

Letters to the Editor

Budget concerns voiced at meetings

By Yvonne Iverson

District meetings were held recently with the 2013 Budget as the topic. Secretary-Treasurer Jody Calica and staff from Finance shared the budget and answered questions at the Agency Longhouse.

The Tribal budget took reductions

again in the next budget cycle: As less money is coming in from the enterprises, it is necessary to reduce spending.

Departments are looking for ways to increase revenue to cover costs; ECE will be increasing daycare prices in 2013, and Utilities plans to charge for water.

Calica said that, so far, there are no furlough days planned for next year to reduce the effect of the proposed fees on family incomes.

One way that costs are being cut is a reduction in force (RIF) of 25 positions: Eleven of the positions are currently vacant, six are part-time, six are full-time, and two will be transferred.

Marcia Minthorn asked, "Will there still be per-capita and Senior Pensions?"

Calica answered, "At present the Senior Per-capita account has four million dollars and will last two years. The regular per-capita account has \$16 million, and \$6.3 million is paid out each year; so that will last 2 1/2 years. The Scholarship Fund has \$8 million and will last five years." The tribe is looking into various strategies and means to increase land-based revenue to replenish and extend these account into the future.

Mona Cochran had questions about a line item in the 2013 budget called "Tribal Council Funeral Reserve" in the amount of \$100,000.

Calica explained that this is a fund that will be set up to honor the service of past Tribal Council members. The amount provided for funeral services to help the family will be based on the number of years served on Tribal Council. The least amount received would be \$10,000 for less than two terms served on Council, and the amount gradually increases to amount maxes out at \$35,000 for a

Council Member who has served 10 years or more, and chiefs.

Overall, there was concern for the future expressed by many of the members present at the meeting.

If you were unable to attend, or have questions or would like to provide input about the 2013 proposed budget, you can contact your Tribal Council representative or the Tribal Council office. Tribal Council will make final decision and take action to approve the final budget plan by November 30.

A thank you

Words alone cannot express the gratitude we feel for the outpouring of love, help, support, words of comfort and caring from family and friends, and the Warm Springs community to our family. We are overwhelmed—Thank you to all who called, sent cards, brought food, and stopped to express condolences.

My community of Warm Springs, as well as my Church family at Living Hope, and the community of Madras—Our family is humbled, and grateful. Thank all of you. Your prayers continue to sustain me and my children. Thank you.

Urbana, Eddie and family, Kim Pitsley and family, Jim and family, Douglas and family, Sophie Lynn Thomas and family, and Jenny Frye and family.

To veterans

If you served in the U.S. Military, and were stationed anywhere in the world during a time of war or military conflict, you are eligible to join the American Legion.

All eligible veterans are invited to the Veterans Hall in Warm Springs at 6 p.m. on Tuesday, Nov. 20 for an informational meeting about joining the American Legion and starting and American Legion Post in Warm Springs.

This is one way for our veterans to support one another and to learn about the resources American Legion has to offer.

Gillnet measure

The following is a statement from the Columbia River Inter-Tribal Fish Commission executive director Paul Lumley, on the failure

of Ballot Measure 81:

"Our tribes are pleased that Oregonians have wisely and overwhelmingly rejected Ballot Measure 81.

"In defeating this measure, Oregonians have reaffirmed their commitment to economic fair play and smart-thinking on the environment. The region is working together to rebuild salmon abundance... Our tribes remain committed to rebuilding abundance for our treaty rights and the entire public."

Lost glasses

I am looking for the person or persons who gave me a ride home from Madras. It was within the last month or so. When you dropped me off on U.S. 26 and Kah-Nee-Ta junction, I accidentally forgot my prescription eyeglasses and my hat in the back of your pickup. If you found them, can you please return them at 4440 Upper Dry Creek Rd.? Or at JCCF, 675 NW Cherry Ln., Madras. These are very expensive glasses. I would really appreciate it if you can return them to me asap. I am sorry I cannot offer any reward. I will be at the JCCF until Nov. 18. Thank you. **Henry Stwyer.**

that Native youth 12 and older are the least likely group of any race or ethnicity to currently use alcohol.

Good example

For American Indian and Alaska Native youth, this news could be better:

Many Native youth believe that their parents do not strongly disapprove of them drinking alcohol or smoking pot. But there is a lot to celebrate:

Recent research suggests

Set a good example: Live a drug and alcohol-free life.

This message is brought to you by Warm Springs Indian Health Service.

Ride help

If you need a ride to go Thanksgiving or Christmas shopping, call 541-553-0434. Rates negotiable. Can haul up to 15 people.

Every breath we take... take a one day challenge

Kimberly Nguyen
Pharm.D. Candidate 2013
Pacific University

On November 15, the day of the Great American Smoke Out, the American Cancer Society encourages fellow Americans to quit smoking even for just one day.

The research is well-established. What's the problem? It is a slow death for many Americans, but easily prevented today.

Every breath we take... is a conscious choice we make. Smoking can damage almost every organ in the body, and causes many serious illnesses such as heart disease, lung disease, stroke and cancer.

On average, smoking takes 13 years off a person's life. Cigarette smoke can greatly weaken the body's defense system, and therefore smokers are more likely to develop colds, flu and pneumonia than nonsmokers.

Children living in homes where exposure to cigarette smoke is high are more likely to have childhood breathing problems and ear infections compared to children of nonsmokers.

Asthma is one disease which exposure to cigarette smoke at an early age can carry into adulthood.

When smokers realize the negative impact on their loved ones, the choice for clean air is clear.

Much better life

Smokers can quit smoking at any age. Studies have shown that individuals who quit smoking at an early age can significantly improve their quality of life compared to those who continue smoke.

However, quitting the habit later in life still shows benefits. Therefore, it is never too late to quit smoking.

The immediate benefit of

not smoking is significant. Blood flow improves as early as two weeks, and heart attack risks begin to drop. Lung function improves after the first few months of quitting and coughing, and shortness of breath begins to decrease.

Five to 15 years after quitting, the stroke risk is reduced to that of a nonsmoker.

Quitting smoking also improves sense of smell, and food will taste better.

Former smokers will feel freedom from not needing nicotine and will have an increased sense of well-being.

Ways to quit

Quitting smoking can be achieved in many different ways. One way may work better than others for some people.

People who try to quit smoking choose one of the following methods:

"Cold turkey," therapy, or medications.

Cold turkey is not recommended because only 10 percent succeed in their first attempt. Nicotine in cigarettes is addictive. Therefore, when nicotine is not present, the brain craves for it, which triggers an intense urge to light that cigarette.

Research shows that most smokers have better success with medications. The doctor or pharmacist can help a smoker choose the best option.

Examples include nicotine replacement therapy (NRT), such as gums, lozenges, and patches that are available in store without a prescription.

Others options include varenicline (Chantix®) and bupropion (Zyban®), which the doctor can prescribe.

NRT and prescription medications work in different ways to help reduce nicotine cravings and ease withdrawal symptoms, such as depression, tiredness and an inability to concentrate.

Quitting smoking is the best thing smokers can do for themselves and their families' health.

The success rates are much higher when combining these methods with professional counseling and support groups, which help smokers recognize and avoid triggers, as well as determine ways to help with cravings.

Tips for quitting

The Oregon Tobacco Quit Line, a free telephone-based counseling, is another option.

When calling the quit line, the smoker is teamed with a trained counselor who can provide help to quit smoking.

Here are some useful tips for quitting that a smoker should consider:

1. Quitting works best when the smoker prepares, plans and set goals. Start by picking a quit date.

2. Inform and involve family, friends and coworkers in the quitting plan because their support and encouragement can make a difference.

3. Joining a support group is another way to talk one-on-one or in a group with others who share the same experience.

4. Recognize triggers and avoid them early. For instance, instead of smoking to relax due to stress, try listening to music, attending a yoga class, or engaging in social activities at nonsmoking places.

Alcohol and coffee are other common triggers; therefore, it is best to avoid these triggers, especially in the first few weeks. Instead, try drinking a lot of water or eating a healthy snack, and

replace coffee with a new, healthy beverage.

5. Understand that the first few days of "cold turkey" are the hardest because of withdrawal symptoms. Once past these first days, the body should feel normal again although cravings may still be present.

6. It is common and normal to slip but don't be discouraged. Most smokers take at least two or more attempts before succeeding. Therefore, it is important that smokers don't lose hope but take this opportunity to confirm their quitting commitment and reset their goals.

7. Lastly, smokers should plan to reward themselves for accomplishing such a difficult challenge and starting a new, healthier life style.

Quitting is a challenge but it can be done. There are more ex-smokers than current smokers today.

Quitting smoking is the best thing smokers can do for themselves and their families' health.

Smokers who wish to quit or would like, more information about tobacco cessation should contact their healthcare providers today.

Smokers can also call the Tobacco Cessation Clinic at the Warm Springs Health and Wellness Center Pharmacy today at 541-553-1196; or come directly to the pharmacy to schedule an appointment.

Alternatively, smokers can contact the national tobacco quit line at 800-QUIT-NOW to get free counseling on tobacco cessation or for more quitting resources and assistance, visit: smokefree.gov

(Source: CDC—Smoking and tobacco use; NIH—Clearing the air; WebMD—13 Best Quitting Tips Ever and How to quit smoking.)

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Indian Business Talk

Credit offering new financial skills classes

By Bruce Engle
Loan officer
W.S. Credit Enterprise

We have redesigned the Financial Skills classes and updated the materials.

You should plan to attend all four sessions, because multiple topics will be started on the first night and follow-up

work will be done on each topic at each of the following sessions.

The first class will be November 28.

Times will be from 6 to 9 p.m. each Wednesday for four nights.

Topics

· Credit repair and build-

ing credit.

· Getting more bang for your bucks.

· Basic budgeting.

· How to qualify for a home loan on or off the reservation.

· Basic home maintenance and repairs.

Credit Enterprise will provide all class materials.

Students, please bring notepad and pen or pencil.

Dress is casual because the maintenance and repairs stuff is hands-on!

We would like to say "Come one and come all" but our space is limited.

Please call Credit Enterprise at 541-553-3201 to reserve your seat.