

Entering Fitness Challenge a challenge for some

By Selena Boise
Management Successor

This week a discussion was brought out about the November Fitness Challenge and how it has changed over the years since it began.

Now, as I remember, it was a challenge to get people motivated to exercise and maybe continue to exercise, even after the holidays, into the New Year. I used to enter a long time ago with my office staff when there were lots of us.

I entered last year and exercised only for November and quit, because I had no motivation after that. I didn't do much of the triple bonus point events that were held, so my minutes were only from exercise I did in the evenings. I like to walk.

The discussion I had was about how the teams are entered, and that there is only one team per department allowed.

If a person wanted to enter a team and they came from a large department, this person would need to compete to be on the team, or be chosen. I believe that there is only one team per department or organization allowed.

Now, to be chosen or allowed to be on the team, they would look at this person and say, "Will they help us win? Will they participate in the bonus point events to help us win?"

I can see where winning is good, your team name is put on the sweatshirts, and that is a good thing. But, how much exercise is this winning team actually getting, aside from the triple bonus points?

Now, this person was making sense to me because I realized why I wasn't chosen to be on a team this year. I didn't do the triple bonus point events. I am able to do them but choose not to. So this other person has to compete with co-workers to be on the team, by getting bonus points. Just plain exercising isn't enough anymore to get on their team.

It was further discussed that it should be open to any group of people who get together with a team. Maybe a group that gets together for meetings, clubs, or monthly activities. A department also shouldn't be restricted to one team if there are enough exercisers for two teams.

It takes a lot get motivated, especially around the holidays. If you're restricted from a team, why bother?

Letters to the Editor

Been thinking

I've been thinking about the Warm Springs legacy of the past contrasted with modern times. Thirty to forty years ago the Warm Springs Reservation was considered number 10 in the state of Oregon as far as a business conglomerate. Now we are tottering because of graft. Back then when my great grandfather Chief Simtustus was in charge for 60 years, the backbone of the reservation was the Warm Springs Forest Products.

Now the mill is shut down for five weeks with huge perfect beautiful logs going out daily to be sold to some outside mill while tribal production people are forced to sit at home without any work. Poor decisions were made prior to this like paying mill board members \$80 an hour. Caucasians were hired from outside the reservation for quality control, doing evaluations which the production crew already could obviously see, only instead of being paid like a production crew member, the strangers were being paid a lot of money for over six months, which was an obvious waste of mill money.

Now the mill, in order to make up for what they spent on outsiders, has tribal members sitting home out of mill work while reservation logs are being sold to outsiders. Where are those logs going? Where is the money for those logs going? Something is not right, and it has to do with leadership.

Then there is the matter concerning the reservation casino. Before the Indian Head Casino was built in 1995, Tribal Council members promised at a Simnasho meeting that this proposed casino would be the new backbone of the reservation to help the people.

So it was voted on and passed, even though some of us thought it was too little, too late. Since 1995 up until today in 2007, not one Warm Springs tribal member has received one cent of monthly or yearly dividends from Indian Head High Desert Resort and Casino.

I would be interested to know just where the profits are going? Non-Native Americans outside our casino who believed in the past that we were getting dividends are amazed to learn that just is not so.

Other Native Americans from other reservations in California, Michigan, Washington and even here in Oregon are surprised to learn that we don't receive individual tribal member dividends. And when we learned

of how tribal members from other reservations like our competitors in Grand Ronde receive \$2,000 each yearly, we are awed and begin to wonder just where have the dividends we should have been receiving, going?

Back in 2003 at another Simnasho District meeting some elders stood up to the Tribal Councilmen who were present at that time and asked this very question.

They were brushed aside as though their concerns were not as important as the newer proposed Columbia River Casino that was being in the works and which would cost \$100 million, after which 10 years had passed, dividends would finally come in. "What a deal," and aged elder exclaimed. "By that time we will be dead. We need that money now! And what has happened to the money you promised us back in 1995 for Indian Head Casino? We're still waiting for that money which has never come to us."

It was at that district meeting that Tribal Council members promised that the Columbia River Casino would be up and running by September 2005. The vote at that time for the Columbia River Casino was under the impression that it would cost \$100 million.

By the end of 2005 that casino was only on paper and here it is almost 2008 and it is still only on paper, and still no dividends from our present ca-

sino. In the meantime, two long-standing suits were finally won by the Warm Springs Reservation: One involving lumber theft to tune of \$27 million and the other involving past government debts that was around \$30 million, neither of which any tribal member ever saw a penny. So where are all those funds which should have been divided among the people going?

Shouldn't tribal members have a say about where that money should have gone since it really belongs to them?

These are hard times for everyone. Let's care about one another now.

Suaikt, aka Willard Tewee.

Spechtrum

If you or someone you know have heart of service, and you are trying to figure out what you can do to serve, then look know further.

Hip-Hop Worship is the brainchild of Tommy Kyllonen, who is the author of "The Unorthodox Christian." Tommy is well known for is hip-hop lyrics on MTV and BET.

Tommy now is the Pastor of the Crossover Church in Tampa, Fla. Without further ado, Hip-Hop Worship is being launched here on the reservation.

Hip Hop Worship is on Saturdays at the Spechtrum Youth Center from 9 p.m.-11 p.m. Re-

freshments will be served every Saturday evening, following worship.

What we need: Hospitality greeters, welcome committee, praise dancers, break dancers,

rappers, chairs, singers, DJ/MC, and much more.

Please Contact: **Quantae' L. Cole** at 553.1078 or email him quantae.cole@exyp.org.

Letters of apology

I would like to apologize for the events that I was involved in at Elmer Quinn Park on the night of July 2007 at 12:51 a.m. I now realize the events I had done were wrong and have learned my lesson from the events that had taken place. Sincerely, **Matthew B. Garcia**.

To family, friends, members of the Warm Springs community, I would like to extend my heart-felt apologies for being drunk in public and being under the influence of illegal substances. I am truly sorry I had hurt anyone physically, emotionally, spiritually. Again I am truly sorry for my actions. **Jackie Smith**.

I am sorry I broke tribal law on October 1, 2007 by driving under the influence of alcohol. I do know I could have put others in danger by doing this. It was stupid to have done this again.

For this I am sorry. I apologize to my family for the shame

my actions have brought to our family name. Further I apologize to the people of Warm Springs. It will not happen again. **Ronald Graystar**.

I am sorry I broke tribal law last month by assaulting someone. I apologize to my tribe for my wrong doings. I am deeply sorry and am trying to change my ways to right ways. Once again I am sorry. Further I apologize to my grandpa and my sister. **Mandy Suppah**.

To the Warm Springs community, I am remorseful for my actions that took place on November 1, 2007. I plead guilty to a charge of driving while under the influence of intoxicants on November 5, 2007.

I am sincerely expressing regret for my actions and I encourage everyone to seek a designated driver, if you choose to consume alcoholic beverages this holiday season. Respectfully, **Raymond Tsumpti Jr.**

Indian Youth Conference returning to Warm Springs

Among the many organic documents, Tribal Council developed a Proclamation as a guideline to be more strategic with our decision-making process, to provide a long-term vision, and also setting good rules, as we attempt to bring the tribal community along with us.

The Tribal Council has placed tribal members on Tribal Council Committees to assist with services for the membership.

As we proceed to fulfill the vision for the Confederated Tribes of Warm Springs, I've come to realize that it is in our best interest to include the voices of our youth.

What do they want their future to look like? My Elder aunt Aurelia Stacona and tribal youth

made the successful bid for the 2008 Northwest Indian Youth Conference to Warm Springs, Oregon to be held on the last week of May 2008...

Thirty-three years ago other Elder relatives, the Tribal Council Agency District Representative Bernice Mitchell, her sister atwai Verberna Greene, and Charles Jody Calica initiated the first Northwest Indian Youth Conference at Warm Springs, so we have brought the movement into a full circle.

Our high school Indian Club participated in this conference back in the day! Wilson Wewa was our club president and I served as the vice president.

Today we commend the efforts of our Elders for their

good hearts and good minds to bring a magnificent event to our land.

The theme is, "The Ancestors will be our strength for the future." We expect over 1,000 youth to attend, which means that we will be creative in providing the lodging and meeting rooms as this exceeds the maximum capacity for Kah-Nee-Ta Resort. Aurelia placed the goal of making at least a half-dozen teepees.

Along with the conference, there will be evening entertainment, basketball tournament, horse endurance race, pow-wow, round dance, oral story/speech contest, golf tournament, 5K run, art show, traditional parade, fashion show, talent show and

fundraising activities will soon be under way.

In gratitude to our Elders and Youth, I am asking the tribal community, tribal programs, and especially the parents and youth to come forward and volunteer with this event, please.

At this time, the conference committee includes Aurelia Stacona, Ervanna Littleeagle, Mike Collins, Jilleen Lamb, Jason Stacona, Deshawn Littleeagle, Allen Pinkham Jr. and Aurolyn Stwyer. You may contact the Tribal Council Administrative Staff at 553-3257 to indicate your interest in serving as a volunteer.

Aurolyn Stwyer, Simnasho District Representative and Vice Chair.

Myths and facts about diabetes

By Elsie Howard

This is a true or false question, so grab a pencil and circle your best answer.

Drinking a glass of water during a meal reduces your appetite and helps you eat less. True or false?

Answer: True.
Drinking a glass of water during your meal can help you

feel fuller on fewer calories.

When the water combines with the food, it expands the volume of food in your stomach and makes you feel fuller faster.

You also can fill up on fewer calories by eating watery foods, such as broth-based soups, vegetables and fruits.

These foods are low in calories and high in volume—so you feel fuller faster.

Please contact me if you have any questions at 553-2478.

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

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. No libelous statements may be printed in the paper. Again, thank you.

Happy Birthday and other wishes...

Happy holidays to my family. I miss you all so much. Love always, Annie Dee.

Happy belated birthday to my brother, Ford Wyatt Fuiava. I love you, bro. Miss you. Love always, your Nana Annie Dee.

Happy belated birthday to Pamela Joy Saunders-Fuiava. Take care. Love always, Annie Dee.

Happy birthday to my sister Kishon Marilyn Fuiava. I love you with all my heart. You behave, ok. Love, your Nana Annie Dee.

Happy birthday to my Momma on Dec. 7. May the Lord be with you always. I know times can be hard, Mom, but when fall, pick yourself back up and keep moving forward. Love always, Annie Dee.

Happy belated birthday to Stacy Lynn. God bless you. Love always, Annie Dee.

Happy anniversary Young and Oly. We love and wish you many more! Love, LaMousie, B-Love, and C-Dog and A.D.

Happy belated birthday Shirley Heatb, hope you had a good day, Selena.

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