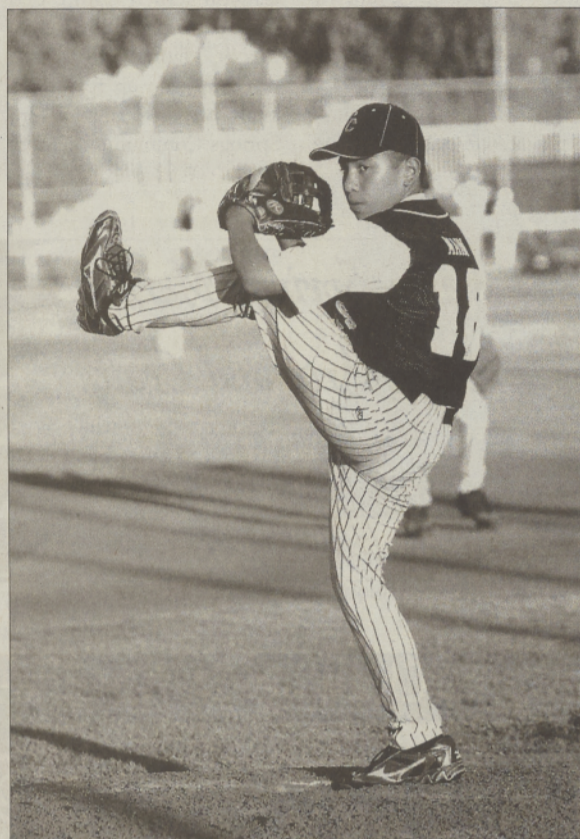


Letters to the Editor

Baseball trip



Kendall Main.

Financial donations for the Puerto Rico baseball trip are still being taken for Kendall Main. Kendall leaves to Puerto Rico on July 11 and returns July 18.

Thank you for all the sup-

port, it is much appreciated. Donations can be sent to:

Nathan and Rebekah Main, PO Box 418, Warm Springs OR, 97761.

Appreciation

Another successful Veterans Family and Healing gathering at HeHe this past April, and a thank-you goes out to our local Utilities Department, Natural Resources (Randy Smith), Warm Springs Water and Power, Warm Springs Composite Enterprises, Confederated Tribes of Warm Springs secretary/treasurer department, Kah-Nee-Ta High Desert Resort and Casino, KWSO, and all the individuals every year who donate raffle items, food, and especially their time to ensure all is taken care of through out the weekend. Raffle results forthcoming. **Lemminie Smith.**

Our community

Our people in Warm Springs are living in turmoil. This carries on 24/7.

Many of us have accepted the fact that we are alcoholics. It's a shame we don't want to admit it in the first place, but we have to start someplace and time. Each family can tell their own story about how alcohol or substances have affected their lives.

We've had a great loss in our community. Again it is in the name of "fun." Having "fun" with substances and alcohol has its price. Before we bury another Loved One, we have to eliminate the source or at least move it farther away from Warm Springs.

I realize that people are in the business to make money, but it's being done at the expense of our people. There are so many different things we can list that will make this a true statement. You already know what you are. If you don't - you don't care for your family members.

When we go to the clinic, we see posters addressing domestic violence and phone numbers to call. What good does it do if the victim refuses assistance just to protect the offender? The tribal court should enforce the law to protect the offender? The tribal court should enforce the law to its limit. None of us need to live in fear. Where or when does it end? I wish I had all the answers.

In conclusion, we all need a safer community. Accept the fact of being an alcoholic or substance abuser and get treatment. Think of the price your loved ones pay as a result of your use. Don't let alcohol or any other mind altering substance ruin your life. Respect

your body, mind and soul because it is the temple your creator gave to you.

Our forefathers went to great lengths to preserve this way of life. We are the only people that take time to give thanks for our food and water. The least we can do is carry it out the best we know how.

God bless and be with each and everyone of you - I pray. Respectfully,

Phillip G. David.

Showboat

Showboat was the famous wild bucking horse from the Warm Springs reservation that was used at the Tygh Valley All Indian Rodeo back in the 1960s and '70s.

Do you have any photos or stories about Showboat you'd like to share? We would like to include Showboat in our "Spirit of the Horse" exhibit that opens on June 26, 2008.

Call or submit before June 13 to Evaline or Natalie at the Museum at Warm Springs (541) 553-3331 or fax 553-3338. The mailing address is the Museum at Warm Springs, PO Box 909, Warm Springs, OR 97761.

Thank you. **The museum staff.**

Conference

I appreciate the help from my elders and aunts for helping with the luncheon at the youth conference: Bernice Mitchell, Agnes Lumpmouth, Norene Greene, Anna Clements; and my cousins, Austin Greene, Sandra Sampson, Angie Spino, Lupe Katchia.

Their donations of food and cash were greatly appreciated. I'd also like to thank my helpers Manny, Lolly Jackson, L.T. and Miss America.

From **Celia Greene.**

The fish

The Natural Resources Department has been responsible for distribution of hatchery clipped salmon to tribal members. Why are we the people not consistently receiving any?

Who is responsible?

Most of us have no fishing sites anymore. No vehicles or gas. We depend on these fish.

Plain and simple the state and the tribes have a compact that should guarantee fish for the people from hatcheries around the state.

It's up to the employees of the tribe to follow through. Columbia River ceremonial fish supplement cultural and traditional needs for the tribes.

There is no extreme shortage of fish. The count numbers over the dams on the Columbia prove that.

We do not want to hear about smoked fish products for sale through the Natural Resources Department. It does not benefit our households anyway.

Simply from this day forward distribute to us the people the salmon equally.

Sincerely, **Joseph Smith.**

Apologies

To the people of Warm Springs, I apologize for the assault I committed on the night

of Feb. 23, 2008, but most of all I would like to say I'm sorry to R.F. Furthermore, I realize my mistake and hope the community can forgive me. In the future I will make every effort to follow our laws. **Ava Smith.**

I am sorry I broke tribal law on 12-22-08 by driving under the influence while intoxicated, my apology extends to the Warm Springs Confederated Tribes, my three passengers, the community of Warm Springs. I'm thankful there was no serious accident, while involving oncoming traffic. Further I apologize to Annette, Rod, Angie, police patrol O'Riley. I want to say, please don't drink and drive, be safe and designate a driver (sober), be safe! **Lyle A. Rhoan Jr.**

I am sorry I broke tribal law on March 23, 2008 by failure to maintain lane, driving while under the influence of alcohol and recklessly endangering to relatives. Further I apologize to M. and his wife, who was directly impacted by my actions. I also want to say in the future that I will try my hardest to not let happen again. **Thomas O. Kalama.**

I am sorry I broke tribal law on April 5, 2008 by contributing to delinquency of a minor, by allowing minor to be intoxicated, and narcotics, drugs, dangerous hallucinogens (possessing marijuana). I apologize to my mother, father, police, people and the court. I will make every step to make sure it won't happen again. **James Arthur.**

I am sorry I broke tribal law on 4-21-08 by possessing drug

paraphernalia not once but twice plus attempted sale of illegal drugs. I apologize to all tribal members. I will try to make every effort to better myself and stay on the right road from now on. **Tracy Fuentes.**

I am sorry I broke tribal law on 4-23-08 by child neglect to my little sister. I am very sorry for what I've done to you, for what I'm putting you through. You've been through enough already. I apologize to D.G. for what I've done. **Edwardene Henry.**

I am sorry I broke tribal law on 4-24-08 by attending the rodeo while under the influence of alcohol, also by being an annoyance to the others that were enjoying the weekend at the rodeo. I will not let this happen again. I apologize for the inconvenience. **Bernadette Teenan.**

I am sorry I broke tribal law on 5-3-08 by disorderly conduct. I apologize to my family. This won't happen again. **Floyd C. Frank Sr.**

I am sorry I broke tribal law on March 13, 2008 by making a mistake and taking the museum's property and making my stepson help me steal it from the museum. It won't happen ever again. I apologize to the Museum at Warm Springs. I am sorry and ask for the forgiveness. **Dora Payne.**

I am sorry I broke tribal law on 4-26-08 by getting caught with drug paraphernalia in violation of tribal law. Further I apologize to the police officer. **Chris J. Crane.**

I am sorry I broke tribal law on April 16, 2008 by being under the influence of alcohol and doing and saying things I wouldn't normally do if I were sober, harrassment times three. I apologize to my grandmother, my bro and my cousin. I am sorry and it will never happen again. **Allen J. Gilbert III.**

I am sorry I broke tribal law on May 3, 2008 by walking around in West Hills intoxicated. I'll try not to make this happen again. I apologize to the Confederated Tribes. I am very sorry. **Francis Suppah.**

Myths and facts about diabetes

By *Elsie Howard*

Question: Do household chores count as exercise?
Answer: Yes and no.

Have you ever raced around the house to get the dusting and vacuuming done before guests arrive, and then found you're out of energy? Have you noticed your blood glucose level gets low whenever you mow the lawn?

The U.S. Surgeon General suggests 30 minutes of moderate physical activity at least five

days per week. Moderate intensity is anything that raises your heart rate.

Thirty minutes sounds like a lot, but you don't have to do it all at once. You can reach the 30 minutes by exercising three different times of ten minutes of exercise (or two 15 minutes).

If your chores increase your heart rate for ten minutes or more, you can count it toward your exercise goal.

Mowing your lawn with a push mower, moving furniture

when you vacuum, chopping wood and washing the floor on your hands and knees are all good examples of moderate intensity exercise.

Light dusting, washing dishes, and ironing are considered to be light intensity activities and would not count toward your daily activity minutes.

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

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

Happy Birthday and other wishes...

Happy birthday to John in California - take care of all your business. Can't wait to see you. Hope your day goes well. Too bad you're not here yet. See you soon. From Vita and Ty.

I'd like to wish D'Lynray and Mayhalal Spino a happy birthday. I love and miss you both very much. I will be released this USP sooner than you think, and I do look forward to seeking you both very soon. I hope you got the pictures I mailed you? Love you always, Dad, Arden Post (Ace). PS: Mayhala means "My love," and you are.

Happy anniversary (mom) Priscilla Vivian Blackwolf. Love you with all my heart for ever and always. Harold Blackwolf Sr. (dad). May 28.

Happy anniversary mom and dad. We love

you guys. Love, your kids Missy, Monique, Eddie, Harold, Elsie and all your grand children even the one great!

To all the sisters and aunts and nieces-in-law that are all over the rez and across the nation wherever in this world - I want to say a belated Happy Mother's Day and may the Lord be with each and every one of you. I miss and love all of you, if you have pictures of you and your family please send them. Please write to me, asap. Take care and be good. Love ya. Tamara Henry, 675 NW Cherry Ln. Madras Oregon, 97741.

Happy birthday mom from your son George Daniels and family.

Happy first birthday to "Baby Booger" a.k.a. Lil Ponchito, our big bundle of joy! All 34 pounds of you!



We all love you so much! From: Mommy Crystal, Dad Poncho Sr., Sis Dablana and Taiyena, all your aunts—Julia, Toni, and C-Rose (from the mansion), Grandma Paulette, all your cousins—Starr, Beep, Ashante, Adam Jr. and Nate.

Happy b-day Ivory, #6 on 6/28/08 and to Lil Wubbs, #5 on 6/19/08. Hope you have a good one. From Crystal, Poncho Sr., Lana, Taiyena and Baby Booger.

Happy b-day to Lanelle Rowe on 6/9/08. Don't get too wild! From: Crystal, Poncho Sr., Lana, Taiyena and Baby Booger.

Happy b-day to Lil Brentt on 6/9/08. From Poncho.

Happy b-day to Taylor Arthur. From your niece Dablana Antunez. I love you.

Happy father's day to my dad Evaristo Antunez, my uncles Aldo Antunez, Matt Arthur, Felipe Brito, Adam Rublo Sr., Taylor Arthur, Chris Arthur, Ben Arthur. From Dablana Antunez. I love you all!

Happy father's day to Poncho Sr. We love you! From Crystal, Lana, Taiyena and Baby Booger.

Happy father's day to my dad Randy Scott, Uncles Lovie Scott, Jason Stacona, Donell Frank, Cuz Sam Scott and in-law Larry S.! From Crystal, Poncho Sr., Lana, Taiyena, and Baby Booger. We love you guys!

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