

Letters to the Editor

Run team

Well, we've gone and done it again!

We're going to do Hood to Coast again this year! There were 12 runners placed with two different teams for 2009. I have a bunch of happy campers!

Congratulations to Monica Leonard, Ina Schuster, Leslie Davis, Crystal Buck, Glendon Smith and Lex Anguiano for making it on a team from Portland.

Also, congratulations to Angela Sanders, Judy Adams, Yvette Leecy, Don Courtney, Andy Leonard, and Jay Thompson for making on a second team, also from Portland.

Talk about happy! That's what we have around here...really happy runners!

Because we did not get selected this year we were not able to do fund-raisers this year. Any and all donations would be greatly appreciated for both teams. Contact Val Squiemphen if you have anything to donate. They will gladly accept water and Gatorade donations, or monetary donations would be great.

Thank you everyone for your support.

Val Squiemphen.

Family headstones

The families of Catharine Owens, Tina and Bernie Owens, Alfred Henry Gleason Jr. of Wapato wish to extend a sincere thank-you to all how have helped our families these past two years in dealing with the loss of family members.

A memorial date has been set for Oct. 10, 2009 for Robert Joseph Castillo, son to Catharine Owens and grandson to Tina and Bernie Owens and Alfred Henry Gleason Jr. The memorial is set for Oct. 10 at the 1910 Shaker Church in White Swan. A meal and giveaway will follow the services. The headstone for Robert Castillo will be set before the memorial service.

Headstone will be set for a total of 15 family members in the month of September, 2009. The memorial service will be on Oct. 10 will also include all family members who are receiving headstones. The headstones will be set in the Wapato City Cemetery, Shaker Church Cemetery and the Puyallup Tribal Cemetery in Tacoma. All headstones must be set by September 30, 2009. There are a number of family members who have passed on in the 1950s, '60s and '70s, and recently who have not received a headstone. The families will be purchasing a head-

stone for Alexander Elwell who was raised by the late Marjorie Gleason and Tina and Bernie Owens. Alexander Elwell headstone will be set by Sept. 30 in the Satus Point Cemetery after it is purchased.

The headstones to be set in the Puyallup Tribal Cemetery in Tacoma will be for Alfred Henry Gleason Sr. and James Gleason, father and grandfather to Tina Owens and Alfred Gleason Jr. A headstone will be set for Gerald Gleason, infant child of the late Robert James Gleason Sr. and Valena Sargent of Warm Springs. The headstone for Gerald Gleason will be set in the Tacoma Cemetery.

The headstone to be set in the 1910 Shaker Church Cemetery will be for Robert J. Castillo.

The headstones to be set in the Wapato Reservation Cemetery on West Wapato Road, Wapato, will be for Mabel J. Yellowwolf, Christine M. Celestine, Francis H. Celestine, Christine C. Celestine, David Celestine, Tom J. Celestine, Ruby S. Celestine, Christopher Celestine, RaeDean Celestine, and Baby Boy Celestine.

There are more members of the family who do not have a headstone at this time and in the future they will receive a headstone. However, at this time the families will be working on the 14 headstones.

The families are requesting all family members and friends to please start putting away memorial items for the giveaway and gathering food for this huge undertaking. If anyone wishes to help in any way, their help will be greatly appreciated. Contact can be made to the family members listed below.

The families wish to make this a very special event, have some closure, and release the heaviness of not being able to read the grave markers on Memorial Day or when visiting the graves.

Bernie and Tina Owens (ph. 509-834-3212 and 509-877-6171 ext. 199.); Catharine Owens (509-314-6268); Leland Owens and Jeri Miller (509-865-3134); Margie Owens and Alfonso Isaacs (509-910-3841); Henry Gleason (509-584-0043); Jesse and Joanne Andy (509-985-3968 and 509-945-0031); Sandra Celestine (509-985-1732); Nelson and Jenny Iukes (509-634-4092).

Hold your own

My life was reckless. Nobody ever said it would be easy. I am a product of the streets. Look what it has given me. My fight is something fierce. Will I never

be tamed? It's lethal in the battlefield. Look how they are hating on me.

Like me, you have to hold your own. I'm not young and still here. I may be locked up in this box, but I'm not going to shed any tears. A heart of a champion. I'll ride this thing out. Yours truly, **Mousie**.

Auction, BBQ

We would like to invite you to the 2009 Jefferson County Livestock Auction. The Kiwanis Barbeque will be held at 3 p.m. on Saturday, July 25 with the 4-H and FFA Auction to follow at 5 p.m. The auction is a great way to show all the hard work we have put into our projects all year. Thank you so much for supporting the 4-H youth. Hope to see you at the fair. Sincerely, **Grizzly Mountain Livestock 4-H Club**.

Apologies

I am sorry I broke tribal law on 3-26-09 by driving under the influence of intoxicants, and drug paraphernalia. I apologize to D.A.M. Jr. This will not happen again in the future. **Aldo Antunez**.

I am sorry I broke tribal law on May 28, 2009 by having illegal drugs and drug paraphernalia, and drinking beer under the age of 21. I apologize to the community members. This will never happen again. **Stanley Simtustus Jr.**

I am sorry I broke tribal law on 5-23-09 by recklessly endangering, liquor violation and driving while under the influence of intoxicants. I apologize to D.S. and S.J. I learned a valuable lesson. **Orlando Johnson**.

I am sorry I broke tribal law on Feb. 28 by getting caught with drug paraphernalia and NDDHD times two. It will not happen again. I'm sorry. **Chey Culpus**.

I am sorry I broke tribal law in February 2009 by driving under the influence and trying to elude. I apologize to the community of Warm Springs, the Warm Springs Police Department, the courts and the EMTs. I deeply regret what I did. **David Gonzales**.

I am sorry I broke tribal law on June 1, 2009 by assault on S.H.S. and A.W. I apologize for the turmoil and destruction I have caused to the family. I hope to learn from my mistakes, for slashing the tires (malicious mischief). I apologize to I.B., and

C.B. I hope to prove myself when released to make up for the lost time. **Curtis Brown**.

I am sorry I broke tribal law on 5-31-09 by violating my probation by being under the influence of alcohol and for running from the officer. I will try to better myself by being more responsible for my actions in the future. It will not happen again. I apologize to E.J. I'm sorry. **Tim Red Dog**.

I am sorry I broke tribal law on 4-18-09 by driving under the influence of alcohol and recklessly endangering times three. I am currently doing 180 days for my inexcusable actions. I thank God I didn't hurt anyone or myself. I would also like to tell my children I am sorry for putting you guys through more heart ache. To my daughter M., whom I'm dumping my responsibilities on once again, I love you and I'm truly sorry. Thank you. I apologize to T.F., R.R.R., Warm Springs Police Department, Officer A.S. I am going to work hard on my sobriety. I have a lot to think about while I'm incarcerated and a long time to do so. **Judith Kalama**.

I am sorry I broke tribal law on 2-18-09 by contributing/liquor violation in February '09. I also apologize for being intoxicated and telling the officers three different stories, also to the officers who responded, I am sorry. Thank you for your concern and time. I apologize to D. and his friends, B. and G. Everything has a consequence. I sure will learn from this one. **Isabel Popoca**.

I am sorry I broke tribal law on about early December 2008 by a DUII to the people of West Hills for waking you in the middle of the night. It was an unwise decision. I have to behave or I'll be back in jail. Nobody has the right to drink and drive. **Chris Arthur Sr.**

I am sorry I broke tribal law on the sixth day of June by NDDHD and drug paraphernalia drug charges. I'm working on overcoming that addiction and won't repeat those crimes. I apologize to the people involved. It's hard being a young Native man with influences surroundng me. **Randall Wallulatum**.

I am sorry I broke tribal law on 3-16-09 by child neglect/assault and battery. I apologize to the Police Department. I am sorry for running from the cops that night. I will not do it any more. I hope everybody can forgive me and my family. I apologize to M.B. and I.L. I am trying hard to get help now. **David LeClaire Jr.**

Lost in Pace raffle

August is fast approaching and Lost in Pace is getting ready for another 127 mile Portland to Coast Relay walk.

This year's raffle features prizes such as:

Rag quilt, doll board, beaded earrings, Tupperware package, Partylite package, picture frame package, set of folding chairs, photography by Tom Miller, wood carving, Starbucks gift card, and more.

Contact any of the following team members for tickets:

Joy Ramirez, Becca McPherson, Daryllyne Cortazar, Dena Thurby,



Lost in Pace team

Sharon Miller, Patricia Smith, Joy Harvey, Jani Jagels, Barbara Jasa, Sandy Dames or Caree King

Tickets: \$1 each or \$5 for six tickets. Drawing will be in the middle of August.

Many thanks for your continued support!

Lost in Pace team.

Re-enlisting for 3 more years

SPC George Boise has re-enlisted for an additional 3 years in the United States Army as of June 5, 2009.

His stabilization period in Hawaii will end June 2010, after which he will either transfer or continue his service at Schofield, Hawaii. It is open-ended, but would like to stay, as he has the opportunity to attend college courses at Hawaii University.

Boise enlisted in August 2005 and completed his ba-



SPC Boise

sic training at Ft. Benning, after which he was stationed at Schofield Barracks, Hawaii.

He is currently serving a term in Iraq.

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.

Thank you for writing to the Spilyay.

The next deadline to submit letters to the Spilyay Tymoo is Friday, July 24.

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Happy birthday and other wishes...

Happy birthday Grandma
Mi-Mi on the 19th.

Happy birthday Taralee
on the 18th.

Happy 1st Birthday Deklyn
on the 16th.

From Rodney, Deece,
Sophia, Mary Catherine &
Matthew.

Ricky,
My heart, my soul, my life.

Every step you take I will not be following, nor will be leading, look beside you—that's where I will be, always.

I will be your breathe when you can't breathe, fight beside you or for you when you can't, laugh and cry with you. I will be your strength when you are weak, your shelter when you need me, and the other half that completes us.

I promised to love you forever, to stay by your side through good times and bad times, in sickness as well as in health.

It was the biggest promise I made, short of the promise a mother makes to her children just as I did with our sons—Martin and Thomas.

Yet each year, as forever draws closer, I'm struck by how simple it has been, keeping my promise to you.

I've learned bad times are easier shared with you, and the sharing makes our love grow stronger.

I've learned that forever is too short and marrying you was one of the smartest things I ever did.

My story starts and ends with you, my Once Upon a Time. Ricky, you are my yesterday, today and tomorrow. I love you, Happy Anniversary. Endlessly and beyond, SuYenn.