

Holiday Bowling Tournament next week

The Thirty-Sixth Annual Warm Springs All Indian Holiday Bowling Tournament is scheduled for November 22, 23 and 24, exclusively at the Lava Lanes Bowling Center in Bend.

This year's Memorial dedication is to recognize the late Willie Trimble, and Lawrence Shike Sr., for their dedication to the sport of bowling.

The Specials in memory of Willie Trimble and

Lawrence Shike Sr. will be: Men's Master's "C" division; champion will receive added \$100 and a jacket in memory of Willie. The Men's Scratch All Events will receive \$200 and a jacket in memory of Lawrence Sr.

The committee respects and shows great appreciation to the Brad Donahue and the Shike families for coming forth for this event!

The 3 p.m. Mixed Team

The committee will provide Thanksgiving dinner to all our visiting and local bowling families on Thanksgiving Day.

event on Thursday, Nov. 22, will have \$200 added to top team score of the kickoff squad, with verified averages

confirmed. This squad sponsored by Austin Greene.

Remaining schedule will be: Mixed Teams at 3 p.m., 8 p.m. on Thursday and 9 a.m. on Friday. Followed by Men's and Women's Doubles and Singles squad at 11:30 and 2:30 p.m. on Friday.

Masters is scheduled for Friday, Nov. 23, at 5:30 p.m., including the Open Big Dog Challenge (\$200 added) sponsored by Jerry and Sandra

Sampson.

Saturday will start with the local youth division of 18 and Under, scheduled to bowl singles at 10 a.m. Followed by Mixed Doubles Squads at 12 p.m. and 3:30 p.m.

Holiday Roll Off Stepladder Championships is scheduled for 2 p.m. on Saturday, Nov. 24.

The committee will provide a full menu Thanksgiving dinner to all our visiting

and local bowling families at 5:30 p.m. on Thanksgiving Day.

Raffle, Side Pots, 50/50 drawings and special turkey awards also on tap for the weekend.

For more information, contact Austin Greene, tournament director at 541-553-1953, or Sandra Greene-Sampson at 541-553-6119.

'Smoke Out' is a chance to focus on health

*By Will Robbins
For the Spilyay Tymoo*

The Great American Smoke Out is this Thursday, Nov. 15. The day is an opportunity for cigarette smokers to once again consider quitting smoking. But if I am honest I will tell you that most, not all, but a good percentage of current smokers take this opportunity for granted. I know I did.

I began smoking cigarettes when I was just 12 years old. I can't really say I ever really liked smoking but after awhile it became more a dependency than anything else and so for just over 30 years I pretty much laughed at the Great American Smokeout.

I figured that cigarettes would be a part of my life until I was dead but I couldn't have been more wrong.

I didn't realize this at the time but the idea of quitting smoking evoked fear in me, what would I do with all that time? How would I calm my rattled nerves? Those were just a few of the short-sighted thoughts I had about quitting. I never even gave the Great American Smokeout a chance.

But then came a day in 2004, as I was walking up a

short hill by the river with a nice reddsides trout. The little hill was probably about 20 feet from bottom to top, about 50 feet long and in no way would be considered a physical challenge, but for me it was. When I reached the top I was short of breath. It was like I just ran a mile.

It was then I began to think about the damage that smoking was doing to my well being. My health was in question, my money was being wasted and I always reeked of cigarettes.

A change was needed.

I had heard about smoking cessation programs, patches and other things to help people quit. I never took advantage of any of it until I got mad about smoking.

I began a conversation with the Warm Springs Community Health Education Team, who let me know about some opportunities. On more or less a dare I decided to give it a shot.

What I learned from the Oregon Quit Line and the Community Health Education team was there are some basic important steps to ensure success in quitting smoking.

Those steps include words like accountability, desire, determination and promise, just

to name a few.

So I dove in head first not knowing if I would succeed, but hopeful I might.

I followed the advice of the quit line. I set a date six months ahead for my quit day and each day I worked toward my goal.

Little things like delaying a cigarette just a few minutes, and choosing to not smoke inside my car and house were huge. As time went by I began to see little victories and was encouraged.

I surrounded myself by people who were equally encouraging, as I prepared for this life changing event. I imagined how a life cigarette free would be and I dreamed about walking by the river without getting short of breath.

Then came my quit day, February 14, 2005. I selected that day because the quit line said pick a date that is significant. So I picked Valentines Day because of the imagery of the heart.

On that day I woke up at 4:30 a.m. and began in a much different way. Instead of lighting up, I slapped on a nicotine patch and prepared for what I thought would be the toughest day of my life. No cigarettes, no lighter and a new vision. I even had a

survival kit that consisted of chewing gum, toothpicks, and something to keep my hand busy, a worry stone.

Though it was difficult that first week I made it without one cigarette. And the more time I spent not smoking I quickly found more time for other things. The longer I went without, the better I felt. I thought I might fall when, two weeks later, I had to reduce my patch strength. But I didn't, and in a month's time I was off the patch and still not smoking.

Now seven years later I am still a non smoker. I have no desire to smoke and quite frankly the smell of cigarettes annoys me.

I never thought I could do it. I thought of excuses to fail, and I let that motivate me.

And if I can do it, so can you! I thought it was impossible; it wasn't. I thought it would be painful; it wasn't. I thought I would lose a part of me, but I didn't.

In Warm Springs the Indian Health Service Pharmacy offers a smoking cessation program. It's the same one I used. This Thursday would be a great day to start a conversation and at least learn about the opportunity. I did and it is still the single greatest choice I ever made.

Bingo, pizza at JCMS

The Jefferson County Middle School is hosting pizza and Bingo night on Thursday, Nov. 15. Dinner starts at 5:30 and Bingo is from 6-7:30 p.m.

For \$3 you get a slice of pizza, salad, cookie and soda; Bingo is twenty-five center per game.

Call the middle school if you have questions, 541-475-7253.

Indian Head Casino

Employee Recognition

Minnie Charley

Minnie Charley is a Cage Cashier at Indian Head Casino. "Minnie secured the title of Employee of the Month for her great attitude and work ethics here at Indian Head," said Margie Tuckia, Human Resources director. "She is a very upbeat, friendly, helpful employee! Great job, Minnie!"



The next deadline to submit items for publication in the Spilyay Tymoo is Wednesday, Nov. 21. The deadline is early because of the holidays! Thank you!

509-J Schools in Action!

www.jcsd.k12.or.us

Salmon, Streams & Science at Shitike Creek

Two fifth grade classes from Warm Springs Elementary recently enjoyed a hands-on learning project during a field trip to Shitike Creek. They explored aquatic insects, tested water samples, measured stream velocity and observed native fish juveniles including lamprey, steelhead, rainbow trout, and spring Chinook.

"It was a huge success and it wouldn't have been possible without support from Warm Springs

Principal Dawn Smith and the fifth grade teachers who put their faith in this project," said Lisa Dubisar, fisheries biologist for the Confederated Tribes of Warm Springs.

The project was funded by the Columbia River Intertribal Fish Commission and the Oregon Community Foundation and supported by volunteers who generously donated their time to work with students.

A special thank you to:

- Bess Ballantine & Colleen Fox (WolfTree)
- Morning Rae Ferris (OSU Extension)
- Sean Sohappy, Orvie Danzuka & Theron Johnson (Branch of Natural Resources)
- Tatum Kalama (Recreation)
- Mike Hoylan

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More literacy. More choices.

Metolius Students in 1st and 2nd grades walk to class with new backpacks and school supplies donated by American Licorice Company.

Coffee with Madras High School Parents and Neighbors!

Parents and community members are invited to join the MHS principal and assistant principal for coffee on the first Wednesday of every month from 8:00 a.m. to 8:45 a.m. in the MHS Parent Center, Room 1. Our goal is to welcome families and community members into the school and provide opportunities for us to answer questions and share the latest school news.

The next coffee with the principal meeting is Wednesday, December 5th.

For more information, contact Assistant Principal Paul Navarra at 541 475-7265 x302.

College Scholarship Opportunity

Catching the Dream, formerly known as the Native American Scholarship Fund, makes grants to Native American students and works to improve their schools. Since 1986, CID has made scholarship awards to 960 students and has produced 552 graduates.

The scholarships make it possible for Native American students to get a college education without taking out loans.

For more information, visit catchingthedream.org or stop by the MHS Next Steps Corner for more information.

Calendar November

Monday, 11/19 - Friday, 11/23
No School - Thanksgiving Break

For information on parent conference schedules call your appropriate building or visit jcsd.k12.or.us and click on "2012-2013 District Conference Schedule" in the Calendar section.

Monday, 11/26
Back to School

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