

Heath earns Bronze Star for assault on position

(Note: The following article first appeared in the August 2, 1968 edition of *The Oregonian* newspaper. The article is reprinted here at the request of Faye Wabeneke in honor of all veterans on Veterans Day.)

August 2, 1968 — A two-man assault on an unprotected North Vietnamese hill position west of Tam Ky, resulting in 46 enemy casualties, has brought a Bronze Star citation, with a "V" for valor, to a Warm Springs Indian.

Spec. 4 Kirby G. Heath of Company A, 1st Battalion, 6th Infantry, teamed with Sgt. Richard C. Derrick of Haddison, Vt., for the heroic action May 14.

Heath received a Purple Heart when slightly wounded by shrapnel in April during a mortar attack.

"The company was held up on a narrow ridge," Heath said, relating the experience recently to Portland photographer Al Jessen. "We were under pretty

heavy fire from the hill."

Heath and Derrick crossed a deep ravine under fire, eventually reaching the cover of a large rock at the top of a steep cliff, which the North Vietnamese obviously didn't expect would be climbed. Consequently, the two men were able to hit the enemy's exposed, blind side.

"Heath would rush each position as I covered him with fire," said Derrick, who was hit just as the two reached the rock. "When they popped up to fire, 'Chief' would spot their hole and lob a grenade in," Derrick said.

Heath, a grenadier in the company, was nicknamed "Chief" by his fellow soldiers—an obvious reference to his Indian heritage.

The assault on the North Vietnamese flank took the pressure off the rest of Company A, and the enemy finally evacuated the hill, leaving 46 dead.

The citation to be received by Heath gave a detailed account of the incident.

Veterans Day activities in Warm Springs

The following is the schedule of Veterans Day activities in Warm Springs on Tuesday, Nov. 11:

10 a.m.: Memorial Services at Veterans Stone with seven gun salute, flag ceremony and taps.

10:30: Parade.

11 a.m.: Posting of Colors at Agency Longhouse and blessing.

11:15: Veterans Ceremonial Services with reading of Roll of Honor of Warm Springs Veterans.

12 noon: Washat Services.

4 p.m.: Retire colors.

"The North Vietnamese regulars occupied well fortified positions on the ridgeline and were well armed," the citation report said.

It reported that the North Vietnamese opened fire with small arms, automatic weapons, heavy machine guns, rockets and 60 mm mortars.

"In spite of the intense fire," the report said, "Specialist Heath continued up the hill, repeatedly exposing himself to the hostile fire while charging an enemy bunker."

"As Heath closed on the

North Vietnamese position, he was firing rapidly from the hip, laying down his own protective base of fire.

"When he reached the enemy bunker," the citation reported, "Heath destroyed it with hand grenades, killing all the enemy inside."

"Specialist Heath's personal bravery and devotion to duty are in keeping with the highest traditions of the military service and reflect great credit upon himself, the American Division, and the United States Army," the citation said.

Victims of Crime hosts training seminar

By Leslie Mitts
Spilyay Tymoo

As part of Domestic Violence Awareness Month, staff at Victims of Crime Services hosted a training session on domestic violence issues recently.

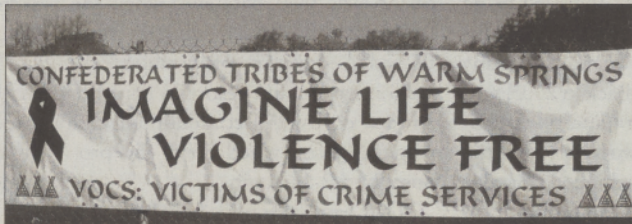
Tribal judge Glendon Smith, employees from CPS and the FBI, and Tribal Council member Wilson Wewa joined VOCS staff for the training that was attended by over 30 people.

Other organizations that work with VOCS from Madras, Redmond and Bend also attended the training.

Dianne Harrold travelled to Warm Springs to conduct part of the training as part of her job with the Unified Solutions Tribal Community Development Group.

The group receives a grant from the U.S. Department of Justice and monitors and trains 30 tribal victim grant programs—one of which is Warm Springs Victims of Crime Services. According to Harrold, "Throughout the year we provide technical assistance—assist them with their budgets and various things, and we also provide training."

The group also hosts a conference each year during the spring. From May through No-



The theme of Domestic Violence Awareness Month was expressed on the banner by the VOCS office.

One session dealt with federal firearms laws. Stalking was the subject of another training and was conducted by a detective from the Seattle Police Department.

November, however, program managers with the group travel to conduct training along with several consultants that assist in training.

Because the training took place during Domestic Violence Awareness Month, Harrold said, there was an underlying domestic violence theme throughout the training itself.

One session dealt with federal firearms laws and was conducted by Assistant U.S. Attorney Bill Williams. Stalking was

the subject of another training and was conducted by a detective from the Seattle Police Department.

Other sessions dealt with safety planning which Harrold said is also a domestic violence issue.

"There are precautions you can take to make sure that the victims stay safe until the perpetrator is caught," she explained.

Harrold taught two sessions: one about team debriefing in critical incidents (like a school shooting or an incident that affects many) as well as a presentation about the effects of domestic violence in Native American communities.

This is the second time in two years that staff from the Unified Solutions group has travelled to Warm Springs to conduct training, according to VOCS Director Mark Matthews.

Tribes become political force with donations

OKLAHOMA CITY (AP) — Oklahoma's American Indian tribes have donated almost \$900,000 to local, state and national candidates up for election in 2008, ranging from Barack Obama to Oklahoma County Sheriff John Whetsel, records show.

In the last two years, they donated another \$1.16 million to state and national political committees and political parties, *The Oklahoman* reported in a copyright story. Federal records show Oklahoma is second only to California in federal tribal contributions.

Most donations come from the Chickasaw Nation, the Cherokee Nation and the Choctaw Nation.

State tribes gave to more

Democrats running for state or federal office in 2008 than to Republicans. Democrats got about \$525,000 while GOP candidates got about \$340,000.

The Chickasaw Nation is the biggest Oklahoma tribal donor. That tribe's donations to 2008 candidates, plus its donations in the last two years to political committees and parties, totaled more than \$780,000.

The Cherokee Nation gave more than \$525,000, and the Choctaw Nation gave more than \$500,000. The Osage Nation gave more than \$110,000.

State tribes gave more than \$620,000 to candidates running for the Oklahoma Legislature this year.

Tribal leaders say they donate to candidates who share or understand their views.

"A working government-to-government relationship is integral to achieving our mission of enhancing the overall quality of life of Chickasaw people... We support candidates who have similar policy views," said Chickasaw Nation Gov. Bill Anoatubby.

Oklahoma's tribes gave to Barack Obama's presidential campaign and his victory fund. Tribes also donated to the failed presidential bids of Hillary Clinton, Bill Richardson and Joe Biden.

The Cherokee Nation gave \$2,300 to John McCain's presidential campaign but it was returned, a tribal spokesman said. McCain has a policy of not accepting tribal donations.

Questions and answers about diabetes and the feet

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

As the leading cause of non-traumatic lower-limb amputations, diabetes is reaching epidemic proportions, now more than ever.

It can have a devastating impact on the body, affecting numerous parts of the body including the eyes, mouth and feet.

In fact, the feet, often overlooked at routine check-ups, can reveal the first signs and symptoms of the disease.

All too often, patients forget to take off their shoes and socks and ask their health care providers to inspect their feet.

Close to 24 million people in the U.S. have diabetes and nearly 6 million people have it and do not even know it.

That's why it's important to elect to save your feet whether you have the disease or not. Know the signs and symptoms of diabetes and have your feet checked every time you visit the doctor.

Why should I take off my shoes and socks when I visit the doctor?

The feet, said to be mirrors of our general health, can reveal diabetes warning signs such as numbness, redness, swelling or non-healing wounds. Taking off your and socks at every doctor's visit is critical to the prevention and treatment of systemic diseases such as diabetes.

Who is at risk for diabetes?

While many Americans are predisposed to have the disease based on family history, American Indians, Hispanics, African Americans, Asian Americans and Pacific Islanders are more at risk.

People with type 2 diabetes can do a great deal to lower their chances of getting the disease such as exercising regularly, reducing fat and calorie intake and losing weight.

What can happen if diabetes is not detected in its early stages?

Many people do not find out they have the disease until they develop serious complications such as foot ulcers. In fact, six million Americans with diabetes have not been diagnosed.

The good news is that diabetes, although serious, can be managed. However, if left undiagnosed or untreated, it can damage the body and result in long-term complications such as lower-limb amputations, cardiovascular disease, stroke, blindness and kidney disorders.

I have been diagnosed with diabetes. What type of foot complications could I possibly experience?

You may experience the following symptoms:

A loss of feeling, burning or tingling in your feet.

A change in skin, nails or shape (such as curling toes) of your feet.

Foot ulcers or sores that do not heal.

Keeping your blood glucose (sugar) in good control and taking care of your feet every day can help you avoid serious foot problems.

Should I see a podiatrist if I have diabetes?

Treating diabetes requires a team approach. A podiatrist is an integral part of the treatment team. Your primary care doctor may refer you to a dietician, nurse educator, dentist, eye doctor and an exercise physiologist to help you manage the disease.

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Nov. 7th
7pm**
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**Friday, Nov. 7th
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