

Letters to the Editor

Rez Express

We would like to say thank you very much to those who supported the boys' high school basketball team, Rez Express, with all of our fund-raisers.

The boys will be in Phoenix, Ariz. on July 9-14 for the Native American Basketball Invitational (NABI) Tournament.

Thanks so much to the Confederated Tribes of Warm Springs, Warm Springs Composite Products, Kah-Nee-Ta High Desert Resort and Casino, Wildhorse Resort and Casino, Warm Springs Power Enterprise, River Bend Guide Services (Al Bagley), Earl and Rita Squiemphen, Val Squiemphen, Sandra and Owen Danzuka, Spirit Mt. Casino, Jeff and Marietta Brisbois, Edison and Percy Yazzie, Amilia and Teri Jo Yazzie, Jon Williams, Redine Kirk, Flossie Wolfe, Charlotte Herkshan, Carolyn Brunoe, Gloria's Espresso, Tony Torres, Donna Torres, Ina Schuster, The Community Wellness Program (Carolyn Harvey), Bridgette Whipple and Warm Springs Forest Products. Lastly, and most important, to all of the family, friends and relatives of our team whom we can never thank enough for pitching in, donating and overdoing the help for the boys!

Integrity is tough to find, but you were there for the boys.

Sincerest thanks.
Sammi O'Reilly, coordinator.

Healthy Nation

En-me'-nye-moo-ma'. I want to make a challenge to our newly elected Tribal Council and appointed executives. Are you willing to make a real commit-

ment to help our Nation become a healthy community? Are you willing to follow the lead of our healthy women and men who want to eliminate domestic violence, rape and child sexual abuse in our community? What is the Tribal Council doing to comply with the federal law; Adam Walsh Act and the requirement to pass a resolution stating the Tribes' intention to participate in the National Sex Offenders Registration and Notification System by July 27, 2007? In 1990 a community health group declared, "Warm Springs can and should be healthy." Their Statement of Philosophy still hangs in the administrative offices of the IHS clinic. How far have our people come to take control of their health?

I want to talk to our young parents and youth. Joe Garcia, president of the National Congress of the American Indians, recently spoke to Congress in Washington, D.C., "One in three Native women are victims of rape." What is it in our community? I agree with Joe that change must occur now. This means domestic violence and especially child sexual abuse. Domestic violence, rape and sexual abuse are all forms of control and power. All of us are affected by the violence. We have all heard that it is a part of our traditional values that the man leads. But it is the women, especially the elders that approve their leadership. Deciding what is acceptable behavior in our community is all of our responsibility. Our intent of traditional values should not be to reject them, but to clarify for all generations. We all know there is too much confusion about our traditional values. Our longhouse and religious leaders must take the lead in a good way.

I believe we should be profoundly offended by and oppose anyone who fails to honor and protect our children and women. Twenty years ago our tribal health programs led Indian Country with "state of the art" planning, services, community health education and plans to build our new clinic. We were helping our people regain control of their health. Our Tribal Council and the secretary-treasurer were our health care champions.

I believe we have a great opportunity. Are the Tribal Council, secretary-treasurer and chief operations officer up to the challenge? I trust it won't be another 20 years and my grandchildren are asking the same questions and making this challenge.

Neegh Pacwai,
Wa-Ticks-na'-Keeit (Sal Sahme), Warm Springs.

Deepest regard

To the family of Iris Smith,
It is with our deepest regards we were not able to travel to Warm Springs to pay our last respects to wonderful women we called Gramma Iris.

To Batman and CJ, thank-you so much for finding us and calling Doug and letting him know what was going on. We had every intention to make this trip but things happen that prevented us from making this trip and we are so sorry about that. I can only hope that you and your family can forgive us and accept our deepest apologies. I will also mention should anybody feel the need to get a hold

of Doug or myself you can write us at PO box 612 Pendleton Oregon 97801. With regards,

Doug and Shawna of Pendleton, Douglas Jr. and family of Lapwai, and Michelle Crane of Worley, Idaho.

Great job

To my husband, Bruce Howtopat, congratulations on graduating from Western Culinary Institute, as well as your current successes in your new career. I am so proud of you for all that you have accomplished! I also want to thank you for being such a wonderful husband and father, and for working so hard to give us such a good life. I am so thankful that we found each other, and I love you very much.

Always, Tana Hamilton Howtopat.

Thank you

Please forgive our family for not writing this letter sooner. We lost our dear loved one, Eligio Santos, in September 2006. It was only two months later we lost our dear loved one, Susanna Santos. We never even had the chance to get over the shock of losing Eligio then we lost our dear Susanna, and so we wish to let everyone know we are grateful to all who support us in our sadness and trials. We wish to thank Wilson Wewa and the sisters who came to the river to comfort us and be with us as they searched for our loved one. We wish to thank Roger Pearce and the Maupin Fire Safety and Rescue crew. We wish to thank the Warm Springs Fire and Rescue and police for their support and for being there.

Thank you to all of the people who came to be with our family and help at the river on the Deschutes. Thank you to all the community who gave us help and support. We would write each and every name but it would take up so much space and time. We just want everyone to know, we know your faces and remember each and every one of you, so we'll never forget you.

Thank you to the drummers and cooks and helpers in the Sinnasho Longhouse, to Eligio's friends and co-workers and our family who were there for us. Bless you each and everyone of you. We will always be grateful to you. Mark Angel (diver), for finding our son, we'll never be able to express our feelings of gratitude to you for the work you do.

So to everyone, we pray all the help and kind support you gave us will come back to you. With our deepest love and appreciation.

Alberto and Brenda Santos and family.

Myths and facts about diabetes

By Elsie Howard

Myth: Eating too much sugar causes diabetes

Fact: Eating too much sugar does not cause diabetes. The true cause of diabetes is not fully known, but genetic and lifestyle factors appear to play a role in the majority of cases.

Persons with diabetes either do not produce the hormone

Appreciation

To our Warm Springs Neighbors:

Thank you for the invitation to come share in the celebrations of your Pi-Ume-Sha festival. It was an honor for my wife, Grace, and I to share in your honor dinner Friday evening. The evening of dance, video, prayers, songs, speeches and various presentations was an inspiration to us in many ways. Your kindness in providing a wonderful meal, sharing gifts of flowers and bead necklaces, and the many opportunities for conversation continues to be appreciated. The hospitality and friendliness of your people was extended to us not only at the Kah-Nee-Ta Lodge, but at the museum, the store in town, and from families at a local church on Sunday.

While attending the dances at the Pi-Ume-Sha grounds, even our neighbors on the bench shared their dried salmon, and were friendly with their greetings. At one of the vendors I even found a well made pair of soft elk-skin moccasins which are very comfortable to wear. Grace and I spent several hours at your museum and I took many, many pictures.

The Celilo exhibit is very well done, and shows us how broadly our future can be affected by the choices and agreements we make today. We now all share this region and together we have the opportunity to make it a better place for those who will come after us.

Saturday evening provided the opportunity for reflection and quieting the soul. As I sat on the balcony outside our room, from somewhere nearby the melody of an evening prayer chant whispered in the wind. I contemplated the words and presence of our elder, Gladys Miller Thompson, not only of the Kiksht language, but also of history, of family and especially of her faith in Jesus Christ. The Creator's Spirit bears witness to her prayer even in our own hearts.

I believe this experience will continue to help me as I serve my "tribe," the community of Cascade Locks, on our local City Council and also with other relationships within our church and community.

If you have opportunity to be in Cascade Locks some weekend, please be welcomed and join us at St Patrick Church for morning worship (10 a.m.).

Sincerely, Darrell Driver, Cascade Locks City Council.

Happy birthday wishes...

Happy birthday Mom-Grandma-Wife on July 18, Neda Wesley. From Himmy Wesley Sr., Wesley D. Redhouse Wesley, Martina Stweyer, Kayla Vanessa Teweey, Marcal Blackwolf Teweey, Phil Teweey,

Good visit home

At this time we would like to thank Neda Wesley and Eliza Jim for honoring our daughter Hester Taylor and family during Pi-Ume-Sha, as she was home on leave for a few days.

We also want to thank Charlotte Shike for the dried deer meat she gave Hess before she went back.

Hess is still stationed in Norfolk, Virginia, and assigned to the USS Carl Vinson. We were very glad to have her and her family home even if it was for a short time. The entire family was glad to see her.

Hess also got to visit with her aunt and uncle, Debbie and Mike Keats, along with her cousins Kathie and Michelle Keats. Hester's aunt, uncle and cousins are from Yerington, Nev. Her cousins played with the



Nevada Team.

Hester's mother-in-law made the trip with them.

Hess and her family also went thru the parade on Saturday. People were telling Hess "Hi" and glad to see her as she and her family were making our way down the line. She was in her full uniform and looked very nice.

Thank you.
Florene and Harvey Scott and family.

Culinary success

To Higher Education and the Confederated Tribes of Warm Springs, I would like to express my deepest gratitude to you for your support while I embarked upon furthering my education. On May 5, 2007, I graduated from Western Culinary Institute in Portland, earning an Associate of Occupational Studies in Culinary Arts Degree, as well as a diploma from the Cordon Bleu Program. Your continuous support helped me in several ways. Most obviously the financial assistance took much of the stress out of going to school, and allowed me to have balance in my life. I was able to focus primarily on my studies and my home life, while working part-time to gain more industry applicable experience.

Your support and the confidence you placed in my abilities helped me to establish a great sense of purpose and pride. I am honored to have represented our tribal at WCI. I now possess not only an education but a wealth of fantastic memories! I would also like to take this opportunity to pass on a personal message to all tribal members...

If you don't like the path



your life is on, it is your own responsibility to change it. There are many resources available, especially to those who are willing to do some of the work themselves. I would like to be an example for anyone who wants to make a positive change. I made a personal choice to straighten out my life, and now all of the energy I used to use in being destructive has been re-focused on being a productive member of society. Now, to me, I have the "good life," an elite education, a great job, and a supportive, loyal and loving home. Thank you to everyone who supported me, encouraged me, and believed in me! Sincerely,

Bruce Howtopat, 6738 N. Fessenden, Portland, OR 97203.

Correction

The story regarding the gathering for graduates in the previous Spilyay included Raneva Dowty, Vesta Johnson and Shilo Shaw as graduates from four-year higher education institutions.

Vesta Johnson earned her master's degree in business administration and is currently working on her PhD in Clinical Psychology.

Raneva Dowty earned her PA degree and is working as a physician's assistant in Alaska.

Shilo Shaw earned her PhD and is working for Veteran's Administration. The Spilyay regrets the error.

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Happy birthday Louisa Terese Tucketa, July 4, missing you, always. Love, Allan D. Warner.

Apology

I would like to apologize to my family and dearest friend Vernice Switzler for assauling you. Truly I am sorry fro my family for embarrassing our family name. It'll never happen again. Thank you. Tiffany Smith.

Thank you for writing to the Spilyay Tymoo.