

Have a good weekend at the powwow

## Letters to the Editor

By Selena Boise  
Management Successor

Well, I hope that everyone has a good time at the Pi-Ume-Sha Powwow this weekend. It is always a time to get together with all your family members who do the powwow trail during the summer.

Plus there are numerous activities surrounding this powwow – there is always something going on in the morning, afternoon and evening. So, there should be something for everyone. Whether you like rodeo, softball, boxing, running, or maybe the endurance race, you will find something to do each day.

We can't forget the food that will be served while you are at the powwow. I am always ready to eat an Indian taco, especially when it is made fresh. But there will be other foods that are good too. And why not wash it down with a cup of strawberry lemonade or any kind of soda you might like to drink?

Seems like the weekend just gets started and then in a few days you realize it's almost over. This will usually happen when you are having such a good time that you forget all about time and day.

Sometimes you meet new people, make new friends, and then you will eventually have to say good bye to them because the weekend comes to an end.

Also be aware of the traffic in the community and along the highway. There are always safety issues where vehicles are concerned. For one there will be a lot of vehicles here from out of town and sometimes they drive slow because they are lost, be patient.

And you should always keep an eye out for drivers who are all over the road, or driving too fast. Sometimes drivers can be unpredictable in their direction and speed.

But with all this to consider have a good time at the powwow, buckle up, drive safe.

Spilyay Speaks

### Boxing news

To the Warm Springs Forest Products Industries:

We thank you very much for your support of providing the floor for our new boxing ring. It will again be staging another USA Amateur Boxing Competition this coming "Pi-Ume-Sha Treaty Days," Saturday, June 23, 2007 at the Warm Springs Community Center.

The show starts at 3 p.m. and we're looking to have some good matches for you to watch. It'll last only a couple hours or more, then become history for the 2007 Treaty Days boxing event at Warm Springs Pi-Ume-Sha.

Anyway, Thanks again for making things visualize, because now days it's not common to find help so easy and friendly. Best wishes to the mill workers and those they work hardest for, their families. Have a good Pi-Ume-Sha.

From Warm Springs Nation Boxing.

### Very proud

I would like to congratulate my "Baby Girl" "WhitBag" Whitley Latoya Marie Ruiz on your graduation from Madras High School. I am very proud of you!

And even though I'm not there in person I'm there with you in mind heart and soul, believe me. And I know your Dad and grandmas are too. I love and miss you all dearly. There's not a moment wishing I was there watching you play ball and embarrassing you like I always do! Or like that time Nellie yelled... when you were shooting a free throw and all we could hear was her saying that! Love, your mom, Jamie and Hans Schmitt from Lapush.

### A thank you

I deeply apologize for my lateness in writing this letter. I meant no disrespect.

I need to express much, much gratitude and heartfelt thank you to everyone who had helped during my atwai father Tony Julius Gilbert Sr.'s funeral back in December 2006.

Losing him, the way we had, was wrong and it has been very difficult for my entire family and myself.

Thank you so much from my heart. On behalf of the Gilbert family and myself, to all of you that helped during his funeral. I hope I haven't forgotten anyone or misspelled any names:

The Oregon State Police, state district attorney, the Spen-

cer, Libby and Powell Funeral Home in The Dalles; Warm Springs Fire Management, DE Composite Products; Darlou Foster; Schoolie's; Jim's; Wallulatum's; Mitchell's; Amelia Colwash and Annie; all the drummers; all the cooks; Jim Johnson, Bright Wood Corp.; and all who spoke kindly at the funeral.

And I'd like to especially thank LaVetta Berry and Martiann Crawford. God bless all of you very much.

Sincerely,  
Carla M. Gilbert.

### Clean up

We live in Tenino Valley and want to thank the person(s) that piled and picked up garbage along the road, around Earth Day.

By hanging it on fence posts and placing debris in piles along the fence and road, it made it easy for us to load and haul away. Tenino Road looked great. We're trying to keep it clean.

The earth looked clean. Thanks.

Cheryl and Terry Courtney Jr., Kelly and Pinky Beymer, and Bernyce Courtney.

### Tenacity

Help us triumph as we express our great talents and strengths on the court July 7-15 in Phoenix, Ariz.

We will compete against 40 other Native teams at the Native American Basketball Invitational tournament.

Competition energizes, excites, motivates and inspires the team; competition on the court taps our talent and fuels our passion to rise to the winning circle.

Warm Springs, we are the voice of triumph full of confidence and hope, resilient by nature, we will with tenacity move into the winning circle.

We are asking for financial backing and support from you our community, our family, our friends, and our neighbors to make this dream a reality.

The team members – Shirelle Adams, Whitley Ruiz, Jacoba Smith, Briana Stacona, Yolanda Yallup, Jasmine Graybael, Erika Miller and Ashley Davis – invite you to join with us as we go forward to compete in the 2007 Native American Basketball Invitational (NABI) in July.

"A talent goes nowhere without someone who believes in them."

NABI is the only all-Native American tournament organized for the sole purpose of creat-

ing college scholarship opportunities for Native American student athletes.

Over 20 scholarships have been awarded to athletes since the inception of NABI. A few of the athletes are attending Division 1 and 2 colleges.

These are all great achievements and NABI is only in its fourth year.

With all that said, NABI would like to send a special "Thank you" to God. Without His hand on this event it would have never taken flight.

All donations are appreciated and accepted.

To support and make a financial donation, please contact T.J. Foltz and Marcie Stacona at (541) 235-1203.

### Wedding plans

This is Julian Wallulatum writing in regards to my wedding July 28. My self and my future wife, Hannah M. Crowe, are postponing the wedding to a future date. The things people do in Warm Springs reflect myself and my fiancé. Drugs and alcohol are a killer too. We, right now, are getting our lives planned for "the rest of our lives." I just need to pay a lil debt to society. I love all you people who look at us with love and caring souls. Especially Hannah's family and my family. I apologize for the pain I have brought to her family. Hannah says the same for me. To all who despise us, thank you. Makes I, Julian, and my fiancé Hannah and her children stronger. But we are happy together.

Forever in love, sincerely,  
Julian and Hannah.

### Hello, kids

Dear Anessia and Decimus Sam. Hello, kids, you know Fathers Day is coming... but I wish there were a day besides your birthdays set aside for you two only, because you two are most important to me as these days pass by. Also nothing really matters to me at this time but the two of you. You two are my life line.

There is nothing more important to me than my kids' happiness.

Dad will always be in your hearts as I keep you guys in my heart. Every day I pray to see you. I hope that one day you can forgive me for leaving. I didn't want to leave you but it was not in my hands to stay. If it was I would be home with you, so kids please never forget dad. Always and forever, a loving father, Tracy R. VanPelt Sam.

### Powwow

We, the Native American inmates of the Columbia River Correctional Institution, invite you to our powwow from 1 to 4 p.m. on Saturday, July 14.

We are requesting attendance confirmation. Please include in your confirmation any type of food (from vendors only) you may be able to bring.

Please contact Chaplain Blix at (503) 280-6646, ext. 248; or Kari Lady at (503) 280-6646, ext. 256 for background checks, food and other donations, and visiting information.

We wish to extend the following invitation:

"We are a group of Native inmates who wish to spend a spiritual day of celebration with you. It is the sharing and support of our people, in the community, that makes our powwow a true celebration.

"We offer thanks to the Creator and you the people for answered prayers and support. Without these, this celebration would not be possible. It would also not be possible without the recognition of Native American traditions by the Columbia River Correctional Institution administration."

### Fisheries

The Warm Springs Tribal Fishing Code limits our members to two fishing poles on the Columbia River. The ruling was made in May and June of 1982.

Harold Blackwolf and myself, Terry Courtney Jr., had numerous meetings at the Inter-Tribal Fish Commission with Yakama, Umatilla, and Nez Perce about their members using too many fish poles and our Warm Springs not being able to sometimes fish hook and line. By 2002, all the four tribes revisited their fish pole limits and made room for our members.

I now hear that some of our own tribal members are claiming they can fish with many poles. Your limit is two fish poles. You can be ticketed by Inter-Tribal Enforcement. Don't undo years of some of my hard work.

Terry Courtney Jr.  
P.S. Thank you to the person or persons who picked up and stacked litter on the Tenino Road about a month and a half back. I hauled out your efforts. Terry.

### Birthday

I would like to wish my man Delbert Frank Jr. a Happy Birthday on June 15. With all

my love to you for you're a great day, and glad you're mine. Thanks for sharing your life with me. Love you always for now, your woman Norma K. Switzler, my B.P.

### From mom

To my beautiful daughter Angeledith Saramylene Kalama, on June 4. Twenty years ago you were born. I'm very glad that God had allowed me to be your mom. I'm very proud of all that you've accomplished in your life for yourself and your son, and now the new baby on her/his way here! You are a very strong, intelligent young lady and I pray every day for you and yours.

Since I've been here in jail I've had a real awakening and when the time comes for me to be "out" there in the world with you, I know we can build our mother/daughter relationship to more than we imagined possible. You know I love you.

And I miss you. I apologize for being in jail on your day, can you forgive me – when I'm out we'll go do something together, me and you. Stay strong and God bless.

Love, your mom, Dorothy L. Kalama.

### Apology

I want to make a big apology to my mom, Josie Miller, for what I have put her through in the past year.

She was going through a lot of stress because of my actions. All the wrong things I was doing. And you were getting tired of my wrong choices I was making then had me move with my auntie Ladonna.

Now I'm trying very hard to change. Make myself a better person, make the right choices. I'll do whatever it takes to have my mom want me back in her home and life.

So I'm going to be attending treatment, then go back to school. And try staying away from the drugs and alcohol because it's becoming a big problem for me and I want it to stop. To all my friends, please help me, it's the right decision for myself.

Mom, I'm sorry for taking your car then going out getting drunk, losing your rings, I'd do anything to go back and change that but I can't so I feel a lot of guilt for what happened. And for what I put you through since I started taking off. I am also sorry to all the households I have been running to while on runaway.

I have put you and your families through jeopardy of being in trouble with the law. And I'd like to thank my grandma Daisy Ike (juvenile coordinator) for giving me this one last chance to change also my auntie and her family for opening their home to me.

I'm sorry, mom. I love you with all my heart, without you I don't know what I'd do if I continued without you in my day to day life. It's been pretty tough being away from you so far since I been gone.

But I thought of all the choices I made and will go back when I know I'm a better person.

I love you and I'm sorry.  
Much love,  
Jenny Redfox.

Thank you for writing to the Spilyay Tymoo.

### Correction

An photo caption in the previous Spilyay, identifying members of a welding class at Madras High School, misidentified one of the students as "Ron Suppah." The student actually is Ron Smith. The Spilyay apologizes for the mistake.

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## Myths and facts about diabetes

By Elsie Howard

This is a frequently asked question: What is Diabetes?

Answer: Diabetes means having too much sugar or glucose in the blood.

Glucose comes from the food you eat and is also made in your liver and muscles. Your blood always has some glucose in it because your body needs glucose for energy.

But having too much glucose in the blood isn't good for your health. An organ called the pancreas makes a hormone called insulin. After you eat, your pancreas releases insulin.

The hormone insulin lowers

blood sugar by helping the blood sugar get into your body cells and muscles and uses the glucose for energy.

In Type 2 Diabetes, your pancreas makes insulin, but may not make enough. Also, your body cells and muscles may not allow insulin to do its work.

So glucose builds up in the blood and can't get into your body cells and muscles. The blood glucose gets too high and it can damage your body if it is not managed.

People with diabetes can control their blood sugar.

Diabetes is mainly due to changes in eating and exercise. Years ago, Native Americans

gathered and hunted for food and made their own nutritious meals. People walked a lot.

Today, we buy highly processed foods at the stores, eat fast foods at restaurants, and drink sugary beverages. We drive cars rather than walk. People are heavier. These changes cause many Native Americans to have high blood sugar.

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

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