

Estate planning service free to members

Lexi Lundgren will be in Warm Springs this summer, helping tribal members with drafting wills, powers of attorney, and other estate planning services. This is free to members.

Lexi is the summer estate planning intern. She is a law student at the from the University of Idaho School of Law.

Her office at Warm Springs is in the Community Action Team trailer on campus, at 1136 Paiute Ave.

Office hours are from 8 a.m.-4 p.m., Monday through Wednesday. To make an appointment, call 541-553-3148.

The estate planning service is a program of Institute for Indian Estate Planning and Probate at Seattle University School of Law.

The institute has spon-



Lexi Lundgren

sored the program for the past few years in Warm Springs. Over the past two years, about 50 tribal members have used the service.

Lexi is working with help from tribal attorney Dennis

Karnopp. She can take appointments and meet with members until July 18.

Having a will is recommended for anyone over 18.

This is especially recommended for people who have ownership interest in land: If you die without a will, the American Indian Probate Reform Act will determine who will receive your trust land.

Services available this summer include writing a new will, or changing an existing one. The new or changed will would be drafted so as to comply with tribal, state and federal law.

- You need a will if:
- You are over 18;
 - You have, or may acquire, trust land, non-trust land, or personal property;
 - You have children or step-children under 18;
 - You want to leave property to someone who is not

in your immediate, blood family;

· You want to leave income from an interest to a non-Indian spouse.

· You want to stop further fractionation of your land

If you die without a will, the American Indian Probate Reform Act (AIPRA) will determine who will receive your trust land, but with a will you have many more options.

If you are interested in learning more or having your will written, please contact Richard Butler.

All services are free to any American Indian, regardless of tribal enrollment or ownership of trust land. Contact him at: willsforwarmspringstribes@gmail.com

Or call Lexi at 541-553-2409. His office is located in the administration building.

Howlak Tichum

Kelli Nichole Rhoan, 1986-2014

Kelli Nichole Rhoan, of Nampa, Idaho, passed away on May 21, 2014.

Kelli was born on May 16, 1986. She is survived by her parents, Kerry Dean and Debbie Rhoan; sons Dominic Mikel, Augustine Julius and Amelio David; brother Kameron (Dani) Rhoan, sister Debbie (Chuck) Shank, brother William (Crystal) Scroggins; grandmother, Vivian (Fletcher) Syverson; and grandparents Ward and Marilyn

Brink; uncles and aunts, Kelly Gene (Toni) Rhoan, Cory Mosely, and Rhonda Syverson-Bray (Brian).

Kelli was preceded in death by her grandfather Gordon Allen Rhoan, and great-grandparents Amiel and Elizabeth Rhoan; great-grandparents Lester and Beth Fletcher, Belmer and Amanda Edwards, and grandmother Carol Kurtzman.

High Lookee Yard sale on Friday

High Lookee Lodge is accepting donations of items for its annual yard sale that is coming up on June 13th. All donations are appreciated. For more information contact Denise at 553-1182.

Attempting to Locate

The Vital Statistics Department is attempting to locate the following individuals (last name first) to update their mailing addresses:

- Berry, Lavetta Lee
- Bethancorth, Douglas
- Blackwolf Jr., Harold
- Castro-Taitague, Felicitas Gandar
- Eyle, Alane Susan
- Felix, Joanie Ann
- Florez, Kista Lynn
- Guerin, Anthony Todd
- Henry, Jerome Earl
- Johns, Phillip Shawn
- Johnson, Doreen Lois
- Kalama-Gabriel, Elizabeth
- Katchia, Nicolas Jordan
- Lagers, Jeremy Jonathan
- LeClaire, Regina Leslie
- Lesina, Cody Allen
- Martinez, Fallan Hope
- Martinez, Michael Henry
- Mitchell, Jackson Lee
- Mitts, Randy Lee
- Palmer, Jay Seth
- Picard, Tessa Marie

- Plazola, Vanessa Ranae
- Prouty, Devin Wayne
- Redfox, Jenny Joan
- Rodriguez, Jessica Lynn
- Ruiz-Switzler, Ernestine Elena
- Savala, Bethany Grace
- Smith, Alexis Robert
- Smith, Hazel Eileen
- Spino, James Wesley
- Spino, Jesslyn Allen
- Squally, Robert Joseph
- Stacona, Briana Marie
- Stormbringer, Sonya Gail
- Tail, Toni Elaine
- Thomas, Dionne Marie
- White, Willard John
- Winishut, Eulalia Kim
- Wood, Danielle
- Wyman, Pearl
- Youmans, Brittany Rose

Please submit a letter with current address to:
 Vital Statistics
 P.O. Box C
 Warm Springs, OR 97761
 Fax: 541-553-1628

Assembly Day



Patti Tanewasha/Spilyay

Jake Frank performs traditional dance at the Warm Springs Elementary School gymnasium. The school last week hosted the end of the school year assembly, featuring the jazz and marching bands, and traditional dancers and drummers. The whole school attended the assembly. Master of ceremonies was Butch David. Elementary and middle school students of Warm Springs will begin attending the new Warm Springs Academy in the fall.

Raising funds for marathon

Salena Sahme is entering the Portland Marathon in October, and is fundraising now to purchase a hand cycle for her to compete with. Salena has been a paraplegia for three years. All dona-

tions small or large will be appreciated. You can contact Salena at 541-325-1838. You can also support her by liking her Facebook page "Help Salena Be A Finisher."

From the Community Health Education Team

Melanoma awareness can be life-saving

Melanoma is a type of skin cancer that affects people of all color. It is considered the most dangerous type of skin cancer, and is the leading cause of death among skin diseases.

Having dark skin lowers the risk of developing melanoma but is still at risk for the development of melanoma on the palms of the hands, soles on the feet or even under fingernails.

The most common type of melanoma is Cutaneous Melanomas, which develops on the skin, especially areas where the skin is exposed to the sun, although they can develop anywhere.

The most common type for men is the chest, and for women the legs are affected most frequently. Melanomas are also commonly found on the neck or face.

Symptoms

Many melanomas develop

on the skin, so they are visible, as a mole that wasn't there before.

Regular examination of the skin for any new or unusual growths, or changes in existing moles is critical.

Anything suspicious, you should discuss with your primary care physician.

Most moles are harmless. A normal mole is generally colored (brown, black or tan), and are less than millimeter in diameter. They can be flat or raised and do not change over time.

Spots on the skin, or a change in size, shape, or color of an existing mole are clues in finding possible Melanomas.

ABCD rule

The ABCD rule is another way to recognize abnormal growths that may be melanoma skin cancer:

Asymmetry: a mole that has an irregular shape, or two

different looking halves.

Border: irregular, blurred, rough or notched edges may be signs of melanoma

Color: most moles are even color: brown, black, tan or even pink. But changes in shade or distribution of color throughout the mole can signal melanoma.

Diameter: moles larger than a quarter-inch (the size of a pencil eraser) across may be suspect, although some melanoma cancers may be smaller than this.

Risk Factors

Genetics and lifestyles are factors. These include A weakened immune system, family or personal history, exposure to ultraviolet light, fair skin, inherited conditions, moles.

Testing

Call your health care provider at IHS and schedule an appointment.

IHS will be able to do skin

biopsies, if your condition seems to raise more questions they will refer appropriately for further testing.

Your insurance should be able to pay to get your testing done if there is a suspicion of cancer. If you are uninsured please insure yourself with Oregon Health Plan.

Lower your risk:

Limit your exposure to UV rays, both sun tanning and artificial tanning

Use sunblock (at least SPF 30) use it frequently, *do not* neglect the face, neck and feet

Sunblock should be worn year round of at least SPF 30. Wear sun-protective clothing; hats that cover your face and neck, shades for your eyes and appropriate clothing. Regular skin examination for anything suspicious.

Warm Springs MARKET
 Family Owned Since 1944

Beads, Native American Gifts, Museum, Deli, Grocery, Ice, Fishing Permits, Western Union, Check-Free Bill Pay, ATM and Much More!

2132 Warm Springs St., Warm Springs - ph. 541-553-1597