

Howlak Tichum

Johnathon Raymond Prince, 1989-2008

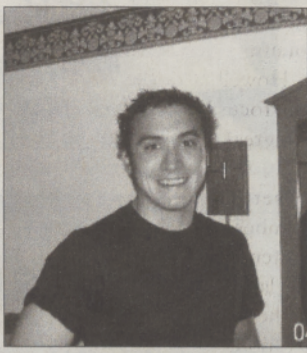
Johnathon Raymond Prince, "Bubbas," passed away October 14th, 2008 in Baker City. He was 19.

A celebration of Johnathon's life will be held on Friday, October 24 at 3 p.m. at the Baker Christian Church, 675 Hwy 7.

Bob Whiteman, who once served as our son's youth pastor and a dear family friend will be officiating. Friends are invited to join the family following the service for a reception to be held at the Eagles Club, 2935 H Street. Johnathon wrote his music and I his mother wrote in journals, stories of memories or simply meaningful quotes that either gave inspiration to myself or something to share with family and friends. But most of all, with my son, Johnathon.

Gathering our strength and courage, John and I have sat with various newspaper obituaries hoping to get inspiration on what information we're supposed to write and getting it all without leaving anything out. Writing in the 3rd person about my son's life wasn't working for me and so, as I know he would've wanted, I could feel Johnathon saying, "Mama, you write it." Franklin Andrew John Prince, a Marine, stationed at Mare Island, Vallejo Calif. and Candis Ann (Pitt-Spencer) Prince (Navy brat), whose dad was in the Navy, also lived on Mare Island, met and married in 1987.

February 20th, 1989 at 9:55 a.m., our son, Johnathon Raymond Prince came into this world. Head full of hair and so quiet, "good-natured" his Grandma Cathy would say. One month later, Johnathon's Grandma, Grandpa and Auntie Amber settled in Halfway, Oregon after Grandpa retired from the Navy. Wanting to share



our son with John's family, we moved to Oklahoma, and on April 13th, 1990, Johnathon's brother and new best friend, Christopher Allen, was born. Missing my family, the unbearable hot, humid weather and the threat of tornadoes drove us west to Oregon in 1991. We lived a short time in Halfway and Haines before settling in Baker City. Johnathon began making friends from kindergarten at North Baker to South Baker, Middle School and then Baker High School where he was a proud graduate of the Class of 2007. During his sophomore and junior year he won the "Best 4X4" with the white, 1984 Chevy truck that John bought for \$200 just two days before his accident in 2000. Instead of getting rid of it, the truck became a project as Johnathon, his Dad and brother Chris began restoring it. Being of sentimental value to John and in honoring his son's memory, he has decided to modify the truck by making it handicap accessible to drive as he has had it before, but this time along with the hand controls it will also be equipped with the wheelchair lift hoist permanently installed in the bed. It will give Johnathon's dad the freedom to load up into that big, Chevy beast unassisted and take off.

Johnathon gave sports a try beginning with t-ball, minor and major baseball and soccer, but his real passion was when he discovered his love for music and took pride in teaching himself how to play the guitar. He and a couple of friends started

up a band, wrote their own music such as "True To Your Roots" and "The American Dream," just to name a few. They proudly performed at the Baker High School Funfest and Talent Show. It's no secret that AC/DC was his all time favorite band.

Johnathon was a descendant of the Confederated tribes of Warm Springs. He always had a desire to know his heritage and about his Indian ancestors. Most knew Johnathon for his tough, cool, bad-boy reputation, but those that knew him well knew he really was a softie, especially when it came to saving kittens that were either left orphaned by neglect or the death of their mothers. His black and white, mustache kitty, "Goofiness," who I believe attended a party or two in our basement, black kitty, Bella, who is now with her daddy in heaven and last but not least is "Ditten-Rocky-EB-Little Sweetie." In July 2007, she was found by Johnathon just outside of Tami's Pine Valley Funeral Home in Halfway, just a few days old, he brought her home for me to take care of and so John and I are grandparents to the two most spoiled cats. You are, and forever will be deeply missed by all you have touched in your young life with your charming smile and warm brown eyes. Words written at your candlelight vigil were that of your true friendship, laughter, craziness, uniqueness, your music. Son, at times hearing your name brings tears to our eyes, but at the same time, brings sweet music to our hearts. Bubbas, you have and always will be... young, wild and free. Fashza, Mam, Bug, Taz, Honey, Frannie, M.J., Goofiness, Ditten and even the fish will miss the loudness of your guitar, singing and music, but we take comfort in knowing we have our own Guardian Angel to watch over us. We Love you. Johnathon is survived by his parents, John and Candis Prince, brother Christopher, Grandparents Ray and Cathy Spencer of

Halfway; Auntie Amber, Uncle Tim and very adored, 5-year old Cousin Savannah Baskett of Payette, Idaho; Great Grandmother Donna Baugh of Oklahoma; Great-Aunt and Uncle, Connie and Royce McDonald of Halfway; Great Uncle, Lee Caldwell of Otis, Ore.; Second cousins Chrissy, Michelle, Thomas and was closest to his Second cousin, Bryan and September Caldwell, their son, Peter and an expected son Will, due to arrive the 23rd of 29 Palms, Calif.; Grandfather, Louis Pitt Jr. of Warm Springs; Uncle Pi-ta Pitt, of Portland; Aunt Pah-tu Pitt, of Portland; Grandfather, Bob Prince, of Lahoma, Oklahoma; Aunt Stephanie Metcalfe of Enid, Oklahoma; Uncle Steve and Shelly Prince of Enid, Oklahoma; Auntie Teresa Haney and Cousin, Jesse of Edmond, Oklahoma; Uncle James Prince and Tandra of Liberty Hill, Texas; Aunt Stormy Cover of Enid, Oklahoma; Uncle Tony Cypret of Enid, Oklahoma; Great Uncle James "Uncle J.W." Cowgill and wife, Patsy of Dunn, North Carolina; best friend, Edward "Brother Ross" Butler in Colorado.

Johnathon has been welcomed with "Arms Wide Open" from those who preceded him in death by Great Grandparents, Jack and Bernice "Bunny" English of Halfway, OR; Great Grandparents, Ray and Verle Spencer, of Canby, OR; Louis and Elizabeth of Warm Springs, OR; Grandmother, E'Lois Joan Prince of Waukomis, OK; Uncle Blaine Cypret of OK; Great Uncle, Johnnie R. English of LaGrande, OR.

For those who would like to make a memorial donation in memory of Johnathon may do so to defray the funeral expenses through Tami's Pine Valley Funeral Home P.O. Box 543 Halfway, Oregon 97834.

Regular foot care helps to prevent diabetic amputation

By Dr. Marilyn Waller-Niewold
Health and Wellness Center
Podiatry Department

Many Americans know to associate fever with illness. However, healthcare professionals know that, when it comes to diabetes, some parts of a patient's body, from their hair to their toes, can aid in diagnosis.

Eight percent of the U.S. population has diabetes, but nearly six million people are undiagnosed. According to the American Podiatric Medical Associations (APMA), some foot problems can help doctors discover diabetes. Diabetes can cause nerve damage in people's feet that can easily lead to amputation.

In the U.S. more than 60 percent of the patients who receive non-traumatic lower-limb amputations have diabetes. In 2004, almost 71,000 Americans with diabetes needed amputations. Luckily, most diabetic amputations can be prevented through vigilant foot care.

"Diabetes can cause patients to lose sensation in their extremities; therefore, a person with diabetes might not notice injuries to their feet until serious infection occurs," said Ross Taubman, D.P.M., president of the APMA. "In most cases, patients can avoid amputation by working regularly with a podiatrist."

Once diagnosed, patients with diabetes can prevent amputation by creating a foot care

plan. Plans should include annual checkups with a podiatrist and daily foot inspections. Those with the disease need to be especially careful about foot care and should work with a podiatrist to determine the best preventative treatments.

Early diagnosis can help prevent severe nerve damage. For patients at risk for developing diabetes, some foot conditions can be an early warning sign. According to the APMA, patients should see a podiatrist if they notice the following conditions:

Calluses, blisters or dry and cracked skin anywhere on the foot can imply poor circulation or foot health, especially if you don't feel them or they take two or more weeks to heal.

Look for thin, fragile, shiny or hairless skin, which can denote decreased circulation to the foot.

Check shoes for torn linings or foreign objects. If they don't irritate you when you walk, you might have nerve damage. Other warning signs include foot deformities like hammertoes, a past history of foot ulcers, or lower leg or thigh pain when walking.

For more information on preventing diabetes complications to the feet, visit the APMA's website at apma.org/diabetes.

Call Rose Rudder, PMA-C at 541-553-1196 ext. 4606 to arrange for an appointment to see a member of the podiatry team at the Warm Springs Health and Wellness Center.

Personal loan applications on hold till Nov. 3

Due to a current backlog of loan requests, the Tribal Credit Enterprise will not be accepting new personal loan requests through Oct. 31.

This will allow the Credit staff to take action on current applications, said Lori Fuentes, Credit manager.

Credit will resume accept-

ing personal loan requests on November 3.

Credit will still accept applications for home loans, business loans, funeral loans and medical emergencies (life and death situations).

Sound advice for cold and flu season

Submitted by
the Warm Springs
Health and Wellness Center

Cold and flu season is upon us once again.

What is the Difference Between the flu and a cold?

Both colds and the flu are caused by germs called viruses.

The flu symptoms are more serious than cold symptoms and the risk for complications is much greater.

A cold often starts with sneezing, coughing and a runny nose. You may not have a fever, or you may run a low fever—just a degree or two higher than usual. You may also have muscle aches, a scratchy or sore throat, watery eyes and a headache.

There is no cure for a cold. As the cold worsens, the drainage from your nose may turn from thin and watery to thick and yellow. A cold usually lasts 3-4 days but can last up to ten days.

The flu, which is a nickname for the influenza virus, starts suddenly and hits hard. Your fever may go as high as 105 degrees.

You likely feel weak and tired, have a dry cough, runny nose, chills, muscle aches, se-

vere headache, eye pain and a sore throat. The fever may last for 3-5 days.

There is no cure for the flu. After the flu goes away, you may still feel weak and tired or keep coughing for up to three weeks.

If you get the flu there are some things you can do to feel better, for instance:

Stay in bed, drink lots of water. Use a humidifier to help ease a dry cough. Drink hot tea with lemon and honey to soothe a sore throat and help loosen the mucous in your nose.

Gargle with warm salt water a few times a day to relieve a sore throat. Eat chicken soup to help loosen the mucous. Suck on cough lozenges or sugar-free hard candy to quiet a cough.

Stop smoking and avoid second hand smoke which can make a cough worse. Don't drink alcohol. If a child is too young to blow his or her own nose, use a suction bulb to remove the mucous.

Use saline nose drops to help loosen mucous and moisten the tender skin in your nose.

Take a pain reliever such as acetaminophen (Tylenol).

Antibiotics don't work against viruses, so they can't cure a cold or the flu. But, antibiotics can help if you get an infection from bacteria such as

bronchitis, strep throat, pneumonia, a sinus infection, or an ear infection.

What can I do to keep from catching colds and the flu?

The viruses that cause colds and the flu are spread through hand to hand contact and through the air in droplets from sneezes and coughs. You don't catch a cold from getting wet or chilled.

Wash your hands often with soap and warm water. Avoid rubbing your eyes or nose.

Use tissues one time and throw away. Get a flu shot before flu season (ask your healthcare provider).

When should I see the doctor or nurse practitioner?

Call us at the clinic if you have:

A cold that lasts for more than 7-10 days. Earache or drainage from your ear. Severe pain in your face, forehead, neck or head. Temperature above 102 degrees.

Shortness of breath, wheezing, hoarseness, sore throat or a cough that won't go away. Chest hurting when breathing in or coughing. Fever that doesn't get any better with acetaminophen (Tylenol).

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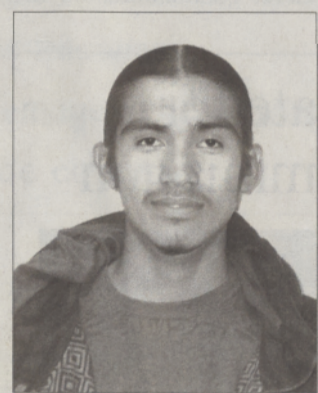
Young Achiever

Kelsey Haywabe is a senior at Madras High School and currently excelling in the sport of cross country.

So far this year he has perfect attendance, according to cultural liaison Lana Leonard, and excellent grades. "We already know he's on track to graduate," Leonard said.

"He's just a real good kid," Leonard added. "He just kind of stands out with his talents."

The 17-year-old also participates in track in the



spring, and said he is involved in both sports partly because it keeps him in shape for other activities, like traditional dancing at powwows.

"It's pretty much my life,"

Haywabe explained.

The son of Danelle Tailfeathers and Kevin Haywabe, he grew up learning about traditional dance, Haywabe said.

"It's just been in our family ever since I was born and before that," he said.

In school he said his favorite subject is science—"It's just cool," Haywabe said.

After graduation in the spring, Haywabe plans to join the air force.

The Young Achiever will receive a free pizza from

Abby's Legendary Pizza

1235 SW Hwy 97 Madras, 475-6363