

Show appreciation to your military personnel

By Selena Boise
Management Successor

Is spring finally here? It sure seems that way.

This week it was brought to my attention that May is Military Appreciation Month and as a military soldier mom, I should have known.

Our past and present soldiers should be recognized and appreciated. I read this email that made this statement and I thought it to be true.

"Remember only two defining forces have ever offered to die for you: Jesus Christ and the American Soldier." One died for your soul and the other for your freedom.

Well, that's why this is the perfect time to show how much you appreciate all the brave men and women in your life who are fighting - or who have fought to keep us safe and free.

I hope that everyone is able to remember those that have fought for our freedom by thanking them in person, or emailing them if you have their email addresses. Even mail something to them with your appreciation. It is a great service that they provide for us.

Stop and think about the life of a soldier, they have daily routines, inspections, and continuous training and work to become a good soldier. Similar to that of a working person but to specific standards set by their superiors.

I talk to my son regularly and he calls or sends me messages and it is truly a good feeling to hear from him. Especially if he is overseas fighting terrorists for the protection of our country, a parent can feel pride in accomplishments like that. He is at his post at this time though, Schofield Barracks in Hawaii.

While this is the season to feel pride in your graduates and the milestone they complete in their lives, feel pride in those that have gone further and did a good thing for our country.

This years graduates are feeling a sense of accomplishment and relief that they completed high school. And we should encourage them to continue with an education that could take them farther in life.

I am sure that they will feel a greater pride in the completion of a college education like that of many who will accomplish that this year. I hear there are many of them from Warm Springs.

Remember to thank your soldiers, past and present, and congratulate a graduate because now is their time, their honor.

Spilyay Speaks

Very proud

Congratulations to Valerie Switzler who will receive her bachelor's degree from Haskell on May 9.

Also to Allen and Mayanne Mitchell and Ashley Aguilar who have all excelled with 4.0 grade point averages and have been on the president's list, the dean's list and have received scholarships from IBM.

I'm very proud of their accomplishments.

Maxine Switzler.

Responsibility

I'd like to let all of you who read this paper now what I've learned about the word "responsibility."

Those of us who are young adults should realize we all live in the USA, the land of freedom to make our own choices and decisions for ourselves.

We should be responsible for what we go through in our own lives and not look for a blame.

May you all in Warm Springs have a nice, warm summer this year. Thank you.

Evette Patt, 50 Kourt Dr., apt. 3, Eugene, OR 97404.

Great job

Congratulations to our granddaughter, niece, cousin Melinda Faye Polk!

How proud we are of your accomplishments.

I know it hasn't been easy, but being the strong and determined young lady you are, there were never any doubts. Way to go, Melinda. We love you so much!

Grandma Evelyn, Uncle Chris, Willie, Johnny and Auntie April and the boys in Taholah.

Great cause

Dear potential sponsor,

My name is Sophia M. Suppah at the age of 6 years old. My stepfathers is Rodney Scott and my mother is Deece Suppah. My grandparents are Roger Suppah and Jack and Annie Williams. I have been selected to compete as a State Finalist for the National American Miss Pageant in Portland at the Double Tree Hotel-Lloyd Center for my home state. The National American Miss Pageant is set for the dates May 24-25.

National American Miss is a program like no other, designed to help girls develop an empowering poise and self-confidence.

I will learn how to conduct myself in a job interview, how to speak with confidence, and

will gain a special poise that will help me in whatever I choose to do in life.

As a potential sponsor, you are being asked to help in participate financially in the program by providing all or part of the sponsor fee. The total sponsor is \$440. As a sponsor, you and your organization will be listed beside my photo in the state program book. The sponsor fee is tax-deductible for the businesses.

My sponsor fee deadline is \$220 by May 9, 2008. Check is to be made out to National American Miss, 11777 Katy Fwy., suite 120, Houston, TX 77079.

Thank you for your time and for helping me to realize my dreams. Most sincerely,

Sophia M. Suppah.

Myths and facts about diabetes

Question: Is it possible to eat less fat at fast food restaurants?

Answer: Since most fast food restaurants have adopted

the "bigger is better" attitude, the classic small, medium and large sizes are no longer available at most places. Now you have large, extra large and supersize.

Because of these larger portion sizes, the average American takes in 150 more calories a day and most of these calories are fat. Although an extra 150 calories doesn't sound like much, these calories add up with bad results for you.

There are many ways you can lower calories and fat in a fast food restaurant. The easiest way is to choose the smallest serving available. Just choosing a plain cheeseburger instead of a double cheeseburger will remove more than 200 calories.

Most important is to choose low fat items in place of high fat items. For example, choose a baked potato with salsa or steak sauce, instead of butter or whole fat sour cream, instead of French fries.

Order sandwiches without fancy sauces, and order salads with low fat dressings (or "on the side" to control the amount of dressing you put on your salad). When low fat options are not available, leave a few fries

on your plate or a few bites of your sandwich, and skip dessert. The best way to reduce fat in fast food? Reduce how often you eat fast food.

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

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

Apologies

I am sorry I broke tribal law on March 29, 2008 by driving

Did you make a healthy goal?

By Jeri Kollen RN
Model diabetes program

Doing something you don't have to do takes some planning. Goals take planning.

Setting a goal: Think about it, decide you are going to do it, plan a time to accomplish it.

Possible exercise goal: "I would like to go to the Kah-Nee-Ta pool," then;

"I am going to go to the Kah-Nee-Ta pool," then the planning

under the influence of an intoxicant. I apologize to the Confederated Tribes of Warm Springs. I also want to say this will not happen again, and I will make every effort to follow our laws in the future. Rudy Paul.

I am sorry I broke tribal law on 3-29-08 by driving while intoxicated and endangering my brother, and anyone else that might have been driving around that time. I myself am guilty of this act. Ian M. Tohet.

thought could be:

"I will call the pool to check on their hours," and "I will go to the pool on (day) at (time)."

If you do not go to Kah-Nee-Ta on the day you thought you would, do not despair, make another date for yourself. Be sure to get your swim gear together so you are ready to go.

After you go, be sure to recognize your accomplishment and that you met your goal!

Happy Birthday and other wishes...

Happy birthday to Martina Stwyer from your older sis. Love and miss you, Lucinda Stwyer and Melvin Tewee III.

Happy birthday to my Daddy! Stuart A. Smith Sr., love you always. Hang in there! I'm your Aye Bay Bay'z, Lucinda Stwyer III.

Happy birthday to my baby niece "one in a million" Amelia Revena Boise on May 8. Wishing you lots of fun. Miss you Baby Girl. We love you always, your Auntie Desirae and your Na-Na Denyce D. Padilla.

Happy birthday to my first cousin Latasha L. Boise on May 13, Machell T.F. on May 12, Tonya "Bonya" Boise on May 18. And to Collin Wade Switzler on May 18. Hope you all have a good one. With love always, Desirae D. for ever Denyce Dawn Padilla.

Happy birthday to Auntie Selena Boise with love, Desirae

and Denyce Dawn Padilla. May 27.

Happy birthday to my fren' Mike Bettega. Wishing you the best and many more. With much love and respect always, Desirae Dawn Boise 4ever Denyce Dawn Padilla.

Happy birthday to Eydie Switzler on May 24. Desirae and Denyce Dawn Boise Padilla.

Happy birthday Auntie Eydie Switzler. Love, Jump-Jump aka Johnnie Smith.

Happy birthday from Raenele Weaselhead, and the baby in the oven.

Happy belated birthday to Adam Rubio, Jr. "9" on April 23; Toni Tail, 25 on April 8. From Crystal, Poncho Sr., Lana, Taiyena and Booger. We love you.

Happy Belated Birthday to Sally Charley and Baby Sally from Crystal, Poncho Sr., Lana, Taiyena and Booger.

Happy 12th birthday to

Shining Star Tail on May 17, we love you, from Crystal (auntie mom), Poncho Sr., Lana, Taiyena and Booger.

Happy 6th birthday to Lil Augs, we miss you, hope you have a good birthday. From Crystal, Poncho Sr., Lana, Taiyena and Booger.

Happy Birthday to my aunty Maryann, from Dahlana, I love you

Happy Birthday to Turina from Poncho.

Happy birthday this May 17 to Halena Jackson and Mina Shike. You have a great day. Take care. Miss you Mina. From all of us, the Sam family.

Happy birthday to Chantel Picard. Have fun on your day. From grandpa and grandma Robert and Marella Sam family.

Happy birthday to our sister Chantel from Woody Jr., Dartanian, Kaylbe and Elisha Picard.

Happy birthday to our

grandma Charlotte Shike. Love you grandma, hope your day is a good one. Love from all of us Sam kids.

Happy birthday to Auntie Charlotte Shike. Love you, from Robert and Marella Sam.

Happy birthday to Caleb on May 9, you have a good day. Love from grandpa and grandma Robert and Marella Sam.

Happy birthday to Caleb this May 9, you have a good day. We will be there. From grandpa and grandma Robert and Marella Sam.

Happy birthday to my sister Naomi, from Tonya Leigh.

Happy birthday to my sister Leah, from Tonya Leigh.

Happy birthday to our mom Selena. From George, Tonya, Leanna and Jackson. We love you!

Defensible space can save your home from fire disaster

by Suzi Macy
Prevention Technician
W.S. Fire Management

There are three zones to be concerned with when you are defining your defensible space.

Zone 1 (primary area adjacent to the home) is the area of greatest modification and treatment. It consists of a recommended area of 30 feet around the structure in which all flammable vegetation is removed.

Create a non-combustible area at least three feet wide around the base of your home. This area needs to have a very low potential for ignition from flying embers.

Use irrigated herbaceous plants (such as lawn, ground cover and flowers), rock mulches or hard surfaces such as concrete, brick and pavers in this area.

Keep it free of woodpiles,

wood mulches, dead plants, dried leaves and needles, flammable shrubs (such as juniper) and debris.

Try not to plant directly beneath windows or next to foundation vents. Frequently prune and maintain plants in this zone to ensure a vital growth and a low growth habit.

Enclose or screen decks with metal screening. Do not use the area under decks for storage. If you plan to keep trees in this zone, prune at least six to eight feet above the ground. Remove any branches that interfere with the roof or are within 10 feet of the chimney.

Remove all ladder fuels from beneath the trees. Ladder fuels are vegetation with vertical continuity that allows fire to burn from the ground level up into the branches and crowns the trees.

Zone 2 is an area of fuel reduction. It is a secondary buffer

around the home and is a transitional area between zones 1 and 3. The size of zone 2 depends on the slope of the ground where the structure is built.

Typically, the range is 20 feet (low hazard zone), 50 feet (moderate hazard zone) or 100 feet (high hazard zone).

Within this zone, remove diseased, dead or dying trees and shrubs. Thin and prune the remaining larger trees and shrubs. Small clumps or three to three trees may be left in zone 2.

Leave more space between the crowns of the trees. Mow grasses (or remove them with a weed trimmer) as needed through the growing season to keep them low, a maximum of six to eight inches.

Stack firewood and woodpiles up hill or on the same elevation as the structure but at least 30 feet away from the home. Clear and keep away flammable veg-

etation within 10 feet of these woodpiles. Do not stack wood against your home or on or under your deck, even in winter. Many homes have burned from a woodpile that ignited as a fire passes.

Locate propane tanks 30 feet from the structure and keep free of weeds.

Zone 3 (outer fuel transition) is of no specified size. It extends from the edge of your defensible space to your property lines. Pruning is generally not necessary in zone 3; however, it may be a good idea from the standpoint of personal safety to prune trees.

Pruning helps reduce ladder fuels within the tree stand, enhancing wildfire safety. Mowing is not necessary in this zone.

If you have any questions regarding defensible zones around your home, please call Warm Springs Fire Management.

Spilyay Tymoo
(Coyote News, Est. 1976)

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Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.

Our offices are located in the white house at 1100 Wasco Street.

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Annual Subscription rates: Within U.S.: \$15.00.