

Time to get ready for school year once again

By Selena T. Boise
Management Successor

Summer vacation is near its end, and all schools will soon open their doors to begin another school year. Seems summer vacation just started last month.

Oh well, all the students have rested their brains to be fresh for the new school year. Many students anticipate the return of their favorite school sports, or their friends that they meet in the halls everyday.

Many families have begun their back to school shopping for backpacks, supplies and new clothes already. I know the supply list has been circulating because I have seen it in more than one place. I saw also on the supply list an announcement that the Warm Springs Elementary will be keeping the fifth grade students in Warm Springs this year. I thought that was a good thing.

Transition into a new learning environment is best saved for sixth grade.

Not to have negative comments on the JCMS, but I think that students are more prepared for such a large school and environment at an older age than fifth grade. The elementary school environment keeps fifth grade students on a learning track a little bit longer. They tend to focus on their studies more than adjusting.

Moving students to the middle school is overwhelming and they tend to focus on fitting in somewhere. Sometimes wanting to fit in can get a student in trouble, because they first want to make an impression on someone in order to be accepted. Making impressions seems okay unless they break rules to get attention and then become accepted.

Eighth grade students will move on to the high school level and feel like small people at first until they get into the groove of things. Sports, studies and schedules differ a little, but not much.

Then there are those students who have decided to attend boarding school rather than Madras High School. These students will arrive at school and have to adjust to new lifestyles in the dorms, new evening activities on campus, and new friends to make.

Making friends is the part I miss the most about boarding school. I was told to join clubs to get to know other students.

I made new friends in clubs, study groups, and sports activities.

I'm glad I took photos of my new friends because we graduated and went back to our reservations and continued on another path.

Though we all as adults think of school as something to prepare for, the students see it as returning to the same thing they do every year. "Going back to school."

Toe Ness

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, he's a doctor.'"

A small voice from the back of the room rang out, "And there's the teacher, she's still old, nasty, and wrinkled!"

Circle of Hope

Cancer survivors, family members, caretakers, medical providers and supporters,

Native People Circle of Hope is ready to accept travel scholarship applications to the How To Start Your Own Cancer Support Group/Leadership Training, to be conducted September 30 at the Kah-nee-ta Resort in Warm Springs.

This is the kick-off event for the Roots of Strength conference for Native American cancer survivors, family members, caretakers and medical providers.

Awardees will be expected to participate in the the Oct. 1-2 conference agenda. Only 20 scholarships will be awarded.

The Lance Armstrong Foundation is providing the funding for this training effort.

The turn around time is extremely short. We want to take advantage of any airline fare savings by booking the flights at least 30 days prior to the travel. So, please act now.

Either fill out an application for yourself or forward this message to someone you think may be interested in the training. Thank you so much for your interest and support in this project.

Cecce Whitewolf, director, Native People's Circle of Hope, 9770 S.W. Ventura Ct., Tigard, OR 97223. Phone, (503) 970-8004. Or e-mail address: c2w2@teleport.com.

A thank you

I would like to take this opportunity to thank George Picard Jr., LaDonna Picard-Squiemphen, and Natalie Smith for stopping to help me when I was involved in a motor vehicle accident recently.

I can't thank you enough for your concern and assistance. Even with all the struggles that our community is faced with on a daily basis, it does my heart good to know that when it comes right down to it, our community is made up of caring people who will even put themselves at risk to help one another.

Also, a special thanks to my staff at Fire and Safety and the Warm Springs Police Department, including communication officer Rebecca Soliz and the law enforcement personnel who responded.

My wife Heather and I are very grateful to all. Again, from the bottom of our hearts - thank you.

Dan Martinez, community/tribal member.

Hoops tourney

I would like to thank all the people who donated toward my trip to Phoenix, Ariz., to play in the NABI basketball tournament. I had fun and enjoyed

playing against other Indians and getting to experience playing in Reno, Nev. I never saw so many Indians in one place and just as many Indian athletes. It was neat.

I would like to thank all the individuals who donated, Bud Johnson, Mark Jackson, Madeline McInturff, Emily Waheneka, Florene and Harvey Scott, Theron Johnson and Sammi O'Reilly.

I would also like to thank KWSO for broadcasting my story.

Also, thank you to those of you who bought any food items from me while I was having a bake sale or whatever it was I was selling.

To the community thank you for supporting me and helping me attend my trip to Arizona. Although our team did not do as I had hoped, I had fun.

Lastly, I would like to thank my family for supporting in everything that I do and helping me achieve my goals. I would especially like to thank my grandma, Margaret Suppah and my Grandpa, Franklin (Chinn) Suppah for giving me tremendous support with everything that I try and do. Thank you so much. I would like to thank Jillisa Suppah and Merima Made for helping me sell my food items.

Thank you to everyone else and if I forgot anybody I am sorry and I thank you.

Jaylyn R. Suppah.

Sobriety

I know I haven't written to the paper for a while. I've been taking care of myself. I have one year of sobriety yesterday. But it just seems to be another regular day being clean and sober, which feels very good.

I'm grateful to have found myself spiritually, emotionally and mentally. I'm working on taking care of myself physically. I've had carpal tunnel surgery on both wrists so I can do my beadwork and my writing, and hopefully go back to college and finish my schooling.

I always feel thankful to know and see people I love are still there when I come home but not at funerals which I know can't be helped. I also graduated from the mentor program where I can listen, talk and help if I can to the younger people who are willing to seek help. I know, I've been there and done it.

Patience is one of the biggest changes I've learned, and it works for me, besides prayer, meditation and being willing to let God do the work but I do the footwork. Today I'm very grateful for NARA and their counselors. I've found the tools I need to continue doing what I'm doing.

It's been a long year with all the ups and downs, losing fam-

ily and friends I love, always good to see family, too and praying, meditating, smudging sweat occasionally, working my program. But you know, it's all worth it.

I always feel better about myself when I go to the longhouse to hear the words of wisdom from the elders, the songs and the drums beating in my heart knowing I miss this when I'm in Portland.

Today I pray for everyone at home hoping they'll be all right and that they will realize that they need each other and not hurting each other. God made us to love one another. Family is a lot to lose and you're lost without them when you need them the most. Tell them you love them or give them a hug to let them know you care. Thanks and love you, Linda Meanus.

Paint project

It's time for all of us to get involved. The Community Works Program has started pressure washing the exterior of the Community Wellness Center.

Both the Chief Operating Officer and Secretary-Treasurer are allowing employees who want to volunteer to help to do so. If you want to join in helping this great cause, contact Marcia Soliz at 553-3298 to sign up.

If you don't get to talk with me, leave a message, and I will be very glad to get back to you. There are three 2-hour shifts to choose from: 7-9 a.m., 9-11 a.m., or 11 a.m.-1p.m.

Wear grubbies. Paint supplies will be provided. The building has to be painted with rollers and brushes.

This is a fun effort to get as many people involved as we can to do something for the kids. Don't be shy, come be part of something good.

Side by side means kids can join. Parents can join, aunts and uncles can join, neighbors can join, employees can join; or anyone that wants to help can join. We want to get it done by the end of the month or sooner. Austin Greene is planning a fun event prior to school starting on behalf of all students and the completion of this huge project.

Marcia Soliz, community employment liaison.

Immunization

One of the most important things you, as a parent, can do is to make sure your child is up to date on vaccinations.

In the U.S. immunizations have ended or drastically reduced illnesses such as diphtheria, measles, mumps, polio and rubella. But the organisms that cause these diseases are still present, so children continue to need immunizations.

Infants and young children are especially susceptible to these

diseases. The childhood immunization schedule starts at age 2 months. But it is never too late to start a child's immunizations, and if appointments have been missed the child does not have to start the schedule over.

Each time your child comes to the Warm Springs Clinic for any type of appointment the immunizations status is checked.

If immunizations are needed they can be given at those appointments or at nursing appointments.

The public health nurses give immunizations as part of Well

Child Clinic appointments. These appointments are available every Tuesday morning.

Call the clinic at 553-1196, extension 4110 to schedule. Or call 553-2459. The public health nurses also give immunizations on the fourth Tuesday of every month, 10 a.m. to noon, with no appointment required.

At your child's next clinic appointment please ask your doctor or nurse if your child is up to date on immunizations.

Diana Howell, public health nurse, Health and Wellness Center.

Leaving for college

I'm done with high school and now it's time for college. Many students wonder if going to college is the right thing for them. Well, I can't make that decision for them, but going to college is a good way of looking out for your future.

At the moment, I'm working at Spilyay and the job is fun. There is always something new to learn. But in order to keep up with the fast pace of society, I must pursue my higher education.

Now is about the time that most students are saying goodbye to parents and hello to the real, hard-working world where nothing is given to them on a silver platter anymore.

Haskell Indian Nations University looked at my application, thought about it, and gave me a stamp of approval. Classes start on August 25. As soon as I start I'm sure it will seem like I will be heading home again.

My main reason for going is to be successful in whatever it is I do. And I encourage the Native American race to be successful in both worlds.

When I leave for school, I plan to move into an apartment, which may not be the wisest thing to do as a fresh-

man. Those who are freshman should consider living in a dorm rather than an apartment their first year, because budgeting is a skill and not common sense. Another reason to stay in a dorm the first year is that you meet all kinds of people and go more places that are fun to you.

Living by myself will give me more advantages than I have living with my parents, but I must control my actions because there is always a consequence. To me it is important that I keep my studies as my main priority.

I was thinking of going to Haskell for only a year and then transfer, but I think being at an all-Indian school will give me an identity.

Even though I am going away for school I'm going to come back and work for my tribe. I want to help better my people in any way I can.

What every kid needs from their parents is some encouragement, so I would like to thank my parents for pushing me through high school and giving me the support I needed to go to college. My grandma Maxine, auntie Lori and uncle Clint, thank you for helping me on the way.

Ashley Aguilar

Apologies

To my hometown reservation people. Please hear me out when I say this. I apologize to my family and all the people around me for being caught breaking the law with possession of paraphernalia. I would like to apologize to my West Hills neighborhood for my faults and will not let it happen again. Sincerely, Rima Crooked Arm.

I, Vickie Wilson, would like to say I'm so very sorry for the child neglect charges I had on my nephew, son and grandchildren. Please forgive me, it will never happen again. To all parties it hurt. Thank you.

I am apologizing for my actions on Memorial Day Weekend, for the charges of child neglect, on a first count. My compliance with these charges are in effect and understood. Garry G. Youngman.

Letters to the editor

Letters to the editor can be sent to Spilyay Tymoo, P.O. Box 870, Warm Springs, 97761. Or dropped off at 1100 Wasco St. E-mail is spilyaytymoo@wstribes.org. Letters can be no longer than 350 words in length, and can contain no libel against any person.

Happy birthday and other wishes...



Congratulations to my children and all their teammates. Redsky Suppah and Rosey Suppah for their basketball tournament victories. And No. 1 nephew and kuthla, Andrew Suppah, a loyal and faithful fan. Keep up the good work. Love, Mom and Nana.

Happy birthday to Tony Bigrat Suppah. August Baby!



Happy birthday to Jared Culps, August 21. We love you, Daddy (Joe), Mommy (Diana), Alyssa, Adam and Amber.

Happy Birthday to Dad/Grandpa on August 10, and Happy Anniversary to Mom & Dad (Grandma & Grandpa) on August 14. We love you, Selena, Tony, and kids.



My eldest August baby - Happy birthday, Valerie. And to my grandson Andrew, first birthday in August. God bless you. Love, Mom and Uncle and Auntie.

Spilyay Tymoo
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