

IHS Update

By Duran Bobb

Council met with Indian Health Service representatives on Monday. One concern was possible fines the tribes may face from the EPA over the levels of arsenic in Simnasho's water supply.

"We've received a letter," Councilman Ron Suppah said. "Both Don Courtney and Roy Spino were to respond to that letter, and I'm not too satisfied with how this has gone so far. At some point, realistically, we have to do something."

Suppah asked Carol Prevost, of IHS, what is being done.

"I'm going to have to check in with Matt Matterson and get an update," she said. "He has been working closely with Nancy Collins and Don Courtney on this water issue."

"If we don't come into compliance," Suppah said, "the EPA is threatening to fine us. So I hope we can stop talking and do something. After how long, we're still getting our bottled water. We should be building that system by now, patching into the new well. As a district representative for Simnasho, I'm dissatisfied on where we are right now. I'm not going to stop applying pressure until something is done."

Other topics raised during the IHS update were the recent Jefferson County Health Report, and the tribes' 20 year joint venture agreement with the government.

In the health report by the University of Wisconsin, no data was gathered specifically from Warm Springs.

"I didn't write the report," Dr. Miles Rudd said. "I can only try to explain it. We have our own statistics here... so it's not reflective on what's happening here."

Dr. Rudd said when considering the study, it should be taken with a big grain of salt. "It's not perfect and doesn't reflect what might be happening in Warm Springs."

Regarding the 20-year joint venture agreement between the tribes and the government, Councilman Raymond Tsumpti seemed concerned.

"I'm beginning to wonder," he said at the meeting, "did we do the right thing for the tribes, opening the door and agreeing to provide service to other than tribal members?"

Tsumpti said tribal members speak often with their representatives, expressing concern they might not share with anyone else. "Now I'm asking, What is the plan beyond this 20-year agreement?"

Spilyay Speaks

Letters to the Editor

Our thanks

The family of Antoinette Pamperien would like to extend our thanks to the many people who gave her and her family comfort during the last year. Our sister touched so many lives during the time she was here with us.

She leaned on Pastor Rick and his congregation for support and when she felt the need to be useful, Olivia and the Vital Statistics crew gave her the opportunity to help out.

When she could not get medical help here, the doctors and medical staff at Providence St. Vincent Medical Center gave her treatment and care to make a temporary recovery. We are very grateful for that. And after that, our brother Ralph took care of her so she could keep her appointments without having to travel back and forth to Warm Springs.

A Washut service was held at Ralph's place in Tigard. Thanks to the drummers that traveled to sing the songs that she longed to hear; Leslie Bill, Milton Sahme, etc., we give you thanks as well as friends and relatives who made the trip.

Louise Woods and her daughters were always there giving their comfort and support. Our cousins—Cleda, Sybil and Allie—were a great comfort. Phyllis Guerin and her brother Johnny made her happy when they stopped to see her, thanks.

Freda Wallulatum and her children were there on many occasions to sing the songs and give some good words. Thank you, Fred, Guy, Violetta, Alice, Luta, Violet, Julia, J-Mouse and Kodiak.

Our niece Sherrie Smith, Rosanna, Julie and Charlotte Herkshan all stopped by to help her at her house.

Kate Jackson, her daughters and Frogman gave us comfort and support.

Cliff, Faye, Roxie and her daughters traveled a great distance more than once to be with our sister.

During her last hours, Bullneck, Shirley, Guy, Fred and Freda Wallulatum, James Greeley, Richard Tewee and Laura Switzler all gave the family support at her bedside with prayers, songs and the playing of the flute.

We are especially grateful to Gus for the care he gave her when her health started failing and she needed help. Jazmin, Tina, Lacy, Driscoll and Sasha worked real hard cleaning up the house. Michelle, Dierdre, Rena,

Ervin and Richard also jumped in to help.

All through this time, people gave words and offers of prayer to our sister and the family. Howard Arnett, Toto, committee members, Margaret Suppah, Eileen Spino and Cece Whitewolf all deserve mentioning.

Many people brought food for Washut services at her house. Sybil and Moss Smartlowit held Shaker services at the house... the list goes on and on.

The family would like to thank all of you, and we pray for you. We will all miss her.

Rafael Queahpama, Ralph (Cuddles) Queahpama and Kat (Queahpama) Spaulding.

For Lincoln's

"Hear ye, Hear ye," Look for notices and posters for the upcoming Laritta Greene Memorial fundraising lunches, each month at the community center. Times will be from 11:30 a.m.-1:30 p.m.

The first luncheon is this Friday, April 22.

This is a fundraiser for the Ladies All-Around Dance Special—2012 Lincoln's Powwow next February. Cash prizes, embroidered Pendleton jacket. Sponsored by the family of Laritta Greene, friends relatives and powwow people.

The menu for Friday: Turkey dinner with trimmings, meat and dumplings, meat and luckameen, chicken dinner, taco and fry bread, spaghetti, meat loaf dinner.

Note: the 2012 committee is already planning 2012 Lincoln's Powwow with a number of specials. Thank you for your support.

Anna Clements.

Road dept.

I think spring is finally here, as the trees are blooming at Kah-Nee-Ta and the daffodils are blooming in the agency.

I want to thank the road department for another wonderful job this winter.

They care so much about the buses being safe and do a fantastic job of keeping the roads

as good as they can.

It is such a comfort to go to work knowing that they are doing everything to keep us safe.

I want to give an extra thank-you to Jerry Sampson. He not only does my route and Simnasho, but he calls us every morning and makes us aware of any hazards he is aware of. Quite a guy. He uses his cell phone to call us about 5:30 to 5:45 daily. There is not letter that can express how much we appreciate him.

He does an excellent job of keeping my route safe, which makes it safer for all your kids.

So if you have kids in Kah-Nee-Ta, Simnasho, Wolfe Point, Sunnyside—be sure to tell Jerry Sampson thanks the next time you see him.

Linda Larson, bus no. 50

Smash Town

I am captain of the girls high school team "Smash Town," and we took first in this year's Cougars basketball tourney.

I would formally like to thank the sponsors that helped contribute to the entry fee:

Madras Marine, Ira's Sales and Service, Broken Bow, Mark's Auto Repair, Cliff's Repair, Auto Sales and Towing, Chris Scranton, and last but not least, Eagle Crossing.

I would also like to thank the players for playing, my mom for encouraging me to put a team in, the refs, and all those who showed up to watch us play and support us.

Respectfully, Rosey Suppah.

Wishes

Happy belated birthday to Natalie Moody! From Freddie & Ron.

Happy birthday, David Torres. Thinking of you and wishing you well. Myrna Frank & Family.

Happy birthday to my beloved daughter, *Joanna Arce*. Love, Mom, Adriana, Rosie, Marcie, and the whole cuadrilla.

Happy birthday, Yvonne Iverson! From Mom and the family.

Happy birthday, *Erica Parra* (4/29). With much love, Mom & Dad, your sisters.

Young bowler

Friends, relatives and bowlers,

As the proud grandmother of Anona C. Francis, I would like to request "high fives" from you to my granddaughter, as she will be competing in the Oregon Pepsi USBC Youth Championships 2011 State Finals Bowling Tournament.

Anona will be competing at the AMF Firebird Lanes in Salem, Oregon, April 30 and May 1, 2011.

Anona competed last year and places second. She received scholarship money for her efforts in 2010.

Everyone who knows Anona knows what a loving, kind and ready to try anything

girl she is. Anona is in the third grade at Warm Springs Elementary.

Anona is the daughter of Sharon Jones and Edmund Francis Jr.

Anona comes from a family of bowlers, including the late Raymond Shike Sr. and Charlotte Shike, Anona's great aunt.

Anona's great uncle Raymond Shike Jr. is also known to have a "300" rings to his name, and currently holds the highest series bowled at Prineville.

So, if you see Anona, give her a "high five" and encourage her to do good.

Take care, everyone!
Helena Jackson.

Foot care

I have diabetes—Why are my feet numb?

High blood sugar for long periods of time can damage the nerve cells that tell us that our feet are too cold or too hot, that we are walking on sharp objects or that there is something in our shoes that could hurt our feet.

Nerves also control blood that flows through some of the smallest arteries to our feet. The high blood sugar can damage the lining of the arteries in the feet decreasing or blocking the blood flow.

Usually when the damage to the nerves and arteries occurs it is permanent. However, keeping your blood sugar at the level recommended by your primary care provider can slow or prevent more damage to the nerves and blood vessels.

Untreated wounds, sores, ulcers or infections in people with diabetes are the leading cause of toe and foot amputations.

Keep your feet healthy so that they will last a lifetime—look at them everyday, wear shoes or slippers with hard soles, wash, dry and apply ointment to your feet, but not between your toes, everyday.

More information is available through the Amputation Prevention Program.

If you have diabetes and

would like to learn about the blood flow and nerve function in your feet or you have not had your annual foot examination by the Amputation Prevention Nurse, contact Dee "Leslie" Gordon at the Amputation Prevention Program, 541-553-5004 or 553-1196 ext. 4410.

This program is located in the Warm Springs Health and Wellness Clinic.

Diane Fuller, RN Quality Improvement/Risk Management, Warm Springs Health and Wellness Center.

Memorial

The memorial for atwai Mary R. Danzuka (Sam) will be held on April 30, 2011, starting at 8 a.m.

The headstone dedication will be at the agency cemetery.

Following, there will be a giveaway at the Agency Longhouse. There will also be a name-giving ceremony and a meal.

William Sam.

Thank you all for writing to the Spilyay Tymoo! The next deadline is Friday, April 29.

Indian Business Talk

Raising a financially successful child

By Bruce Engle
Loan officer
W.S. Credit Enterprise

Isn't easy, but it isn't all that hard either. A best first step is to be a successful money manager and business person yourself or be actively working toward that status. Remember, managing money means managing both spending and saving. Managing a business involves that and a lot more—but, always that.

I have seen this work. A mother carries on a one-sided conversation with an infant sitting in a shopping cart while at the grocery store. She discusses each item as to why she is selecting it or why not—buying one brand because it tastes better or is less expensive or choosing a head of lettuce because it is fresher.

Do that frequently over the years and the child may well grow up to be a savvy shopper for life. Okay, you can let them out of the cart sometime—but, don't stop teaching.

When a child asks for something you do not approve of, say no and then take the time to tell him or her why. Also, tell them why when you approve.

It takes a little longer to give reasons but teaching the lessons has long-term benefits. The child has a chance to grow up learning effective purchasing and parenting skills. Two for one—Not bad!

Be prepared for the day when you only say "no" and they wait patiently and then politely ask for the "why not." That will be the day you realize your work is paying off; the kid is learning and may someday teach the same lessons to your grandchild-

ren. It's a big win, win, win when financial success becomes a generational thing.

An allowance and two cookie jars are wonderful aids to learning money management skills. Why two cookie jars? One is for savings and the other is for spending. Label them.

A caution: The cookie jars must be safe from plundering—by everyone. That's a rule. Everybody needs to believe that death, dishonor and banishment are reasonable minimum penalties for breaking the rule.

An allowance doesn't have to be large. A quarter a week is \$13 a year. Not a bad investment. The amount of the allowance can increase as the child gets older. Help! I'm sounding like Congress.

Math can be a problem if a set percentage, 10 percent for

example, is to go to savings.

One solution is to teach "rounding up" and "rounding down."

Ten percent of a quarter would round up to 3 cents for savings and leave 22 cents, rounded down, for spending. Congress does a lot of rounding. Why? Why not? Who knows?

A 10-percent calculation on a half dollar would be easier, no rounding, and only \$26 a year out-of-pocket.

Lots of businesses have gotten started with cookie jar savings. First-car-buying funds and college funds have been put together with cookie jar savings—sometimes started by parents and grandparents even before the child is born.

That's planning—and another lesson for parents to teach and children to learn.

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