

Activities available with new season, take a chance and join in

By Selena Boise
Management Successor

As the leaves change their color, we all change our seasons as well. Time to go get that firewood so that your homes are warm and cozy.

Spilyay Speaks

It is also close to that time for the November fitness challenge to begin. Teams should be forming and individuals will be ready to write down every minute of exercise in hopes that their team will be the winner.

Some people are already writing down their minutes of exercise for the Moccasins across America exercise program. Which is a good idea by the way. To develop the idea of writing it down and getting prepared for the fitness challenge in November. Start exercising a month early; possibly continue exercising even after November is over.

Exercise, it's a good habit to have, but a habit hard to develop. But it's possible, so why not? Live longer, have more energy, and feel better about yourself, are the benefits that stand out for me.

Halloween is just around the corner too, before the fitness challenge begins. We will see kids in their costumes, pumpkins being carved, and lots of candy.

Also happening this week is the homecoming activities at Madras High School. The spirit week activities, bonfire, bbq, parade and the football game, will all take place by the end of the week.

Also coming up is the bowling tournament held at the Lava Lanes in Bend. It's a fun annual event that brings all the bowlers together to bowl.

Take a chance on exercise or attend the football game, and be prepared for the cold weather.

On another note: I would like to wish my son well on his journey overseas to Iraq. Where he will be serving his next year.

Thank you to all the family and friends with their supportive, kind words. It is an uncomfortable feeling to send your loved one over there. So thank you.

Apology

I apologize to Neda Wesley for bad judgement I used with regard to a news article in the previous Spilyay. I should have been more aware. I hope you accept this apology. **Dave McMechan.**

Letters to the Editor

U.S. Senate candidate

Greetings,

With the United States fundamentally off-track in areas such as the economy, health care, and the environment, I am running for the U.S. Senate to bring change to Oregon and Washington D.C.

American Indians are important to Oregon's rich past, present and bright future. With nine federally-recognized tribes Oregon's first people are integral and vibrant members of the community. I will be a strong voice for Oregon's tribes when elected to the U.S. and will ensure that my work will enrich the American Indian community.

I have been and will continue to advocate for tribal sovereignty. As Speaker of the Oregon House in 2007, I helped pass legislation that allowed courts to take judicial notice of the law, regulations, and rules of any federally-recognized tribal government. I also voted to designate tribal councils of federally recognized tribes as the local public health authority for management of parent and child health services.

My commitment to "land into trust" agreements was validated when I voted to transfer into federal trust specific lands acquired by the Burns Paiute Tribe. The law pertained to the Logan Valley Mitigation lands and the Malheur Wildlife Mitigation property, which the Burns Paiute tribe was dispossessed of by the federal government in the 19th century. Passage of the bill made the lands inalienable without compensation and advanced tribal sovereignty by recognizing the right of the tribal government to exercise self-governance.

I will also continue to support efforts between Oregon's tribes and the Bureau of Indian Affairs to help the tribes reacquire lands in trust, on and near reservations, for viable economic development and restoration of natural resources.

I believe accessible and affordable health care will end the devastating health care disparities in American Indian communities. Even though there is a higher incidence of illness among American Indians, per capita health spending by the federal government has been unjustly lower than in other communities. I will not stand for that inequality, which is why I will support reauthorizing the Federal Indian Health Care Improvement Act (IHCA), which will modernize health care services and deliveries, address behavioral and mental health, and allow for in-home care for

the American Indian elderly population. I have always believed that competent health care services need to be comprehensive, which is why I voted to allow the Mental Health and Development Disability Services Division to contract with tribes for establishment and operation of community health and disabilities programs.

As I look into the future, I want to further cultivate a strong relationship with Oregon's tribes, characterized by dialogue and partnership. There are various areas where significant action needs to be taken by the federal government to provide a prosperous future to American Indians, such as education and economic opportunity, and together we can develop a roadmap for success.

For Oregon,
Jeff Merkley, Oregon House Speaker, Democratic candidate for U.S. Senate.

Fight cancer

I have committed myself to helping fight cancer again this year. I hope that all of you will help in this endeavor.

I have not been able to help in the way most people do - by donating money. All we need to do is save the pink lids off of the Yoplait Yogurt.

Yoplait will donate \$0.10 for every lid they receive to the American Cancer Society. This is my third year of doing this; I hope everyone will help in the fight against cancer!

We have had a lot of people die because of cancer, including several very young people in recent years. I've had family members succumb to this deadly disease. I would like to join the fight so hopefully one day soon we will not lose any more loved ones.

Please join me in this endeavor. It won't cost you any more than the price of a yogurt. Save the lids to help fight cancer!

I will be placing several cans out where you can deposit those lids. If nothing else, give me a call and I can pick them up. You can reach me at 553-1131, ext. 223 or my cell phone number is (541) 980-2867. Thank you for your support!

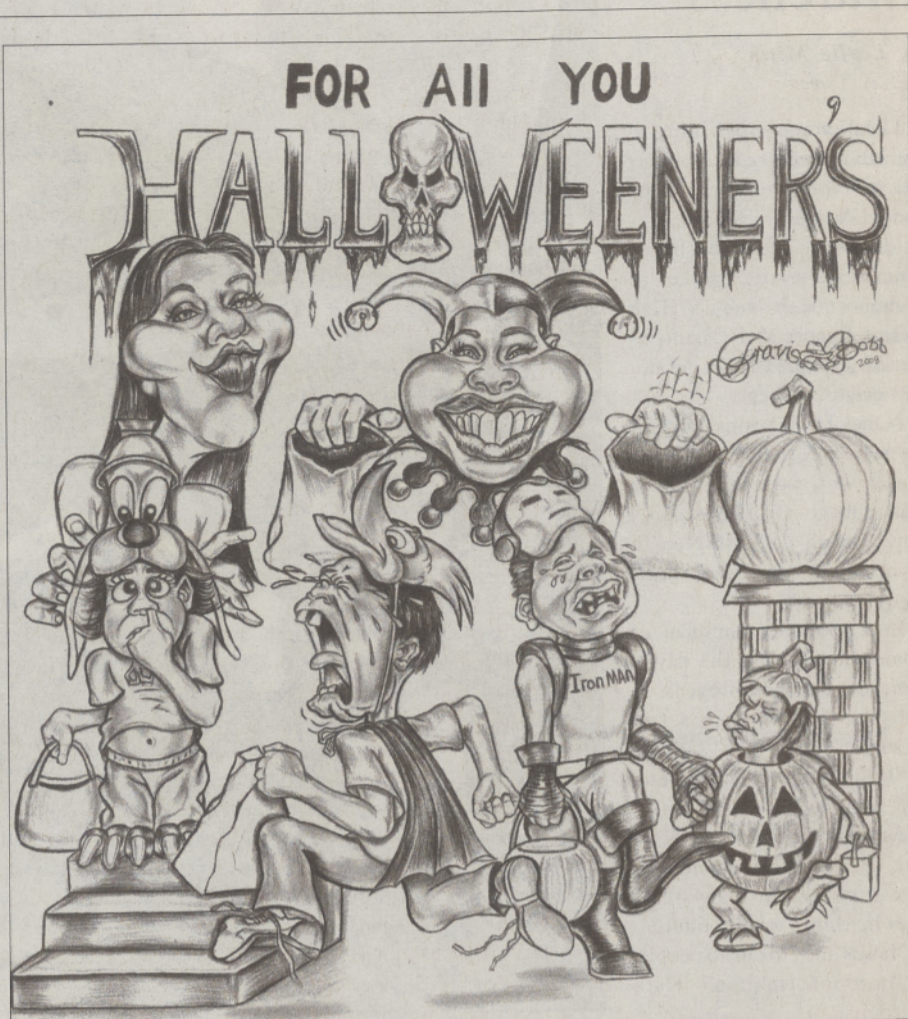
Val Squiemphen.

District election

Hello. My name is Mike Ahern. I am currently running for State Representative District 59 which includes the Confederated Tribes of Warm Springs.

The recent Wall Street bailout has demonstrated what I have said since the beginning of my campaign. That is, the economy is the major issue in this election.

As a Jefferson County Commissioner for six years and a Madras City Councilor for four



Warm Springs artist wishes everyone a Happy Halloween.

years, I have a solid record of supporting economic development and creating new jobs. As a small businessman I have met a payroll and dealt with government red tape.

As a member of the majority party I will be in a strong position to deliver for our district. This will be an improvement because our area and our values have been ignored at the State Capital.

I am proud to say that I initiated a clean campaign pledge with the opposition incumbent John Huffman, which he accepted. This is one positive thing that we both can claim to our credit as our whole country would be better off with more positive campaigns.

My wife Jane and I would like to thank your community for the many kind comments and the support we have received. I am asking for your vote and am looking forward to representing you.

Sincerely, **Mike Ahern.**

Old behaviors

To my people of Warm Springs, Today, I sit here thinking about all of the wrongs that I have done to my family, friends and to the people of Warm Springs. I apologized in the past for my wrongdoings and was forgiven by some but my words and actions have to match to be forgiven by the rest. I've hurt a lot of people due to the disease of alcoholism and have been forgiven countless times just to turn around and do it again. For all of the people that have for-

given me I was never able to forgive myself for all the wrongs that I've done.

I wrote a letter in the past saying that I was on the road to recovery but when things started getting rough I jumped right back into old behaviors. I was on the road to recovery for six months before I relapsed. I regret that decision because I'm back at square one just learning how to crawl again. I pray that I'm strong enough this time because I feel that it's time for me to grow up. I'll be needing all the help that I can get because I'm not strong enough to do it on my own. I've tried on my own but look where it's gotten me. I've lost my job, back in jail, hurt the person that I love and I'm heading back over the mountain.

I've written this letter to apologize once again to my family, friends and to the people of Warm Springs. I'm doing my best to turn my life around so that I can walk with my head held high and so that my family can be proud of me. I thank everyone who took time out of their busy lives to read this apology. Respectfully,

Johnson Heath Sr.

Vote Beeson

I hope that the people of Warm Springs will encourage their family members who live in Madras to vote Danny Beeson for mayor. He has a lot of great ideas that would really help our citizens of Warm Springs also.

He wants to bring more jobs

to the area. I believe he will try his hardest to achieve this, so in the long run that would help us who need work.

Beeson is also against drugs and gangs that hold our youth back from getting farther in their lives. Beeson also wants to make it easier to get a business license. This would be great for people who want to start businesses in Madras. Think about it, the future of Madras involves us here in Warm Springs also. So tell your friends and family in Madras to vote Danny Beeson. Beeson's family is Warm Springs Indian and ran his ice cream business here in Warm Springs for us. This will make a difference. Sincerely,

Daniel Beeson Jr.

Thank you

About three weeks ago my mother passed away in California. I want to thank everyone for their prayers and hugs.

Grace and Peace.
Rev. Rick Ribeiro and Carolyn Ribeiro.

Apologies

I am sorry I broke tribal law on July 22 by having drug paraphernalia on my person while getting detoxed. I apologize to everyone who was there. I am doing everything in my power to change for the better, and I will make every effort to follow our laws in the future. **Michael Meanus.**

(Apologies continue on page 5.)

Happy birthday and other wishes...

Jaden, You are the light of my life. Happy third birthday, from Grandma Cheryl Taylor.

Happy birthday to my Aunt Suzette D. Boise. Have a great 22nd birthday! Wish I could've been there. Love you! Love always,

your tiniest niece, Josephine Zacarias.

Happy 17th birthday to my sys, my best friend, my aunt Lyla Kalama. I hope it was a good day. But will be even better when I get home! I love you, sys and miss you a bunch. Love always, Josephine Teeman Zacarias.

Happy birthday to Sonny Stacona. I wish you the best of luck on your 18th day of happiness and joy. Always, Candra Lawrence and Josephine Z.

Sons, I did not forget your

birthdays. Billy Joe, Oct. 13. Roger Stwyer, Oct. 14. Erwin Stwyer, Oct. 16. Davis Stwyer, Oct. 22. Henry Stwyer, Oct. 24. Love, Mom and Dad.

Happy birthday, granddaughters. Eliza Rose Stwyer, Oct. 5. Vesta Laura Tone Jackson-Meanus, Oct. 17.

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus: Sid Miller
Editor: Dave McMechan
Management Successor: Selena T. Boise
Reporter: Leslie Mitts
Advertising Manager: Sam Howard
Media Advisor: Bill Rhoades

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:

Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761.

Phone: (541) 553-1644 or 553-3274.

FAX No. (541) 553-3539.

E-Mail: spilyay@wstribes.org.

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