

Healthy results in Wellness Challenge

By Brian Mortensen
Spilyay Tymoo

Rhonda Ike and Doyle McLaughlin were the biggest losers this winter, but in the end they gained the most.

Ike lost 34 pounds, and McLaughlin 29, to earn the largest cash prizes in the 12-week Wellness Challenge, conducted by the Warm Springs Health and Wellness Center.

A total of 164 people, including 131 women and 33 men, participated in the challenge that began Jan. 25 and ended April 15. The competition was based on each participant's raw weight loss, number of inches each participant shed from his or her waistline, each participant's reduction in body fat, and by the decrease in each participant's body-mass index, which is determined by a participant's height and weight.

Caroline Harvey, community wellness coordinator, said she envisioned the competition not so much as a raw competition, but as a means of incentive to lose weight in a way most healthy to the individual participant.

"It's more about wellness inside," she said. "The outside comes after."

Each participant contributed \$10 upon entering the Wellness Challenge, and the funds were



Fitness challenge winners Rhonda Ike and Doyle McLaughlin.

put into a pot to serve as winnings for the top weight-loser.

McLaughlin, who works in receiving at the wellness center warehouse, won the entire \$330 payout in the men's division.

With an available \$1,310, the pot for the women's division was divided into four places. For winning the women's competition, Ike received \$600. Pixie Holliday won \$400 for second place, Marge Koepping \$200 for third place, and Tayla Holliday \$110 for fourth place.

Of the 164 who started the challenge, 97 (75 women, 22 men) carried through to the end and earned a sweatshirt.

McLaughlin said he increased his level of exercise, but paid extra attention to his diet.

"What worked for me is that

I looked at all the diets available and found a diet that worked for me," he said. "And I cleaned out my cupboards."

He settled on a modified version of the South Beach Diet, which calls for careful consideration of which fats and carbohydrates to eat, but he said he found the Atkins Diet, which eschews all carbohydrates, as "a bit extreme."

He said it helped to stay away from the food such as snacks and birthday cake. "It took a lot of will power," he said.

Ike, who is the public health nursing secretary, got her children involved to help her stay on track. "They wouldn't let me eat after 8 p.m., and they packed my lunch for me every day," she said. "If it wasn't for my kids, I

probably would have quit."

She also increased her exercise activity, doing Pilates and Tae Bo, and using an aerobic ball and resistance straps.

Along with the 34 pounds she lost, Ike saw 7 1/4 shrink from her waistline, registered a low of 3.2 percent body fat, and saw her body-mass index decrease by 6.5 points.

McLaughlin's waistline shrunk 4 1/4 inches, and he lost 5.1 percent body fat, helping his body-mass index fall 4.5 points.

Behind McLaughlin, Brad Donahue Jr., finished second in the men's division, Edmund Francis was third, and Brett Whipple was fourth.

In the women's division, Michele Miller was fifth, Darylyne Scott sixth, Gwen Steelman seventh, Chris Smith eighth, Redine Kirk ninth, and Michele Gemelas tenth.

The 97 people who finished the program lost a total of 316.76 pounds, an average of 3.27 pounds per finisher, which makes McLaughlin's and Ike's achievements particularly stand out. Each finisher was asked to write a short essay on their individual weight-loss programs, including what they did and what benefits they experienced. Harvey said the essays will help her better serve the Warm Springs community.

Survey helps clinic meet patients' needs

By Carol DeVaney
IHS chief executive officer

The Warm Springs Health and Wellness Center conducted a patient satisfaction survey earlier this year. In addition to passing out surveys in the clinic, several employees went out into the community to administer the survey, and 260 folks responded.

This survey was designed to gather information about how we're doing, but also to find out about opportunities to improve the services, and the direction that the community would like to see us take.

A hearty thank you to all of you who took the time to complete the survey.

We will be spending the next year working on exactly what you've asked us to improve. Because we received so many comments (11 pages total), we have grouped some of the comments into categories. Here are the questions and responses. A score of five is the best.

Do you use the Warm Springs Health and Wellness Center for your healthcare needs? Yes, 253 (or 97 percent). No, seven (3 percent).

When I call for an appoint-

ment, my call is answered in a timely manner. Five (best), 62 (24 percent). Four, 57 (22 percent). Three, 62 (24 percent). Two, 43 (17 percent). One, 33 (13 percent).

During my clinic visit, I was treated with respect. Five (best), 110 (43 percent). Four, 59 (23 percent). Three, 47 (18 percent). Two, 23 (9 percent). One, 19 (7 percent).

How was your visit overall? Five, 72 (28 percent). Four, 73 (28 percent). Three, 69 (27 percent). Two, 22 (9 percent). One, 21 (8 percent).

Most of the time, I'm able to see my primary provider. Five, 63 (25 percent). Four, 45 (18). Three, 55 (22 percent). Two, 52 (21 percent). One, 38 (15 percent).

I consider myself a partner in my medical care. Five, 69 (27 percent). Four, 61 (24 percent). Three, 72 (28 percent). Two, 30 (12 percent). One, 22 (9 percent).

The Warm Springs Health and Wellness Center services meet the needs of community. Five, 65 (26 percent). Four, 51 (20 percent). Three, 74 (29 percent). Two, 39 (15 percent). One, 24 (9 percent).

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Howlak Tichum

Dr. Alexander John Schleuning

Dr. Alexander John Schleuning passed away on April 30, 2005. He was 70.

Dr. Schleuning worked for more than three decades at the ear clinic at Indian Health Services in Warm Springs.

His service to youth of the Confederated Tribes contributed to a dramatic decrease in the incidence of pediatric hearing loss in the community, an accomplishment of which he was very proud.

He became and internationally known Ear, Nose and Throat physician and surgeon, specializing in hearing, tinnitus (ringing in the ears), Meniere's disease, and the side effects of drugs as they relate to ear problems.

Dr. Schleuning was born in 1934 in Portland, and spent his childhood in Lake Oswego. He graduated in 1956 from Stanford Univer-



Dr. Schleuning

sity, where he met his wife, Patricia. They were married in 1957 while he was attending the University of Oregon Medical School (now Oregon Health and Science University).

As part of his military service in the U.S. Army, he was Chief of Otolaryngology at Womack Army Hospital at Fort Bragg, N.C. from 1965 to 1967. He joined OHSU as a fac-

ulty member in 1967 and was named chairman of the Department of Otolaryngology in 1980, having been at the time of his appointment one of the youngest physicians to be so honored. He retired as chairman in 2000, but continued to teach and to care for his patients until just days before his death.

Dr. Schleuning passed away at Oregon Health and Science University, with his family by his side. Courageously and uncomplainingly he had been battling a blood disease, myelodysplastic disease, for more than seven years. During his lifetime, Dr. Schleuning helped introduce and expand the use groundbreaking surgical techniques for hearing restoration, such as implantable hearing devices. He helped many deaf children hear for the first time and restored lost hearing in adults.

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Memorial special at Yakama powwow

The Yakama Nation Treaty Days Powwow and 150th Anniversary of the nation's 1855 treaty is Friday and Saturday, June 10-11. There will be a Golden Age War Bonnet Memorial Special for arwai Wilferd T. Yallup (I'Yax'Sa).

The event is at 7 p.m. after the Saturday night Grand Entry. Sponsored by the Yallup family. First place, \$1,000. Second place, \$800. Third place, \$600. Fourth place, \$400. Fifth place, \$300. Sixth place, \$200, judge Glen Yallup. Seventh place, \$100, judge Dave Dogsleep.

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