

Letters to the Editor

Never too late

Sometimes in a person's life, they come to that turn in the road where there are only two choices that you will have to make. Either you take the turn on the road that will lead you to a change in your life, or you take the turn that will lead you right back to that rut that you were stuck in for so long.

I have lost too many of my family members and friends who had so much potential to become a better people and a productive members of society, but made the wrong choice. They had the choice to not believe the story that says we are just drunks and drug addicts that will go nowhere but to jail or the grave.

I was headed that direction because I forgot who I wanted to be and was trying to be what everybody else wanted me to be. It wasn't up until I realized that I was on my way to prison again but this time federal, because of a stupid choice—to think that being a gangster was where it was at, and that was all I was going to be was a gang member.

All that lifestyle did was give me a bad reputation, a felony record that I will have the rest of my life, and the loss of a whole bunch of good friends. I have recently and very reluctantly made the decision to change who I used to be, and work on a new person that I will become with hard work and discipline.

I have been attending school in Eugene at Lane Community College with a major in Environmental Science, working toward an Associate's degree. Then I will be transferring to the University of Oregon for my Bachelor's degree in Renewable Energy.

I still have about two years left here at Lane because I had to start at the bottom but, hey, I just finished my fall term with A's and B's. Who would have ever thought that this is where I would be in my life right now? Not me.

One of the things that has helped me tremendously was doing a geographical change and having family members, a new group of friends, and support from the people who believe in me and tell me that they are proud of what I'm doing with myself.

I am writing this letter because I have to make amends to people that I have hurt in the past, telling you that I am sorry

for all the harm that I may have caused you and your family, as well as my community that may have placed judgment on me for my choices and actions that have tarnished my reputation around the reservation.

I also want to tell our younger generation that it doesn't have to be hard for you, all you have to do is believe in yourself and want something better for you and your family. I hope that this letter reaches you all in good health, and hopefully helps you understand that it's never too late. You younger Native people are our future leaders. Think highly of yourselves because I do.

Thank you for your time. If you want to get a hold of me you can write me at 133 Howard Ave Eugene OR, 97404. Love and respect always, **Wesley "whack" Smith.**

A thank you

I would like to send a thank you out to a few people. A lot of people don't know but I nearly died in my jail cell. I had bleeding ulcers. I tried telling people I was feeling weird, shaking, sweating, blacking out. One day I woke up sweating badly, feeling really weird, tingling outside of my body. I fainted twice. Curt Jim my cellmate told the jailer just for the record that I blacked out. Jailer Dan Coffman is a rare guy, a man concerned about others.

When I was hemorrhaging, Dan ran to get the EMT. They took me to Mt. View Hospital. I had lost so much blood I was fainting when the nurse tried to take my vital signs. Dr. Savage arrived, lowered my eyelid and knew by looking there was no oxygen. Dr. Locker arrived fast and checked my blood count, indicating serious blood loss. Dr. Savage did another test and verified blood loss. I was sweating because my heart was beating so fast trying to save my vital organs. They were shutting down.

My family heard over the scanner and arrived quickly. But since I was in tribal custody they were told they couldn't see me. I had an officer guarding me in my room. Thankfully, the tribal judge was contacted. Chief Judge Anita Jackson signed a medical furlough, the officer left, and my family got to come and stay by my side. Thank you Judge Jackson.

Thank you Dan Coffman, Dr. Locker, Dr. Savage, and two

tribal EMTs, I'm sorry I didn't get your names. Thank you emergency room nurses, Dr. Manning, the many nurses who comforted me. There were about 10 of them. One name I remember, I was proud because she was a tribal member, Aiyanna Jackson.

I would also like to thank all those who came in to pray for me. Earl, Shirley Tufti, Peggy Poitra, Ona Piotra. Thanks for the cross necklace. Ferman Tufti. Bernice Mitchell, Alfreda Mitchell, Winona Stwyer, Lucille Schuster, Percy, Oscar Lewis, Jeremia Lewis, Jerome Lewis, Shari Miller, Rick Ribero, thanks for the pocket cross.

A thank you to the doctors and nurses who did the scope surgery procedure. A thank you to jailer Bryan Smith, who is always concerned about me and my meds. And thank you to my family, Archie Caldera Jr., William Caldera, Lonnie Caldera, Jeremy Miller, my sons and my mate of 22 years Roberta Tufti, mother of my sons, who stayed with me night and day the whole four days.

I received 12 IV saline bags, three units of blood, three kinds of antibiotics, many other meds. I've been to Redmond for a CT scan, very scary. Cat scan with the dye in Madras, had an allergic reaction to the dye. Nearly died from anaphylactic shock from morphine injection. A scary three weeks.

My trial date is Jan. 21. Family and friends, please be there for support. I thank all of you who saved my life. Thanks for the prayers from cellmates and the church groups who came from Madras. Also a thank you to Cary, another jailer who took me to all my medical appointments. Thank you all and God bless you.

Archie Caldera Sr.

Raffle support

The family of Charice McConville give a big thank you to everyone for participating and supporting Charice with the Charice McConville Raffle.

The raffle and other fundraisers will help Charice travel to Europe in the summer of 2010 as a student ambassador with the People to People program (see story on page 5).

The raffle sales were held Nov. 28-29, and Dec. 12-21. Drawings were held on Nov. 29, Dec. 12 and Dec. 21. A big thank you to the donors and congratulations to the winners. The following are raffle prizes, followed by the donor, and the winner of the item:

"Root Digger" framed print by artist Gene Andy, donated by Rosalind Sampson, won by Byron J. Patt.

Baby doll board, made and donated by Rosalind Sampson, won by Melissa Charley.

Pendleton vest, Kris Sampson; June Smith. Pendleton clutch purse with gift card, Michael McConville; Sylvia McCabe.

Pendleton clutch purse with gift card, Richard McConville; Pat Creelman.

Flat miniature bag necklace piece with shell earrings, Rosalind Sampson; Byron J. Patt.

Quilters set, mat with rotary cutter, Kris Sampson; Jerry Sampson.

Mr. and Mrs. Bear traditional attire, made and donated by Rosalind Sampson; Agnes Wolfe.

Gift tower with huckleberry items, Michael McConville; Winona Stwyer. Miniature hoop dip net, made and donated by Richard McConville; Byron J. Patt. Cowboy spurs salt and pepper set, Kris Sampson; Wilson Wewa.

Red stocking with Baby Elmo items, Larissa McConville; Arlissa Rhoanfuentes. Green stocking with Winnie the Pooh items, Larissa McConville; Rhonda Smith. Utensil set with crock pot, Merilda Charley; Benson Heath.

Singer professional scissors, Melissa Charley; Donna Wainanwit. Shell necklace, Eileen Spino; Shawn Morford. Miniature "Cross" earrings, Eileen Spino; Ruth Traut.

Christmas wreath, made and donated by Kris Sampson; Charlotte Shike. Christmas wreath made and donated by Kris Sampson; Moses Kalama. A set of Christmas ornaments donated by mystery Santa Claus; Pat Creelman.

There will be future fundraising events for Charice, tribal member of the Confederated Tribes of Warm Springs, to support her People to People ambassador trip to Europe. Contributions and donations can be sent or given to Charice McConville c/o **Rosalind Sampson**, P.O. Box 648, Warm Springs OR 97761.

Doing well

I'm just writing to let my people know that I'm alive and well inside these brick walls. You know I thought it would be easy to turn my life around but I find all kinds of obstacles in my path. This time I lasted 10 months in sobriety before I relapsed. I jumped right back into old behavior and am using the reservation as my scapegoat because of all of my acquaintances are there and I never tell them no when it comes to partying. I know there are a lot of tribal members out there who were where I'm at right now and they overcame their addictions and are helping other tribal members. I have people willing to help me out but I never talk to them because I thought that I had all of the answers.

I learned that I can't do it by myself but still think that I can quit any time that I want to but deep down in my heart and soul I know I'm lying to myself. I pray that this time I learn my lesson and realize that it's time to grow up.

I have two sons that are almost men who have never had the privilege to learn anything good from me because I was always in jail or prison. I never got to see them grow up because I chose alcohol and drugs over them.

I'm going to California for a few months but I'll keep in touch. To all you young people, "Keep your heads up." Happy holidays. Respectfully,

Johnson N. Heath Sr., no. 68697-065, Federal Detention Center, PO Box 6000, Sheridan, OR 97378.

Apologies

I am sorry I broke tribal law on 10-31-09 by giving false identification, trying to represent myself to be another, when I was asked by a law enforcement officer. I apologize to B.J. This

Ski Day



Photo courtesy of the Leo Co.

Having fun at Mt. Hood Meadows Ski Day are Jesslynn Anderson (front), Amissa Anderson (left), Samantha Tappo (right), and Janaya Brunoe (back).

I want to say that the Dec. 12 ski trip to Mt. Hood Meadows was awesome. My grandkids had a great time, and I really appreciate

all that the tribes and Mt. Hood Meadows do for our kids. It is a good and positive activity.

Ina Anderson.

action will never happen again. **Chanelle Jackson.**

I am sorry I broke tribal law on 9-15-09 by driving intoxicated and endangering three other people other than my own. I am also sorry to the tribal court for missing my scheduled court. And I assure you that this will never happen again. **William Napyer.**

I am sorry I broke tribal law on 11-9-09 by trespass, 603-09, 305.240. I was asked to leave and did but returned. I'm sorry if I disrespected anybody by being intoxicated and unaware of other people's boundaries. I apologize to Macy's Market and T.M. I'm deeply sorry this happened. **Henry Yahtin.**

Myths and facts about diabetes

Wishing you a bright and joyous New Year. This article is to people with diabetes.

Please try to answer the question before you read the answer.

Question: Should I take aspirin?

Answer: Maybe.

Some people with diabetes can benefit from taking an aspirin every day, because diabetes is a major risk factor for developing heart disease.

Taking an aspirin a day has been shown to reduce the risk of heart attack in some people.

However, if you are already taking blood thinning agents (like Warfarin) prescribed by your doctor, taking an aspirin is not a good idea because it can alter your bleeding factor.

In addition, over-the-counter products like vitamin E, garlic pills and other herbal products that are commonly taken to protect against heart disease can also have a blood-thinning effect.

If you are not already taking aspirin or other blood thinning agents, please ask your doctor at your next visit.

Please contact me if you have any questions at 553-2478.

Elsie Howard, Diabetes Nurse Educator, Warm Springs Diabetes Program.

Thank you for writing to the Spilyay. The next deadline to submit letters to the Spilyay Tymoo is Friday, Jan. 8.

Happy holidays



Kris Sampson, Santa, and her children Richard, Larissa, Charise and Michael McConville Jr. (from left) wish everyone Happy Holidays and a Happy New Year!

Spilyay Tymoo
(Coyote News, Est. 1976)
Publisher Emeritus: Sid Miller

Editor: Dave McMechan
Advertising Manager: Sam Howard
Media Advisor: Bill Rhoades

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the white house at 1100 Wasco Street.

Any written materials submitted to **Spilyay Tymoo** should be addressed to:
Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761.

Phone: (541) 553-2307 or 553-2210.
Advertising: 749-0424

E-Mail: spilyay@wstribes.org.
Annual Subscription rates: Within U.S.: \$15.00.