

## Letters to the Editor

### Appreciated

I would like to say thank you to the community for showing our son the care you have for our children.

On July 25, 2008 in the mid afternoon our son wrecked on a bicycle on campus. He flipped over the handle bars after hitting a patch of gravel and lost control.

Our son was not wearing a safety helmet and he had a mild concussion along with several bumps and scrapes and bruises. He received assistance from the Warm Springs Emergency Medical Technicians, Pastor Rick and our community members along with friends.

I would like to thank you for your quick actions and the notifications that had taken place.

This is a really scary situation to be in: not knowing what happened, how badly your child is hurt, seeing your child scared, crying, not knowing how much pain the child is in. You've got a ton of things running through your brain.

Our family appreciates all of you for being there for our child in the time of need.

For the youth out in the community, please wear your safety helmet! Remember, safety first.

Thank you.

The Wahenekas.

### Great program

I recently signed up my son for the Oregon Virtual Academy. My son has asthma and missed quite a bit of school in the last two years.

Because of this health condition, he got behind in his studies. Intellectually, my son's got it, but because of his health he got behind.

Now, my son has the opportunity to attend school from home via the internet. He will receive a free computer (for the school year), \$12.95 a month to offset the cost of internet connection fee, and this is the best part — an online teacher/tutor will be assigned to assist him everyday!

This is a state approved public charter online school, and the best opportunity to come along to support kids' valuable education.

The website is: [www.k-12.com](http://www.k-12.com).

Education is a tool too combat poverty... empower yourselves, enable your children to be all they can be.

We, Warm Springs, are smart, vibrant, and resilient people. Never let anyone tell you oth-

erwise. My best to you people of Warm Springs!

Sincerely,

Vesta Johnson.

### Museum visit

On our recent Elderhostel trip to Oregon, we had the privilege of visiting the Museum at Warm Springs.

It was so well done, beautifully designed and most informative. Thank you for sharing the stories of your history and your culture.

Each time I visit a Native American site or event, I realize more clearly the injustices the Indian people have experienced by those of us of the white culture. It causes me pain and guilt.

I congratulate you for what you have achieved under such adversities. Your culture has so much to offer the rest of us in the living of life — your respect for the earth, its care, the use of the earth's offerings, and your value of family.

While at the museum I was reading one of the newspapers that were on the bench in the entry area. On the last page were short articles written by individuals who were apologizing for their misdeeds in regard to tribal laws. I applaud this and wish the culture I live in would see the value of such action.

Respectfully,

Martha Squire, Des Moines, Iowa.

### Sorry

Letter to Thomas Sam Jr. I am sorry for wrongfully accusing you of the damages. Doris Lewis.

### Boxing club

Thank you to the Warm Springs Boxing Club and their Coach, Austin Smith Sr., for the 2008 Pi-Ume-Sha Treaty Days Sports club tee-shirt Coach Smith gave me. I will continue to be a supporter of the boxing club. Thanks again,

Mark Matthews.

### Round Robin

I would like to use this opportunity to thank the athletes, volunteers and parents in participating in this years Second Annual Round Robin. Again, this event was a big success.

Athletes recieved a t-shirt,

drawstring bag and lunch.

Athletes were split up into three teams and played one another two to three times (around 50-plus participants).

The final game consisted of 11-13 year-olds versus adults, in which the adults won by a landslide.

Most of the adults participants haven't played slow pitch in years.

It was an honor to play by your side! Thank you for a day full of laughs, smiles and, of coursem for the love of the game, softball.

I also want to thank my aunt, Allee Jackson, for assisting me with organizing the event and pitching to the kids. I look forward to hosting the event next year.

Also: A big thank you to the individuals who attended the Foster Parent Appreciation and Community Swim Day at the Kah-Nee-Tah Village Pool on August 1, 2008.

Participants were able to swim for free (with slide pass) all day. BBQ and cake were served on the Pavillion at lunch time with a door prize drawing.

Around 60-plus community members and foster parents attended the event.

I also would like to thank the following CPS staff: Paula Kalama, Charlene Stacona-White, Angela Sanders, Roberta Tufti, Wilona Poitra, Carla Gilbert, Marci Medina, Elizabeth Hisatake, Cecelia Collins, Patricia Tanewasha, Cassie Wolfe & Rebekah Main for helping where needed with all events.

I appreciate all your help!

Berni Jackson-Spino.

### Clinic issue

I have something I would like to share with you. I don't know how many people feel the same as I do regarding our services at Indian Health Services. The way they handle the appointments is very frustrating. You have to call at 8 a.m.; get put on hold for an x amount of time

only to be told your provider is out for the week or he/she is filled up and cannot take any more appointments. I'm sorry but I can't tell my body to get sick only on the days my provider is in.

The answering machine states "If it's an emergency then go to ER." What is an emergency to one person may not be to another. When you're lying in bed so ill you feel like you're on your death bed and seek out medical help at the ER, you receive a letter in the mail saying this wasn't an emergency so therefore it will not be covered by Indian Health Services. If there were an appointment opening or where walk-ins can be seen, then the ER visit wouldn't have happened.

Then if you are lucky enough to be seen by your provider, you are sent home with Tylenol, cough syrup, and advice to come in again if you're not feeling better in x amount of time. What a wasted time consuming two to four hours that is.

The way it was before seemed to be less frustrating where some appointments were scheduled ahead of time and some time left for the people who needed to be seen that same day. I understand they can't please everyone all the time but at this rate they aren't pleasing anyone at all. I've known people to get put on hold because the doctor/nurse doesn't think it's that important. But it was important because this person was later diagnosed with cancer. How many others out there have a story like this?

Working in the Victims Of Crimes office there are several incidents where a walk-in could have surficed but instead he/she/they had to be taken to the Mt. View Hospital. I can't understand this, how can we not be seen at the Indian Health Services but they will pay for an emergency room visit. Isn't that paying out more money? I was told the money was the problem for a lot of the cut backs.

Thank you for listening to

me. I feel we can get better service if we keep speaking up. Wasn't this put in our treaty regarding having Indian Health Services to provide for our reservation?

Concerned tribal member, Tina Aguilar.

### Committees

Good day to committee members of Warm Springs. I have been thinking a lot lately about what the good Lord had put on my heart to express what has been on my mind. We as Native Americans have endured genocide and are thriving strong. I never really truly understood when I was younger when I would hear about our ancestors being wise and making decisions for far into the future concerning our people. Now that I am older, I see it still to this day happening.

I feel that I need to commend those who are carrying on the traditions of our ancestors while making it in modern times and combining the both to ensure the survival of our people. Those who come to mind put forth extra effort in their life to do this. I am thinking of all of you who serve on the different types of committees.

In the past I was oblivious to the hard work you all put into serving the committees; while at the same time blissfully and ignorantly enjoying the fruits of your labor, which is the security of my future as a tribal member and all the benefits that come along with being a tribal member that no other race here in America can say they can benefit from. I feel that you all deserve my utmost gratitude and respect, which is not even close to compensating you all for what you truly deserve.

I stand amazed at how you all take the extra time and efforts to know what is going on in your specific departments you preside over as well as the different departments outside of our reservation that pertain to the tribal organization's business. You take the time to travel

to trainings and making debuts to represent us in order to gain more modern knowledge of what we are up against, which means that you have to be away from your loved ones to do this. You all sacrifice your leisure time to make certain that the future of our reservation will continue on, as well as your family who supports and shares you all with the rest of us to do the work no one else wants to do.

All of this is also piled on to being a full time employee too. It's astonishing the patience and self discipline it takes for you all to sit in on long meetings while paying close attention to detail, and when a discrepancy arises, your keen awareness to the modern tricks of the "others" are quickly exposed to be dealt with in order to promote the wellbeing of our people. Wow! You all truly are a blessing from God our Creator, and I feel that I want to thank you because you are teaching the younger generation how to be like our past ancestors through your dedication to live in their spirit, passing on their teachings to give us all an identity as a member of the Confederated Tribes of Warm Springs that we could be proud of. May God bless and keep you all.

Sincerely, Shaw-na-knee.

### Apologies

I am sorry I broke tribal law on Friday, July 19, 2008 by resisting arrest and disorderly conduct. I would really like to say to the people of warm Springs Indian Reservation that I'm sorry for what I did on this date. And would like to say that I'm trying to not let this happen again. I apologize to my family and all relatives of my family. I'm sorry to have my name publicly known by the things I've done on this day of embarrassment. Richard W. Payne Jr.

I am sorry I broke tribal law on July 6 by being under the age of 21 and under the influence of an intoxicating beverage. I am truly sorry for my actions. I apologize to the community members. I am doing my best to stay out of trouble. Truman V. Merrifield.

I am sorry I broke tribal law on July 11, 2008 by assault and battery against an officer. I was under the influence of alcohol. That's not an excuse but I'm sorry. I apologize to officer DJ. It will never happen again. Matthew Craig.

(Apologies will continue in the next Spilyay.)

## Myths and facts about diabetes

By Elsie Howard

Diabetes Nurse Educator  
Warm Springs Diabetes Program

**Question:** Does eating eggs increase my risk for a heart attack?

**Answer:** Egg yolks are very high in cholesterol. Many experts suggest lowering how much cholesterol you eat to re-

duce your risk of heart disease.

For people with diabetes, eating one egg a day doubled the risk for a heart attack in men and raised the risk of a heart attack in women by 50 percent.

Instead of eating an egg, try eating an egg substitute, such as Egg Beaters.

Egg Beaters are real eggs minus the yolk. Or simply re-

move the yolk and eat only the whites of the egg.

Another option is to scramble two whites with one yolk every now and then. You probably won't be able to taste the difference. There is no cholesterol in egg whites.

Please call if you have any questions. My number is 553-2478.

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.

Any written materials submitted to Spilyay Tymoo should be addressed to:

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

## Happy Birthday and other wishes...

On this August 7, 2008 a big happy birthday out to my baby girl Anessia Marie Sam. You have always been a wonderful blessing for me and you will always be. Dad loves you and your brother Decimus Tracy. Miss you a lot and I hope you have a good day and don't forget dad loves you baby girl. I am sorry dad can't write no more to you but it hurts to get them back. But baby girl I will always love you and your brother take care of him. And so baby girl dad hopes you have a good day. Love from you dad — father Tracy Ray Sam.

To my husband Easton,

I would like to wish you a happy anniversary of 28 +1 years. In the beginning we didn't have the Lord in our marriage but when we both gave our hearts to Him, we became blessed. You've been with me thru thick and thin, bad times and good times and we're still together because I believe it is of the Lord's Will. Should the Lord tarry or if/when we get caught up to be with Him I intend to be there with you. Thank you

for loving me. I love you very, very much.

Your loving wife, Tina.

Happy Birthday to my brother Larson.

Hope its a good one and many more to come. Keep doing what you're doing to help people because you're doing a good thing. Again, Happy Birthday!!

Tina, Easton & kids

Cowboy up Perry Isadore! We hope you have a great birthday! From William, Berni & Alexxis Spino.

Happy Birthday to Merlin Tom! We hope you have a lot of fun on your special day! From William, Berni & Alexxis Spino.

Happy Anniversary Tina and Easton, We love you. Tony, Selena and the kids

Happy Birthday Julie, on August 15, Have a good one. Hope to see you soon. Take care of yourself. We love you, Selena, Tony, & the kids.