

Letters to the Editor

Thank you

I have experienced a loss of my granddaughter that I pray would not happen to anyone. Each day it is not only to me painful but to listen to a small child asking to go look for her. I have wonderful family members on Jim and my side of the family, and the late Arnold Stwyer family. Forgive me if I don't mention your names it seems like a horrific nightmare:

Archie Caldera and his significant other for the donations of traditional food and cedar baskets; Daisy Ike for \$100 and giveaway help and items to restore our home; my beloved niece Paulette Hawley for giveaway items and open love for us; Melvin Tewee Sr., Jr., Tonya, Phillip, Isaiah and Orlando for \$1,000, a special Pendleton blanket for the casket cover and give away items; Dominic Holliday (Lucinda's oldest son) and his uncle for the beautiful Pendleton Blanket for the body wrap; my sister Lucinda Green and Romaline Courtney for the sewing of the dress, doing my grocery shopping, and the Washut services at our home; as well as Wilford "Wiggie" Sooksoit for officiating; and the head cook Angie White, Gidget, Ita and Mary Tohet; Antoinette Pamperien for kitchen utensils for our home; Nola Queahpama, Hilda Culpus, Ken and Heidi, as well as my sisters Charlotte Shike and Eliza Brown-Jim for all your support.

We want to thank sisters Arlene James and Marie Olney for all your love for us and our children without judgment.

May the Lord bless and keep you, the fire crew who responded to the fire and found our granddaughter; Raymond Tsumpti; the Warm Springs Police Department and the investigators as well as the State of Oregon Victims of Crime for the support you extended to our family, Mark Matthews, Gwen Leonard, and Viola Governor.

In our healing process we have purchased two monuments for Madene Meanus and our granddaughter Luci with final date yet to be announced. At that time baby Heaven will receive her mothers Indian name. I also may name Roger Stwyer Sr. and Curtis "Tush" Brown.

Rigo and Lil Eliza, thank you for loving and caring for Baby Heaven.

We will forever be indebted to all of you. **Heartfully, Jimmy and Neda, Martina and children, Jamey and children, Vesta and Eliza.**

Girl Scouts

To the women in Warm Springs who would like to lead a Girl Scout Troop for girls on

the reservation, I am still searching for dedicated women to share the incredible Girl Scout program.

Troops need at least two non-related, non-same household volunteer adults to lead them.

The leaders get to decide what ages they would like to lead: Kindergarten-first grader Daisies; second-third grader Brownies; fourth-fifth grade Juniors; sixth-eighth grade Cadettes; ninth-tenth grade Seniors; and eleventh-twelfth grade Ambassadors.

The leaders get to decide where, what day and how often the troops meet. Troops usually meet once a week or twice a month.

We provide wonderful trainings for the leaders. The leaders get to meet once a month with other leaders for support and learning. It takes time and commitment, but this could be the most valuable and rewarding experience you have in your life.

The Girl Scout program is open to every girl everywhere. But we need volunteer leaders to make it happen.

Our mission is to build girls of courage, confidence and character who make the world a better place.

I have seen the success of the Girl Scout program over and over in the lives of girls. I guess, that's why I am so passionate about making the program available to all girls.

The girls on the reservation deserve this awesome opportunity but it takes you to make it happen.

I'm hoping you will hear my plea and step up and start a troop for girls. The benefits are tremendous.

Thank you. I look forward to hearing from you.

Peggy Lovegren, Girl Scouts of Oregon and S.W. Washington, Central Oregon membership and marketing manager, 145 NE Revere suite 6, Bend, OR 97701. Ph. 389-8146.

Email to: plovegren@girlscoutsosw.org; or www.girlscoutsosw.org.

Family, friends

To our friends and family,

First off I would like to apologize for not being at Kim's services and I would like to thank all those who made the great effort to let me out for the services. I greatly appreciate all you have done. I am also greatly disappointed in those persons who felt they should cause trouble at these services. By doing so, do you feel more important to cause even more grief to the family and friends. Obviously this person is not very traditional. I was taught that a

funeral is a way of healing and letting go and to honor the deceased. It is sad to think that at this gravest of time someone chose to bicker over a small piece of land, someone who has lived here most of her life, a person who doctors said would not live more than a few days and if she did would not lead a normal life. She is a better person than you or I, just for the fact that she overcame so many obstacles to have children, to live a normal life. I pray for this person that the Creator will touch your heart and forgive you for your indiscretion and that you will not suffer in the next life. If you cannot forgive I pit you. Now I would like to thank all those who came to honor her memory and those who helped our daughters in their time of grief. I wish I could have been there in person but I was there in spirit. I send out my prayers to all family and friends in our time of loss and grief. Thank you all. **Leon T.**

2 poems

Scene of beauty

Deep in a mountain wilderness, the air so fresh and clean, I sat upon a river bank, how beautiful the scene.

Ancient cedars all around me, green mosses lay below, laying like a velvet carpet, how the sunlight made it glow.

Water rushing through the boulders, just like centuries before, never changing were its boundaries, endless was its mighty roar.

I felt inside an ancient world, no blemishes from man, it was as God created it, truly awesome was this land.

The scene is there for all to see, but visit it with care, we need to keep remembering, it's there for all to share.

By Eino.

Inner peace

We struggle with our inner self, we do it all the time, the world is full of selfishness with

justice hard to find.

When everything is going wrong and anger comes your way, don't let it settle in your heart and take your peace away. By Eino.

From VOCS

The Warm Springs Victims of Crime Services department would like to thank Versa Smith for her clothing donations of last December and January.

It means a lot to the Victims of Crime Services clients who are affected by the stress of domestic violence, sexual violence, or other traumatic experiences, when they need adult and children's clothes, or donated household goods or toys.

Please keep the Victims of Crime Services program in mind in this winter and spring for other small donations such as coats, sweatshirts, and shoes. Thanks again. **Mark Matthews**, VOCS program manager.

Please write

This is to Valena Sargeant of Warm Springs in the hopes that she'll send me a return letter. You may have heard that I'm in prison—again. It's still pretty boring here but it would be better to hear from you. **Tyree Stormbringer**, no. 4689955 S.C.I., 4005 Aumsville Hwy SW, Salem, OR 97317.

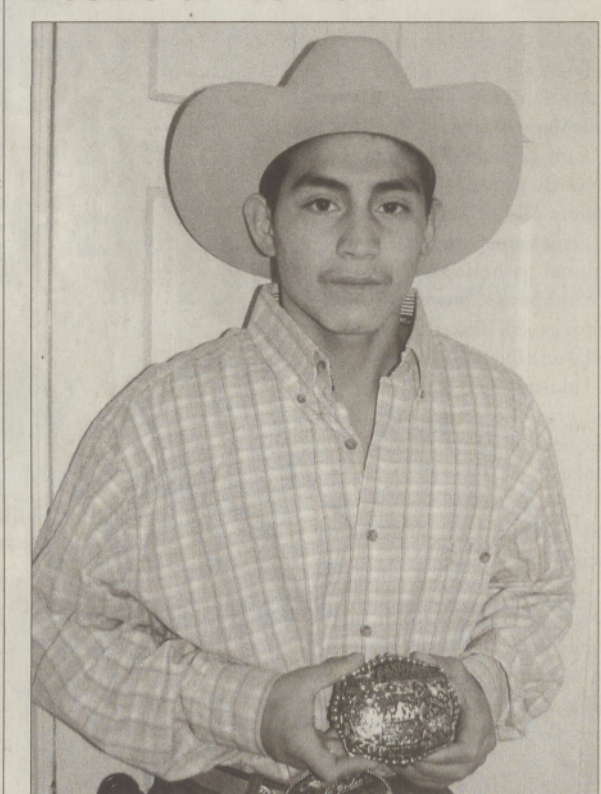
Myths and facts about diabetes

By **Elsie Howard**
Diabetes Nurse Educator
Warm Springs Diabetes Program

Myth: You don't have to test your blood sugar if you can "feel" when your blood sugar is high or when it is low?

Fact: Some people believe that they can "feel" their blood sugar when it is high or low. However, this method is not

Rookie of the Year



Selena Boise/Spilyay

My name is Ellery James LeClaire. I am 19 years old and I won the 2008 Rookie of the Year in Professional Team Bronc Rodeo Association.

I thank Jason Smith and Pat Vargas for having faith in my riding ability in the three-man bronc riding at the Professional Team Bronc Rodeo Association (PTBRA)

rodeos. I thank them for teaching me all they know to help me out, and encouraging me to keep trying and not give up.

I hope that some young person would follow and become a PTBRA Rookie next year or later down the road, just cowboy up and climb back on.

Ellery James LeClaire.

reliable. For example, when your blood sugar level is high, it often is easy to make a mistake as being low.

When you think it is low, your blood sugar meter may show it to be high.

It is best to check your blood sugar level before each meal and large snack, one to two hours after each meal, and

at bedtime. Also, extra tests may be needed if you have had changes in your medications, insulin plan, activity level or meal plan.

Extra testing may require more of your time, but it is the safest and most reliable way of knowing your blood sugar level.

If you have any questions, please call me at 553-2478.

Happy birthday, Valentines and other wishes...

Happy birthday to Ms. Bernadette Mae Smith and to Ms. Dora Goudy-Smith.

Happy birthday to Dena Thurby on Feb. 12. We wish you the very best and we love you very much. From Masami, Patty-Cakes, Keesh, Willie and Romelle.

Happy birthday to

Grandma/Auntie Ruthie Smith, from Willie Danzuka and family.

Happy belated birthday Willis Anderson. You're a good uncle to my children and my favorite cousin. Happy Valentines Day, from Romelle, Willie, Keyshawn, Patty and Masami.

Happy birthday to

Blanche, from Willie Danzuka and family.

Happy birthday to Desmond Katchia on Feb. 14. We also wish you happy Valentines Day, from Keyshawn and Patti Speakthunder. You're a good bro and neighbor.

Happy first anniversary to the best parents ever (Willie and Romelle Danzuka). We

luv you lost mom and dad. From Keyshawn and Patricia Speakthunder and Baby Girl Masamy Danzuka.

Happy birthday Feb. 15 to my son Wayne P. Eaglespeaker Jr. Have a good day, son. I love and miss you. Love, Dad.

Variety of help available for filling prescriptions

From the Warm Springs Health and Wellness Center

Do you need help finding medications that the Warm Springs Health and Wellness Center Pharmacy doesn't carry?

Do you live outside Warm Springs, lack medication insurance, and have prescriptions that need to be filled?

If you find yourself in a situation where you cannot get the medications you need because the pharmacy doesn't carry them, or you'd like to pick up your medications closer to your home, there are different options.

Many pharmacies offer discounts on drugs. Below is a list

of local pharmacies that offer prescription medication savings. The list of medications that are available at a discount is available online. If you don't have computer access, the Health and Wellness Center also has a current list of medications for most of these pharmacies. If you need more information, it is best to contact the pharmacy from where you would like to get the medication.

Bi-Mart pharmacy: \$3.98 for 30 day supply, \$10.98 for 100 day supply, generic medications.

Hometown pharmacy: Provides the same generic drug list that other pharmacies provide at \$7 for 30 days, and \$15 for 90 days supply.

Fred Meyer pharmacy: \$4 for 30 days, \$10 for 90 days generic medications.

Walmart/Sam's Club/Neighborhood Market Pharmacies: \$4 for 30 days, \$10 for 90 days medications.

Safeway pharmacy: \$4 for 30 days, \$10 for 90 days of generic medications.

Walgreen's pharmacy: Rx Savings club—enrollment for an individual is \$20 per year or \$35 for an entire family (pets included); more than 5,000 grand name and generic medications; \$12 for 90 day generic medications; medications that are not on the generic list may vary in price savings.

Also, you may be interested

in the Oregon Prescription Discount Card. Please visit the website at www.opdp.org or call 1-800-913-4146.

If you cannot find the drug you need on any of these lists, there is a website that lists prescription assistance programs. It is called needymeds.org and you can search for the medication you need by brand or generic name. If you do not have internet access, Martirae Ramsey, benefits coordinator at the Health and Wellness clinic, specializes in finding prescription options for our patients. She also assists patients in signing up for Medicare and Medicaid. She is available at 553-1196.

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