

In the spirit of thanksgiving remember those around you

By Selena Boise
Management Successor

At this time of the year we ask ourselves what it is we have to be thankful for. Especially in these hard economic times we ask ourselves, what is there to be thankful for?

The answer is there is a whole lot to be thankful for in our small town.

Sure we struggle financially but we also have our lives and the people that are in our lives today.

I am thankful for my near future, because my son will come home from his deployment to Iraq.

He will have a visit with us, and our holidays will be that much more special.

Even though he will get home after thanksgiving and leave before Christmas, we will still have holidays with him. Dates don't mean anything; it's the spirit of the holidays that we think of.

So, look around you and see how many people are glad that you are there for them. You will find that you made that person thankful for your presence.

Well, we shouldn't forget about the meal that we will be eating. Remember, Thanksgiving originated with a sharing of food and teaching to harvest and preserve foods in order to survive.

When settlers first arrived it was the Native Americans who helped them to survive on this foreign land.

Once we have our feast and Thanksgiving is over, then we think about the upcoming Christmas holidays.

We continue to be thankful and remember everyone who we are thankful for by sharing gifts. It is the spirit of giving and touching someone's life, because we remember what they are to us.

With that I leave you to think about everyone who's live you have touched, anyone who is thankful for your presence in their lives.

Toe Ness

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; 45 years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this."

She calls Phoenix immediately, and screams at her father, "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing," and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

Proud mother

My son Jerome E. Henry, one the few, the proud, a U.S. Marine.

He is the son of Amelia Bahe of Tuba City, Ariz., and Anthony C. Henry of Warm Springs.

He is the grandson of the late Chief Vernon E. Herny, and Helen Ike Smartlowit of Yakama.

His maternal grandparents are Tsoisie Bahe of Many Farms, Ariz., and the late Eva Bahe.

Jerome is an enrolled member of the Confederated Tribes of the Warm Springs Nation. He is half Navajo and lives with his mother in Tuba City on the Navajo Nation.

Jerome completed his basic military training in MCRD San Diego, Calif. on Sept 16, 2005.

My son is serving his first tour in Iraq and is doing fine.

Happy Veterans Day - I am proud of you - Love, Mom.



Craft Night

Warm Springs Elementary School will hold Winter Craft Night from 5:30 to 7:30 p.m. on Wednesday, Dec. 20 in the elementary school gymnasium.

Tables will be set up with craft materials and the event will be free to the Warm Springs community. Assistance will be provided to make Christmas ornaments and decorations.

Organizers of the event are requesting assistance of donations that can be used to purchase craft materials, cookies, frosting and other items deemed necessary.

If you have questions in regards to this event please call the school and speak with Rocky Climer or Lucinda Heath, elementary school secretaries.

We wish to thank everyone for the continued support of Warm Springs Elementary School.

Dawn Smith, principal.

Come visit

Dear Lupa Rodney LeClaire, Say there, my little brother, it has been a long time since you have been in these parts.

I sure do miss you and I say a prayer for your health and well being in a safe comfort zone. I wish you would come visit or write to us. I love you very much. Love, your Nana aka Witch, Tamara Henry, 1709 N. Highway 26, apt. 12, Madras, 97741.

Spilyay Tymoo
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Powwow princess candidate

My name is Jillisa Suppah and I am a Princess Candidate for the Lincoln's Birthday Powwow, to be held Feb. 9-11, 2006, at the Simnasho Longhouse.

I am 14 years old, and a member of the Confederated Tribes of Warm Springs.

My parents are Joyce Suppah and Leland Thompson, Jr.

My grandparents are Franklin and Margaret Suppah, and Rafael and Nola Queahpama.

My hobbies are playing basketball, riding horses, being with my friends and family, and eating.

I believe in staying in school to get a good education.

I am against alcohol, drugs and gangs.

The reason I am a candidate for the powwow is so I



can meet a lot of new people, and also try something new.

Please support me on reaching the goal I'm striving for. By raffle tickets from me. Thank you! Tickets are \$1 each of six for \$5.

Contact me or Joyce at 553-6134.

Thank you.

Jillisa Suppah

Little Miss candidate

Niix maic' inmi naimuma, my name is Malia LaLone Collins. I am a candidate for Little Miss Lincoln's Birthday Celebration held in the second weekend in February.

I am 7 years old and live in Simnasho. I am in the second grade at Warm Springs Elementary School. I enjoy reading and sometimes math.

My parents are Michael and Cecelia Collins. I am an enrolled Warm Springs, and am also Yakama and Coeur d'Alene descent.

I love to dig roots in the spring and pick k'umci. I also like to pick huckleberries with my family in the summer.

I dance jingle and travel to as many powwows that my mom and dad can take me to.

In the past couple of years I've been to powwows in Washington, Oregon, Idaho and California.

I would represent the Lincoln's Birthday Celebration with great honor and



pride. I would appreciate your support as I go around the community and sell raffle tickets for this celebration.

To buy tickets you can call my mom and dad at 325-3154 and they'll be sure to get them to you.

Thank you to all of you for your support.

Gratefully yours,
Malia Collins.

Myths and facts about diabetes

Question: A quick-acting carbohydrate is the best thing to use for a low blood sugar reaction.

Answer: If you have hypoglycemia (low blood sugar), which generally is considered having a blood sugar level less than 70, you should treat it immediately with a quick-acting carbohydrate such as one of the following: ½ cup of orange juice or apple juice, ½ cup of sweetened (regular) soda pop, one cup of milk, two tablespoons of raisins or 2-4 glucose

tablets.

These items break down quickly in the body and are converted to glucose (sugar), which will raise your blood glucose level.

When carbohydrate is broken down in the body, up to 100 percent of it is converted to blood glucose.

Recheck your blood sugar in 15 minutes, if it is still lower than 70, retreat as indicated above.

Avoid using candy bars or peanut butter to treat low blood

sugar because they contain a high percentage of fats, and fats have less effect on your blood sugar compared to carbohydrates, also fats may decrease the absorption of glucose.

In fact less than 10 percent of fats are converted to blood sugar.

If you have any questions, please contact me at 553-2478.

Elsie Howard, Diabetes Nurse Educator, Warm Springs Diabetes Program.

Appreciation

I would like to take this time to thank the following for providing monetary sponsorship for Trybz Volleyball to travel to Ft. Duchesne Utah to participate in the David Tauaalo Memorial Volleyball Tournament:

Kah-Nee-Ta High Desert Resort and Casino, Guy Wallulatum, Jody Calica, and Beulah Tsumpti.

Trybz went undefeated in the Co-ed Round Robin and the Trybz Women won the overall in round robin with Trybz taking second. Trybz Co-ed won the bracket division in a 10-team tournament. Much respect goes out to those local and Wyoming teams for they played hard and we had a good time and shared laughter with them all.

I truly give all my gratitude to my Trybz Ladies (Charmaine, Stephanie and Vodney) for having to play a total of 42 matches between women's and Co-ed play in two days. You were our backbone to the team for keeping our heads in the game, and not letting anything hit the ground during the tournament. I would like to thank all of my players that traveled to represent the Warm Springs Tribes



and Trybz Volleyball: Levi Blackwolf, Alfred Estimo, Chris Osborne (Ft. Hollywood), Stephanie Luke (Yakama), Vodney Chapoose (Ute), and Charmaine Calica. I truly had a good time playing with you all. Two weeks earlier Team NW coached by Chris Osborne and Trybz Volleyball won the Ft. Hall Recreation Open Volleyball Tourney going undefeated all weekend. Congrats to Alfred for getting best spiker and Ronnie for getting MVP that weekend. Stephanie got MVP female and Carlos got MVP Male at Ft. Duchesne.

We are currently in first place in the Redmond Volleyball League on Tuesday and Thursday and I would like to thank Daryll Smith and Warm Springs Composite for providing our local league sponsorship. Trybz.

Teamwork

I really enjoy writing, and we now have a newsletter at the RiverKourt Apartments where I now stay in Eugene.

We also have a residents' council. I'm now president of that council.

The editor of our newsletter says he will send out the newsletter to those who would like to subscribe.

The cost of the newsletter will be \$3 a year. If anyone from Warm Springs is interested in subscribing to the newsletter, you can send a check or money order to the editor Peter Defoi.

This newsletter is very interesting. Those who write for it will tell you all about what us low-income, head-injured folks do in our lives.

It could help all of you guys up there too. It is also a way for us to get funds for our residents'

council too. I hope we'll get some funds. Yours truly,
Evette Patt.

Apologies

I am sorry I broke Tribal law on November 7, 2005 by assaulting officer Zacharius and officer Patterson. I am truly sorry this incident occurred on my parents' property. I ask for your forgiveness. Sincerely,
Aldo Garcia.

I am sorry I broke Tribal law on February 20, 2006 by assaulting officer Ramirez. I apologize for the pain and discomfort I caused. Due to those actions I have served my sentenced time and ask for your forgiveness. I apologize to my family for the shame my actions have brought to our family name. Aldo Garcia.

I am sorry I broke tribal law in May by driving under the influence, and endangering other people. I'm sorry and apologize to the people of Warm Springs. Thomas Oliver Kalama.

Thank you for writing to the Spilyay Tymoo. Please, when writing, keep in mind that no letter may contain a statement that is libelous against a person or business.

Happy birthday and other wishes...

Isidore, you light up my life and make me complete. Happy Second Anniversary on November 20. Love ya lotz. Faye. P.S.: The rest of my tribe agree totally - They love you, too, Pops!

Happy Thanksgiving
Tyson. Love, Mom.

Happy birthday on Nov. 13 to our brother Taw James Foltz. We love and miss you. Your sisters Jamie and Dennis, and Tia and Justice Cree.

Happy 17th birthday to my son Kevin Nelson Ruiz on November 14. I love and miss you. Love, mom Jamie McKinley and Dennis, and from aunty Tia and Justice Cree.

Happy birthday to my little sister Tia Bean - Cree on November 16. I love and miss you. Love, Jamie and Dennis.

Happy birthday to our niece on November 18, Shawnean Adeva Johns. We love and miss you. Aunty Jamie and Dennis, Aunty Tia and Justice Cree.

(Belated birthdays)

On August 28, a happy 12th belated birthday to my son Clarence Chad McKinley. Love and miss you. Love, mom Jamie McKinley and Dennis.

Happy belated 18th birthday to my "baby girl" Whitley Latoya Marie Ann Ruiz. I love you and miss you. Love, mom Jamie McKinley and Dennis.

(More birthdays on 14)