

Take part in upcoming elections

By Selena Boise
Management Successor

Is everyone ready to get out and vote for their Tribal Council representative? Just a little reminder that everyone should keep informed about past and current issues when deciding who they want to represent them in the Tribal Council chambers.

Seems the nominations are here, and then the campaigning begins.

Hopefully all will go smoothly where the elections are concerned. And it is important for everyone to make it to the polls and cast your ballot.

Usually each person nominated will make a public statement in the Spilyay Tymoo. Be sure to read each one and become informed about each candidate.

Other election information out there is the adoption election coming up.

There hasn't been one in a while, and I can't even remember when the last successful one was. I do remember that there were a lot of adoptee candidates last time.

There again, stay informed of what the adoption election is, and decide who you would want adopted into the tribal membership.

Also, I heard there was another crowning of a sub chief that I missed. As you might remember I was talking about Bullneck's crowning and he described it to me and I have always wanted to see one for myself. How awesome it would be to see chiefs from surrounding tribes to witness such an event.

But then maybe it is not held in that manner anymore. Have times changed that much? I wouldn't think so. But I just want to see such an event for myself. I don't want to miss another one.

So, anyway remember keep informed, decide what you would like to see and mark your ballot. More votes make a difference.

A thank you

We want to take this opportunity to thank everyone for all that was done for our nephew/brother Gary M.M. Smith and his family during the hospital stay and the passing of his wife.

Whether you were there in person or through your thoughts and prayers, everyone's help in some way both large and small has helped his family in some way and made things less difficult for all of them.

To the family, relatives and friends from the Nez Perce, Warm Springs, Umatilla and Yakama tribes, we thank you ever so much for the prayers, phone calls, cards, flowers, cash assistance, hugs, give away items, things for the home and family as they are forever grateful to be received. Again, thank you and God bless.

Allie, Jamie, Joseph and Rhonda Smith and families; Ramona Baez and family; Michael Greene and family; Roscoe Greene and family; Daniel Greene and family; Tim Greene and family; Paullee Greene and family; Sarah Gonzalez and family.

Appreciated

I just want to take this time to express my gratitude to a few individuals on the rez, first and foremost to Amos Switzler. Thank you for giving me the opportunity to reflect on myself. I realize now that for a person to remain sober, a person has to be around someone that doesn't allow it in and around the house. It also gave me incentive to want the sober lifestyle for myself.

My life has been one hellacious living nightmare of my own making - because of my alcohol addiction and for the lifestyle of an alcoholic, living on the streets, not having family to turn to when you really need them, because of the alcohol. Yes, I have been charged and convicted of some heinous crimes, but they were attempted crimes. I am extremely sorry for

my alcohol addiction, although there are some who will create animosity towards someone and fabricate a story condemning someone, "me," to get people to dislike that someone... Yes, there are ghosts lurking in my closet. I am not happy go lucky, or very proud that I have been convicted of these attempted heinous crimes, no matter what I say or do, people can and will believe whatever they want. It all started with one fabricated story then all of a sudden I am right along Jeffrey Dahmer, sick and demented, yeah right!

Like I said, I am not proud to have been convicted of these attempted crimes, and yet I am here to tell you all, I am so sorry. I am an alcoholic, no excuse, but I have grown up with a lot of you, and yet, have I really changed that much for you to believe the rumors you hear of me? God gave me the courage and strength to write this letter. Obviously I am much different from whoever spreads dirt on people for their benefit and glory. Much respect. **Pengie Tewee.**

For the cooks

To the public:
During my auntie Teresa McKinley-Avalos' funeral, we gave our cooks bundles to show our appreciation for all their work. Well, two of our cooks, Luanne Robinson and Rachel Winishut, didn't receive their bundles, and their family is requesting if you can remember who picked up the bundles for them to please let us know, so we can get them to them for all their work they did for us in time of need.

We feel bad because, whoever took them didn't deliver them to them. So please help us locate the gifts. Thank you. **Harvianne Tohet, 420-6394.**

Gaming issue

To my people in Warm Springs,

As I sit and read articles in the newspapers about the Grand Ronde tribes' attempt to keep

us down, it makes me very angry. Angry and sad that greed would make them treat us like the enemy. All Native people are supposed to have some kind of kinship. But I guess greed can make some turn into haters and throw that out the window. Why can't we all have a piece of the pie? We are not trying to step on anyone's toes, but only trying to make it in this white man's world and keep our dignity at the same time. After all, we have to look after our people of the Warm Springs also. So I say that anyone who gets in our way might need to get ran over. Anyone who wants to keep our tribe down is an enemy to me. And any enemy who wants war must be met head to head. Toe to toe. No matter which manner the battle must be fought. We have to do what we have to do in the best interests of our people. Even if that means hurting others or their feelings. So I say to the warriors of the Warm Springs Indian Reservation, "Where is your heart?" Do you even care about your family's and people enough to recognize a real enemy when they threaten the financial security of us all? The administrative people for the Grand Ronde tribe made it clear where they stand. They see us as a threat and an enemy, so we must treat them the same. If we cannot share a piece of the pie together, then we can never be friends. Just something to think about and regard seriously. **Sluggo, role no. 2701.**

Accomplishment

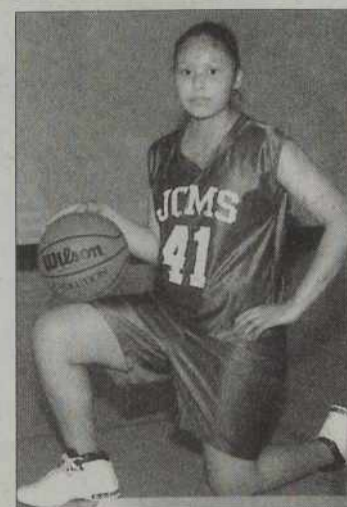
I would like my tribe to know that I have received a diploma from the American Academy of Professional Coders, as being a Certified Professional Coder. To receive this honor you need to know the aspects of medical coding which includes ICD-9-CM, and HCPCS. The test itself is 150 questions with a time limit of six hours.

First of all, I would like to thank my husband, Herb Graybael, for being so supportive during the time I took the test. Without his support I would have never accomplished this.

Also, I would like to thank my parents for being there when I needed them. I hope I make everyone proud in such an accomplishment.

Also with this credential I will have more job opportunities throughout the nation, as this is nationally recognized academy. **Earlyne Squiempfen.**

Birthday and other wishes...



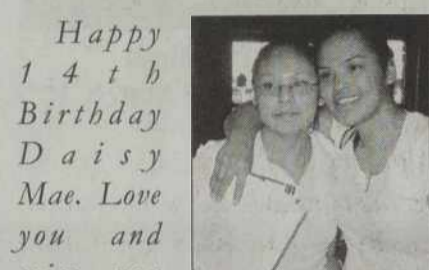
Happy 14th birthday Daisy Mae! Love, your brother Walsey, and sisters Raylene and Dena.

Happy birthday Al Kelly, from your brothers Trevor, Chair and Tom.

Happy 37th birthday Al Kelly. Best wishes from Ira and family.

Happy birthday to my little Daisy Mae, who turns 14 years old on March 10, born at 6:06 p.m. Although you tower over me now, wear 2 size bigger shoes, and probably can out run me now, I can still spank you. Love, your mom, with hug's & kisses.

Happy Birthday Iylani Ike on March 09, from all your family in Warm Springs.



Happy 14th Birthday Daisy Mae. Love you and miss you much. Your big sister Rae-Rae. See you in August.

Congratulations, Chico Holliday, for placing second in the Elk Division at the Sports and Rec Show. Good job! Congratulations, and we love you. Your family.

Apologies

I would like to apologize to the following: The Confederated Tribes of Warm Springs and especially to Arlene Smith for my actions while under the influence of alcohol. What actions took place will not repeat for I am truly sorry. Sincerely, **Jaime Becerra.**

To the Warm Springs Market, I would like to take this time to apologize to the market for a window that I broke while not in the right state of mind. The window will be paid for by me through Tribal Court. I am currently incarcerated at this time and am sorry for my actions. Thank you for your time. Sincerely, **Jaime Becerra.**

This apology letter is for my disorderly conduct on a vehicle belonging to another person, while under the influence of intoxicants. This action is well regretted and the time I am serving shows. I am seeking help for my alcoholism and trying to be a better individual. I am truly sorry for my drunken actions, thank you. Sincerely, **Jaime Becerra.**

I am sorry I broke tribal law on Jan. 6, 2007 by the wrongdoing in which for I brought about my children first of all myself as well as the community in which all as people we reside. I apologize to my family for the shame my actions have brought to our family name. Further I apologize to my family. I am sorry. **Angela Martinez.**

I am sorry I broke tribal law on Dec. 20, 2006, by recklessly endangering two lives in the pursuit of my own defense. I apologize to my family for the shame my actions have brought to our family name. Further I apologize to Violet and Jerrin Heath, who were directly impacted by my actions. I also want to say I never intended to endanger anyone, especially the life of a child. And I will make every effort to follow our laws in the future. **Matthew Jack.**

I am sorry I broke tribal law in February by doing the impossible again, anyways I'd like to apologize to the community once again for the wrongful decisions I've made because of alcohol and drugs. This time I got myself some help from the counseling center, to help better myself. Again I am sorry. **Roberta Williams.**

Myths and facts about diabetes

By Elsie Howard

(For this particular myth I asked the Warm Springs Nutritionist Sara Thomas, RD, to respond.)

Myth: Diabetic cooking is not important.

Fact: By diabetic cooking most people mean using sugar substitutes in place of sugar when making desserts.

Sometimes people do this,

and then wonder why it didn't make a big difference to their blood sugar.

Why would that be? Well, you have to remember that it is the total carbohydrates, not just the sugar, that raises blood sugar. Sugar-free does not mean carbohydrate-free.

Take a sugar free pie for instance. Using sugar substitute will reduce the carbs from sugar but will make no difference to the carbs from the pie crust and the fruit.

Another factor is that when

we have something "sugar free," we will eat more of it and end up with too many carbs that way. While one piece of sugar-free pie does have less carbs than one piece of regular pie, two pieces of sugar free pie will give you more carbs than one slice of regular pie.

The bottom line? Diabetic cooking does make a difference, but portion size still counts.

If you have any questions, please call Elsie Howard at 553-2478.

Regarding letters

Thank you for writing to the Spilyay Tymoo. Please, when writing, keep in mind that letters should be of no more than 350 words.

Letters that are too long will have to be cut. Please submit only one letter per person per edition.

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Landscaping tips for safety during fire season

By Suzy Macy
Fire Prevention Tech

When you are landscaping your home, consider using fire-resistant plants in your safety zone.

This type of plant is less likely to catch and spread fire to your home.

For fire safety, try landscaping with plants that have supple and moist leaves, and little dead wood. Use plants that do not accumulate dry, dead material within the plant; and plants with sap that is water-like and does not have a strong odor.

Most deciduous trees and shrubs are fire-resistant. Examples of fire-resistant trees are alder, aspen, maple and willow. They are less likely to catch fire than spruce or fir trees.

Conifers as a group are more susceptible to fire damage due to their high resin content than the deciduous species.

Remove tree limbs within six to 10 feet off the ground, have a professional tree service thin a 15-foot space between tree crowns. This will help reduce the chance of fire spreading from tree to tree or from ground to tree.

Remove dead branches from all trees. Remove combustible material from under structures and dispose of it properly. Clear all flammable vegetation: this will help reduce the fuel load.

Try not to plant large shrubs next to your home. A better choice would be a low-growing ground cover like sedum, or hens and chicks. Some homeowners use bark mulch in their landscapes; however firebrands or cigarettes can ignite dry bark mulch and spread fire to your home.

If you decide to use bark mulch in your landscape, and the

mulch is in close proximity to your home, make sure it remains moist to prevent ignition. You may also want to consider using gravel or decorative rock instead of bark mulch.

When you are landscaping your home, please remember that fire-resistant does not mean fireproof. Even fire-resistant plants will burn if not well maintained. Be sure to keep all your landscape plants healthy with appropriate watering and pruning.

For more information regarding fire-resistant plants contact Warm Springs Fire Management at 553-1146.