calling in prescription refill requests, but we think the improvement in waiting times for new prescriptions will be welcomed by our patients.

Please remember it will be very important to plan for the weekend. If a refill prescription is needed on Friday, call it in to the pharmacy on Thursday. And above all, this pharmacy exists to serve the needs of the community. Please help us serve the community by calling your refill requests at least 24 hours ahead of pick up time. As always, emergency prescription needs will be addressed accordingly.

Weldon Roberts, Chief Pharmacy Officer