

Letters continued

We are a cloud

Warm Springs Telecom has been in the works for about 10 years and today we are the ninth tribe in the country to own a telecom business.

At the Oregon Connections Conference (where Warm Springs Telecom received an award) the latest buzz word was about the "Cloud." I searched the internet and found that the easiest way to understand the cloud is to think of it as a utility, like electricity.

When you plug a device into a wall outlet, electricity flows. You didn't generate the electricity yourself. In fact, you probably have no idea where the electricity was generated. It's just there when you want it. All you care about is that your device works.

Cloud computing works on the same principle. Through an internet connection (the equivalent of an electrical outlet), you can access whatever applications, files, or data you have opted to store in the cloud—anytime, anywhere, from any device. How it gets to you and where it's stored are not your concern (well, for most people they're not).

The potential benefits of this approach are enormous. To stick with the electricity analogy, if your I-T department is still pre-cloud, it's running the equivalent of its own generator. And with that comes a load of responsibility: Generators break, they run out of fuel, they need to be serviced, and—if demand for power increases—new ones need to be bought and brought online.

The cloud frees I-T from the tech equivalent of all that. Because, just like power companies, cloud providers are the ones who are responsible for all maintenance, infrastructure, and repair. They are responsible for meeting surges in demand, and ensuring that service is reliable. (www.campustechnology.com)

Warm Springs Telecom is a Cloud. We are the hot new

start-up company with a big story to tell. I'm proud to support Warm Springs Telecom.

The immediate benefits are faster internet services and huge cost savings for my household. My girl, 9 year-old Kayla loves to do research on the internet. I'm happy that my services with Qwest have been cut by \$100 a month because I changed my telephone and internet services to Warm Springs Telecom. However, my outdated router that I bought from Qwest had to be replaced. It cost about \$70 for the router and adapter. I can't emphasize enough about supporting Warm Springs Telecom. Our tribal budget relies on our enterprises for revenue.

As a business owner, I am aware of the grand challenge of doing business deals in-house to support Warm Springs Telecom for two reasons. First of all, technology, in general, is difficult to understand. Additionally, there is the critical need to build trust among our people to support our newest enterprise.

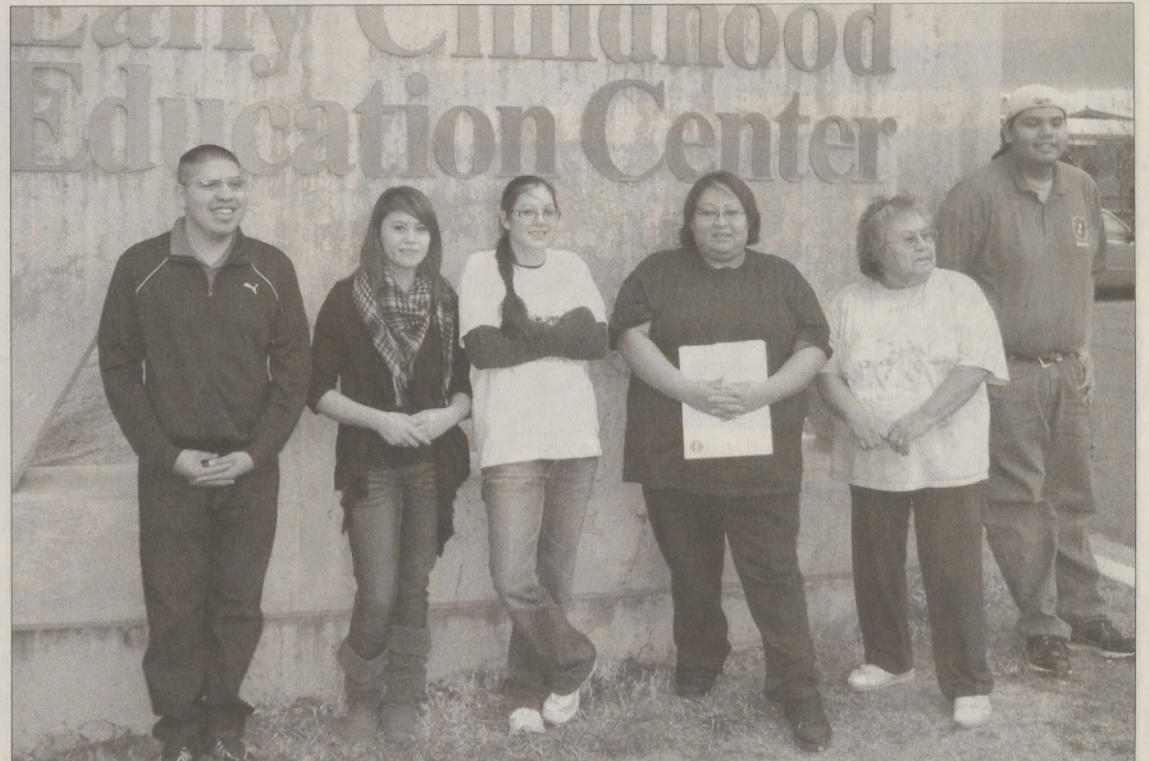
It is vital to business success for tribal member households to sign on for services at Warm Springs Telecom.

We have tribal member staff who work for OUR enterprise and have the knowledge to explain the technology to us. I'd like to give a gentle reminder to our leaders. . . it's up to our tribal organization and all the tribal enterprises to step up and partner with Warm Springs Telecom for telephone and internet services.

If and when an enterprise general manager makes an agreement with a business other than Warm Springs Telecom, there must be accountability and transparency in the best interest of our tribe. Indian Head Casino deserves a huge thank you for being the pilot project and lead the way in support of Warm Springs Telecom. Nail

Nak'ishayat, Aurolyn Stwyer, tribal member 1355

ECE employees' accomplishment



These six teachers received their Child Development Accreditation. They are (from left) Byron Scott, Dorthea "Dot" Thurby, Ellen Courtney, Bridget Longknife, Joan David, and James Keo.

Six employees at Warm Springs Head Start marked a significant accomplishment recently.

The employees received their Child Development Accreditation, recognizing their outstanding work with the young children of Head Start.

Congratulations to: Assistant teachers Joni David, Dorthea Thurby, James Keo, Ellen Courtney, Bridget Longknife, and acting assistant teacher Byron Scott.

The Child Development Accreditation (CDA)

is a nationally recognized credential for excellence in early childhood education, said Kirstin Hisatake, director of Warm Springs Head Start-Early head Start.

Each CDA candidate is observed working with young children and is assessed on his or her ability to develop the physical, emotional, and intellectual capabilities of young children.

By achieving their CDA the teachers meet the Head Start Act standards. Currently, Warm Springs Head Start employs 16 teaching staff. Fifteen out of 16 staff hold a CDA or above, said

Hisatake. The remaining teacher is expected to achieve their CDA by January of 2013, she said.

The Council for Professional Recognition, based in Washington, D.C., awards credentials to early educators who demonstrate the ability to constructively work with young children in group settings.

"It takes special knowledge, skills and expertise to be an effective teacher of young children," says Valora Washington, chief executive officer of the Council. "It is a great honor to earn a CDA, and it shows a commitment

to quality early childhood education."

The CDA community nationwide, Washington said, is having a positive effect on the quality of early childhood education by helping preschools, day care centers, and family child care programs.

The CDA community is helping the programs hire qualified and competent professionals who ensure the best care for the youth. Child care staff and parents wanting more information on CDA can visit: cdacouncil.org

Diabetic eye disease rates increasing

All people with diabetes, both type 1 and type 2, are at risk for diabetic eye disease, a leading cause of vision loss and blindness.

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of the disease.

The eye problems include cataract, diabetic retinopathy, and glaucoma.

Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of blindness in adults 20-74 years of age.

According to the National Eye Institute, 7.7 million people in the U.S. age 40 and older have diabetic retinopathy. This number is projected to increase to approximately 11 million people by 2030.

"The longer a person has diabetes the greater is his or her risk of developing diabetic eye disease," said Dr. Paul A. Sieving, director of the National Eye Institute.

"If you have diabetes, be

Native Americans with diabetes are at higher risk of losing vision or going blind from it...

sure to have a comprehensive dilated eye exam at least once a year," he said. "Diabetic eye disease often has no early warning signs, but can be detected early and treated before vision loss occurs. Don't wait until you notice an eye problem to have an exam because vision that is lost often cannot be restored."

While all people with diabetes can develop diabetic eye disease, Native Americans with diabetes are at higher risk of losing vision or going blind from it.

All people with diabetes should have a dilated eye exam at least once a year to detect vision problems early.

"In fact, with early detection, timely laser surgery, and appropriate follow-up care, people with advanced diabetic retinopathy can reduce their risk of blindness by 90 percent," adds Dr. Suber Huang, chair of the Diabetic Eye Disease Subcommittee for the National Eye Institute Health Education Program.

Research has shown that when people with diabetes maintain good control of blood sugar, blood pressure, and cholesterol they can slow the development and progression of diabetic eye disease.

In addition to having annual comprehensive dilated eye exams, people with diabetes should do the following to keep their health on track:

Course of action

- Take your medications.
- Reach and maintain a healthy weight.
- Add physical activity to your daily routine.
- Control your blood sugar, blood pressure, and cholesterol.

terol.

Kick the smoking habit.

The National Eye Institute supports more than \$40 million in diabetes research and outreach, including the Diabetic Retinopathy Clinical Research Network, a collaboration of more than 300 physicians at more than 100 clinical sites across the U.S. (see DRCR.net).

For more information on diabetic eye disease and tips on finding an eye care professional or financial assistance for eye care, visit nei.nih.gov/diabetes

Or call NEI at 301-496-5248.

The National Eye Institute, part of the National Institutes of Health, leads the federal government's research on the visual system and eye diseases.

The institute supports basic and clinical science programs that result in the development of sight-saving treatments.

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NAYA Marketplace

Join Native small business vendors and artisans from around the Pacific Northwest as they display their goods, including beadwork, regalia, fine jewelry, pottery, woodwork, and more.

Native American vendors are encouraged to register.

NAYA Marketplace Details:
 • The Marketplace will be held Saturday, December 1 from 10 a.m. to 2 p.m. at the NAYA Family Center at 5135 NE Columbia Boulevard, Portland.
 • Special appearance by artist Lillian Pitt;
 • Table display contest: \$125 first place prize

for best overall display, and a \$125 prize for best display by an elder;
 • A vendor fee of \$20 and a food donation is required to register;

Register Today!

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