

Changing your lifestyle classes can be beneficial

By Selena Boise
Management Successor

As we are well into February, how many have been working toward your new years resolution? Was there a resolution made for this year? I am thinking that it's not too late.

Mine was to bring my blood sugar down and actually keep it down. Sounds easy but it's not for some people. I always heard that diabetes is a problem for Native Americans and never thought twice about it until I was told I am pre-diabetic.

It surprised me at first but I was told at that same time that it can be turned around and my blood sugar can be normal. So, I am doing what I can to help myself.

Believing it is an important resolution I have been taking steps towards my goal. I learned all that I know to help myself through the "Change your lifestyle," classes held by the Diabetes Prevention Program. It was informative and helpful to me.

I know that the recruiter, Montell Elliott, is looking for people interested in this program to enroll. I think that anybody who feels like they need to change their lifestyle and learn prevention skills would benefit from this class.

I didn't know that my father was diabetic, because he never liked to go to the clinic, and I know this because I had to make him go a couple times.

He lived his final two months on continuous dialysis while he was in the hospital. His kidneys would never be fully functional again, and he nearly lost his foot.

I had to stop and think, "that could be me in the future if I don't help myself now." So, here I am now with a resolution to make all the changes necessary to change my lifestyle. Prevent diabetes, and live a healthier life.

I was making great progress about a year ago and feeling better about it, but major changes in my life caused me to go back to my old bad habits. Which is the major part of my life, bad habits.

If you think you are pre-diabetic you may want to call Montell Elliott at the Diabetes Prevention Program and discuss the class with her.

As I stated above, everyone who completes it truly benefits from it. Being healthy is a good thing.

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Publisher Emeritus:
Sid Miller

Editor: Dave McMechan

Management Successor:
Selena T. Boise

Reporter: Leslie Mitts.

Advertising Manager:
Sam Howard

Media Advisor:
Bill Rhoades

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With sympathy

To a dear friend of mine, dearest Edna,

Sincere apologies for my absence during your mother's services. I would have liked to have been there for you, except I hadn't found out until it was too late. So with due respect to you and your sisters, I'd like to express my deepest sympathy.

I know how it may seem, that the tears will never stop falling and the lump in your throat won't ever go away, but just know that time will heal, it just takes patience.

Then when you feel that you are ready, you can begin to reflect on the memories of your dear mother, which will be joyful and hilarious, because that is how mothers want to be remembered. Keep your heads up, okay. With a lot of love and respect, **Ida Higgins.**

Blanket found

Found: A hand quilted blanket at the Community Counseling Center parking lot the second week of January. Please stop by the COCC reception desk to pick up. Thank you. **CCC staff.**

Appreciated

I appreciate the support I received in collecting the Yoplait Yogurt lids to help in the fight against cancer. I mailed off almost 180 lids. For every lid sent in, Yoplait will donate \$0.10 to the American Cancer Society.

My goal in 2007 was to help fight cancer in some way.

We have lost many family members, friends and relatives to cancer.

I will be doing this every year and every year I hope everyone will help with this.

It could affect any one of us or someone close to us! It won't cost you any more than the price of a yogurt.

Once again, thank you for your support.

Val Squiemphen

Going forward

Hello, I am happy to announce yet another milestone in my life and career path.

I have been with Rural Development Initiatives for two years, and as planned, am transitioning out of RDI in May to pursue other opportunities. Hope to see many of you at Rez 2008!

What I take with me is a great deal about *how to*, and *how not to*, work in rural culture, and a whole set of updated and effective approaches in rural community development.

The RDI work, both tribal specific and mixed rural/tribal, has been very well received by the tribal organizations we are working with and have worked with.

What I leave is a contribution of a shared commitment for rural and tribal communities to preserve and maintain our heritage, our lifestyles and our places. This shared commitment

Closed for repairs

Taco Express will be closed for repairs for the time being. Look for a notice when the business re-opens. Thank you.
Taco Express

will become more important in times of such awesome change.

I am honored to have done my part in moving RDI as an organization to the next level, and of forwarding their continued success as a catalyst in bringing rural peoples together.

To this end, I am confident in the strong rural and tribal leadership in our RDI board and staff to fulfill an important vision laid out in our updated (2008-10) Strategic Plan. When you read it, look for my finger prints...

Finally, I look forward to passing the baton to the new tribal community development coordinator to continue this work. If you know a tribal professional wanting to work in Oregon, for a growing virtual organization from their home office, and with a dynamic and talented group of folks, send them to our website—and if you have not gone to our updated website, you're out of the rural loop! Type in rdiinc.org.

Stay tuned, **Jolene Estimo-Atencio**, Rural Development Initiatives.

Skateboarding

Plan B rocks badly and you can do the impossible almost, rocks to and you're bad to the bone, you just got to try really hard to be hard to be that person and always have love from your Dad, brother, grandparents, Mom, stepdad, sisters, and always never talk back or hit someone, just because it was an accident and try hard to not do bad stuff just because someone tells you you're not cool enough or gangster enough to be in a gang with other bad people that do illegal stuff like drugs, meth or any stuff like that stuff that can damage your brain and kill you other people did it to fit in with gangs with really bad people. Sincerely, **Preston.**

Hello

Hi, I just thought I'd drop you all a short letter to say hello. Anyway, I have just barely caught up on the happenings back home, especially the deaths. I have done two 6-month straight jail sentences back to back from Aug. 2, 2006 to Sept. 10, 2007, and yet, here I am back in jail post prison supervision violation, Jan. 10, 2008 I came in...

I would like to express my respect and condolences to the Boise family, and also to the Meanus family, as well as the Lawrence family...

But anyway, to the rock painter lady "Ginger" over in LaGrande, you are not forgotten, I have lost your address and phone number. I would appreciate your re-mailing your cartoon to me at my current mailing address at the end of this letter. To my sisters, Tamara, Glenden, Cece and Ida, Happy Valentines, and also Happy Valentines to Gina, Denise, Kit-Kit, Martha, Berta and Velma. May God watch over you all. Much respects, **Pengie, Floyd Tewee Jr.**, 133 NW 6th Ave., Portland, OR 97204.

Heart Smart

The Fifteenth Annual Heart Smart Dinner date has been set for Thursday, 21. It will be held at the Agency Longhouse from 4:30 to 8 p.m.

Drumming will start at 4:30, dinner will start around 5:45. Everyone is invited to come enjoy a delicious salmon dinner, see the 4-H Dancers, and attend the Mini-Health Fair. There will be gifts for lucky adults and children, lots of fun and friendship.

This year, the Diabetes Program and the Diabetes Prevention Program would like to dedicate this Annual Heart Smart Event in memory of Thelma

Coburn.

Thelma participated in many diabetes events with her husband, James. She was an inspiration to many because she believed in a healthy lifestyle and was into being a physically fit person.

For information, call Kat Spaulding at 553-2478. If you are interested in the Mini-Health Fair, call Elsie Howard at the same number. We are asking for staff volunteers and community members may volunteer too. Please sign up at the door to volunteer or give Kat a call.

The Diabetes Program, and Diabetes Prevention Program.

Time to redeem

High Lookee Lodge is not a popular place among members, particularly among the Seniors/Elders, in my opinion.

It's a place easily forgotten and ignored, but because this place was approved by the membership, and, in response to the

hype proposed to the members, the tribes approved the construction of High Lookee Lodge.

There would be jobs for the members, they said. There would be a place for the Elders/Seniors to go to be cared for, to recover slowly; at their own place, a place for the Seniors/Elders to congregate during the day. There would be a place for the Seniors/Elders to have their blood pressure and blood sugar taken. This is what they said.

None of which has happened according to plan, but, for those who care, there is still time to redeem this program and allow it to become a part of the tribes and a place of pride, the "turn around" potential is there.

Any employee of the tribes, member or non-member, who does not respect Resolution No. 8363 A, need not work for the tribes, and tribal members should feel free to voice their distrust for those who choose to ignore.

Amos Switzler Jr., 2335 B High Lookee Lodge.

Myths and facts about diabetes

By Elsie Howard

Wishing you a bright and joyous New Year. This article, and the one in the next Spilyay, are both related to people with diabetes. Please try to answer the question before you read the answer.

Question: Should I take aspirin?

Answer: Maybe. Some people with diabetes can benefit from taking an aspirin every day, because diabetes is a major risk factor for developing heart disease.

Taking an aspirin a day has been shown to reduce the risk of heart attack in some people. However, if you are already tak-

ing blood thinning agents (like Warfarin) prescribed by your doctor, taking an aspirin is not a good idea because it can alter your bleeding factor.

In addition, over-the-counter products like vitamin E, garlic pills and other herbal products that are commonly taken to protect against heart disease can also have a blood-thinning effect.

If you are not already taking aspirin or other blood thinning agents, please ask your doctor at your next visit.

Please contact me if you have any questions at 553-2478.

Elsie Howard, Diabetes Nurse Educator, Warm Springs Diabetes Program.

Happy Birthday and other wishes...

Happy birthday, Eli. Lots of love, Wendell and Mona Switzler.



We want to wish our bro Eli a happy birthday. Love, brother Jarron and sisters Ellikaya and Asiani.

Happy birthday, "Elias." Lots of love, auntie Sheryl.

Happy birthday, Eli. Have a good one. Love, Julie and Jose.

Happy birthday to our cousin Eli. Love, Auntie Colleen and Roman and Johnny.

Happy 8th birthday to our brat Elias E. Lopez. Lots of love, G-Ma and Grandpa, Jamie and Maria.

Happy birthday from Sadie Picard and family, and Neda Tias and family.

Happy belated birthday Gary Boshman Chiquito, from Auntie in White Swan, Washington.

Happy 24th birthday to my daughter Jeannette Dawn Thompson. I love and miss you. Love, mom and little Rob.

Happy birthday to Sarina on February 15, and wish you many more to come in the years

ahead of us. Love, your baby. Love, Kanet Wolfe.

Happy birthday to mom Sarina. From sons Isaac and Isaiah.

Happy birthday on February 14 to my mom Ginni. I love you, mom. Thank you for being here for me when I need you the most. Eight more months. Love and miss you. Sister-mom.

Happy birthday to my Grandpa Ginni on February 14. Love, Jadden.

Happy birthday to my mom Ginni. Love, Mickey and the boys.

Tera Lynn Wallulatam, Happy Birthday to my best friend in the world on Feb. 22. I miss you like crazy and love you more than you'll ever know. I'm sorry I can't be there during this time but soon I will see you, I promise. I can't wait to hear your laughter again. Please stay strong. Always thinking of you everyday. Love, Jeannette Thompson.



Happy birthday and Happy Valentines Day, Big Girl, 2-14-08. Love always, M-O-M.

Happy 16th Birthday son...Damian Reynoso.



"Ducky" we just wanted to wish you a happy birthday and let you know that we love you so much. We hope your day is filled with fun and blessings from the Good Lord above.

Thanks so much for being such a great son and doing your best in school. You make us very proud to have you as our son. With lots of love, Mom and Dad.

Happy 16th Birthday Duck! We love you. Carlos, Izraai, Soraya and Jailline.

George Washington Aguilar Sr. (Feb 22), Happy Birthday 78th Birthday, Dad.

We love you and may God continue to bless you.

~Love, Becky, Nathan, Kendall, Leslie, and Lauren Main.

Happy Birthday Grandpa George Aguilar Sr.

It is your 78th birthday and your still going strong. We love you very much and hope your day is a special one.

~Love, Jasmine, Aaron, Anthony, & Leidy Caldera.

Happy birthday to my big brother Devontre'. Luv, Tyra and Redsky.

Happy 11th birthday to my son Devontre' James. Luv, Mom.

Happy 18th Birthday, Brandon Thompson on Feb. 16. We love you, Uncle Humph and family.

Happy 15th Birthday, Martin Frank! We love you. Auntie Sarah and family.

Happy Anniversary, Humphrey, on Feb. 25! Thank you for this past year of support. God blessed our marriage and continues to bless our family! We've gone through many storms together and I'm sure we'll face many more, but "With God All Things Are Possible" right? Love you forever! Sarah.

Happy Birthday, Snyder! We love you, miss you and hope you have a wonderful birthday! Sarah and family.

Happy Birthday, Alexa Rae Sohapp on Feb. 26. Love you! Auntie Sarah and family.

Happy Birthday, Andy Munoz on Feb. 26. Love you! Cousin Sarah and family.

Happy Anniversary, Debbie and Batman. From Selena.