

Parents and students should begin preparing for back to school

By Selena Thompson
Management Successor

Huckleberry Feast is behind us, and that is a strong indication that fall is just around the corner.

Seems like summer just started and now it's almost time for the students to

Spilyay
Speaks

get ready for school. Whether they are shopping for school clothes, supplies, or apartments for college, all students should begin or continue preparation because time will keep flying by.

Boarding school students are already preparing to travel to their destinations, as they usually start earlier than local schools. Returning students will reunite with their friends from previous years, and new students will meet new friends.

Recent graduates will be preparing for a whole new environment from their high school as they get ready to move forward and continue their education.

College students are preparing to move near their colleges, looking for apartments and getting their supplies ready for the start of school.

Fall term will begin soon and sometimes preparation for that is lengthy. Especially the financial aid process, that takes a long time for some people. But it's all worth it when classes start because budgets are pretty tight during the school year.

Local schools are preparing for fall sports by scheduling physicals, and students who wish to participate in a sport need to fulfill this requirement.

Some of the runners will be prepared for fall cross-country because they have trained all summer for the annual Portland to Coast relay held at the end of August. This event is huge and any runner who hasn't tried it yet, should.

Students who have worked for the summer will be wrapping up their work and getting ready for school.

Younger students at the elementary school level will anticipate meeting their new teacher, who they will spend the next year with.

They too will meet up with their friends and share what they did throughout the summer months.

Fall is around the corner though and parents will be busy preparing their kids for school and seeing that they receive their education because it is an important part of all young peoples lives. It is what forms their future success, because without it would be a constant struggle.

Letters to the Editor

Inspirations

Walter Cronkite was a very well respected elderly man. He was a wonderful reporter. He interviewed Neil Armstrong, and President John F. Kennedy, when he was working. I really think Walter Cronkite left a great inspiration as my tilla Olney Patt Sr. did. It's very sad and can hurt to lose a person, but look at what they leave behind. Thank you.

Evette Patt, 50 Kourt Dr., apt. 3, Eugene OR 97404.

Happy memory

(Note: This story by Wesley Redhouse Wesley, age 8, is called "The Night the Lights Went Out.")

At bedtime our Grampa told us, "If you don't go right to sleep, I will turn all the lights out."

Grampa knew we liked a night light kept on while we sleep. Well, I woke up and it was so dark. It was winter time. I called out to Grampa. I said, "Why did you turn the lights out?"

He said, "Ask Grandma if she paid the light bill."

I found Grandma, always ready for emergency lighting. The lamps and the fire were burning so bright. Grandma said, "All the neighbors lights are out too, and trust me I always pay the bills."

Grampa told us to go back to sleep. My sister Eliza Stwyer woke me up and said go see what Grandma's cooking for breakfast, it smells so good.

Now lil' brother Levi is awake. We went to see and Grandma was making bread on the open wood stove and oatmeal mush and boiled eggs. That was a real treat.

The neighbor called to see if we want to go to town to get a motel. Grampa said we were okay. We had sandwiches and chips for lunch.

Evening, Grandma said she had been cooking ham hocks and beans for dinner all day. She was now busy making pan bread on the wood stove. We also had chicken with the dumplings.

Later, while we kids cooked marshmallows, Grandma made doughnuts on the wood stove. We all slept in the living room where the wood stove gave us light.

Grandma and Grampa told us kids stories of other times when they lived with no electricity, no indoor water or bathroom. Grampa told us funny stories of Celilo Falls and the mighty river fishing and when he went hunting with Don H.

and my two grandmas told them not to come home until they got two deer. Grandma said they

would have good luck or else. I miss Grampa so much and remember when the lights came back on, we all said, "Oh! Ha! Ya! Just Grandma seemed glad."

I am **Wesley Redhouse Wesley**, 8 years old.

(I would like to take this opportunity to thank Miss Tara Suppab for her outstanding way. She has gone the extra mile to help my grandson through his second-grade year. I am the Grandma in the story. **Neda Wesley**.)

OSU visit

On behalf the Oregon State University delegation that visited Warm Springs on July 5-7, I would like to extend a heartfelt thank you to all the individuals here who contributed significantly to the success of the visit from the OSU President, Provost, and Vice Provost and faculty and staff- 14 people in all.

Countless individuals gave their time, energy and thought to the meetings and tours with the OSU representatives.

Thank you to Tribal Council for its support in signing the new Memorandum of Understanding with OSU.

A special thank you to Jim Manion, Robert Brunoe, Clay Penhollow, Mike Clements, Lonny Macy and Lynn Davis for their leadership in the tours and workshops in the areas of health, small business/economic development, natural resources, library/records management, energy, and the student experience.

Thank you to all the local representatives that attended the day-long session and provided your excellent input and ideas.

It is envisioned that the results of the action planning will lead to concrete projects and programs that benefit the community for many years to come.

Most of all, thank you to this community that has supported the presence of OSU Extension for over 50 years.

Shawn Morford, staff chair/4-H youth development, Oregon State University Extension Service.

Looking

Hello, my name is Troy Reinsh, formerly Johnson. I am writing this short request in hopes someone will be able to help me find my relatives.

The only names I have are my aunt Sally Mitts-Blackeder, also Lena, Randy, Eva. I have not been in touch with most of

them for approximately 26 years. My aunt Sally passed on in 1997. I would like help locating any of my family and any help I can get would be greatly appreciated. I am currently incarcerated at the following: 11540 NE Inverness Dr., Portland OR 97220.

Sincerely, **Troy Reinsch** no. 72757.

Stickgames

To the Warm Springs Community,

I am writing this letter on behalf of the Starr Family and the Stickgame players of Warm Spring to express our appreciation of the support we received as we strive to continue the tradition of Stickgame and recognize those loved ones who have passed on.

We held our Starr Memorial Stickgame Tournament in conjunction with the Pi-Ume-Sha powwow under the new addition of the stickgame/community pavilion.

We are happy with the additional space which was built by the Utilities department. For years, we have been putting up boards and tarp to try and provide additional shelter for the visitors to the pavilion.

Ramona Starr opened the grounds and fed the visitors on Friday and Alice Sampson and her family provided a meal to the guests on Saturday. Sunday, the Starr families fed the visitors and so no one left our community without being fed, such is the hospitality of our people. We are very appreciative to the families who made sure our guests were fed.

We are very grateful to the people who participated in the tournament, some traveling as far away as Lapwai, Ft. Hall, Spokane and Lummi.

This year we paid four places and they are as follows:

First: Barbara Starr. Second: Ken Long. Third: Luke Wahpet. Fourth: Ralph Moore.

We hope we will be able to continue this tournament for a long time and even more important, that the tradition will continue. Sincerely,
Sam Starr

To family

To my blood family:

I am writing to let you know I will not be there at your protocol for my mom's baby sister.

Do what you need to—I did my release on my dad's birthday April 4, 2009. Even through I cry yet I have my baby singers here to be free and clean to help, it's what I did my protocol.

When you get a chance you can write to me at:

Wanda McCraigie, PO Box 1426, Omak, WA 98841.

Grandma's love

There was kindness in her voice, a softness in her eyes, a true reflection of her heart I came to realize.

She never raised her voice to me. I never saw her mad. My grandma's heart was made of gold. Much love is what she had.

A grandma plays a special role in families everywhere. She is the one we count on most, much burden does she bear.

She is the family matriarch, a mother to them all. She's standing strong when times are hard. She can't afford to fall.

A tribute I would like to pay to grandmas far and wide. They are a blessing to us all. With love they do abide.

By **Eino**.

Apologies

I am sorry I broke tribal law on 5-19-09 by being disrespectful to a golf course located here on the Warm Springs Indian Reservation commonly known as the Kah-Nee-Ta Golf Course. I apologize to the Kah-Nee-Ta Golf Course. This will never happen again and I'm truly sorry. Please accept my apology. **Jacques Martinez**.

I am sorry I broke tribal law on June 26 by being intoxicated and having a concealed weapon at the Pi-Ume-Sha grounds to the tribe and have no problems again the next time around for public safety. I apologize to the community. Forgive me for the last time in this letter of apology. **Heath Crooked Arm**.

I am sorry I broke tribal law on June 27, 2009 by being un-

der the influence while at the Pi-Ume-Sha grounds. I went there for a ride home, but was detoxed instead. It will not happen again. I apologize to Pi-Ume-Sha, the community and our tribe. I won't go there for a ride any more. **Benjamin Arthur**.

I am sorry I broke tribal law on 5-28-08 by assaulting a person and for possessing dangerous drugs and for being under the influence of intoxicants. This will not happen again. My deepest condolences. I was in the wrong for my actions. **Kevin Smith Jr**.

I am sorry I broke tribal law on Dec. 5 by having drug paraphernalia on my vehicle. I apologize to the community. I am doing my best to make sure this doesn't happen again and am straightening my life out. **Marie Kalama**.

I am sorry I broke tribal law on May 23, 2009 by being under the influence of alcohol and for possession of drug paraphernalia. I apologize to my biological parents. I know I have a good head on my shoulders and that I can be a better role model for the younger generation regarding the athletic abilities I possess and will make every effort to do better. **Davis Sohappy Jr**.

I am sorry I broke tribal law on June 16, 2009 by verbally assaulting my wife. I was charged and very humiliated and embarrassed to step in front of a judge and plead out on this case. Having a crime against a woman is not in my nature. I apologize to J.R.W. This cramps my style but as a man I'll take ownership. **Edward Weaselhead**.

I am sorry I broke tribal law on 2-4-09 by committing assault and battery. I apologize to the tribes and my family. It won't happen again. **Cory Stwyer**.

Myths and facts about diabetes

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

Myth: Doctors discourage women with diabetes from becoming pregnant.

Fact: Most women with diabetes can have a healthy pregnancy if their diabetes is well controlled (A1C less than 7 percent).

It is recommended that women with diabetes who want to become pregnant see a dia-

betes specialist for pre-pregnancy counseling to assess their current health status.

Sometimes a change in their diabetes self-care management is needed, because tighter blood glucose control is recommended before and during pregnancy.

Women who take oral medications may have to switch to insulin before becoming pregnant because some diabetes pills may be harmful to the developing baby.

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

Happy birthday and other wishes...

Happy birthday to Kara. Have the best two years. God bless you and we love you. From Mama and Papa.

Happy 3rd birthday to my baby boy Mr. Nathaniel Josiaah Sanchez-Napyer, whom I gave birth to on a very special day, an early bird at 5:46 a.m., August 10, 2006. There's not a day that passes by without looking up at you and brothers' picture. I miss and love you guys. I can't wait till we are full of hugs and kisses

again. With much love, your mother **Larrissa Napyer**.

A thinking of you note to my G-Ma Ella Jane Jim and the whole family. I'm thinking of you all as the days and nights may pass. I miss and love all you guys. I'm getting close to seeing you all again and I can't wait. I'm going day by day as they may be passing, trying not to count down. Much love and respect, **Larrissa Napyer**.

Kanim Smith III, Congratulations on your first year of All Stars District 5 All-Star Tournament, Hermiston. Love, Uncle L.A.



Happy Birthday, **Krysten Marie Allen**. Love you, Sweet Heart. Love, Dad.



August 17: Happy 3rd Birthday, Mr. **Kenyon Tom!** Love you lots & have a great day! Love, Mom and Alex.

Happy birthday, **Ida** on August 16! From Kenyon, Amanda and Alex.

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