

Out of Darkness walk

Members of the Warm Springs, Umatilla, Yakama and Klamath tribes participated in the Out of Darkness Suicide Prevention Walk on October 10 in Portland. Warm Springs tribal elder Elvis Frank completed the 3-mile walk in honor of his son George Frank's memory. He lost his son to suicide in 1988. Several other family members walked in honor of loved ones and for suicide prevention. After the walk the group held a prayer circle.



Courtesy photo.

Out of Darkness participants (left to right far back sitting) J'Dean Kalama, Daisy Thomas, Graceanne Kalama, Jordan Holiday, Matt George (left to right standing) Wenona Scott, Angela Billy, Elouise Baptiste, CarolAnn Frank-Watkins, Sterling Kalama Sr (holding baby Sterling Jr), Eileen Frank, Aiyana Kalama, Shanita Sohappy, Tamara George, LeeAnn Foster (NARA), Sarah Thompson; (left to right sitting) Elvis Frank, Nicodemus Bill, Chey George, Raylene George, Noelani Kalama, Hazel George and Tashara Bill (holding photo).

Diabetes awareness

November is National Diabetes Awareness month. Diabetes is serious and it's hard work managing it every day. But there's hope. If you keep your blood glucose (sugar) as close to normal as is safe for you—what is called your target range—you can reduce your chance of serious health problems. It is worth the effort. It is easier to manage your diabetes if you set goals and make a plan. Pick things you want and believe you can do, such as walking 30 minutes a

day. Ask for help from friends or family. See your health care team for regular diabetes check-ups. Also, keeping your blood pressure and cholesterol under control can lower your risk for heart attacks and other diabetes complications. Managing your diabetes is not easy, but it's worth it. For more information or help on how to control diabetes and high blood pressure contact me at 553-2478. Sincerely, **Jeri Kollen, RN** at the Warm Springs Model Diabetes Program.

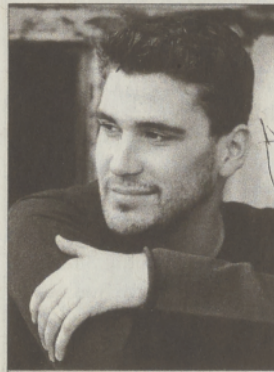
Cleanup project

Great job, Jefferson Greene, on the recent Warm Springs Beautification project, and thank you to all who helped. A group of young adults from Central Oregon, 18 total, came to Warm Springs with little fanfare to pick up trash along Hollywood to Macy's Market, to the Full Gospel Church. The objective for these youths was to do in-kind service to a community that needed a project completed, and to learn from the experience. I was touched by their moti-

vation, and how they stepped up to the plate and picked up loads of trash. However, I was shocked and upset when one of our locals drove by the crew and tossed out a bag of garbage. I had to forgive that person for these actions. It does make a big difference when we plan these community clean-ups, but on the other hand, why can't we just do our part and keep it clean daily, for today, for tomorrow and for the pride. Again thank you and so many others for taking action. **Dan Martinez**, fire chief

Appearing at Kah-Nee-Ta

Country star and season two American Idol finalist Josh Gracin (right) will appear with his acoustic trio at Kah-Nee-Ta High Desert Resort and Casino this Friday, Nov. 6. The show starts at 9 p.m. Tickets are \$15-\$25. For adults 21 and older. Go to kahneeta.com for details, or call (541) 553-1112.



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More apologies

I am sorry I broke tribal law on 1-10-09 by getting a DUII. I apologize to the community. This will never happen again. **Wallace Scott.**

I am sorry I broke tribal law on 3-5-09 by driving under the influence of intoxicants. I'm sorry to the tribal police. I apologize to the tribal court. It won't happen again. **Carl Kalama.**

I am sorry I broke tribal law on 9-8-09 by disobeying the tribes and drinking and driving, endangering others as well. Just lucky there wasn't an accident. My apologies to T.H. and brother. I apologize also to F.T., Jr. to F.T., Jr., I am grateful you are family, a part of my life. We'll be safe. **Allen A. Holquin.**

I am sorry I broke tribal law on 9-10-09 by assault and battery. Under the circumstances I was in the wrong and for that I apologize. I apologize to G. **Diana Tewee.**

I am sorry I broke tribal law on 7-6-09 by being under the influence of narcotics, dangerous drugs, hallucinogens and delirants, and for disorderly conduct and for having drug paraphernalia. I apologize to my father, A.T. I am truly sorry for what I have done, and I will do my best so nothing like this will happen again. **Raymond Torres.**

I am sorry I broke tribal law on 8-10-09 at 4 a.m. by attempting to elude, reckless driving and recklessly endangering times two. I furthermore would like to apologize to a police officer, L., for he was endangered by my actions. I apologize to L.D.S., F.S. Jr. **Johnny E. Smith.**

I am sorry I broke tribal law on Sept. 9, 2009 by unlawful possession of a controlled substance, possession of drug paraphernalia, also attempt. I am sorry and I am working on a new path to take in life. I apologize to my mom, and son and sister. I am paying for my wrong choices. **Jennifer Smith.**

I am sorry I broke tribal law on Sept. 8, 2009 by committing the crime of harassment towards J.H. Jr. I apologize to my son, my mother and my brother. I know I've made poor choices. I am working on taking a new path in life. **Bernice Mitchell.**

I am sorry I broke tribal law on 9-5-09 by driving under the influence, and reckless endangering. I apologize for my actions. It won't happen again. I apologize to M.C.-M. I have learned my lesson so this won't happen again. **Denver Silas Aleck.**

I am sorry I broke tribal law on July 8, 2009 by aiding and abetting a fugitive. I should have thought about it. Next time I will know who to handle it in a different way than the way I did. I apologize to A.T. It won't happen again. **Crystal Spino.**

I am sorry I broke tribal law on 9-6-09 by driving under age and getting a liquor violation. I would like to apologize for my actions. I will try harder to make the right choices. I am sorry for the choices I've made. You live and learn from your mistakes, and don't make the same mistake twice. **Lance A. Boise.**

I am sorry I broke tribal law on 8-28-09 by driving drunk and reckless endangerment. I apologize to J.H. I am sorry for my reckless action. **George S. Smith.**

I am sorry I broke tribal law on 8-9-09 by driving under the influence of intoxicants, drug paraphernalia, reckless endangering times two, no operators license and defective equipment on vehicle. I apologize to my two passengers. Sorry I was so careless with others. **Byron Frank.**

I am sorry I broke tribal law on August 14, 2009 with dangerous narcotics, and to the community I'm sorry. **Avery American Horse.**

I am sorry I broke Tribal law by Child Neglect. I did not mean to leave my two sons and

my two grandsons while I was gone to the dentist for 1 hours. I am sorry you are in CPS custody, sorry for the heartache I have caused for the separation of all my children. I am sorry for not being there for you while you were at treatment. I know how important it is for family involvement. Also, AT, sorry I can't have contact like I want to with both of you. CPS also has custody supervised visitation. I am not sorry that there was no alcohol and drugs involved in the case. I am sorry for the danger of what could have happened to my two sons and grandsons. Please forgive me. I was in jail from 8-7-09 to 9-15-09. I am doing what I am court ordered to do and working with CPS. **Annette Jim.**

I apologize to my children and grandchildren, who were directly impacted by my actions. I also want to say that I am working on communication and court order to get my children home, and I will make every effort to follow our laws in the future. **Annette Jim.**

I am sorry I broke Tribal law on 3-5-09 by being intoxicated and causing a whole lot of problems at Kah-Nee-Ta. And to A.M., I apologize once again for the damage I did to your place. I hope we can work through this and some day we can be on speaking terms. Also the WS Community, to whomever was on the road while I was driving under the influence, I apologize to you and for this I am now paying for my actions. **Marsha Givens.**

I am sorry I broke Tribal law on 8-21-09 by being intoxicated and getting caught and getting a liquor violation. I also want to say that I am now sober and it won't happen again. **Clint Smith, Sr.**

I am sorry that I broke Tribal law on 9-22-09 by driving under the influence of liquor. I apologize to P.B. I also want to say that we need to work harder and together on our sobriety. And I will make every effort to follow our laws in the future. **Lamont Brown.**

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