

## Diabetes Prevention hosts graduation

By Leslie Mitts  
Spilyay Tymoo

The Diabetes Prevention Program hosted their seventh graduation recently after students received instruction about how to live healthier lifestyles.

Lifestyle Coach Edmund Francis spoke to past and current participants at the event, and said the program continues to improve as more and more people participate.

"It's for you guys," he said. "The more you keep coming, the better it gets."

American Indians and Alaskan Natives suffer from some of the highest rates of diabetes in the world and there isn't a known reason why.

According to Francis, "We're trying to help the Native American community to try to change that—we do that through exercise and nutrition."

Francis was one of the first participants in the program and later became a lifestyle coach after changing his habits. The changes aren't really a diet, Francis said, "It's a lifestyle change."

Don Courtney, also a past



Don Courtney leads an activity to demonstrate the flow of information as Carolyn Harvey participates.

participant of the program, served as speaker at the graduation celebration.

A former chief of police, Courtney said he never thought he would be at risk for developing diabetes.

An avid runner, Courtney said, it was his eating habits that

were the problem.

Through the program, however, Courtney learned to change his lifestyle for the better.

He spoke of the need to find balance between mental, emotional, physical and spiritual health.

*The changes aren't really a diet, Francis said, 'It's a lifestyle change.'*

"We need to maintain balance," Courtney said.

He encouraged the graduates to take the information they learned and maximize it to lead healthy lifestyles.

The Diabetes Prevention Program is a three-year program based on a grant that the Diabetes Program, Community Health and Community Wellness received.

During the three years, participants attend a four-month class and continue to meet with a coach and receive help during the rest of the time period.

Participants aim to lose seven percent of their starting weight as well as learn to eat healthier and make better choices.

Exercise is also key—the Diabetes Program has exercise equipment available to participants and hosts monthly diabetes prevention walks in addition to activities like a walking club.

## Clinic sponsoring events

The following are events held sponsored by the Warm Springs Health and Wellness Center (all activities held at the clinic unless otherwise noted):

**Diabetes education** every Tuesday from 10 a.m.-12 noon. Drop in for half-hour at 10 a.m., 10:30 a.m., 11 a.m., or 11:30 a.m.

**Healthy breakfast and health talks:** Tuesday, August 26 from 9-10 a.m.

**Healthy cooking work-**

**shop:** 11 a.m. to 4 p.m. on Monday, August 21. Drop by for about 30 minutes. Take what you make! Recipe TBA.

**Senior nutrition talks** at the Senior Center at noon on Thursday, Sept. 4.

**Walk for Diabetes** at the Community Center at noon on Wednesday, August 20. Walk, food, blood sugar checks, information.

**Women of Wellness lunch:** Noon today, Thursday, August 14.

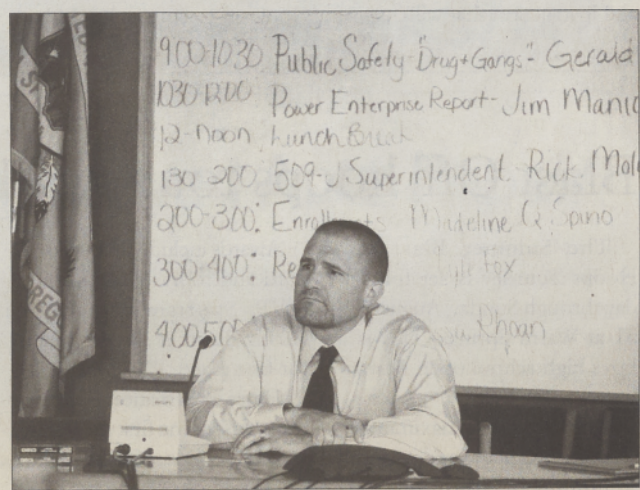
## Biggs Bridge closure scheduled

There will be nighttime, single-lane closures controlled by flaggers at the Biggs Bridge beginning Monday, August 18. The closure will be from 10 p.m. to 6 a.m., and will continue through the end of August.

Up to 20 minute delays can

be expected during those nighttime closures. Full closure of the bridge will begin on Wednesday, September 3, after the Labor Day Weekend, and the bridge will remain closed to all traffic (24 hours a day, seven days a week) until December 30.

## Superintendent



Superintendent Rick Molitar during visit with Tribal Council.

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"Some of the issues that we have socially and culturally are huge issues," Molitar said. "Communication is another one."

"I'm just really interested and excited to learn about our community and to get input from our families," Molitar said.

He encourages parents to

voice their concerns to the Education Committee or to contact the school district. According to Molitar, "I think it's important for parents and families to know how they can let their voices be heard."

Molitar's first day of work for the school district was July 1.

### Notice of availability

#### Draft resolution plan/environmental assessment: Beaver Creek gasoline spill

This is Notice of Availability of Draft Restoration Plan/Environmental Assessment for the Beaver Creek Gasoline Spill.

**Cooperating entities:** Confederated Tribes of the Warm Springs Reservation of Oregon (CTWSRO), National Oceanic and Atmospheric Administration (NOAA) and U.S. Fish and Wildlife Service (USFWS).

**Action:** Notice of availability of the Draft Restoration Plan/Environmental Assessment for the Beaver Creek Gasoline Spill.

**Summary:** NOAA, USFWS and CTWSRO collectively announce the availability of their Draft Resto-

ration Plan/Environmental Assessment for the Beaver Creek Gasoline Spill. NOAA, USFWS, and CTWSRO are members of the natural resource trustee council, who are planning and implementing natural resource restoration under the terms of the final settlement of litigation against American Transport, Inc.

**Addresses:** A copy of the plan may be viewed at CTWSRO's Natural Resources Department offices, located at 4223 Holiday Street in Warm Springs, Oregon 97761. Copies of the Draft Restoration Plan/Environmental Assessment may be obtained by written request to Megan Callahan Grant, NOAA Restoration Cen-

ter, 1201 NE Lloyd Blvd., Suite 1100, Portland, OR 97232; by email request to [megan.callahangrant@noaa.gov](mailto:megan.callahangrant@noaa.gov); or by calling Megan Callahan Grant at (503) 231-2213.

**For further information contact:** Brad Houslet, CTWSRO Natural Resources Department 541/553-2039; or Megan Callahan Grant, NOAA Restoration Center, 1201 NE Lloyd Blvd., Suite 1100, Portland, OR 97232, or [megan.callahangrant@noaa.gov](mailto:megan.callahangrant@noaa.gov); or (503) 231-2213.

**Supplementary information:** The Beaver Creek Draft Restoration Plan/Environmental Assessment (Draft RP/EA) has been prepared by the Fed-

eral and Tribal natural resource trustees to address restoration of natural resources and resource services injured in the March 4, 1999, tanker truck and trailer accident, which discharged gasoline into Beaver Creek, located on the Warm Springs Reservation, Oregon. The Preferred Alternative includes a suite of riparian and in-stream restoration actions within the Beaver Creek watershed intended to improve habitat for anadromous fish and other aquatic species.

**Comment period:** Comments will be accepted for 30 days, beginning August 14, 2008 and ending September 15, 2008.

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Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m. on the

first Monday of the month at the Family Resources Center in Warm Springs. Or call us at 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.