

More Letters to the Editor

My friend Ruth

From the time we met you became my friend, sharing our life's stories from beginning to end.

Working together was an added treat, sharing our ups and downs, but sharing Jesus was our daily repeat.

The love our your family was one of your greatest joys, having one beautiful daughter and three handsome boys.

Growing older, your husband you buried, a single mother, the burdens you carried.

Your brothers and sisters helped when they could, but it was Jesus that showed you your humor would help you, that was very good.

The illness you fought a brave and valiant fight, but God said, "Come home my daughter," late one night.

Your grandchildren will miss your beautiful smile, but had to realize only you can walk that last mile.

You went home my friend,

to your mansion above, to join with your husband and all you love.

We, the ones left down here, will miss you each day, we understood when the Lord said you could no longer stay.

So my friend, thank you for your friendship and love. Send from me to you in heaven above.

Will miss you.

Tina Aguilar.

For the troops

There are two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle. Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has. You may only be one person to the world, but you may also be the world to one person. After a month of no contribution for our troops we changed our fund raising to purchase items to send our Native sons.

We called Charlotte. We would help her the supplies. Our grandchildren and great grandchildren will understand that they won't get much from grandma.

Our love is so deep for you and we hope you understand how important freedom is, for our military families give up a lot in order to serve for all of us.

We are proud of our Native troops that are serving for our Native people and every nationality that lives in freedom here in America.

Many centuries ago we were told never to lift arms again, but many of our Native veterans continue to serve and enlist to help preserve our freedom that we all have an enjoy.

We are proud that their paths are directed to the decision of serving their country. They will truly be blessed no matter what people say.

You are going good for your families who are waiting for your safe return. Our prayers are with you daily.

Our granddaughter Lorie Piyestewa gave her life in order for us to continue living in freedom. All the thousands that gave their lives left us a legacy to continue.

They will always be remembered. I wish many of our young Natives would follow the example of our Native troops, by being good examples for their communities and country. May you all have a Merry Christmas and prosperous New Year. Sincerely, **Shirley A. Smith and Thelma Colburn.**

Warm Springs, please support the businesses you see in the Spilyay - They give back to the community!

More wishes...

To Mom and Dad (Ella and George Aguilar), We want to congratulate you on your 50th Wedding Anniversary, December 25, 2005. We wish you many more with God's blessings in all you do. We thank you for your positive role models throughout the years. We love you very, very much.

Love your children, Becky and Nate Main and kids, George Jr. and Trish Aguilar, Ralph and Lucille Aguilar, Easton and Tina Aguilar and kids, All the grandchildren and great-grandchildren, Nieces, nephews, and all the relatives near and far.

(There will be a dinner in honor on December 26, 2005 at the Warm Springs Shaker Church from 1-4 p.m. For more



information contact Becky Main, Roberta Tufti, Jasmine Caldera and/or Alicia Aguilar. God Bless you and yours. Tina Aguilar.

The cold season and your pharmacy

A message from your Warm Springs Pharmacy

Wash your hands! It's the flu and cold season!

The Warm Springs Pharmacy can help you during the cold and flu season. We have a number of non-prescription medications behind the counter that we can hand out to you. We don't have "cold packs," but we can give you the right medication to help with your symptoms.

These are some of the symptoms we have medications for:

Cough, runny nose, stuffy nose/congestion, aches, and fever.

can help with your cold symptoms. If your symptoms last longer than seven days or become severe, consider seeing your doctor.

If you need cold medicine from the pharmacy, you can check in with the receptionist at the clinic and then come directly to the pharmacy.

Our pharmacist will be happy to provide you with the medications you need to help with your symptoms.

Pseudoephedrine

With the current news spotlight on pseudoephedrine and methamphetamine, there have been many questions asked about how Warm Springs Pharmacy handles this medication.

We would like you to know that the Warm Springs Pharmacy will continue to keep this medication "behind the pharmacy counter" and limit the amount given, since it takes large quantities of pseudoephedrine to produce methamphetamine. We have not seen excessive use of pseudoephedrine at the pharmacy.

If you feel like you have a cold, consider home remedies. Drinking plenty of fluids, eating a healthy diet, getting plenty of rest, and using a humidifier

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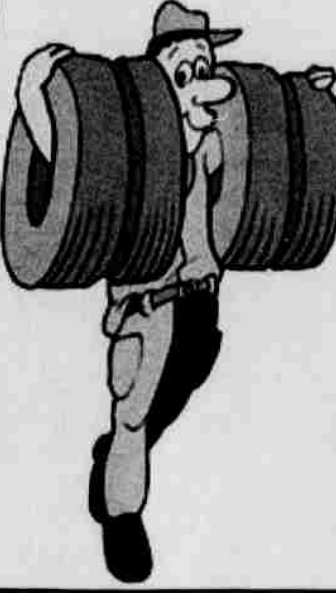

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