

Eagle basketball at Academy



Jayson Smith photos.

The Warm Springs Academy basketball team is playing next week, one game away and then at home. The away game, on Wednesday, Dec. 2, is at Crook County; and the home game is Thursday, Dec. 3, against the Jefferson County Middle School team.



Diabetes Awareness Month

November is Diabetes Awareness Month. Here is a brief explanation of the difference between type 1 and type 2 diabetes.

In general, people with diabetes either have a total lack of insulin (type 1 diabetes) or they have too little insulin or cannot use insulin effectively (type 2 diabetes).

Type 1 diabetes (formerly called juvenile-onset or insulin-dependent diabetes), accounts for 5 to 10 out of 100 people who have diabetes.

In type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually eliminating insulin production from the body. Without insulin, cells cannot absorb sugar (glucose), which they need to produce energy.

Type 2 diabetes (formerly called adult-onset or non-insulin-dependent diabetes) can develop at any age.

It most commonly becomes apparent during adulthood. But type 2 diabetes in children is rising.

Type 2 diabetes accounts for the vast majority of people who have diabetes—90 to 95 out of 100 people.

In type 2 diabetes, the body isn't able to use insulin the right way. This is called insulin resistance.

As type 2 diabetes gets worse, the pancreas may make less and less insulin. This is called insulin deficiency.

Type 1 diabetes cannot be prevented.

Type 2 diabetes can be prevented or delayed with a healthy lifestyle, including maintaining a healthy weight, eating sensibly, and exercising regularly.

FDA approves sale of genetically modified salmon

The Food and Drug Administration approved the sale of genetically modified salmon, the first decision of its kind in the United States.

A Massachusetts company called AquaBounty takes eggs from Atlantic salmon and inserts a growth hormone gene from a Chinook salmon and another gene from the ocean pout, an eel-like species. The resulting fish are raised in Canada and Panama and can grow to large sizes in 18 months instead of three years for wild or hatchery salmon.

Despite the changes to the fish, the FDA determined that the food is safe to eat. The decision was based on "extensive data" submitted by the company itself and other "peer-reviewed data," the agency said.

The FDA's decision means the salmon can be presented to consumers without special labels that indicate how it was produced. That drew a strong rebuke from Alaska's Congressional delegation.

Victims of Crime office offers help in crisis

The Confederated Tribes of Warm Springs Victims of Crime Services offers 24-hour response to victims in emergency crisis.

Victims of Crimes helps in cases of domestic violence, sexual assault, stalking, teen dating, elder abuse, child abuse and family violence.

The mission of VOCS is to promote and provide safety and justice for all victims of crime; to empower survivors affected by domestic violence to live healthier lifestyles, and to strengthen family structures.

Services include crisis intervention, victims advocacy, court advocacy, protection orders, community education, victim compensation, volunteer training and support group.

The following is the description of services offered:

Crisis intervention

The VOCS program staff and volunteers will respond to the scene to provide the victims of crime with crisis counseling at the request of law enforcement officers or the victim.

Victim advocacy

The VOCS staff offers many services to victims:

Emergency shelter, hospital visits, referrals to other service providers, transportation to shelters, preparation for federal court, transportation to federal court when needed, transportation to appointments pertaining to case related appointments, and outreach contact by letter, telephone, or residential visits.

Court advocacy

VOCS advocates educate the victims about their rights

and responsibilities, provides information about the criminal justice system, informs the victim of their case status, coordinates other services of need, and advocates for victims in court related hearings.

Protection orders

The VOCS staff works with tribal court to obtain protection orders for victims seeking emergency restraining orders (ERO), ex-parte temporary Restraining Orders (RO) and Elder Protection Orders (EPO).

The tribal court works with the VOCS advocates and tribal police department with enforcing such protection orders.

Community education

The VOCS department offers education and outreach to the community about domestic violence, dating violence, sexual assault, elder abuse, stalking, family violence and the effects on our people.

Victim compensation

VOCS will assist victims in completing the necessary paperwork for benefits through the Oregon State Crime Victims Compensation Program, when eligible.

Volunteer training

VOCS recognizes that volunteers are a vital part of this program and offers training in crisis intervention, court related services, outreach and community education.

Support group

VOCS offers support

39th Holiday Bowling tourney at Lava Lanes

The Warm Springs Holiday Bowling Tournament Committee will host its annual tourney at Lava Lanes this weekend, through Sunday, Nov. 28.

The committee welcomes any and all youth, regardless of experience to come and participate.

The youth will receive a t-shirt, and chance at top three trophies in four age divisions: 6-8 years; 9-11 years, 12-14 years; and 15-18.

There will be a special 5- and 6-year-old Bumper Bowl; entry \$10 plus \$2 participation.

This tournament is USBC certified. The tournament committee anticipates anti-participates bowlers from Montana, Nevada, Idaho, Washington and California, joining local bowlers.

The tournament is in Memory of Joseph "Checks" Boise Sr., Anna Clements and Norene Greene. The family and committee requested the special event be the Women's B Division in the Masters event, dedicated to late Norene.

The Men's Doubles has \$300 added in memory of Checks Boise.

The Women's doubles will also have \$300 added in memory of Anna Clements and Norene Greene.

The Thursday 8 p.m. squad will be the Mixed Doubles Modified Special event—9 pin no tap, 3, 6, 9 auto strikes, scotch doubles, and a regular game—with \$100 added, also in memory of Norene Greene.

Tourney schedule

The Schedule of events will be as follows:

Mixed Teams will roll at 3 p.m. Thursday, Nov. 26; and 9 am. on Friday, Nov. 27.

The Thursday 8 p.m. squad will be a Mixed Doubles Special—9 pin no tap.

Friday will have Doubles/Singles squads at 11:30 a.m. and 2:30 p.m. Masters will be Friday at 6 p.m.

Saturday begins with the Youth Singles Events at 10 a.m. This will be followed by Mixed Doubles at 12 noon and 4 p.m.

The Holiday Roll Off Step Ladder Finals is scheduled at 2 p.m.

The Masters events will be Friday evening at 5 p.m. with qualifying (four games in regular, and three games for senior's events), with Step Ladder Finals at evening's end.

The Big Dog Challenge is sponsored by Warm Springs Indian Holiday Bowling Tournament Committee.

group for survivors of abuse, and family members of survivors.

The VOCS group structure provides educational information surrounding domestic violence, sexual assault, stalking, teen dating violence, elder abuse, child abuse, family violence and the effects it has on survivors and family of survivors.

VOCS has a craft for healing, and circle talk during the craft.

During these groups VOCS has available for survivors: sage and sweet grass for smudging, candles to light for prayer and songs of survivors' choice—washat, hand drum, powwow, Christian music, etc.

Frequently asked questions

How can VOCS help me?

VOCS is here to assist victims in reaching out for all assistance available.

If you are looking for protection orders, VOCS can assist in obtaining one.

If you need a night away for safety purposes, VOCS can provide that shelter night.

If you need transport to safety, need somebody to listen to you, VOCS staff are here for you.

Who can VOCS serve?

VOCS serves all victims of people crimes of any age, race, ethnicity and disabilities.

"We are not tribal member preference," says VOCS' Janell Wallulatum. "Because we are federally funded, we cannot turn away any public seeking services."

What is Emergency Shelter?

VOCS are able to put a crisis victim up for a shelter night for safety purposes.

VOCS does not have long-

term shelter, and that often becomes one of the biggest obstacle VOCS faces. However, VOCS can seek referrals to surrounding domestic violence programs for longer term shelter.

What is an emergency restraining order, and how can I get one?

An emergency restraining order (ERO) is a protection order that serves to restrain a person from contact from the victim, and is valid for a night/weekend until the next business day, when a regular temporary ex parte restraining order can be submitted.

VOCS can work with the victim to compose an ERO and submit to tribal dispatch. Tribal dispatch then contacts an on-call judge to seek approval of ERO.

Who can apply for restraining orders?

When a victim has been abused by family or same household members by:

Attempting to cause or intentionally, knowingly or recklessly causing bodily injury;

Or intentionally, knowingly or recklessly placing another in fear of imminent serious bodily injury;

Then the person may apply for a restraining order per WSTC 331.800 to 331.820.

What is an elder protection order?

An elder protection order (EPO) is a court order which provides appropriate protection for the elder if the tribal court determines that an elder is either:

1. incapacitated, 2. abused, 3. harassed, 4. neglected, 5. at risk of physical harm, or 6. at risk of financial harm or duress, or in imminent danger thereof. Per WSTC 331.940.