

Soaring Butterflies, Warrior Spirit bring valuable lessons

By Leslie Mitts
Spilyay Tymoo

When asked what they would do if their boyfriend or girlfriend broke up with them right before a big party, kids had a creative response.

"Find a new one," one child quipped.
"Get a new one at the party," mentioned another.
"Gentled a new one."

The scenarios and answers were all part of a special program at HeHe August 23, called "Soaring Butterflies" for girls and "Warrior Spirit" for boys.

For the third year in a row, volunteers from organizations like Victims of Crime, Children's Protective Services, Culture and Heritage and Wellness and Recreation came together to provide a traditional learning experience for children ranging in age 10 and up.

During the day-long program, girls learn about important cultural elements like longhouse et-



Soaring Butterflies, Warrior Spirit at HeHe Longhouse.

quette and rites of passage, while boys learn about sweat houses and becoming an honorable man.

Sarah Frank has been involved with the project since it's beginning, and was a key player in getting the program started.

With several other women, she said, "We decided that we wanted an event where we

would take the kids out of Warm Springs."

The purpose of the event is to teach the children important lessons about self-esteem and faith, she added.

"I try to focus on education, but it really does come down to prevention," Frank said, because they are working with young people.

The program involves many different types of leaders as well, Clements explained. While many of the leaders who speak to the kids are adults, she said they've also had youth leaders come.

In other years, Frank said, the girls worked with Savenia Falquist to draw an outline of their bodies and color them in to display how they felt about themselves.

According to Frank, "It's amazing just what you can see. You can really see their self-reflection."

"We try to keep adding something new every year," Clements said.

As for the kids, she added, "I hope they carry something with them."

The project is low in cost, Frank said, mainly because all of leaders involved are volunteers.

At the end of the day, children take a pledge card and certificate of participation home with them.

Sheilah Clements has also been very involved with the program since it's beginning.

She is surprised by the reaction of kids varies. "I can see them listening. Some of them, I know it hits them," Clements added.

Myths and facts about diabetes

By Elsie Howard
Diabetes Nurse Educator
Warm Springs Diabetes Program

Read the question carefully and pause and take some time to answer it, myth or fact, before you read the answer.

How are you all doing answering the questions? If you have further questions, please contact me at 553-2478.

Question: Myth or fact - Type 2 Diabetes isn't the "bad" kind of diabetes.

Answer: Myth.

All types of diabetes should be taken seriously and the risk of getting any type of diabetes complications can be reduced if managed carefully.

Heart disease, strokes, nerve problems and other complications may occur with either type 1 or type 2 diabetes, but it does not have to be the case with proper diabetes care.

Medical studies have shown that the risk of diabetes complications can be reduced if the A1C level is 7 percent or less. The A1C level of 7 percent is equal to blood sugar of 145.

Diabetes

(Continued from page 1.)

"The four months is to cover all the basic information," Elliot said, like how to eat right and make healthy lifestyle choices.

Participants meet once a week with the class and bi-weekly with their coaches.

In addition, Elliot said, "We have a walk for the participants every Tuesday." Participants can also walk in the monthly diabetes prevention walk.

So far the program has been a success, in Elliot's opinion. "There are some people that are doing really well," she said.

The goal is for the participant to lose 7 percent of his or her body weight, and Elliot said

many people from the first class are on the right track.

Several participants also work in the I.H.S. building, she said, and their progress is evident.

Elliot is the person who recruits people to become involved, and said the first step is a diabetes prevention check—after a few questions and a blood sugar test, staff members are able to determine if a person is classified as "pre-diabetic" or not.

Another way, Elliot said, is a glucose tolerance test. People have to fast, she explained, and then "They have to drink a really sweet, syrupy drink." T

ests are done to see how the person's body handles the amount of sugar after that, Elliot said.

Help needed with Celilo-Wyam research

If you are unenrolled and have Celilo-Wyam on your CDIB, please call me at (541) 419-0680 and leave a message with your name and

contact information. I am conducting research for an article. (Note: in the previous edition of the paper, the phone number was wrong.)

Next deadline to submit items to the Spilyay Tymoo is Friday, Sept. 8.

Howlak Tichum

Lorelei Govonor

Lorelei Govonor of Warm Springs passed away on August 12, 2006 at Bend. She was 39.

Ms. Govonor was born April 30, 1967 at Redmond to parents Ronald and Viola (Yahtin) Govonor.

Ms. Govonor was a lifetime resident of Warm Springs. She is survived by her mother Viola of Warm Springs; son Ronald Gonzales of Warm Springs; brothers Cecil and Mervin Govonor of Warm Springs; sisters Angelina Govonor of Portland, and Valerie and Leila Govonor of Warm Springs. She was preceded in death by her father and two sisters.

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Legal Aid in Warm Springs on Tuesday

Legal Aid Services of Oregon, which provides free legal advice and representation to low-income Oregonians, is in Warm Springs on Tuesday, Sept. 5, from 1 to 4 p.m., at the Family Resource Center, 1144 Warm Springs

Services. To contact Legal Aid Services of Oregon, write to it at Legal Aid Services of Oregon, Central Oregon Regional Office, 1029 N.W. 14th Street, Bend, Ore., 97701; or call (800) 678-6944, or (541) 385-6944.

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