

Letters to the Editor

Community garden

I would like to thank all the individuals and groups who have contributed their time and effort to making the Warm Springs community garden a success. Through this project, we have gained the understanding of what it takes to grow and community garden and to maintain the garden. I would like to thank the following:

Community Health Improvement Program, Beth Ann Beamer, Community Health and Wellness, coordinator Carolyn Harvey, the Warm Springs Indian Health Services (IHS), the Warm Springs Diabetes Prevention Program, the Warm Springs Community Action Team, Lonnie James and Pat, the Oregon State University Extension Service, Fara Brummer.

Thank you to Wy'East Resource Conservation and Development, Katherine Loeck, Wy'East Resource Conservation and Development director Debbie Chaddwick, all of the staff at Warm Springs Utilities, Randy and Walter Zistel of Culver, and the staff of KWSO.

Thank you to Chilkat Enterprise, Kelly and Ruth Beymer, Master Gardner Jane Foster, Master Gardner trainee Bryan Lund, Upper Midwest Heifer International, Susan Daniels of Shawano, Wis.

Thank you Forestry GIS, Sammy O'Riley, Warm Springs Fire Management, Warm Springs Hotshots, Warm Springs Government Affairs and Planning, Urbana Ross, ACHIEVE Youth Group, Warm Springs, Oregon Youth Conservation Corp, Garrett Apland, Elmer Charlie and Clinton Tohet.

Thank you to the individuals who planted in the community garden:

LeRoy Bobb, Mrya and Virgil Orange, Merle Kirk and family, Lyle Rhoan Jr., Jerome and Johnathon Culp, Aurolyn Stwyer Pinkham, Angelena Smith, Lonnie James and Theda Wallulatum. If I forgot to mention anyone who has helped, it was by accident.

The community garden is growing and continuing with much effort from within the community and outside help.

Edmund Francis.

W.S. beauties

Dust rose from their hooves of thunders, as I watched them race on by, buckskins, paints and appaloosas, and that stormy, painted sky.

Sleek and handsome were their bodies, muscles rippling in the sun, without riders were these horses. They were racing just for fun.

In a windstorm they were running on a hillside so close by 'twas a scene I'll long remember, and a pleasure to my eyes.

Eino

To my sister

When we were young, you were the little—I was the tomboy. We started going to Washut services at the old Simnasho longhouse, it was to always be an important part of our life.

When we went to grade school, I fought anyone who made fun of you. We had to go to boarding school. We stuck close together. We would find things to laugh about, things no one else would think was funny. We were always getting in trouble together.

We danced at powwows and fought over who should ask a boy to Owl Dance. We went off to relatives in the summer, you to Nespelem, me to Gresham.

We got baptized together in the Catholic Church when I was 12, you were 10. As we got older, we started the summer going to catechism classes. Then we got taken out early to go berry picking.

We had many berry fights, we got into trouble for climbing Jake Hardwigs cherry tree to swipe cherries.

We would dress up on Saturday, take a bus to Gresham, eat pork noodles at the Chinese restaurant, go to the movies and watch "Elvis Presley" movies until they kicked us out.

We enjoyed riding our pet horse "shorty." We joined the "Boot and Saddle Club." We rode the horses from our Aunt's place to HeHe every summer.

We learned to dog paddle and eventually swim in Podders Pond. We played sports together, softball, basketball, volleyball... you were the one who excelled in sports, I got to be the bench warmer, the bat girl.

We were on the drill team, we got to march in the Rose Parade. We babysat many kids in Warm Springs together.

People gave us nicknames like, gasoline and kerosene, Bobsy twins, just like a horse and carriage... because we were always together.

I was jealous because you did all your homework in study hall. I had to lug all my books home and study for hours.

After I graduated from high school, we started on our own journeys. I traveled a lot and you stayed close to home.

We had our own families and had our own family events after our mother passed away. *

We always communicated through the years. I came home to be around my Aunties before they would leave us.

I'm glad I came home, little did I know that my lil sis would go before me. You are now with Mom, Dad and all the others who passed on before you.

You left many people behind whose hearts are so sad. I know the Great Spirit is taking great care of you.

You were a warm, loving, intelligent woman and I will always miss you.

KS.

About garden

To start out, I have Aztec blood in me. It's cool. Next, my name's Anthony William Ireland-Martinez, a big last name. I live next door to Evette Patt. She a good friend. I married them, her boyfriend and her.

I see you have a community garden in Warm Springs. That's also what I'm doing. Some ideas: coffee grounds, compost and water. Your ground will have many worms. That means good soil! Thank you.

Anthony Ireland-Martinez.

Myths and facts about diabetes

By Elsie Howard
Diabetes Nurse Educator
Warm Springs Diabetes Program

Myth: Only older people get type 2 diabetes.

Fact: While type 2 diabetes is more likely to occur in people over 40, it can occur in people in their 30s, 20s, teens and even younger.

In Warm Springs, there has been an increase in type 2 diabetes in people in their 30s.

Maturity-onset diabetes of the young (MODY) is becoming more common, mainly in overweight teens with a strong family history of type 2 diabetes.

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

Hello

My name is Leonardo Cuevas. I'm 21 years old. Some of you may know me as "Chanchito." I'm currently serving 70 months in Eastern Oregon, and the reason I'm writing is to give out my information to family and friends who may want to write to me. I would appreciate it. It would mean a lot to hear from you. So here's my address.

Leonardo Cuevas, no. 15481747. 2500 Westgate, Pendleton, OR 97801

Thank you everyone



MayAnne and family at graduation.

It'ukdi Wigwa, Good day.

My Indian name is Dowi-shi-at. My name is MayAnne (Switzler-Aguilar) Mitchell. My mother is Valerie Switzler and my father is George Aguilar Jr. My maternal grandparents are Maxine Switzler and the late Delton Switzler. My paternal grandparents are George Aguilar Sr. and the late Ella Aguilar.

I graduated with my Bachelor's degree in Business Administration with an emphasis in Management on May 8, 2009 and was honored to be nominated as Haskell Indian Nations University's 2009 Student of the Year! I am very proud to have accomplished such a huge step in my life. I would like to take this time to thank everyone in my life for everything you have done for me. I really appreciate all of you!

Thanks to:

My husband Allen and daughter Alena for giving me what I have always dreamed of, my own family. Allen, we have been through so much together and I really appreciate everything you do for me. Our relationship is nine years strong and from the very first moment we met, I

knew I wanted to spend the rest of my life with you. You are the perfect husband. Alena, you became my inspiration to continue my education and I thank the Creator everyday for giving me, you.

My grandma Maxine Switzler for never giving up on me; to my mom Valerie Switzler and dad George Aguilar Jr. for everything you have done throughout my life; Dad, thanks for always accepting me as your own.

Thank you to my auntie Lori and Uncle Clint for being such great role models. And of course, thanks auntie for running all our errands for us. To my little sisters Ashley, Georgianna, and Evelyn for always being there for me. To uncles Wendell and Jay for sending jerky, calling to check on me, to make sure I wasn't blown away by a tornado, or floating down the river. To auntie Eydie and Victor Lee for always calling just to see what I am doing. To my uncle Victor Switzler Sr. for always standing strong. To Deanie Johnson and Grandma Gladys Thompson for being a big part of our lives. To Margaret, Thomas, and girls for letting us stay with you guys. To Watkins Johnson, lil' Maxine, Priscilla, and Michelle Tailfeathers, we always enjoy

seeing you guys. To all who came and congratulated me at my graduation dinner at Grandma Maxine's house.

To the rest of my family; the Switzlers, the Winishuts, the Aguilars, George Aguilar Sr. and family, Easton and Tina Aguilar and family, Beulah Tsumpti and Family, Eraina Palmer and Family, Joan Bryant and family, Rayne Palmer and Andrews Family, Vangie and girls, Sara Switzler and family, the Switzler Boys, Jolene and boys, Irene Boise and Family, Alison Mitchell, Jasper Switzler and family, to my in-laws Joe Mitchell, Debbie Mitchell and Germaine Johnson. To my childhood friends that still remain a part of my life; to the new friends I have made throughout the years and to all my people who came before me and made it possible to be here. I know I didn't name every person from my family, but I do appreciate all of you. Also thanks to the Higher Education Program and members throughout the community for all your encouragement and support. Thank you again.

I am currently working for Haskell Indian Nations University and will remain in Lawrence for at least another year or two. I would like to continue my education closer to home, but there is no telling where I will end up. Eventually, after pursuing my highest degree, I plan to come home and work for the tribe. I am very thankful for everything I've been given and am honored to have represented Warm Springs well. Thanks again to everyone!

Always,
MayAnne Mitchell.

Apologies

I am sorry I broke tribal law on 4-9-09 by CttDoaMx2, having NDDHD and DP in my possession. I apologize to S.B. and T.B. and their family. I have been doing my best to live in sobriety. **Valene Wheeler.**

I am sorry I broke tribal law on June 26, 2009 by wrongfully committing the offense of unlawful use of a vehicle and DUII. I'm so sorry this action took place. I apologize to Warm Springs and C.F./L.S. By committing this offense I learned my lesson. **Corey Smith.**

I am sorry I broke tribal law on 12-21-08 by having drug paraphernalia in my possession. I apologize to officer **J.D. Jeleah Sam.**

I am sorry I broke tribal law on April 4, 2009 by liquor vio-

lation. I apologize to the tribe and the arresting officer. I will try my best not to let this happen again. **Chelsey Yahtin.**

I am sorry I broke tribal law on April 4, 2009 by malicious mischief. I apologize to N.J. I will not let this happen again. **Chelsey Yahtin.**

I am sorry I broke tribal law on 6-27-09 by recklessly endangering and malicious mischief. I would also like to apologize to S.Y. I apologize to A. and M.S. I will not let this happen again. **Chelsey Yahtin.**

I am sorry I broke tribal law on July 19, 2009 by driving under the influence, NDDHD, reckless endangering times 3, paraphernalia. I'm sorry. My ways are traditional and not like this. For this I am truly sorry to my family and people of Warm Springs. I apologize to A.A.H, M.C., and V.S. My actions will be better. **Louis Ike Sr.**

I am sorry I broke tribal law on 6-19-09 by assault and battery. I apologize to my wife. I am truly ashamed of my actions. **Roland Kalama III.**

I am sorry I broke tribal law on 6-19-09 by resisting arrest. I apologize to officers L. and W. I hope you officers accept my apology. **Roland Kalama III.**

I am sorry I broke tribal law 7-8-09 by drinking while under the age of 21 and for violating my probation. I'm also sorry for disturbing Kah-Nee-Ta staff and guests. I apologize to my probation officer. I'll be more responsible and follow the law. **Galen Northrup.**

I am sorry I broke tribal law on May 28, 2009 by having possession of illegal narcotics and drug paraphernalia and attempting to sell illegal drugs. I apologize to the tribes. It was wrong of me. **Roger Simtustus.**

Happy birthday and other wishes...

Happy birthday to our handsome little boy, Ja Vaughn Becerra, who turns



the big No. 1 on August 29, 2009. and grandpa Wilson.

Lots of love from your mommy Erica, grandma Arlene, grandpa Albert, uncle Smokey and family, grandma Sugar Bear, grandpa Mark, cousin Robert

Happy 5th birthday, Clarissa V. Iyakitan on August 26, 2009. To my beautiful daughter, I would like to say Happy Birthday and many more to come. I remember the day you were

born like yesterday, but that was five years ago. Have fun, eat a lot of cake, let it be your day to get Ka,shoom. Love, dad and grandma Della.

Happy belated birthday to P. Isadore. Love, uncle Carl and grandma Della.

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