

New Year's Resolutions are life changing

By Selena Boise
Management Successor

Happy New Year! I hope that all is well with the transition into the New Year. Some of us will still be writing 2006 when we write dates anywhere, but we'll adjust.

So what does the New Year mean for you? This is when I take a look at the past year and decide on a New Year's resolution for myself, and it has to be something that will help make an improvement in my life.

After thinking it over for the weekend I decided to make good changes for myself. After hearing that I was borderline, or pre-Diabetic I enrolled in the lifestyle change program and it has taught me a lot about my health.

I would like to continue that and it can be challenging because old habits die-hard. So this year I want to work at staying on the right track where my health is concerned. Because diabetes is something that I hear a lot and there are many members of our community that have had this in their life both directly and indirectly. Prevention is a good thing.

So this year I will stay on that track and continue my lifestyle change because it will be good for me. If anyone has considered changing their lifestyle habits, I would encourage you to enroll in this class because you will learn a lot and you will feel better too.

Birthday wishes...

Happy birthday to our No. 1 grandpa January 11, 2007 Robert Sam Sr. Grandpa, we all love you a lot and we are all glad that you're home and doing really good and you just stay that way and we will all be there for you, love you. All of us, Woody Jr., Dartanian, Kaylobe, Elisha Suire, and Chantel Picard. Clarence Vernon Sam Janathian Tracy Ray- Lee Tias -- Gerald Lee Tias Jr. and Caleb.

To our dad Robert Tracy Sam and a big happy birthday January 11, 2007. Love you dad. Have a great day. Love you, from all your kids, Tracy Ray Sam - Sadie and Woody Picard Sr. - Elsie - Robert Jr. and Jasmine - Neda and Big G Tias - Jeleah (OOah) Sam and Thomas Chester Sam.

On this January 11, 2007 I want to wish my husband Robert Sam Sr. a happy birthday. Love from your wife Marella Sam.



Sophie Smith graduated from Marine Corp recruit training on Dec. 21 at Parris Island, South Carolina.

She will go on to Marine combat training in North Carolina on Jan. 23.

Sophie is the daughter of Jake and Julie Suppah and Alvis Smith III.

Her grandparents are Alvis Smith Jr. and Allie Queahpama, and Everett Elliott and Susan Lewis.

Her great-grandparents include atwai Helen Sohapp, atwai Clayton Queahpama

Alvis Smith Sr., atwai Ramona Smith, Nathan Lewis, Velma Heater and Franklin and Margaret Suppah

Sophie is enlisted for four years.

A thank you

To the Warm Springs Community,

I would like to thank everyone who supported me and believed in me.

A very big thanks to Elfreda Mitchell for lending her shell dress to me and Arlissa Rhoan for lending her buckskin dress to me for the Miss Warm Springs Pageant.

Thanks to Anna Lopez for her support and being there to help me with my last-minute decisions.

I would also like to thank my mother Dempsena Polk and Harvi Tohet for always being there by my side: I love you.

Thanks,
Sallie Polk-Adams.

Appreciation

The family of Troy J. would like to thank the EMT's and Mountain View Hospital. We are saying thank you, Bifford, Wacey, Grandpa Butch, Lucy, Tom, Creep, Maria, Bobbit and Marella and her girls, Oh, Thomas and Cowboy, Lori and Patti.

We really want to thank Sara and Sammy with VOCS. A person we would especially like to say thank you to very much is Julie for letting us know what happened.

Another person is Daniel Gilbert.

Thank you so very much, all of you. Sincerely, **Mary, Taco, Jenny, Sally, Hamley and Bonius.**

Raffle winners

Thank you to everyone for the recent support.

The winners of the raffle are: Darryl Smith, a hand drum; JoDe Goudy, a pickup load of wood; Budd Johnson, a wampum necklace; Trevor Hurtado, a silver headstall; Dana Hardin, a Pendleton blanket; Leo Hellon, a beaded bag; Laura Cailloux, a beaded bag; Winona Strwyer, kilo cut beads; Roberta Jim, dried corn; Donna Smith, a Pendleton shawl; Wissie Smith, a Navajo saddle blanket; Jermaine Sampson, a PSP player; Mark Stevens, a fuzzy blanket; Jeston Leonard, four folding chairs; Reicie Chavez, huckleberry jam; Barbara Starr, buckskin; Jim Coburn, a fuzzy jacket; Reuben Henry, a fuzzy jacket; Janis Gunshows, a meat grinder; Earlynne Squiemphen, a \$50 gas card; Kortney Stacona, a \$50 gas card; Teri Jo Yazzie, 10 basketball jerseys; Chance Squiemphen, men's breast plate; Sherry Holliday, a rolling cart; Jordan Leonard, a \$50 Wal-Mart gift card; Zachary Fluhr, a \$50 Wal-Mart gift card; Buttons Heath, a microwave oven; Jolene Hintsala, a set of dishes; Sonia Heath, a 20-inch color television; Sean Sohapp, an Avon gift pack; and Kalyn Leonard, a wheelbarrow filled with toys.

To pick up your raffle item, see **Rita Squiemphen or Val Squiemphen.**

New Year

Akoh to my many relatives of Warm Springs. How are you this beautiful and special day? May the Great Spirit, Creator bless and smile upon you, that you would have a Happy New Year. Especially to my beautiful children and grandchildren: Sonja, Remo, Kodiak, Lance, Shard, Talon, Tearle, and

Loreen, to my grandsons: Juan Micheal and Frank Fencepost. Also to my ex-wife Cecelia Winishut. Though I am not with you in person, I am with you in thought, spirit and prayers. I would very much like to hear from you, though I am incarcerated, you can write me at: Tyree Stormbringer, Linn Co. Jail, 1115 Jackson St. SE, Albany, OR 97322. To those in the Heartbreak Hotel, "May the buffalo pipe woman help you to wake and walk with a smile in your hearts and on your faces today and tomorrow. Akoh, All My Relations, go in a good way. Respect and love, **Tyree Stormbringer.**

A poem

To the community,
Hello. How is everyone doing? Good, I hope. As for me it could be better but hey, that's life. I am writing this letter to see if the person who wrote me this poem will write me back with an address and name. This poem lifted my spirits and also took my mind off a lot of things. I thought all was lost until I got that letter. Well, I did lose everything. I lost my wife and kids, my home and my cars. And now there is another man doing what I should have been doing all this time. But hey, that's good. It takes a real man to take in someone else's kids and call them his. My wife had to do what she needs to do. For those of you that don't know, I tried to take my own life when my wife told me it was over. To my family, please don't be mad at my wife. You guys are all she has back there at home. As for me, I'm not mad. I'm just not sure what I'm going to do. Well, at the moment I am doing college courses. So here is the poem, so please Warm Springs, help me find this person. Thank you for your time. **Tracy Ray Sam.**

Second Chance

*Circumstances drastically changed in an instant.
What was once so family and cognizant has become unfamiliar and alien.*

Proclamations of love, correspondences full of endearments and promises of faithfulness, small arguments that become large and heated, for no reason that you can conceive.

Unanswered calls when a set pattern has been established for a while.

Stuttering and anger answer the questions of your curiosity.

Subtle hints of what's to come, blinking lights and arrows point us to the answer, subconsciously protecting yourself from the reality of your situation and the circumstances of your current predicament.

Assumptions and premonitions attack your weary mind like a cancerous tumor, knowing that you are doing all that you can to hold it together that which you believed was strong, but in all actuality was as fragile as priceless china.

Feeling your world crashing around your ears making unwise decisions without thoughts of those who love and care about you. Not hearing the pain in your children's voices when they realize daddy's gone forever.

My friend all is not lost. The future, your future is as bright as the sun.

You are loved by so many and would be terribly missed. If your smile and happiness ceased to brighten our existence.

Real friends are for life. Associates are for now, and homeboys are for themselves.

In me you have a friend that cares how you are feeling and who wants only the best out of life for you.

You are loved by me and all of your true friends and loved ones. Never be afraid to ask for help in trying times. Life throws curve balls, if you can't hit the ball always remember there's a catcher and you have another chance. Life is precious. Don't be so quick to throw it away. It wasn't your loss, it was hers. Always persevere and overcome all obstacles. Your friend for life.

Grateful

On behalf of my parents George and Janice Clements and my sister Georgette Keo and our family I would like to thank all friends and relatives for all your support and prayers after the loss of our son, brother,

uncle.

I would like to thank the following family and friends for being there and supporting the family during this difficult time:

Uncle Mike and Aunt Maxine, Uncle Grant and family, cousin Rudy G., William Wilson, Dave and Misty, Aunt Lucille and Duane.

Thank you to Myra Orange and Shirley Sanders and helpers for cooking.

Thank you to the Health and Wellness Committee and all the people that brought food and house items.

Also, thank you to the tribal utilities department, Grandma Millie Colwash and daughters for making the outfit, Harvey George and helpers for dressing our loved one and Wilson Wewa and Patrick Mitchell for the services at home.

Thanks to Norman Lucci and the shakers congregations for evening services and lighting up the house, and to Mary Danzuka for taking care of the plate.

Thank you to all the drummers and bell ringers that conducted the overnight services.

It was a very long week for everyone that partakes in the final services when a family such as ours and the other families lose a loved one—for this we are very grateful for each and every one of you.

It's been and will continue to be another difficult and trying time for our family in losing another son and sibling.

There are still unanswered questions about what really happened on Oct. 16.

It is very disheartening for the family to understand why the investigators, managers and fire officials in the public safety department were so disrespectful and quick to announce this tragedy publicly at a Simnasho district meeting and to the media before informing the next of kin.

And to date we feel they have failed the family miserably by not getting any information to us—something we believe is very disrespectful and unprofessional. **Luther Clements**

Racial disparities remain in domestic violence

WASHINGTON, D.C. (AP) — Domestic violence rates fell sharply between 1993 and 2004, the Justice Department said last week, while noting that American Indian women and native Alaskan women are far more likely to be victimized than whites and other minorities.

The Bureau of Justice Statistics said "intimate partner violence" rates fell by more than 50 percent, a decline that some domestic violence experts attrib-

uted to increased training and awareness among law enforcement officials.

"For the first time, there are entire domestic violence units in law enforcement," said Lonna Stevens, director of the Sheila Wellstone Institute, a Minnesota-based domestic violence organization. "We've had protocols and policies developed for responding to this."

In 1993, there were about 5.8 incidents of nonfatal violence

for every 1,000 U.S. residents above the age of 12. By 2004, that number had fallen to 2.6, the agency said. Homicides fell by about 30 percent, from 2,269 in 1993 to 1,544 in 2004.

The Justice Department defines intimate partner violence as violence by a current or former spouse, boyfriend or girlfriend or a same-sex partner.

Stevens said police have been less successful responding to and deterring abusive behav-

ior in some minority communities, where racism and cultural differences can keep reporting rates low.

Over the 12-year reporting period, about 18 out of every 1,000 American Indian and native Alaskan women were victimized — a violence rate three times higher than among white women.

Asian males, white males and the elderly reported the lowest rates of partner violence.

Soaring lottery profits trigger more money for schools

SALEM (AP) — Profits from the Oregon State Lottery's video poker and slots games are expected to reach an eye-popping \$836 million by next June.

That's millions of dollars above the new sales plateau, adopted in 2005, that would trigger a higher share of gaming profits to the state and a lower share for lottery retailers who host the games.

Reaching that level could mean up to \$18 million per year more for public schools, salmon and park projects.

But for retailers who host the games, it means the third drop in commission rates in three years.

The new level was put in place when the state lottery expanded into electronic slots or

"line games."

Lottery retailers were originally unhappy over accepting only 25 percent of the lottery terminal profits in exchange for adding the Vegas-style games. Their average commission rate had already fallen from 32 percent of video-poker profits to 28.5 percent when new contracts were inked in 2004.

Lottery critics, though, pushed for even greater reductions once electronic slots were added, filing a lawsuit and a ballot initiative over the issue.

The Lottery Commission adopted a compromise suggested by Jonah Edelman, the executive director of the group Stand for Children. If electronic slots boosted sales 40 percent by this fiscal year, retailers

would automatically take a lower share of the profits.

That would reduce lottery retailers' profit share to about 22.5 percent — down from 25 percent — with the rest going to the state.

Lottery Director Dale Penn said he never expected to reach that trigger, which amounts to \$805 million in video games profits for the fiscal year ending next June. But the state's December revenue forecast pegged video lottery profits at \$836 million.

The looming cut in retailer commissions has been a hot topic among bar and restaurant owners who host lottery terminals.

Jim Eastridge, the owner of Mago's Sports Bar in Salem,

said electronic slots have increased his lottery business, but the lower commissions will neutralize his economic gains.

"It's putting me back, commission-wise, where I was a couple years ago," Eastridge said.

Still, he estimated the bar will net about \$100,000 or \$105,000 from video lottery games.

"The lottery is keeping a lot of us in business; there's no doubt about that," Eastridge said. Edelman of Stand for Children said he was pleased that the trigger will take effect.

"Now, the significant increase in lottery revenues due to line games will result in greater funding for schools and other public services, rather than just leading to greater profits for lottery retailers," he said.

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