

## Return to workforce can be difficult

By Selena Boise  
Management Successor

Have you ever had the experience of returning to society from a term in jail or prison? For some, it is like a cycle that society takes them through once they do get sentenced to jail.

Spilyay Speaks

Some people are labeled and they are known as the person who did time. So what do they do to get established at work or in society as basic day-to-day living? There is nothing that they can do unless they have patience.

Applying for jobs is one thing but all the jobs available require a degree of some sort or requirements that a recent free person doesn't currently have. And there are people who didn't do time that are jobless and can't get a job.

For whatever reasons these individuals are trying to make a living for themselves. Most without qualifications for jobs that are available.

So what do they do? There isn't much to do in this situation, apply for GA and food stamps, apply for jobs that they would never be considered for because they are not qualified or they have a tarnished work record.

After applying for GA and food stamps, you qualify, and then wait for it to come in the mail. In the meantime a person has so much free time that they get bored and hang out with friends or relatives and become accustomed to this life and it becomes a routine for them.

Because there aren't jobs available for them, why not just do this all the time? Then there are people who complain and get mad because of the individuals who collect GA, because they live off of "free money," when that's all that is available to them.

They submit applications for employment and then from that point they just get a signature for job search.

There are several seasonal jobs but they would need rides to Kah-Nee-Ta, or just a ride to work because they are trying to get established for the workforce, and don't have a vehicle.

So, as they collect this free money, they have free time on their hands—to do what? Maybe get into more trouble with the law, create more setbacks for themselves.

As this cycle goes on and on, these individuals become labeled and people look down on them without trying to help them first.

So, what can be done to help them? Keep judging them? Look down upon them? Or provide support and assistance to them to re-enter the work force?

Whatever it is, just be informed that leaving this cycle isn't easy for a person who has become accustomed to it.

## Letters to the Editor

### Two births

I am happy to announce the birth of my fifth grandchild, Joshua Chad Munson, born on December 21, 2008, eight pounds 9 ounces, 20 and 1/2 inches. His proud parents are Colette Matilda and Jim Munson. Proud grandparents are Dorothy M. and Ralph Munson, Sam Hanlon; Kat (Queahpama) and Michael Spaulding. Joshua joins his sister Brittany and brother David.

We are proud to announce the birth of our first great grandson, Dominique E. Cuevas, born on February 22, 2009. The proud parents are Kirstie Morrison and Cha Cho Cuevas. Congratulations to the grandparents: Nichole Hanlon and Levi Morrison; Lillian (Frank) and Eduardo Cuevas. Proud great grandparents: Kat (Queahpama) and Michael Spaulding.

Kat Spaulding

### Youth work

I would like to take this time to reach out to the community as a whole to help the teenagers deprived of summer youth work as I was every year, which lead to my criminal career. I can't sit back and see my prideful people go to norcor or giving up hopes in school due to last year's clothes, shoes and no school supplies.

I have a couple of lawn mowers and a couple of weed eaters to start with. And by all means if I have to pay out of my own pocket I will. God sent me home for some reason and I will give it my all to help my people, to derail them from hopelessness and criminal activity.

Just like our languages we are steadily fading away. And what kind of leaders will we have in our future? I know I am no saint but redemption is not out of the question for me. I hold regrets close, that's what compels me.

Please consider our Confederated Tribes as well as outsiders. They deserve a chance. Some of them have children too. I know I can't help them all at once but it is a start. There is no set price. It varies. There is an array of work in this field.

Questions, comments or ideas? Contact me. Jefferson G. especially. Thank you for your time and consideration. Sincerely,

Curtis Brown, PO Box 1710, Redmond, OR 97756.

To the Confederated Tribes, I would first like to apologize to you all for my selfish hideout actions. I am now dealing with my demons and with hopes held high I will extirpate them all. I am in a good place to deal with the duality of man. It is very intense here, and I am all for the better.

I'd like to thank all the people who were at my side, in the event of my demise. All of your prayers along with the Lord and the best doc in St. Charles ER brought me back. Now I want to find out what the Creator has planned for me, because I was clinically dead for an extended amount of time and it was said if I survive I'd be a vegetable or brain dead.

To anybody that feels that life is not worth living, think about the trauma you will leave behind. Call somebody, think about your families. I sent red flags out but I was impaired and acted on impulse.

If I've ever offended you, please forgive me, because I know I have offended a lot of people. I want to start a new life and make that I give to the rez as much as I can. So with that, I hope to start a new chapter in my life. Respectfully yours,  
Curtis Lamont Brown.

### Changed person

To the Warm Springs community,

I'm writing to tell you that I'm doing good. Currently, I'm attending Columbia Basin Job Corps Civilian Conservation Center here at Moses Lake, Wash. My trade of choice is plastering. The instructors estimated that I'm graduating in July.

I've learned a lot here at job corps and am planning to return home a better person. I'm writing also to tell you that I am deeply sorry for all of the negative actions I've done that have affected the community. I am a changed man.

If you're interested in writing, feel free to. Thank you all. "There may be clouds, doesn't mean there's no sun."

Steven Anderson, dorm 07, 6739 24<sup>th</sup> St., building 2402, Moses Lake, WA 98837.

### Apologies

I am sorry I broke tribal law on 11-4-08 by Hollywood and Highway 26. I apologize to my mom for crashing her car. I'm paying the price and sitting 60 days for my wrong doings. Jason Jim.

I am sorry I broke tribal law on 1-21-09 by driving under the influence and reckless endangering times four, and also for resisting arrest. I apologize to T.S., W.S., S.L., R.W., and S.H. It will never happen again. I'll make sure of that. Anthony Torres.

I would like to apologize for my wrongdoings, and this is something that will never happen again. I have taken the steps necessary to change my ways for the better, for family and myself. Sincerely, Charles Wing.

I am sorry I broke tribal law on 1-15-09 by liquor violation. I apologize to my mom and dad, and my family. I also want to say that I will not do it again and set a better example. David LeClaire Jr.

I am sorry I broke tribal law on December 2, 2008 by NDDHD times 2, and having possession of marijuana and consumption. I apologize to my family for the shame my actions have brought to our family name. Further, I apologize to the Warm Springs tribal police, who were directly impacted by my actions. I also want to say that it will never happen again. Jordan Jackson.

I am sorry I broke tribal law on January 21, 2009 by committing the offense of disorderly conduct, and I will be more aware of my actions towards the Warm Springs tribal community. Further, I apologize to the Warm Springs tribe, who were directly impacted by my actions. I also want to say that any further action will no longer be committed on my behalf. Corey Smith.

I am sorry I broke tribal law on February 26, 2009 by driving under the influence of intoxicants, reckless endangering, failure to maintain lane, and contributing to a minor. I apologize to my children and D.D.,

who were directly impacted. I also want to say I'm sorry to the community and try to better myself. Althea Henry.

I am sorry I broke tribal law on June 26, 2008 by charges of NDDHD and drug paraphernalia after being detoxed from a traffic stop. I apologize to I.K.T., who was directly impacted by my actions. I regret this incident and realize it should have been avoided. Monica Wahnetah.

I am sorry I broke tribal law on February 14, 2009 by driving under the influence, two counts of endangerment, failure to stay within my lane, and no operators license. I apologize to the community for I could have caused great harm to innocent tribal members and others. Further, I apologize to D.S. and D.R., who were directly impacted. I have no intention of this ever happening again. Guy T. Chase.

I am sorry I broke tribal law on January 9, 2009 by driving under the influence and reckless endangering I apologize to police and motorist on highway 26. I will try hard for this not to happen again. I apologize to everyone involved. Julian T. Scott.

I am sorry I broke tribal law on December 31, 2008. Tribal members of Warm Springs, OR and people of the reservation,

I apologize for my disorderly conduct actions. This leaves me stress and for this I am sorry, this is my apology. Rocky Kalama.

I am sorry I broke tribal law on December 20, 2008 by running my mothers blazer off the road and getting a DUII, and a charge of open container. I want to say that this wasn't expected and for sure won't happen again. Dorian Tappo Sr.

I am sorry I broke tribal law on January 21, 2009 by drinking underage and not saying no. I am sorry for all my actions and troubles I have caused that night. For my actions, I get a liquor violation. I apologize to the people of Warm Springs who were directly impacted by my actions. On behalf of myself, I am sorry. Shannon Lucei.

I am sorry I broke tribal law on December 25, 2008 by driving under the influence and recklessly endangering two of my passengers on the Warm Springs Reservation. I could have hurt my passengers, neighbors, as well as myself. Further, I apologize to my wife and daughter who were directly impacted by my actions. I also want to say that I am very sorry and in the future these actions toward myself, and my fellow neighbors of Warm Springs, will not happen again. Sincerely, Kenneth R. Danzuka.

## Myths and facts about diabetes

By Elsie Howard  
Diabetes Nurse Educator  
Warm Springs Diabetes Program

**Myth:** All people living with diabetes have to take insulin injection.

**Fact:** Insulin lowers blood sugar and keeps it in the normal blood sugar level in the body.

Only people with type 1 diabetes must inject insulin to stay alive. This is because their pancreas cannot make any insulin at all.

People with type 2 diabetes still make insulin and can often control their blood sugar with

diet and exercise, or with diet, exercise and pills. However, sometimes people with type 2 diabetes do need to take insulin to control their blood sugar levels.

**Myth:** Only people with type 1 diabetes have to take insulin.

**Fact:** People with type 2 diabetes also may need to take insulin. Sometimes after someone has been no oral medication for diabetes, the medication may not work as well in controlling blood sugar. This is not the patient's fault, but is a normal progression of diabetes as it changes

over time in people with type 2 diabetes.

Insulin is actually used more among people with type 2 diabetes because type 2 diabetes cases outnumber type 1 diabetes cases (approximately 90 percent to 95 percent of all diabetes cases are type 2).

This means that out of every 100 people with diabetes, five to 10 people have type 1 diabetes and 90-95 people have type 2 diabetes.

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

## Happy birthday and other wishes...

Happy 1st birthday to our lil' prince Brayden on Saturday, April 11, 2009. You've touched our hearts and soul. This past year we've watched and enjoyed your every move since birth. Words cannot express how much we love you and how much you look like your daddy. Love, Mom and Dad.

TeShaun Yazzie, Happy first birthday. Thank you for being born. You're an extension of my life. I love you always. You're in my prayers. Great grandma and Johnny Smartlowit. Wiley City.

Theyliah, remember great grandma loves you. My prayers are with you. Love, Matsa, Helen Smartlowit, grampa John.

Happy 13<sup>th</sup> birthday sweetheart Theyliah. We love you and want you to enjoy being young. Love, your uncle Yaz and Shelly.

Happy 13<sup>th</sup> birthday Theyliah. Much love to you, from Prince

Teshaun and Devyn the Dude. Miss Sampson. Happy birthday Becky, April 1<sup>st</sup>. Love, Auntie Leah.

TeShaun Dakyzen Yazzie, I love you now, I love you always. Happy 1<sup>st</sup> birthday. My heart to yours. Gramma Leah.

TeShaun, Happy 1<sup>st</sup> birthday. Love ya, Nana Theyliah.

Theyliah, I'm proud of you. Happy 13<sup>th</sup> birthday, April 23. Hugs and kisses. My heart to yours. I love you. Gramma Leah.

Happy 1<sup>st</sup> birthday to my lil' Indian TeShaun Dakyzen Yazzie. I love you lots, always and

forever. Xoxoxo. Auntie Tiffney. Happy 1<sup>st</sup> birthday TeShaun. Love you lots, from Praisia.

Happy 13<sup>th</sup> birthday to my sister Theyliah. Love you lots, from Praisia.

Happy 13<sup>th</sup> birthday to my princess, Theyliah Vernaya Tonika Suppah. I love you very much, always and forever. Xoxoxo. Mommy Tiffney.

Happy 1<sup>st</sup> birthday to our Prince TeShaun Dakyzen. Can't believe it's already been a year, both scary and fun, but we would give it up for anything. We love you so much and waiting for more years to come. Much love from Dad and Mom.

Happy 1<sup>st</sup> birthday to my lil'

brother, TeShaun. Love you. Your Yaya Devyn L'Ray.

Congratulations Melissa and Eric on your new baby girl. Love, your aunt Cheryl.

Happy birthday to our one and only baby brother Brayden. We love you more now & forever. Lots of love, hugs and kisses, your Na Na's.

Brayden turns 1! Happy Birthday, Handsome. We love you so very much, grandson. Love Grandma Bunnie and Grandpa Harry

Happy Birthday, Brayden. We love you, Jason Hintsala and girls.

Spilyay Tymoo  
(Coyote News, Est. 1976)

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

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

