

2015 Pageant



Dave McMechan/Spilyay

Veterans present the Colors during the Grand Entry.



McMechan/Spilyay

The drummers provided the music for the evening.



Jayson Smith/Spilyay

Myra Shawaway Orange during pageant Grand Entry.



McMechan/Spilyay

The contestants Jazmine Ike Lopez and Suzanne McConville.

Tribe vs. tribe physical activity challenge starting

The Wellness Department is hosting the Northwest Tribal Winter Physical Activity Challenge. All are invited to participated in the tribe vs. tribe activity challenge.

Other tribes participating are the Swinomish, Klamath, Spokane, Suquamish and Chehalis; and the Native American Youth Association.

Participants must participate in moderate to intense physical activity at least 150 minutes per week; or,

Thirty minutes for at least five days out of the week. The 30 minutes can be broken down in to 10-minute increments.

This competition goes through February 15. Local contacts for this activity challenge are Evelyn Aguilar and Edmund Francis. For more information send an email to:

wswellnessprogram@gmail.com

Or write to Dayle Tufti at: dayle.tufti@wstribes.org

This competition is sponsored by the Spokane Tribe of Indians Department of Health and Human Services, and Spokane Tribal Health Department.

If you have questions regarding this fitness challenge, feel free to call the Wellness Department at 553-3589.

January is Cervical Cancer Awareness Month

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from the human papillomavirus, or HPV, and cervical cancer.

HPV is the most common sexually transmitted disease. It's also a major cause of cervical cancer.

About 79 million Americans currently have HPV. Many people with HPV don't know they are infected.

The good news? HPV can be prevented with the HPV vaccine.

Cervical cancer can often be prevented with regular screening tests (called pap tests) and follow-up care.

Cervical cancer screenings can help detect abnormal cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular pap tests and follow-up care.

HPV infection appears to be involved in the development of more than 90 percent of cervical cancer cases; most people who have had

HPV infections, however, do not develop cervical cancer. Other risk factors include: smoking, a weak immune system, birth control pills, starting sex at a young age and having many sexual partners, but these are less important.

Cervical cancer typically develops from pre-cancerous changes over 10 to 20 years.

Measure 91

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Preventing the distribution of marijuana to minors;

Preventing revenue from the sale of marijuana from going to criminal enterprises, gangs or cartels;

Preventing the diversion of marijuana from states where it is legal to other states;

Preventing state-authorized marijuana activity from being used as a cover or pretext for the trafficking of other illegal drugs;

Preventing violence and the use of firearms in the cultivation and distribution of marijuana;

Preventing drugged driving; preventing marijuana possession or use on federal property; and,

Preventing the growing of marijuana on public lands.

The vote

Voters statewide in the November 2014 election adopted Measure 91, legalizing marijuana for people over 21, subject to state tax and regulation.

The measure passed by a fairly large margin: 56.1 percent in favor, to 43.9 against.

In Jefferson County the voters were mostly against the measure: 3,956 votes against, to 3,073 in favor.

Only three of the 14 precincts in Jefferson County were in favor of Measure 91: Warm Springs, Metolius and Camp Sherman.

In the Warm Springs precinct 158 people voted in favor of Measure 91, while 133 voted against.

The state law enacted by Measure 91 takes effect on July 1. The state law would allow a person over 21 to possess up to eight ounces of marijuana, and four plants.

The Oregon Liquor Control Commission is given the task of carrying out the law, determining the tax, issuing distribution licenses, etc.

The state law has no effect on employers who wish to test for, and restrict the use of marijuana by employees.

2 teens facing serious charges in Portland

Two teenagers were arrested in Portland on allegations of robbery and attempted murder.

Michael Antone Miller, 15, and Jovon Marcus Heath, 17, were arrested Saturday, Dec. 27, near the scene of an early morning robbery in Southeast Portland, according to Portland law enforcement.

They will be tried as adults, due to the severity of the alleged crimes.

Police say the two were behind four robberies that occurred over a four-hour span in Southeast Portland in late December.

Police were first alerted to the string of robberies at 8:17 p.m. Friday, Dec. 26, when they responded to a call of shots fired near Southeast 80th Avenue and Flavel Street.

The suspects had demanded

money from two boys, ages 13 and 16, according to the police report.

When one victim started running away, a suspect fired several shots in his direction, police said. The bullets missed the boy but struck a parked car.

Two hours later, police were called to a second robbery near Southeast 97th Avenue and Foster Road. Simpson said a suspect approached a 20-year-old woman, a 20-year-old man and a 19-year-old man at gunpoint and demanded money. He stole one victim's wallet, police said.

The robberies came to an end early Saturday, Dec. 27, when officers responded to Southeast 112th Avenue and Powell Boulevard at about 12:35 a.m. A 19-year-old man told 911 dispatchers that he had

been robbed and described the suspects.

Police found Heath and Miller in the area, Simpson said. He said officers also found a handgun that they believe was used in the robberies.

The teenage suspects were arraigned in Multnomah County Juvenile Court on one count of attempted aggravated murder, six counts of first-degree robbery and six counts of second-degree robbery. They are, however, facing trial as adults.

Investigators believe the pair may be tied to a fourth robbery. Dispatchers received a 911 report of another robbery, but the caller did not remain on the phone long enough to provide details.