

In the Spirit of Giving

Inmates at the Warm Springs Correctional Facility enjoyed a healthy holiday meal prepared by the Warm Springs Community Health Department staff.

Cooking for the inmates were Anita Davis (l) and Marti Rai Ramsey.

The Corrections staff expresses their sincere appreciation.



Courtesy photo.

Diabetes Prevention events

Diabetes awareness and prevention activities for the month of May include the following:

Tuesday, May 10: Diabetes Healthy Breakfast: 9 a.m. in the kitchen conference room. Education: Jeri Kollen on diabetes complications.

May 17: Diabetes Awareness Dinner, 5-7 p.m. Education: Jeri Kollen on kidney/heart/liver affected by diabetes. Menu: Stew, bread, fruit and crystal light.

May 24: Diabetes Health Breakfast, 9 a.m. in the kitchen conference room. Education: Linda Porter on nutrition.

Lunch and Learn: Wednesday, May 11 from noon to 1 p.m. Speakers will be Pinky Beymer, Arlene Graham and Maria Godines on "Living Well with Chronic Conditions."

Community diabetes screenings:

Thursday, May 12 at the Three Warriors Market, 1:30-3:30 p.m.

May 26 at the Commodities building, 1:30-3 p.m.

Kah-Nee-Ta Water Fitness Classes with Jeri Kollen and Edmund Francis from 10:15-11:15 a.m. on May 4, 11, 18 and 25.

More Letters to the Editor

Through life

I was reminded this morning about the importance of love, acknowledgment, appreciation, and sincerity.

Success and setbacks are viewed differently by people, so I am referring to the success and setbacks I have experienced throughout my life. Experiencing both, there have been several people who remained at my side no matter what to encourage and support me culturally, financially, professionally, and sincerely.

There are so many others I can list that have offered support through sincere friendships and kinships as well that I want to express that I love you even more for the continued greatness and sincerity.

I am so thankful that I couldn't even imagine being able to ever show the amount of love, acknowledgments, appreciation, and compassion I have for you who've been involved.

I love, care, believe, and work for positive change just as you have shown. Whether you've been here since the beginning or in recent times, I want you to know it meant a lot to me and I could not have been as successful without you.

(In no particular order) Onte Lumpmouth and family, Bernice Mitchell and family, Ramona and Veronica Baez, Sarah and Jose Gonzalez and family, Cassie and Louis Katchia and family, Allen and Aurolyn Stywer-Pinkham, Anna Clements, Aurelia Stacona, Chief Delvis Heath, Geraldine and Wilfred Jim, Lucille Clements, Kate Jackson, Lucinda Green, Roma David, Suzie Slockish, Don and Lola Sohapp, Wilson Wewa, Faye Waheneka and family, Minnie Wallulatam, Benny Heath, Carlos Calica, Rosie Johnson, Ken and Heidi

Katchia-Smith, Celia Greene, Paulee Greene and Family, JoAnn Smith, Gary Smith, Cyrille Mitchell, Darkfeather Ancheta, Greene Family, Uncle Wigg, Deenie Johnson, Chris Greene, Greg Arquette, Delsie Greene, Ervanna Little Eagle, Donell Frank, Ramon Greene and family, Uncle Chubby, Bridgett Whipple and family, Jode Goudy, Jace and Jessica Torres, Roger Stywer and family, Joseph Smith, Paula Kalama, Roberta and Merle Kirk, Bigg B, P-Tom, Charles Stwyer, Wilfred Sando and family, Ben and Edith Gonzalez, Jody and Marie Calica, Urbana Ross, Jeff and Shirley Sanders, Jefferson Smith, Chief Joe Moses, Anita Davis, Edmond Francis, Raymond and Beulah Tsumpti, Lois Lešarley, Mike and Rhonda Greene, Lonnie James, Sharlayne Garcia, Scott Cooper, Louie Pitt, Yvette and Michael Leecy, Lisa Lomas, Susee Davis, Nichole Main, Curtis Brown, Randy Nathan, Truman Lumpmouth, Jonathan Smith, Raymond Shike, Ken Smith, Olney "JP" Patt, Howard Arnett, Laurie Wheeler, Jackie Dixon, Don Reeder, Raymond McCloud, Roberta Armstrong, Shawn Morford, Tabitha Whitefoot, Colleen Greene, Dan and Heather Martinez, Lonny Macy, Lori Fuentes, Nancy Collins, Jason Smith, Bonnie Hall, Ricky Graybel, Doug Calvin, Jamie Scott, Cheryl Tom, Joy Ramirez, Reina Estimo, Cheryl Loman, René Ly, Dantae Mathis, Harry Hisatake, Avis Charley, Jolene Estimo, Francis Allen, Kelly Simmalink, Chris Buller, Dana Hurtado, Amanda Faye, William Murphy, James Greely, Lai-Lani Ovalles, Tom Strong and family, Sandra Danzuka, Roscoe Greene, Susan Matheny, Peggy Faria, Dean Azule, Carly Lofting, Lupe and John Katchia, Rose and Gus

Torres, Timothy Greene, Daniel Greene, Andy Leonard, Austin Greene, Jeff Anspach, Connie McCloud, Corey Clements, Leona Ike, Brian Lund, Ken Gordon, Lillian Pitt, Carol Sahme, Carol Leone, Don Courtney, Wilman, Jeremiah George, Adolfo Garza, Camille Clements, Sue Matters, Danica Greene, Evaline Patt, Andrea Hernandez, Mark Harner, Shirod Younker and family, Antonio Antione, Corey Clements, Mike Edwards, Jason Stacona, Dan Craig, Jan McGowen, Ian Hay, Celia Lozano, Betsy Warriner, Tana Atchley, Bruce Abernethy, Toby Chavez, Jillene Joseph and family, Toma Villa and family, Mike Collins, Brad Mondoy, Nicole Charley, Sky Hopinka, Simon Jim, Marcy Foster, Buster Isadore, Robert Van Pelt, Ellen West, Foster Kalama, Denise Easterling, Jacklyn Moody, Janell Smith, Jaylyn Suppah, Harry Taylor, Sky and Saphronia Katchia, Anita Jackson and family, Maurice and R&D Construction, Nicole Maher, Jim Manion, Tom Hampson, ONABEN, NAYA, WEDD Staff, Squaxin, Warm Springs Power & Water Enterprise, Living Hope Church, Puyallup, Mike and Mary Emhoolah Trucking, The Museum At Warm Springs, W.S. Utilities Staff, Warm Springs Ventures, the Potlatch Fund, 22nd, 23rd, 24th and 25th Tribal Councils of the Confederated Tribes of Warm Springs, Tribal Council assistants, The Oregon Cultural Trust, First Nations Development Institute, N'chi Wanapum Canoe Family, 33rd Annual Northwest Indian Youth Conference Committee, Volunteer Connect, Madras Pioneer, UISHE, PSU MEChA, Warm Springs Beautification Project volunteers, Washut Drummers and Dancers, 2010 LEAD Fel-

lows, Partnership To End Poverty, Sacred Ground Entertainment, Sanctuary, S.I.R.E., Chilkat Enterprise, CHS Gardening, N8iv Adventures, Chako-Kumtux, Ace Hardware, Community Health and Wellness Center, CHET, Native Wellness Institute, Washanaksha Grant Committee, Kah-Nee-Ta Resort & Casino, Portland State University, Credit Enterprise, Warm Springs Composite Products, SOLV, Oregon Lottery, Warm Springs Forest Products Industries, Spilyay Tymoo, Warm Springs Housing Authority, Pi-Ume-Sha Treaty Days Committee, Warm Springs Market, Mt. Hood Community College, Warm Springs Fire and Safety, and KWSO Radio Station.

Jefferson Greene.

AFFORDABLE TIRES



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Vendor space is limited for the Spring Yard Sale on Saturday, May 14, 10a.m. to 4 p.m. Call Carol to reserve your space. 541-553-3243.

Painted FACE



Northwest American Indian ART SHOW & AUCTION

during Julyamsh Powwow
Greyhound Park, Post Falls, ID

Thursday - Sunday,
July 21st-24th, 2011

Thursday, July 21st
Artist and Buyer's Reception

For information, contact Shaina Nomee
snomee@cdacasino.com or 800.523.2464 x7408

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This auction is a fundraiser for Shriners Hospitals

Visit from Down Under



Dave McMechan/Spilyay

Australian radio personality Craig Huth (right) made a visit to Warm Springs last month. During his visit, Huth exchanged radio ideas with Wilson Wewa (center) and Will Robbins at the Warm Springs media center.