

## Diabetes prevention program focuses on youth

Diabetes prevention should start at a young age, especially among Native American youth.

Toward this goal, the Indian Health Service, the National Congress of American Indians, the Boys & Girls Clubs of America and Nike have partnered to create a program aimed at reducing the onset of diabetes among Native American youth.

Jocelyn Moses has just completed a three-day training program for the development and implementation of the Warm Springs Place for Kids-Boys & Girls Club diabetes prevention program.

Moses is the program supervisor, and also coordinator of the TRAIL (Together Raising Awareness of Indian Life) program.

At the Place for Kids-Boys & Girls Club, the program is called "On the TRAIL to Diabetes Prevention."

The program is an innovative combination of physical, educational and nutritional activities that promote healthy lifestyles,

said Moses.

TRAIL is a 12-week program that provides youth with a comprehensive understanding of healthy lifestyles aimed at helping to prevent diabetes.

The Boys & Girls Club of Warm Springs is one of the 40 grant recipients to participate in this exciting initiative, said Moses.

Members draw from tribal traditions and history to learn

about nutrition, food choices and the impact of diabetes.

They then apply decision-making and goal-setting skills in the Physical Activity Challenge and engage in service projects to improve healthy lifestyles in their communities.

Woven throughout the program are self-esteem and prevention activities; community and family involvement is encouraged.

This year, Jocelyn is looking forward to working with all interested community members, and encourages them to openly volunteer or assist with implementing chapter activities related to diabetes awareness or that want to share cultural knowledge with the youth.

To learn more about On the TRAIL to Diabetes Prevention, please stop by the club or contact Jocelyn Moses at 553-2323.



Dave McMechan/Spilyay

Congratulations to Bridgette Whipple, tribal archaeologist, who completed the Portland Marathon earlier this month. Whipple ran the 26-mile marathon with a time of 7:17:24, for a pace of 16:41 per mile.

## Community events calendar

### Wednesday, Oct. 21

Warm Springs Fire and Safety offers 1st aid classes open to all community members the 3rd Wednesday of each month at 9 a.m.

Today at noon there will be Yoga class at the Community Center.

There's a 4-H "for fun" after school activity every Wednesday afternoon 4-5pm downstairs at the Education Building with Merle Kirk.

### Thursday, Oct. 22

At noon there will be Core Strength class at the Community Center.

There's a 4-H after school activity from 3:30-5 p.m. at the Education Building, it's "Dance For Fun" with Merle Kirk.

The Madras High School Freshman/Sophomore Football team takes on Parkrose Thursday at 4 p.m. And The Madras High School Girls Varsity & Junior Varsity Soccer Teams will take on Mt View Tuesday at 4 p.m.

Deanie Johnson and Carol Sahme are holding group dance practice every Thursday from 5-6:30 in the aerobics room at the Warm Springs Community Center. The group is open to all ages.

Positive Indian Parenting classes are Thursday nights at the community counseling center at 5:30. This week's topic is Choices.

Narcotics Anonymous will meet Thursday from 6-7:30pm in the Family resource Center conference room.

### Friday, Oct. 23

There's a Bake Sale fundraiser at Warm Springs Market.

Today at 10:45 the Senior Center will have enhanced fitness class and at noon there will be Body Flex class at the Community Center.

The Madras High School Varsity Football team takes on Parkrose Friday / Night at 7pm, listen to KWSIO for live coverage.

Warm Springs CPS is requesting candy donations to give out on Halloween. Pre-packaged candy or other items can be dropped off anytime at the CPS offices.

### Saturday, Oct. 24

Memorials will be held Saturday for Leah L. Boise and Louie LeClaire Jr. at the Warm Springs 1910 Shaker Church.

ECE is in need of pre-packaged candy or healthy

snacks, Halloween decorations, extra costumes and volunteers for the Annual Lil' Pumpkins Parade October 30th. Please contact Jodi, Rachelle or Snuffi if you can help.

### Monday, Oct. 26

Today at noon there will be Cardio class at the Community Center.

The Madras High School Volleyball Teams will take on Crook County Monday starting at 5:15 p.m.

A combined culture activity and language class will be in Carol's Room at the Community Center with 4-H and the Language Program. Mondays, 4-5 p.m., is Ichishkin day; Wednesdays, 4-5 p.m., is Kiksht; and Thursdays, 4-5, Numu.

A woman's support group meets this evening from 6:30-8pm at the Warm Springs Victims of Crime Services office.

### Tuesday, Oct. 27

There's a Healthy Breakfast Tuesday at the IHS Kitchen Conference Room from 9-10 a.m. The topic is Healthy Heart Eating.

There's a HOPE Program Diabetes Class from 10 a.m.-noon Tuesday; classes are open access, stop in anytime for 30 minutes or less.

Today at noon there will be Body Flex class at the Community Center.

### Wednesday, Oct. 28

Podiatrist Dr. Jarrod Shapiro will be conducting free foot screenings Wednesday from 8:30 a.m.-10 a.m. in the Community Room at Culver City Hall.

Today at noon there will be Yoga class at the Community Center.

There's a 4-H "for fun" after school activity every Wednesday afternoon 4-5pm downstairs at the Education Building with Merle Kirk.

### Thursday, Oct. 29

Today at noon there will be Core Strength class at the Community Center.

There's a 4-H after school activity Thursday 3:30-5 p.m. at the Education Building, it's "Dance For Fun" with Merle Kirk.

The Madras High School Boys Varsity & Junior Varsity Soccer Teams will take on The Dalles Thursday at 4pm.

Deanie Johnson and Carol Sahme are holding group dance practice every Thursday from 5-6:30 p.m. in the

aerobics room at the Warm Springs Community Center. The group is open to all ages.

Narcotics Anonymous will meet Thursday from 6-7:30pm in the Family resource Center conference room.

### Friday, Oct. 30

There's a Bake Sale fundraiser Friday at Warm Springs Market.

ECE's Annual Lil' Pumpkins Parade is Friday from 9:30-11 a.m.

Today at noon there will be Body Flex class at the Community Center.

### Saturday, Oct. 31

(See Halloween activities article on page 2.)

### Monday, Nov. 2

Today at noon there will be Cardio class at the Community Center.

The Legal Aid clinic will be held at the family resource center Monday from 1-4pm.

A woman's support group meets this evening from 6:30-8pm at the Warm Springs Victims of Crime Services office.

### Tuesday, Nov. 3

There's a HOPE Program Diabetes Class from 10am-noon Tuesday; classes are open access, stop in anytime for 30 minutes or less.

Today at noon there will be Body Flex class at the Community Center.



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