

Spilyay Tymoo Sports

Diabetes can be controlled by exercise and choosing a healthy life style

To the editor,
I am in hopes that when I write this letter that it will serve its purpose. I believe that if people hear of someone else's health issues, that they in turn will begin to take better care of themselves. My mission is to have individuals share their lives with the community at their choice on how they are dealing with their own illnesses.

I come from a long line of Diabetics in my family. I just assumed that I would become one later in my life. At the age of 35 I was diagnosed as a Diabetic. I never let it worry me, not really knowing the seriousness of the disease. My mother took care of herself by being very active all day and only eating the traditional foods of the native people. For medication she just took a small pill once a day.

I never once heard or seen her have problems with the disease.

I began by taking pills along with other medicines for Diabetes. I was told by the doctors that I must lose weight in order for my sugar levels to go down, that seemed next to impossible for me anyhow, I have always been on the plump side, besides I was just too darn lazy to do any exercise and I felt uncomfortable by attending an aerobic class of any sort. I began by not feeling very good each day, thirst, tired, moody to down right mean and unlivable. I was a witch. I did not like myself and I know my family didn't at certain times also. I began attending Eva Montee's aerobic class held in the community center. I was in the back row of the class wearing sweat clothes two sizes to large for me, trying to hide but mainly because I was ashamed of how I looked. I like to dance and when I became good and was able to keep all the routines in the class I began to lose weight and my attitude began to change without me even knowing it. Eva had more faith in me than I did. She asked me to lead a class for her in her absence as she had to go away for a few days. I stressed for days hoping that would do the right thing. But I was hoping that I would not chicken out on that day.

That was my road to fame and fortune. After that I began leading my own classes and all the fat girls came. I gradually started doing my own routines and began using my own native music making me feel ten feet tall. I WAS HOOKED. My self-esteem soared, my eating habits changed. I was only eating to survive, and not so much for enjoyment. I never thought that this would be possible for me because I loved food. I found that I had a lot of energy and that I was able to see clearly and not

a blurred vision. I was even yet a better person to myself as well as to my family and friends.

My next goal was to still lose more pounds since I had lost 50 pounds already, so I became obsessed with exercise and not eating trying to lose more fat. But the fat that I carried still yet was what I inherited from my dear Mother that I would never be able to lose. So I hold that against my mother (chuckle). I tried so hard to lose weight that I walked to work from my home and taught three aerobic classes a day and then walked the six miles home. I could not get my heart rate up so I packed weights in a back pack and walked very, very fast to keep my heart rate up. About three weeks of doing that, I began to feel tired and my ankles started hurting and my back was killing me. My body was rebelling with all the hard work that it was having to do.

During the middle of my Diabetes crisis, I had three back surgeries and was told that I needed to look for another easier job. I told this person that I would make a liar out of him and I did. I was back teaching classes four months after my last surgery. Two days after my last surgery I was walking and the next day I was released. It was all due to my good physical condition. I began my own therapy at home and built myself back up to become an instructor again. I contribute all of my well being to exercise and to Eva Montee for having so much faith in me by guiding me into this field. Diabetes is slowing over running our people on the reservation. It has taken lives and limbs, eyesight and energy etc. It is time that we as members of Diabetic families to stand and challenge this disease together. It is not only the person that is affected but it is the whole family that gets affected when

a loved one is taken or stricken hard with the disease. We have all ignored it too long, we do not need to rely on the doctors to help us, we must try to help ourselves. I have had complications with my blood sugars even if I have been watching my lifestyle, but no one knows what happens because this illness is very puzzling. I have since in the last five years had to begin taking insulin twice a day. I take all the required medicines that is prescribed faithfully and my insulin at the same schedule time daily. I eat my meals hopefully at the a decent time and make sure that fits for the days requirement. I try to get enough rest and sleep and the big one is trying to be stress free. And I also realize that I must do this to be stress free. And I also realize that I must do this Wellness trip for the rest of my life so I make a promise that when I am taken to meet my maker that I will go as a complete person.

I hope that people out there will make the same oath. I have scheduled exercise classes for all levels and ask that you plan on attending one to see if you like it and get your family involved in some sort of physical activity as well. You can never be too old, too fat, too young, too slow, too fast, those are just excuses so plan on joining us. Remember if you are a child of a Diabetic parent, then chances are you are a good candidate to becoming one in the future. so begin now and head it off at the pass by getting involved with your own health. If you have obese children, they are also at a great risk, so do it for your children by giving them a chance to a better healthier life.

Trying to be healthy and trying to stay on that tack is very hard. But remember, you are doing this for yourself.

Exercise is the only inexpensive prescription that any doctor can give

you. So get a good pair of supportive shoes and start walking. Blood sugars come down when you exercise after repeated exercise, self-esteem grows, before you know it you've lost some weight. Then you're on your wellness track. Everything looks good in life. Just like some one turned on the switch and you were the real you.

I encourage you or challenge you to begin by looking at yourself and say "I am going to become healthier." Classes are set up at different times at the center. Attend on that you feel comfortable, begin with an easier class before you do the fast stuff.

Water Aerobics is offered each Wednesday morning from 10 to 11 a.m. The CHR bus will be at the Center at 9:30 if anyone needs a ride. Water exercise is fun and it really works your body due to the resistance, you have to work harder. We do a lot of fun things in the water, pay games, do square dancing etc. I use a variety of music, so we can get in the MOOD. After we get out of the pool, we EAT all of us take a plate of healthy food and have a picnic, it is a fun social time so if you plan to join us, feel free to bring a snack, potluck.

The schedule for Diabetic classes are as follows:

- Monday-Community Center 8:30 to 9:30 a.m.
- Tuesday-Community Center 12 to 1 p.m.
- Wednesday-Kah-Nee-Ta 5:30-6:30 p.m.
- Thursday-Sr.Luncheon -11:30 to ?
- Friday-Community Counseling- 8:30-9:30 a.m. no fee

Remember these classes are for everybody. Need any information, call me and leave message at Diabetic program 553-1196 or call me at home 553-5040.

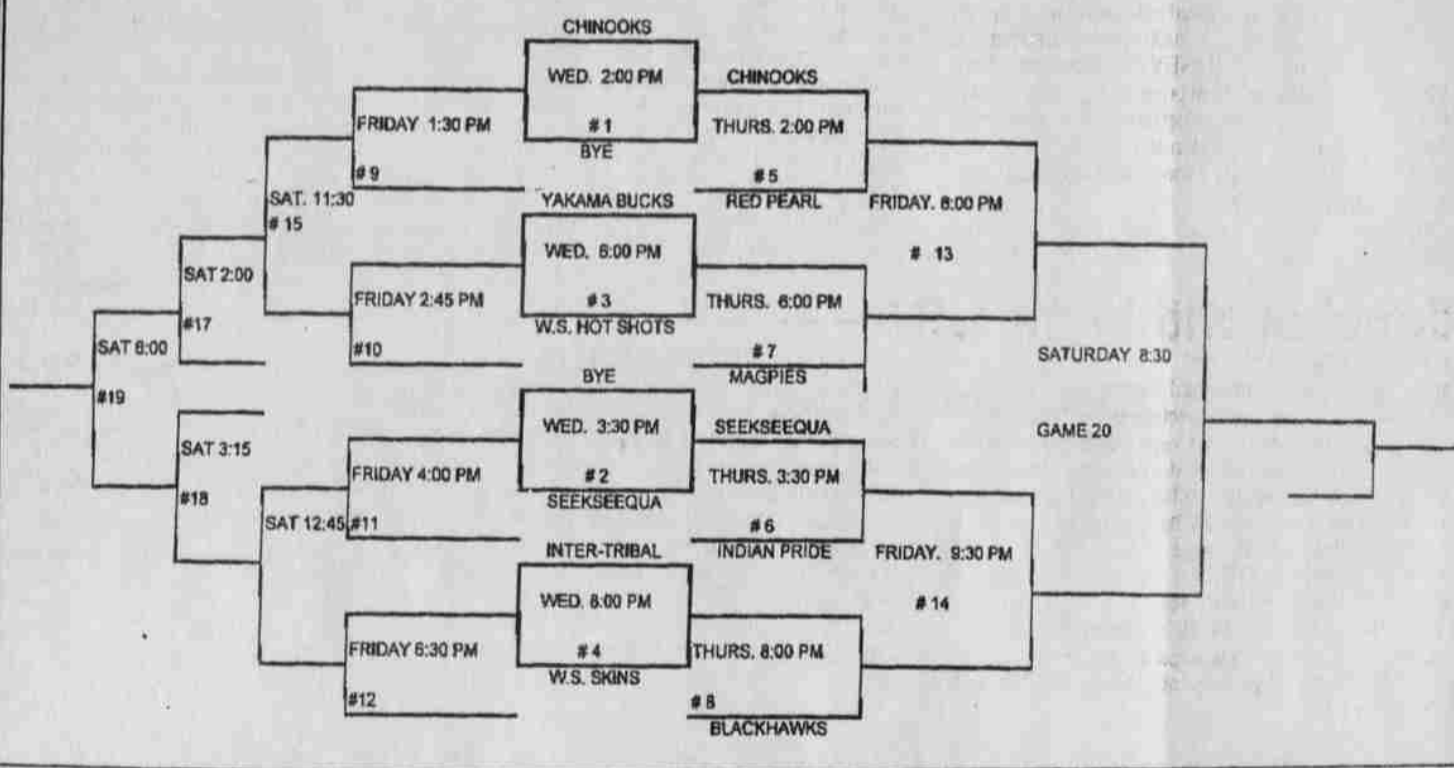
Lucinda Green



Lucinda Greene changed her life for the better through exercise

41 Annual Warm Springs Holiday Indian Basketball Tournament

January 12-15, 00



Buffalo Girls Drop Game to Woodburn 55-47

A snow storm and bad weather causes a cancellation of high school basketball game between the Valley Catholic and the Madras White Buffalo's, January 11, 00. The game will be rescheduled for the future between the two teams.

In their last outing the Madras girls dropped a non-league game to the Woodburn girls by the score of 55-47.

What do they feed their kids in Woodburn as it was reported that the intire first five starting the game was 6 foot or better and they started out in a good fashion as the scoreboard read Woodburn 8, Madras 0, at one point, but the Buffs kept plugging away and made a good run at woodburn.

Amy Carroll had a very good night and was right in the thick of things under the backboards right along with the taller host Bulldogs.

A fast up rising potential Necole Main made a good showing for herself during the game and ended up the night with 8 points. But it was Carroll that led the team with 19 points and her share of rebounds for the Buffs.

Melanie Smith and Nicole Main kept the pressure on the Bulldogs all evening long with their quickness on the defensive side.

Scoring for the Buffs: Amy Carroll 19, Main 8, Sperry 8, Sweeney 4, Dunn 4, Smith 2, Wilson 2, Gleason, Brunoe.

For Woodburn: Kristen Hand 24, Molina 18, Senter 9, Binder 2, Williams 2, Leduz, Ehrine, Lopez, leyva, Spauer.

On January 14, the girls travel to Estacada to meet the Rangers if weather permits.

Kalama chosen "Male Athlete of the Century"

Aaron Kalama from Nisqually, WA. was named Male "Athlete of the Century" for Yelm High School. Don Miller, former Editor for the Nisqually Valley News, voted for Aaron because of his great athleticism.

Aaron was a three-sport athlete who played baseball at Green River Community College before he was killed in an automobile accident in May 1969.

(For those of you that knew Aaron Kalama, his family wanted to share this great honor with you.)

Museum to hold golf tournament

The Museum At Springs will hold "Da Super Saturday BlizzSard Golf Tournament" fund raiser on January 29, 2000. It will be held at the Kah-Nee-Ta Resort Golf Course with a shot-gun start at 10:00 a.m. Teams will consist of four players, with a \$200 team entry fee which includes two golf carts. Lunch of hamburgers, hot dogs, a Chili Cook-off and beverages will be sold on-site. Tourney events include a \$10,000 Hole-In-One, KP's, Team Long Drive, Team Long Putts, Team Low Score (Net & Gross), Team High Score (Net & Gross), and other events with great prizes! All proceeds will help support your Museum! Hole Sponsors are welcome. Volunteers to help in the Golf Tournament are needed! Teams are signing up now at The Museum At Warm Springs. For more information call Dora Goudy at The Museum at 553-3331. Through wind, rain, sleet & snow we will play! Come have fun and support your Museum on January 29!

Water Aerobics, Excercise That's Fun and Theraputic For Everyone

by Lenora Starr

The healing properties of water has been a debated issue between scientists, medical staff and the general population. The Confederated Tribes of Warm Springs believed in the healing properties of the hot mineral springs and built the internationally known Kah-nee-ta Resort. Lucinda Greene, Diabetes Exercise Coordinator with the Community Wellness Center believes in it enough to take her exercise class to the healing waters of Kah-nee-tah every Wednesday morning for her Water Aerobics Class.

Every Wednesday morning at 10 a.m., Lucinda's exercise class is held at the pool at the Kah-nee-ta Village for about an hour. People of all walks of life with different ailments and abilities are able to attend water aerobics classes. The exercises are performed in the shallow end of the pool and knowing how to swim is not a pre-requisite to participate in the class. Kah-nee-ta ensures their is a life guard on duty during the class. Anyone can participate and the class is FREE. Persons with diabetes and the senior citizens will

have priority on the equipment but everyone is invited to attend.

According to a study by Robert Wilder, David Brennan and David Schotte, there are several properties of water that make it ideal for those people suffering with arthritis, extreme obesity, delicate heart conditions, athletic injuries or other ailments. The body becomes buoyant in the water and when submerged in water the counter forces support the submerged object against the pull of gravity. The result is less strain and pressure on bones, muscles and the connective muscle tissues.

During Lucinda's hour long class, exercisers gain quite a workout using the natural resistance of the waters. The workouts are made to be fun while at the same time working the muscles and cardiovascular system. The added resistance of the special water dumbbells, leg weights and belts can allow the exerciser a workout comparable to one in the weight room minus the strains on the body. The classes can be as easy or as difficult as the exercisers make them. A special floatation belt enables the exerciser to float through the water. Moving the arms and legs through the water can make the ex-

erciser an "aqua jogger" and get a workout similar to the walker/runner on land. An aqua jogger moving 1.5 miles per hour get the same health benefits as land walkers traveling 3.5 m.p.h. pace, according to the American Fitness Magazine.

Famous athletes like Joe Montana, Retired Quarterback for the San Francisco 49ers, Mary Decker-Slaney, World Famous Long Distance Runner and Olympian Tranel Hawkins take advantage of water aerobics and other water exercises.

No special equipment is needed and all you need to bring is yourself and a bathing suit. Kah-nee-ta has towels available to use and can rent you a swimsuit if you don't have one. However, being a participant (at least once for this story), I would also recommend a pair of sandals to wear to the pool as the cement walking to and from the pool can get mighty cold this time of the year. Yes, the dedicated exercisers attend the class in the 30 degree weather! But the 112 degree Kah-nee-ta pool is a welcoming warmth during the winter months.

A bus is available to those needing transportation to the pool and

leaves from the Community Wellness Center. Call Lucinda for the time. If you have any questions or need any information call Lucinda Greene, Diabetes Exercise Coordinator at 553-1196 or her

home 553-5040.

If you can't make the morning classes, later in the evening starting at 5:30 p.m. Lucinda has a family orientated class.



Dan Brisbois is a faithful participant of the Water Aerobics Class