

More Letters to the Editor

A thank you

To all my family who helped us through all our losses,

Madene Meanus, mother of our beloved grand children, Lucinda, Martina, Jamey, Eliza and Vesta. She lived in our home for many years. Her death created hurt feelings but with prayer her children were able to accept the loss of her.

Our beloved Luci, mother, sister, aunt and granddaughter, how we miss your beautiful smile and laugh only you had.

All of our beloved, husband, father, grandfather, uncle, brother-in-law, Jimmy Wesley Sr. We all see you everywhere, hear your happy laugh when the grandchildren do something funny, never complaining nor

demanding. I'm sorry I didn't write the thank-you to Sandra and Owen for sending us to see the Smokey Robinson concert at Toppenish, Wash. To Raymond Shike Jr. for the special care her provided for your comfort at that special time. How you said, "Be quiet, he's singing our song." This is indeed a very sad year for me and our children. A very special thank-you to one of my same name "lil' Char Herkshan." She delivered delicious home-cooked meals for all the people in my home for a month after we lost Jim. It meant so much to us. To my Greeley family for all the donations for our home. Josie Wolfe-Miller, how very dear you are to provide from your heart.

We know you dearly loved our uncle. Every year we, as a family, celebrated Luci and Jim's birthdays on the same day, August 17. With the loss of both of them we pray we can survive this day some how.

My precious Martina Marie, our caretaker, mother of Kayla and Marcal, how we miss you. May you be in the precious grace of God and we will meet again.

And last but not least Angela, she brought many smiles and loves, hugs to our children in our home. She spent nights on our couch and woke up to play with the children in our home.

I as the head of the household feel like we are in a huge fishbowl and I try hard to understand. How are we expected

to be? Are we not supposed to laugh, sing or cry anymore? I thank my biological sisters, my beloved husband's family, Arlene, Rosanna Jim, Johanna Senator, and Ken and Heidi for the clothes and financial help for me and my children.

Because we are losing our traditions to take care of our widows and widowers, our culture is going down the drain. Because we loved our person who provided for us, we can go on and too all of your loving support, we will be okay. My life exists around my grandchildren and I pray for the C.P.S. and the judges to have compassion for my atwai grandchildren's children and allow them to remain with us.

Neda Wesley family.

Medical advice for people with diabetes

Dr. Marilyn Waller-Niewold, practicing in Warm Springs, is a Fellow of the American Professional Wound Care Association, and has a keen interest in prevention of injury and treatment of diabetic patients.

There are precautions that people with diabetes can use to significantly decrease risk of harm to their feet and other areas of the body.

Note that severe foot injury can cause serious infection, if left untreated can lead to amputation and at the extreme, loss of life.

Protection from the sun, by using a hat, sun glasses and skin block, even on the feet for both the UVA and UVB are important, simple interventions that can avoid severe burn and decrease risk of skin cancers and eye injury.

It is important to remember that people with diabetes often have decreased sensation, losing the ability to feel pain as they used to. They are therefore suscep-

tible to increased injury to the feet such as puncture wounds, cuts, lacerations and burns to the bottom of the feet that can occur from walking on hot surfaces.

It is recommended that diabetic patients always use a shoe covering and that it should be firm to especially protect the bottom of the feet from skin wounds and burns from hot sidewalks and road surfaces.

Use beach shoes while walking on sand and in the ocean (hot sand causes burns, seashells may lead to puncture wounds), and never walk barefoot especially on hot road and sidewalk surfaces. Lastly, stay hydrated, drink plenty of water, monitor blood sugars and avoid simple sugars such as sodas and sweetened juices.

For more information contact Dr. Waller-Niewold in the podiatry department at the Warm Springs Health and Wellness Clinic, 553-1196, ext. 4606.

Thieves 'phishing' on the Warm Springs reservation

By Mark Matthews
Victims of Crime Services

Everybody can use some extra money during this recession. The costs for food, gasoline, and other consumer goods are going up. Why can't we get some federal government Stimulus Relief in our wallets?

I thought my luck had changed when I got an email that said someone in South Africa—Matthew Williams—left me \$5 million in his will. How can I be so lucky?

But wait a minute, I don't know Matthew Williams. Why would he leave me \$5.1 million dollars? Obviously, this was a scam.

I was deleting this email when Juanita Villa, one of our co-workers, showed us her email that said the same thing. Juanita was going to inherit the same \$5.1 million dollars. And you might have received the same email recently.

Thieves are "fishing" on the Internet through emails on the Warm Springs Indian Reservation for our personal financial

information.

What they want are account numbers, passwords, Social Security numbers, and other confidential information that they can use to loot our checking accounts or run up bills on our credit cards.

This is a type of "Phishing." According to Wikipedia, "Phishing" is the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords, and credit card details, or personal identification information by masquerading as a trustworthy entity in an electronic communication.

"If you don't know who is sending you an email, then you should delete it," advises Todd Sturm of the tribes' EagleTech Information Systems office. EagleTech has an email filter system that blocks most of the illegal and inappropriate email coming to the reservation, but some spam, or junk email, gets into your email account.

"The tribes have about 475 employees who have tribal email accounts" said Sturm. "With the

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last big phishing email sent to tribal email accounts, four tribal employees responded to the phishing solicitation."

Criminal phishing is not exclusive to the Internet. Thieves can use the telephone to scam you also. Telephone solicitors may ask you for your personal identifying information, such as: your Social Security number, your credit card account number, your password, or the information you use to verify your identity when speaking to a real financial institution, such as your mother's maiden name or your place of birth. If you provide the requested information, you may find yourself the victim of identity theft.

Protect yourself from crimi-

nal phishers and scammers by doing the following:

1. Never provide your personal information in response to an unsolicited request, whether it is over the phone or over the Internet.

2. Never provide your password over the phone or in response to an unsolicited Internet request. A financial institution would never ask you to verify your account information online. Thieves armed with this information and your account number can help themselves to your savings.

3. Always review account statements regularly to ensure all charges are correct. If your account statement is late in arriving, call your financial institution to find out why. If your financial institution offers electronic account access, periodically review activity online to catch suspicious activity.

The preceding information on phishing and email scams is presented as a community awareness service by the Warm Springs Victims of Crime Services Department.

Thank you, workers



We would like to recognize our Summer Youth workers: Dorothea Thurby, Taylor Smith, Mariah Smith and Misty Spino-McCormack for doing an excellent job this summer.

We appreciate your ability to be at work everyday with a smile on your face. You were a pleasure to have and a big help with

the kids. You contributed so much more to the program than you realize. We, along with the kids, will miss you.

We all wish you good health and good luck in the coming school year.

Boys and Girls Club/Place for Kids staff, June, Jocelyn, Ava and Myrtle.

Great job, Team Witness

Congratulations to Team Witness, who took second place in the boys 12 and under competitive division at the Salem Hoopla Tournament, July 24-26.

The boys played a tough championship game on and lost by only five points. They were defeated by The Ball Players of Salem, who are the repeating champions for the past three years. Once again, Congratulations to both teams, who played an awesome game!

We would also like to



Courtesy photo.

Markain Davis of Corvallis, Christian Johnson of Bend, Jered Pichette and Devon Wolfe, both of Warm Springs (from left).

thank those who helped support Jered and his team, Your time and donations are very much ap-

preciated. Sincerely, **The Pichette family.**

Need help with a legal problem?

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m. on the first Monday of the month at the Family Resources Center in Warm Springs. Or call us at 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.

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