

Sports Memories

By Yvonne Iverson

As youth and their families traveled these past few weeks representing Warm Springs in basketball, baseball, softball and boxing, it just brought back all of the sports stories I have heard in explicit detail over the years. Now, these youth are out there creating their own memories and stories they can tell their children and grand children.

For those at home cheering, you could follow the Hit Squad on the NABI Foundation website or you could read the status updates on Facebook. But there is nothing like being there to experience the determination and heart these youth show when they compete.

What stories will they have to tell?

Will it be the 11-run sixth inning that brought Warm Springs a come from behind victory to stay in the softball tournament? Or maybe it will be about the 20-plus car ride to Phoenix, Arizona for the biggest Native Basketball Tournament in the country.

Sports has the potential to take our kids to places that they have never seen, and to meet people they otherwise wouldn't have. I look forward to hearing the stories that result from this summer's travels, so keep it up and continue to create the lasting memories that sports can provide.

Spilyay Speaks

Letters to the Editor

Diabetes prevention

The IHS Model Diabetes Program is combining its Healthy Breakfast education sessions with the Diabetes Education classes, through the HOPE Program.

The classes will be held every other Tuesday from 11 a.m.-12 p.m., followed by a healthy lunch.

The classes will be presented by Jeri Kollen, RN, Certified Diabetes Educator and IHS Model Diabetes Program Education Coordinator; and Linda Porter, Warm Springs Tribal Nutritionist.

These will always be held the second and fourth Tuesday of each month in the IHS kitchen conference at the Warm Spring Health and Wellness Center. Attending the four classes and a follow-up visit 3-6 months later completes the HOPE program. Here are the topics of discussion:

August 14: Being active, and coping with diabetes

August 28: Diabetes medications, taking medications, pregnancy with diabetes. High and low blood sugars, sick day management.

Sept. 11: Healthy eating, goal setting.

Sept. 25: What is diabetes? Complications of diabetes.

Oct. 9: Being active, and coping with diabetes.

drugs were and are a big part of it. While my mind and body are clear of this, I find this the right time to write this.

I will make no excuses. I just ask for your forgiveness and I want our relationship back. I really miss you. I really don't have much to say, only that I love you. I miss you and I want my sister back. Love, **Doreen.**

Do my best

Family, friends and community,

My deepest apologies to all of you for my out-of-control actions on June 21. I was heavily under the influence, being in and out of reality. I'm sorry to have put anyone in the terrible situation that occurred. I have been really understanding as to what could have happened. And my higher power is bringing light into my life, where I can move forward without alcohol. As for now, please forgive me for I was not in my right mind. I would never have wanted to harm anyone in that manner. As for now I will take care of the punish-

ment that is coming my way. In the Book of Matthew I know that the Lord Jesus Christ has forgiven me for my sin. I will do my best to praise him for giving me another day of fresh air, food, water and the will to believe in him.

Thelma M. Dickson.

To life

I am dead to him. He can't see me cause he doesn't want to. I can talk to him but he ignores me. I reach out to him—my hand remains empty. I try to hold his hand and touch his heart—it only makes him colder.

I am no longer a part of his life.

Love is there but is useless. Pain is chemically eased. Tears may fall from sadness—sadness replaced with anguish—then anger. Memories fade... Happiness forgotten. Frustration sets in. I am a ghost. I haunt his love. His pain. His tears and memories to remind him of the best of times, the good times and happiness.

I look in his eyes to seek

truth—but I can see the lies. I ask questions—why—but everything is twisted. The truth is I love him. The lie is I let love go. The questions turn into torture. The twisted thing about it all... is that I'll always wait to hold his hand—touch his heart—bring my warmth and to see truth—and say... take a chance and notice me. I love you to the death. I need you the most and I'm nothing without you. I will always love you and I don't care what them people say. I'm gone... **HLK**

On the other hand, life goes on—so must I. All that's been thrown away will hopefully be replaced. Physically—mentally—spiritually—whateverly... It won't be easy... but I'll try... to be unstuck. When nothing is right—it all gets left.

Chap set

Looking for someone to make (or buy) a chap set for a 5-year-old who's receiving an Indian name on August 4. Getting behind preparing for my atwai brother Biff's memorial that will be held Au-

gust 4 at He-He Longhouse. Thank you! **Beulah Tsumpti**

Drug court

The Jefferson County Drug Court Team is pleased to announce that Tiffany Smith will graduate from the program on July 27. Drug court is a specially designed program with the goal of restorative justice. Drug court programs are proven to reduce substance abuse and further criminal activity among its participants. This is achieved through early, continuous and intensive, judicially supervised treatment, mandatory drug testing, and community supervision.

The drug court program is comprised of a team of professionals who work together toward a common goal: Judge Ahern, the deputy district attorney and other attorneys, parole and probation, Best Care Services, and the drug court coordinator.

Family and friends are invited to speak and members of the public are welcome to attend and help Tiffany celebrate her success.

Indian Business Talk

Ten C's for improved access to affordable credit

By Bruce Engle
Loan officer
W.S. Credit Enterprise

The first five C's describe a Climate that makes it possible to finance personal and business purchases at affordable rates and terms.

The second set of five C's applies to the process of qualifying borrowers for credit. Both sets are important.

Think of the old song—"Love and marriage, love and marriage, go together like a horse and carriage. This I'll tell you brother, you can't have one without the other."

The five C's of the Climate are:

Credit availability—

from multiple sources is preferable. That leads to...

Competition—between lenders, which improves chances to get the best rates and terms.

Commercial codes. The must be sufficiently comprehensive to provide for the legitimate needs of buyers and sellers and to give proper guidance to the courts.

Courts. Decisions must be timely, correct, and just.

Certainty. That adequate code sections are in place and that court decisions in default or dispute situations will be timely and equitable.

That certainty will encourage sources of credit and capital to put their resources at risk and to work in a market area.

5 C's of Credit

Once a lender or creditor knows his interests will be properly protected, he can make a lending decision. That's when he will apply the better known five C's of credit to his business clients or to his public clients. Those Cs are:

Character: Will he or she pay?

Capacity: Can she or he pay?

Collateral: What security can the lender look to for payment in case of default?

Capital: Does the borrower have something of value in the deal to get in a sweat about losing in case of default? Why should the lender be the only one to take the majority of risk?

Conditions: Are they good, bad, changing? Conditions can affect repayment ability.

Good credit is a wonderful tool.

Successful lenders, manufacturers, wholesalers, and retailers have usually learned how to wisely use the credit they get—and the credit they give. Their businesses prosper when they do that; they fail when they don't.

The key for them and for the rest of us is to always remember that the tool has a very sharp edge.

Used improperly, we hurt ourselves as well as our ability to help family and others over the long run. Used properly, we all may benefit.

To sister

I've been planning to write this for some time, and since I have the time, here I am. First of all I love you Myra, and I am ashamed of what I did and the words I so harshly used. You're right,

To inmates

The Spilyay can no longer mail individual newspapers to inmates at correctional facilities. This is a result of serious budgetary restrictions and cannot be avoided under any circumstances. However, please send the address of the correctional facility library and one copy of the Spilyay will be mailed to that address.

We apologize for this unavoidable inconvenience.

WASCO MEETING
Tuesday Aug. 21
Agency Longhouse
Light Dinner 6pm
Meeting to follow 7pm

Thank you

I would like to thank the people involved in the barbecue for the new school ground breaking on July 19 at the arbor at the Community Center. A big thank you to the Oregon State University Extension Staff: Arlene and Mickey Boileau, Danita Macy, Rosanna Sanders, Sarah Rogers, Morning Rae Ferris, Ashley Aguilar. Steven Stewart and Mike Roberts from Utilities, Tom Strong and Jonathan K. Smith and Rickey Graybael, Range, Urbana Ross, Ben Bisland. If I forgot you, I'm sorry. **Sharlayne Garcia.**

Please return overdue library materials

Craig Graham
W.S. Library Administrator

Library materials are being kept too long and most people don't respond to their library notices.

Over 160 people have overdue books and audio books. Eighty books have been overdue a month and 245 books have been overdue two months or more.

That's \$3,500 worth of books considered lost.

Patrons have 21 days to borrow materials, after which they may be renewed two times for another 21 days each. Patrons are made aware of this when they sign up for a library card and whenever they check materials out.

Once you check out library materials the ball is in your court: It's your responsibility to renew and return your library materials on time.

It's your responsibility to take care of your library materials and to pay for them if they become lost or damaged.

Keep in mind you are responsible for items checked out on your card.

If you lend your card to someone else or check books out for another person they are still your responsibility.

Parents and guardians, you are responsible for items checked out on your child's card.

Several patrons have verbalized intentions to keep their library materials and not return them.

A lot of time and effort (and money) goes into ordering, cataloging and covering library books and other materials. Library books are for everyone to enjoy—they're not yours to keep. Please return them.

We'll work with you if you need more time to find a lost

book or to make payment arrangements.

Just call or stop by the Community Health and Prevention Center's library (the Warm Springs Community Library). The phone number is 541-553-1078.

While we desire to see all overdue library materials and books returned a few deserve special mention because they are popular, or because they are difficult or impossible to replace. They are:

American Indian Law: Cases and Commentary by Robert Anderson [et al.]

A Native American Encyclopedia: History, Culture and Peoples by Barry Pritzker

Diary of a Wimpy Kid series by Jeff Kinney

GED study aides

Harry Potter series by J.K. Rowling

Horse, Follow Closely: Native American Horsemanship by GaWaNi Pony Boy

Indian Killer by Sherman Alexie

Indian Legends of the Pacific Northwest by Ella E. Clark

Lost Encyclopedia by Terry Paul

More Scary Stories to Tell in the Dark by Alvin Schwartz

Nightwatch: a Practical Guide to Viewing the Universe by Terence Dickinson

Prison Writings: My Life is My Sundance by Leonard Peltier

Scary Stories 3: More Tales to Chill Your Bones by Alvin Schwartz

The 50 Most Extreme Places in Our Solar System by David Baker

The Early Years of Native American Art History by Janet Catherine Berlo

The Road to Sundance by Manny Twofeathers

The Si'Lailo Way by Joseph Dupris

Twilight Saga by Stephanie Meyer

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus: Sid Miller

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Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

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Annual Subscription rates: Within U.S.: \$15.00.