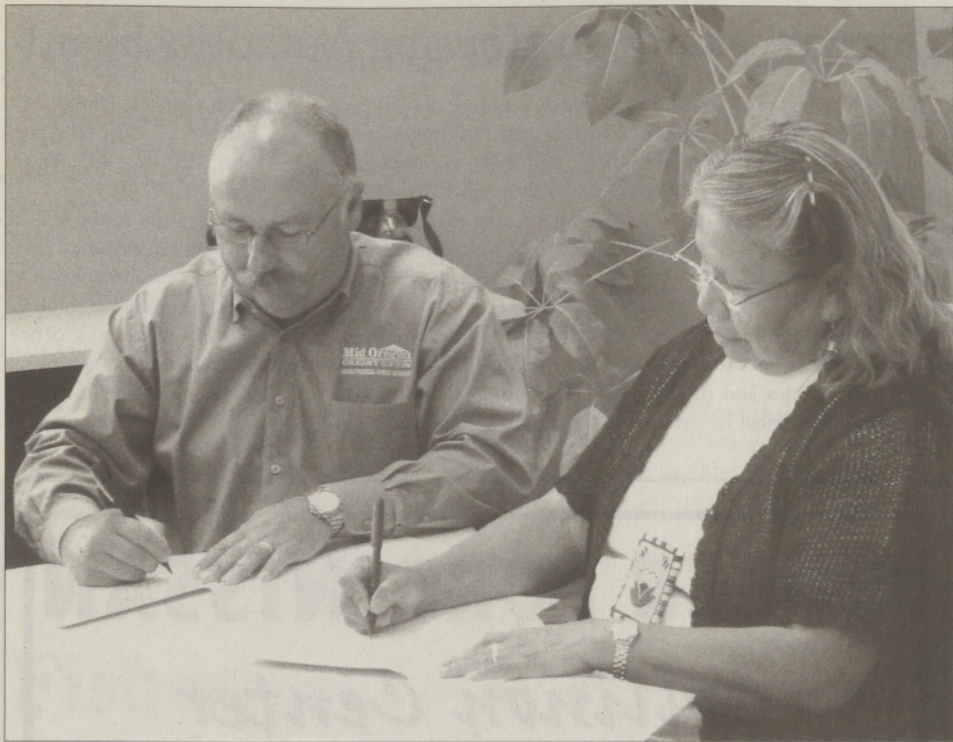




Dave McMechan pictures

Tribal Credit Enterprise Board of Directors Chairwoman Evaline Patt and Mid Oregon Credit Union President Bill Anderson (above) sign the financial services agreement (Story on page 1).

At right, tribal and credit union officials, and others who helped put the deal together meet at the Credit Enterprise building for the agreement signing.



Difference between flu and cold

From the Warm Springs Health and Wellness Clinic

It is sometimes hard to tell the difference between a cold and the flu.

Both of them make us feel awful. So, we will tackle what a cold is versus the flu.

The cold

There are over 200 viruses that can cause the common cold and children in school or day care may have as many as two to nine viral infections per year.

A cold may cause any of the following symptoms singly or in combination:

Runny nose, sore throat, sneezing, fever, mild headache and body aches, coughing. These symptoms may start slowly and last up to 14 days. Here is some more important information:

A green runny nose does not mean that antibiotics are needed. It is important to treat fevers, aches and pains with Tylenol or Motrin.

Use Saline nose spray for plugged up noses.

Use cough medications and throat lozenges that you can buy over the counter. Make sure there is enough humidity in the air at your home. No smoking in the house or car. See your health care provider when:

You have a temperature higher than 101 for three to four days. Symptoms that last more than 10-14 days. Your baby is younger than 3 months and has a fever.

The flu

The Flu has a sudden onset of one or more of the following: Fever—usually over 101, headaches, tiredness, cough, sore throat, runny or stuffy

nose, body aches, diarrhea and vomiting—more common among children than adults.

These symptoms do not always mean that you have the flu, as other viral illnesses including the common cold have similar symptoms.

The flu spreads from person to person by respiratory droplets when people who are infected cough or sneeze and do not cover their nose or mouth or wash their hands.

Everyone is encouraged to get the seasonal flu immunization when it becomes available and also immunize all family members and children over 6 months of age.

It is recommended to treat your symptoms with over the counter medications and Tylenol or Motrin for fever and general aches.

VOCS grant to continue person crime services

Submitted by VOCS

The U.S. Department of Justice has notified the tribal secretary-treasurer and Victims of Crime Services that a grant has been awarded that will partially fund Victims of Crime Services through August 2010.

These grant funds come from the Victims of Crime Act (VOCA) and are administered by the U.S. Department of Justice's Office for Victims of Crime, said Mark Matthews, Warm Springs Victims of Crime Services Manager.

"VOCA funds come not from taxpayers' dollars, but from a pool of federal criminal fines," said Matthews.

"Federally convicted felons pay their fines that help domestic violence and sexual assault organizations throughout the U.S.," he said.

"However, the biggest contributors of the federal criminal

fines to the VOCA pool are large corporations, such as a German pharmaceutical company that pay fines exceeding \$100 million dollars."

This grant is the Tribal Victim Assistance Grant and its total award amount is \$150,000.

Matthews said that of the \$150,000 total, \$57,370 is earmarked for program and training, \$58,533 for personnel, and \$33,730 will go to the tribes' indirect pool.

The TVA grant pays for about 2.5 full-time employees.

VOCS uses the program funds to provides 24-7 emergency services and assistance to person crime victims who are:

1. In crisis immediately after their victimization;
2. Victims involved in the legal process if they need a restraining order or are involved as a victim in a criminal case;
3. In long-term transition to safety; and,

4. For public community awareness and education.

Person crime victims include those victims of domestic violence, sexual assault, stalking, and assault and battery. VOCS does not provide criminal defense services or financial assistance for victims of property crime victims such as victims of malicious mischief, vandalism, theft, or house fires (unless the police or fire departments suspect the crime of arson).

VOCS, however, will help property crime victims with information and referrals.

The VOCA TVA federal grant requires non-discrimination in VOCS offering victim services to all person crime victims regardless of race, gender, or tribal membership.

One of the new initiatives under the grant will be exploring the need for a victim rights code for the reservation. For more information call 553-2293.

Howlak Tichum

Pete J. Good Lance, 1987-2009

Pete J. Good Lance of Warm Springs was born on January 19, 1987 in Gresham. He died on September 17, 2009 as the result of a fishing accident near Boardman at the age of 22 years.

Pete lived in South Dakota and attended school there until the 4th grade when he moved to Madras. He went to Chemawa Indian School in Keizer. He then returned to Warm Springs, where he has worked and lived.

Pete married Effie Jim on September 20, 2008 in Warm Springs. He enjoyed spending time with children, basketball, hunting, fishing, and



socializing.

He is survived by his wife Effie Good Lance; son Ivan

Garrison Good Lance; daughter Adison Lakoya Good Lance; parents Bonnie Good Lance Thomas and Emerson Squiemphen of Warm Springs; brothers Wamblee and Fred Wallulatum, both of Warm Springs; sisters Ivy and Lulah Wallulatum, and Devonna Good Lance, all of Warm Springs. Pete was preceded in death by his mother, Debbie Good Lance in 1990.

A service was held on Saturday, September 19, 2009 at the Agency Long House in Warm Springs. Burial followed at Simnasho Cemetery, Warm Springs.

Thane R. Colwash, 1963-2009

Thane R. Colwash of Warm Springs was born on May 15, 1963 in Prineville to parents Samuel and Amelia John Colwash.

He died on September 17, 2009 as the result of a fishing accident near Boardman at the age of 46 years.

Thane was raised and attended elementary school in Warm Springs, and later Chemawa Indian School in Keizer. Thane then attended

college in Haskell, Kansas for a time before returning to Warm Springs, where he has lived since and has been serving as a tribal fisherman. He enjoyed basketball, baseball, swimming, hunting, helping his nieces and nephews with sports.

He is survived by his mother Amelia Colwash of Warm Springs; brother Marvin Meanus Jr. of Warm Springs; sisters Andrea Kalama, Lavina Colwash, and Oueida Colwash, all of Warm Springs; and many nieces

and nephews.

Thane was preceded in death by his father Samuel William Colwash; two brothers, Peter and Kyle Colwash; sisters Marilyn Meanus, Ellen Colwash Davis, Kaylen Colwash, and Jareen Colwash.

A service was held on Saturday, September 19, 2009 at Agency Long House in Warm Springs. Burial followed at the Simnasho Cemetery.

Johnny Henry Ramsey, 1952-2009

Johnny Henry Ramsey passed away on Saturday, September 19, 2009 at his home in Warm Springs following an extended illness. He was 57.

Johnny was on January 24, 1952 in Gulfport, Mississippi to Hosey & Viola (Day) Ramsey.

Johnny married MartiRai (Wells) Ramsey on September 26, 2003 in Portland, Oregon. The couple came to

Warm Springs in 2007 from Portland. Johnny was employed as a maintenance worker for the housing authority prior to his illness. Johnny enjoyed being outdoors fishing or landscaping. He loved his family and really liked all sports, especially football.

He is survived by his wife, MartiRai Ramsey of Warm Springs; children, Trachere Boyd of Mississippi, Tyreyk Ramsey, Johnny Ramsey Jr. and Celena

Ramsey all of Warm Springs; brothers, Raymond, Phillip and John Wesley Ramsey all of Mississippi; sisters, Hazel Van Achthoven, Louise Ingram, Mary Burley, Annie Mae Burley and Roberta Parnell all of Mississippi; 5 grandchildren and 3 great grandchildren. He is preceded in death by his parents, brothers (Hosey Jr. and Luther), sister (Lottie), and a great grandchild.

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