

Letters to the Editor

Canoe project



Dear friends of the *Journeys in Creativity* program,

I thought you'd all like to see a couple of pictures of the canoe paddles the youth made while at the recent Journeys Art of the Canoe camp.

The youth who made these paddles (above) are Santi Atanacio (*Grand Ronde*), Idelia Cloud (*Warm Springs*), Paiisha Saunders (*Umatilla*), Whitney Minthorn (*Umatilla*), Kempton DeMuth (*Maori* from New Zealand), and Greg Lehman (*Squaxin*). (Listed in order from left to right).



The youth who made these paddles are Tioirangi Smith (*Maori*), Paige Smith (*Blackfeet*), Rebecca Kirk (*Klamath/Warm Springs*), Carmen Selam (*Yakama*), Jesse Estrada (*Yakama*), Eric Hudson (*Tsimshian*), Emily Dutton (*United Kingdom*), and Antoinette Yazzie (*Salish/Nauvajo*).

We gave the youth, ages 14-19, the choice of making a canoe paddle that would be of their tribes' origin, or if they wanted to try something else, such as a Chinook style canoe paddle. Some have contemporary or traditional designs on them while others were left natural.

I am always surprised by what youth can do.

Shirod Younker, art program manager, Journeys in Creativity program, Oregon College of Art and Craft.

This year, even though I am a Republican, I am voting for Mike Ahern, Democrat for state representative.

Mike Ahern will go to Salem and champion the education and job training needs of our region and will fight for the needs of our young people. Mike has two children in college now and knows first hand what a burden higher education has become for all of our families.

Mike has shown his commitment to our elementary and high schools, and has volunteered as a member of our school district budget committee, so he really knows the issues facing our schools, parents, children and teachers.

Mike has been endorsed by the Oregon Educational Association in this campaign. This further shows that he has the statewide respect to be an outstanding advocate for our schools and students.

Please join me in voting for Mike Ahern for state representative. Thank you.

Don Reeder

For candidate

Hello. I am the Republican Mayor of Madras and I am supporting Jefferson County Commissioner Mike Ahern, Democrat for state representative.

My primary concern in this election is the economy of our Central Oregon communities. We need an aggressive advocate for our region on the majority team.

Mike Ahern has an excellent proven record of promoting economic development by bringing new jobs to Jefferson County, and now has the opportunity to help the entire region.

Mike Ahern really understands the needs of small business as he has been a successful business owner, and knows what it means to make a payroll and deal with government red-tape.

Mike Ahern is not a big-spender either. Mike is very much a compassionate fiscal conservative.

As a County Commissioner and City Council member Mike Ahern has a record you can depend on. As people in our city of Madras have learned Mike Ahern is a neighbor we can trust.

I am just one of many Republicans that will vote for Ahern as State Representative. He is the candidate to make a positive change for the future of our region.

Jason Hale

Please write

If anyone wants to write me, I'm at 1420 Green Acres, Eugene, OR 97408. **Wesley Smith**.

For pen pal

Dear Warm Springs community, Hello, my name is Joseph.

I'm from California. I made my way to Oregon, and now I'm in the Deer Ridge State Prison for delivery of drugs. I'm almost ready to come home, so I'm asking for anyone who would like to drop me a line as a pen pal. I'm trying to meet someone as a friend. Please feel free to write me. Sincerely, **Joseph McKenney**, no. 16876169, DRCI, 3920 E. Ashwood Rd., Madras, OR 97741.

Happy birthday wishes...

Happy first birthday to our Natalya Rayne Greene on October 24, 2008. Love, Mom Kaylie and Daddy, Joe Ray Greene.

Happy first birthday to our baby sister Natalya Kayne on October 24, "Piglet." Love, your Na-Na's Delia and Killiana.

Happy belated third birthday to our baby girl Killiana Roberta-Ann Greene on September 22. Love, Mom and Dad.

Happy belated third birthday to our sister Killiana Greene on September 22. Love, NaNa and baby sister.

Apologies

I am sorry I broke tribal law on Jan. 5 early in the morning by DUI, reckless driving, reckless endangering times three. I'm sorry to the rez and to the court system for my lies of "complying with your recommendations." I'm really sorry for making a bad choice to drive when I shouldn't have. I apologize to friends and family. I really would not like to lose my privilege I have hard earned from the DMV. **Charles Ralph Tewee**.

I am sorry I broke tribal law on 9/5/08 by being intoxicated and fighting with family members. I am very sorry. I apologize to friends and family. My actions cost me a very hard conduct to live with. **Charles Ralph Tewee**.

I am sorry I broke tribal law on 8-28-08 by committing assault

and battery and recklessly endangering. I also want to say there's much regret and remorse. **Anthony Mitchell**.

I am sorry I broke tribal law on 9-8-08 by being guilty of child neglect times three, by being under the influence with my children. I was in no condition to have my kids at the time. I apologize to my children. **Theresa Guardipie**.

I am sorry I broke tribal law on 9-15-08 by being intoxicated with children in the home. I apologize for contributing to a minor and for letting them be around alcohol. I made a big mistake. I apologize to the boys, P.N., and A.T., and family. **Ruby Charley**.

I am sorry I broke tribal law on 8-16-08 by having drug paraphernalia on me, and knowing it was wrong to have it around children and loved ones for the damage it causes. I apologize to the reservation. **Ruby Charley**.

I am sorry I broke tribal law on 4-15-08 by liquor violation, assault and battery. For my actions I am now on bench probation. I apologize to my mother and sister. I am working on getting the help I need so that it won't happen again. **Elizabeth Schuster**.

I am sorry I broke tribal law on August 4. My actions were very unnecessary and I really want to apologize for my drunken act. I am in counseling and wish to continue for the remainder of this time. I apologize to L.A. I am sincerely sorry for my actions and it won't happen again. **Ralph Aguilar Sr.**

I am sorry I broke tribal law on June 1, 2008 by negotiating a bad check and committing theft and fraud at the Warm Springs Market. I cashed a check that turned out to be bad. I am sorry for the financial burden this has caused to R. and M.M. I apologize to the market and the tribal court. I will make very effort I can to pay this debt back. **Amanda Switzler**.

I am sorry I broke tribal law on Sept. 1, 2008 by driving while under the influence. I not only endangered the community but also myself. I also apologize for the drug paraphernalia found on me. I very much regret it and I am deeply and honestly sorry. I apologize to the Warm Springs tribes and the people who stay in Simnasho. It will never happen

again. **Edwardene Henry**.

I am sorry I broke tribal law on August 9, 2008 by violating the tribal law and order code 305.115. I will do my best to make sure this never happens again in the future. I apologize to the victim and anyone else impacted by my actions. Thank you. **Tyrone Lewis**.

I am sorry I broke tribal law on 7/19/08 by aiding and abetting a fugitive. I apologize to those who were involved. I will do my best to make sure it won't happen again. **Marie Kalama**.

I am sorry I broke tribal law on 8-17-08 by malicious mischief, harassment and assault on some people. I apologize to the people. It will never happen again. **Jose Medina**.

I am sorry I broke tribal law on Dec. 31, 2003 by drinking alcohol and allowing a 17-year-old minor to drink in my home. I truly am sorry. I hope everyone in the community can take something from this tragedy and learn from my mistake. I apologize to A.G. and family. Something like this should never happen again to anyone on our reservation. I can't change the past, but I just can't stress how sorry I am to A.G., A. and L. **Jesse Shadley**.

I am sorry I broke tribal law on July 6, 2008 by drinking. I am under age and being at someone's house and partying while they didn't know I was under age, and for that I am sorry. I apologize to the family whose house I was at. I hope the family can forgive me for my actions. I hope the family can forgive me for my actions. **Jenny VanPelt**.

To the people of the Confederated Tribes of Warm Springs: I am sorry I broke Tribal law on July 23 by possessing narcotics while being processed into jail. I should not have possessed such things. I apologize to my family for the shame my actions have brought to our family name. Further, I apologize to the Warm Springs Police Department and Tribal Court who were directly impacted by my actions. I also want to say that I will try my best to not possess such materials. I am truly, deeply sorry and I will make every effort to follow our laws in the future. **R. Charley Jr.**

To the people of the Confed-

erated Tribes of Warm Springs: I am sorry I broke Tribal law on July 4 by mentally and physically abusing my spouse. I am very and truly sorry. I hope to see myself better in the future. I apologize to my family for the shame my actions have brought to our family name. Further, I apologize to E., R., M., S. and P. who were directly impacted by my actions. I also want to say that I know I did wrong and I will try my best to do better. I miss you guys and I will make every effort to follow our laws in the future. **R. Charley Jr.**

To the people of the Confederated Tribes of Warm Springs: I am sorry I broke Tribal law on July 26 driving recklessly under the influence on Seekseequa Road. I apologize to my family for recklessly endangering my life and the life of my passenger. Further, I apologize to H.M. III who was directly impacted by my actions. I also want to say sorry and I will make every effort to follow our laws in the future. **Josh Poitra**

To the people of the Confederated Tribes of Warm Springs: I am sorry I broke Tribal law on August 17 by driving under the influence of intoxicants and not being able to stay on the right side of the roadway.

I am really sorry to my reservation. I apologize to my family for the shame my actions have brought to our family name. Further, I apologize to the residents of the trailer courts in Oitz loop who were directly impacted by my actions. I also want to say that my wrong choice has given me a one-time experience I never want to go through again, and I will make every effort to follow our laws in the future. **Charles Ralph Tewee**

To the people of the Confederated Tribes of Warm Springs: I am sorry I broke Tribal law on August 17 by assault on Tamara Robinson at 1188 Shitike Creek Road.

I apologize to my family for the shame my actions have brought to our family name. Further, I apologize to the family of the household who were directly impacted by my actions. I also want to say that it will never happen again and I will keep my hands to myself. I will make every effort to follow our laws in the future. **Lottie White**

Podiatry campaign urges care to avoid diabetes amputations

By **Rose Rudder and Carol Kirkland**
Warm Springs Health and Wellness Center Podiatry Dept.

With nearly 246 million people across the globe battling diabetes and its complications this year, staying one step ahead of the disease has never been more important.

As America's political landscape reaches an exciting culmination with November's 2008 Presidential election, it's also important to remember to "elect to save your feet!"

More than 60 percent of non-traumatic, lower-limb amputations in the United States occur among people with diabetes.

Because of this, the American Podiatric Medical Association (APMA) is launching a na-

tional campaign titled "elect to save your feet."

This campaign, which is run during Diabetes Awareness Month in November, aims to educate the public about the importance of seeing a podiatrist regularly to prevent diabetic lower limb amputations.

"Getting your feet examined by a physician during an annual checkup is one of the easiest ways to prevent most foot complications related to diabetes," said Dr. Ross Taubman, president of the APMA.

"The rate of amputation for those with diabetes is 10 times higher than those without the disease," said Taubman. "Being vigilant in your personal foot care and including your podiatrist in your diabetes management team can save both your limbs and your life."

Every 30 seconds, a lower

limb is lost to diabetes somewhere in the world. Those with diabetes are more prone to develop foot infections, called foot ulcers, which can quickly result in amputation. Preventing amputation means knowing all of the main warning signs. Other common diabetes warning signs in the feet besides ulcers include: a tingling, burning or loss of feeling in the feet; redness of the foot; a change in the shape of the feet (toes, arch or ankle); loss of hair, skin and nail changes; cuts and scrapes that are slow to heal.

If you discover any of these symptoms, visit a podiatric physician immediately. A comprehensive foot care treatment plan can reduce amputation rates by 45 percent to 85 percent. Including a podiatrist in your diabetes management team—as well as having a pro-

active attitude about your foot care—can drastically improve your chances of managing diabetes successfully.

For more information on the warning signs of diabetic ulcers, and to learn the best way that you can "elect to save your feet," visit www.apma.org/diabetes. The WSH&WC podiatrist and podiatry assistant are members in good standing of the American Podiatric Medical Association.

Founded in 1912, the American Podiatric Medical Association is the nation's leading professional society for foot and ankle specialists. The association has component societies in 53 locations in the U.S. and its territories and a membership of close to 11,500 doctors of podiatric medicine. For free foot health information, visit www.apma.org.

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