

Letters to the Editor

Good kids

Hi. I am Linda and I drive bus No. 50 in Warm Springs. My morning route is Kah-Nee-Ta, Wolfe Point, Sunnyside and West Hills. My evening route I take the kids home to Simnasho, Kah-Nee-Ta, Wolfe Point, Sunnyside and Miller Heights.

I just want to say thank you to the best bus kids you could wish for. I want to thank all the parents for enforcing the bus rules. Driving these kids is a joy and I look forward to coming to work every day. They behave well most of the time.

I also hope you realize not only how good your children are but how much effort Mrs. Smith and Mr. Rodin put into our school system.

Your kids are great! Thank you for sharing them with me.
Linda, bus No. 50

1855 Treaty

The Confederated Tribes of Warm Springs reserved certain inalienable rights. Reserved. Nothing was just given to the tribes.

Our forefathers knew that our lives were about to change. They had heard of the Euro-Americans conquering and destroying indigenous people in the East and were coming. Most of the tribal people wanted to fight to the death, but the Elders of the tribes convinced their people that it wasn't right for the elders, the women, babies and the unborn to be killed.

The decisions had to be made that would be best for the tribes' future survival. Eventually the clans and bands of the Columbia River decided they needed to keep their ways of life. The decision was to keep, reserve, certain rights. "To always be able to harvest the salmon and the roots and berries in the usual and accustomed areas." Our bodies have been acclimated to certain areas and foods.

The tribes signed the treaties relinquishing claims to millions of acres of land along the Columbia River in exchange for

certain reserved rights. The tribes did this with honor believing the treaties would be honored forever. According to the Constitution of the United States, Article 6, the treaties are the laws of the land and the states must honor the treaties.

Now-a-days, many non-Indians believe that just the U.S. Government is responsible for many problems on and off the reservations. Anyone remember the Gettysburg Address by President Abraham Lincoln? "A government of the people, by the people, and for the people, shall not perish."

I am a traditional platform fisherman and I speak for many others. An article in the Bend Bulletin, Friday, Jan. 5, 2007, about the killed hatchery smolts has mentioned that the losses could limit tribal fisheries.

I am going to fish every salmon season and hope other tribal fishermen will do the same. Our treaty reserved fishing rights and only the tribal people might decide not to fish.

There have been too many articles that do not understand what the Treaty of 1855 is about and are always putting undo limits on our harvesting rights.

The federal courts have stated that the treaties will be interpreted by the tribes as they understood all the terms and not by the public.

Thank you.
Terry Awees Courtney Jr.

AD retires

As I retire from Madras High School, I would like to thank the entire community for making these past 30 years so memorable. As I reflect back, there are some special people who I would like to thank and remember.

I have known since the fifth grade I wanted to be a PE teacher and coach. To Irene Spaulding and Lois Northrup, my grade school and high school PE teachers, I would like to say thanks for getting me started down a great career path. I fondly remember Stan Dmytryk, MHS principal who hired a 22-year-old young punk kid fresh out of college. Dave Wiles, who mentored me in the classroom and coaching. We traveled over 10,000 miles in a school bus on athletic trips my first year of coaching. Thanks for all the great memories, Dave.

The Oregon Women's Sports Leadership Network and its founder Becky Sisley who helped me explore the idea of becoming an athletic administra-

tor. Ken Centrell, for having the courage and wisdom to hire MHS's first woman athletic director. Thank you Ken for putting your faith in me.

Thank you to Ann Randle, the best athletic secretary ever, who helped learn the job and stay out of trouble. To current athletic secretary Misty Adams and long time MHS coaches Paul Brown and Evan Brown, you have been awesome.

Thank you to my parents, Stan and Phyllis Sturza, who taught me the meaning of hard work and perseverance. They have always been there for me. To my husband Curt Olson, who has loved me, support me and always been there for me - I could not have done it without him.

While I was honored with many great awards, they were only possible because of the countless hours volunteered by the numerous community members and retired staff. Thank you to all the even workers over the past 13 years. To the countless students and staff who have touched my life, all of you hold a special place in my heart. Education is all about relationships and I treasure them all.

So many years, colleagues, students and friends, that is what I will miss most. Thank you Jefferson County School District 509-J and Madras High School for allowing me to work in a great place with great people and kids. To current and former MHS staff and students - thanks for the memories!

Margaret Sturza, retired MHS athletic director.

Postponed

We, Mr. and Mrs. Julian M. Wallulatum would like to cancel the date of our wedding reception set for July 28, 2007. Due to the situation that Julian "Beanie" is in during the original date we planned, we will not let you know the future date when it is set.

Miss the kids

Greetings to everyone. My name is Melvin Ellenwood. I live in Spokane, Wash. I am a Umatilla tribal member. I am 52 years young, I have worked at the Healing Lodge of the Seven Nations since 2003. I have worked with a lot of young people, some have come from your rez.

I enjoy working with your kids. I miss all of them and hope they are doing okay. I cannot keep in touch with them because of rules of no contact with former patients, unless they see you first and talk to you, then I can talk to them. This makes me very frustrated, because the young people need help and support after they are done with

treatment. I think they would like having someone that cares, call them each month and see how they are doing, and if they are keeping out of trouble.

I think if you talk to the young people who were here, they would tell you they trust me and respect me, that is how much I care for your young people. I treat them like family, as most of the state here. So to all the homes that know me there, I miss you and hope the best for you. Maybe some day I can come down and dance at your powwow. But for one young man, he has gone on to the Spirit World, my homie Josh P. When he was up here at the lodge he made friends with other young people and staff.

This young man had his own dance steps he did down the halls. And he gave me a nickname, for some reason he called me Hebrew. I think it came from a rap song, but that nickname will always be with me. It is an honor that this young man liked and respected me enough to give me a nickname. I also ran the sweat house, and had the honor to sweat with this young man. I would like to thank the family for sharing Josh with us. To his family and friends, my heart goes out to you. To my homies there on the Warm Springs rez, I miss you and you will always be in my heart. To Josh, you were a warrior. I know you are in the happy hunting ground. Peach out to Josh.

May the Great Spirit be with you all.

Melvin Ellenwood, aka Smelly Melly.

Great wedding

Hello. I just wanted to send out a big thank you to everyone who made it possible to have my wedding on May 26 at the Shaker Church.

A huge thanks goes to my lil' brother Joe for being a big part of making my wedding day happen. My sister for being my maid of honor, I wouldn't have it any other way.

Ellie, for standing up with me on my wedding day as a bride's

maid, my daughter and my neices for looking so pretty in your pink flower girl dresses. My sons were so handsome in their little suits.

Thanks to my new brother-in-laws Melvin and Michael Hancher for standing up next to their brother as best man and groomsmen, you guys were very handsome. And my brothers Edwin and Joe, thank you for walking me down the aisle and giving me away, I know how hard that was for you... nah just playing!

Thanks goes to Al Kelly, Laura and LaVonne for helping out in the kitchen. My Grandpa Norman for doing the ceremony, my cousin Farrell for making the awesome cake, it tasted good too but I think I forgot the piece we were supposed to freeze until next year!

Much thanks to natural resources for giving us fish. I also wanted to say that it was good to see my family who traveled from Washington come and share my special day. It was so awesome to see my aunt Pam and her kids Thaakaa, Kiiskanaka, and Sissy who all traveled from Kansas to share my day with me - thanks guys, can't wait to see ya'll again! Thanks to Kalles and Noelle Hancher, Bertha, Millie, Leilani and Will, Gage, Lilli, and baby Noah for traveling from Owyhee to be here with us, nothing makes a special day better than sharing it with family.

I also wanted to say thanks to my Gram in Kansas for the nice pendleton blanket. Also to everyone who came out to Kah-Nee-Ta and got their groove on, I had such a blast with everyone there. Thanks to everyone who helped decorate, and of course, thanks goes to Dj K9 for all the cool jamz! If I have forgotten anyone, I'm sorry - just know that I meant to say thanks. **Kalles and Roberta Hancher Jr.**

Stickgame

The Starr Stickgame Club would like to thank everyone who bought raffle tickets. Your support is greatly appreciated.

Thirteen teams participated this year. Winter Selam of Warm Springs took first. Second place went to Bob McKay from the Valley, and Kim Starr from Warm Springs came in third.

For all the people who traveled here, thank you and we look forward to seeing you at the next tournament.

The Starr Stickgame Club.



Apologies

To the people of the Confederated Tribes of Warm Springs, and Bek, I, Hannah Crowe, am sorry I broke tribal on 6/2/06 by duii, reckless endangering on old partner of mine. We were trying to only help out some other chick but obviously I helped my own rap sheet out in a bad way. I've been off the wagon for seven months now and all I've done was mess up. I'm sort of tired of it now so I think I'll take full responsibility of seven months worth of irresponsibility. I apologize to my family for the shame my actions have brought to our family name. I'm only another Mexican on the rez trying to get out. Further I apologize to the following: Brittney Elexi and myself, and the car that was directly impacted by my actions. I love you Beanie and stop putting things in the newspaper that I never say. Makes me do crazy things. Lol. And I will make every effort to follow our laws in the future. I really will. This is all court ordered. **H. Crowe.**

To the people of Warm Springs, I apologize to who I've done wrong, I would like to apologize to the Police Department for my involvement in drug dealing regarding meth. I will try to do better in the future. Thank you. **Aldo Antunez Sr.**

Correction

The article in the previous Spilyay regarding Abby Scott's great basketball season said that during the Skyhawk Classic basketball tournament, the average height of the players was 5 feet. Actually the average height was 5 feet eight inches. The Spilyay regrets the error..



Happy 21st Birthday on July 5 to baby girl Felicity Dawn. With love from Mom and Dad, and Victor and Oval Bar Ranch, Tenino.

Happy Birthday, Lenise Thompson on July 7, 2007. For all the smiles, trials, tribulations, memories, and smiles we've put behind us, you've always remained real to me. Keep it that way, "Honey T." That's the only way to be!
From, You already know.

Happy 23rd Birthday to my lil' Brothern Louie "Big Sky" Van Pelt on July 6, 2007. Keep it real bro! You know what you've got to do, so go ahead and do it!
Your bro, T. Lewis.

Public Notice

Attention all Warm Springs and Simnasho-Schoolie Flats Water Users.

As a public water system, we are required by the United States Environmental Protection Agency (EPA) under the 1996 amendments to the Safe Drinking Water Act (SDWA) to publish the Consumer Confidence Report (CCR).
Copies are available by call the Water Treatment Plant at 553-14272.

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

Myths and facts about diabetes

By Elsie Howard

True or false: The best place to take insulin injections is in the abdomen or stomach.

Answer: True. Insulin shots work best when injected in the abdomen or stomach.

Injecting insulin at many different sites will affect the rate at which insulin enters the body, therefore affecting your blood sugar levels.

Insulin injected in the upper arm arrives in the bloodstream

more slowly than in the abdomen, and injections in the thigh slower still.

Injecting insulin in the abdomen will give you the best results, because the insulin will reach the blood at about the same rate with each shot.

Don't inject in exactly the same place each time. Move the injection site around to different areas in the abdomen to prevent hard lumps or fatty deposits from developing around the injection site.

Hard lumps or fatty deposits develop when you inject the insulin in the same place all the time. Do not inject insulin too close to the belly button, place two fingers width around the belly button and inject insulin outside of this area.

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

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

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