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## Sisters: pursuing their separate dreams together

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"I expect every single person to go out and give the 130 percent that I give during every game. If you're not working your butt off, you're going to know that I know you're not working you're butt off," she she says with a smile on her face and a steady gleam in her eye.

The youngest sister, Halona, is the kind one.

But don't think for a moment that this tallest of the sisters is a pushover. She has a wrestling move called "The Longbone" that remains unbeaten by her watches people. She sees their older sisters to this day.

Halona just likes people. Although she hasn't had the exposure yet to figure out exactly how that's going to apply to her interest, she's working on it. So far medicine seem to be on top - pediatrician or neonatal nurse.

When she looks at people, she sees their potential.

"I like babies. When you see how small their hands are and how small their feet are," she says. "It's cool to be the first one to see this baby before they grow up to be a pop star or someone everybody knows."

She stands back and quietly needs, and they know she's there for them.

"I'm a merciful person. I

### Child welfare

(Continued from page 1) lackson and Fuentes said that deep budget problems facing the tribes will make signifi-

cant changes in social service programs difficult. Recent tribal budget documents put next year's revenue estimates at \$24.5 million, or about onethird lower than a decade ago.

The tribes' revenue has fallen sharply in recent years

as timber sales have dropped off.

Jackson said budget cuts to the two federal agencies that help support programs, the Indian Health Service and the Bureau of Indian Affairs, also have meant fewer services on the reservation.

Any final decisions about reforms must be made by the Tribal Council.

#### Club: also need for teen center

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At the same time, he said, there is a need for a program devoted to activities for older youth. Toward this end, said Rodgers, the plan eventually is to develop a teen center at the

Community Center.

"The big question mark is how to fund the teen center," he said. "This would be an opportunity for us to do something for that age group. It'll be a chal-

# lenge."

Apologies This note of apology is to officer Stout and Terri Conner. I would like to say that is a sincere apology, and if it does mean anything, I am taking care of myself so that my actions in April, while intoxicated and driving will not happen again. 1 understand

month of June. I took something that wasn't mine and I was raised better than that, for this reason I am sorry. Wesley Smith.

To the Warm Springs tribes:

I am writing a letter to

can't really stay mad at someshe's not going to try. Besides, one. I figure out what's wrong if her positive reinforcement and I fix it," she says. "If doesn't work, she always has a Plan B: The Longbone. Who someone's sad, I find a way to make them smile." knows when she's going to whip She goes on, "If someone is out her famous patented wres-

making fun of someone else, tling move ... that means there's a problem with themselves. They're trying a good kid. Together, but each to build themselves up because going in a different direction, they can't find anything that pursuing her own unique dream. they're good at, so they have to "We've learned to build off push another person down to cach other's strengths," says build themselves up. If I see Aiyana. someone doing that, I try to figure out their needs and build they do what they all do best: them up positively rather than "Just being a sister and being negatively." there for them," Kalliah says.

She admits it doesn't always work. But that doesn't mean

#### Group helps at public speaking

them."

If enough people are interested, it will happen. But what it is? And who should know about this opportunity?

Toastmasters International is a non-profit group that boasts over 10,000 clubs in almost 80 countries around the globe. The mission of Toastmasters International (TI) is to assist members in developing and maintaining communication and leadership skills. It is not a service club, but rather a long-term, learn-bydoing, seminar/support group that helps members get over the jitters of speaking in front of other people.

If you or someone you know needs to improve presentation skills for personal or profes-

sional reasons, this opportunity is worth looking into.

Three different sisters. Each

When these sisters do that,

Toastmasters, is a place to learn how to talk in front of others comfortably and professionally. The cost? Minimal only about a dollar per week. And for this members get a training manual, a monthly magazine, an assigned mentor and more.

Keith Clinton, Toastmasters International Area Governor for Central Oregon, is at this time assessing interest in a local club. Anyone who would like more

information, or who may be interested in helping start a club, may contact Keith Clinton at 382-5565, or via e-mail: keithclinton@earthlink.net.

## **L'hemawa**

(Continued from page 1)

Students and former employees said the cells are equipped with video cameras that can be monitored from a nearby office. Staffers are to check on the cells' occupants every 30 minutes through small windows in the doors, and note their conditions in a log, according to students and former employees.

Funeral services for Ms. Gilbert Sohappy were held in Warm Springs. Friends and family gathered to remember the teenager who loved basketball, softball and her CD player. After the burial service, friends remembered her as a vivacious, popular girl who did well at schools in Warm Springs and Madras before transferring to Chemawa this fall.

Some, including two tribal elders, said the girl did not drink until she went to Chemawa.

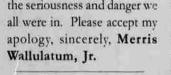




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sorry for my actions back in you. A.C. October. S.J.H.

Warm Springs and the Fire ing you back in October, it Management, I, Wesley Smith was wrong of me to think I am writing this letter of apol- could get answers from you, ogy for my actions during the Shirley Hoptowit.

apologize to everyone for an incident that happened that I caused. I was driving while I was intoxicated with alcohol. For that I apologize to myself To the community, I am and Warm Springs. Thank

This is an apology to Terry To the community of Saludo, I'm sorry for assault-

Includes lodging for December 31, 2003, dinner for two in The Chinook Room, New Year's Eve Party in the Gold Ballroom, gourmet appetizers, dancing to live music, party favors, midnight champagne toast, and breakfast for two in The Chinook Room.

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