

Words of Wisdom

Some challenges living with diabetes

By Helena Jackson

Unfortunately, I inherited diabetes. You have to learn to live with it and control it no matter what.

Having diabetes makes it hard to live in a household with people who do not have diabetes, when they are not willing to make changes.

I keep my weight down and that helps my heart and my diabetes. I have heart problems. That makes me more conscientious about my health.

Some days get so hard for me, but when I look at my grandchildren I want to stay around.

I think the community needs to be more educated



Helena Jackson with granddaughter Anona Francis.

about diabetes because we all eat together at the Longhouse, Shakers Church and family gatherings, etc.

(Article submitted by Jeri Kollen, RN, Certified Diabetes Educator, Warm Springs Model Diabetes Program.)

Addressing some issues at the W.S. Library

The Warm Springs Library opened recently, and already is very popular with local residents of all ages.

The library, in the Family Resources building, is open from 10 a.m.-5 p.m., Monday through Friday.

Library director Craig Graham has noted the following issues that have come up at the library:

First, many books are not returned on time.

The library notifies patrons by mail, e-mail and phone of their overdue items. Patrons are also given a receipt at check out that lists when their items are due.

If you do not know when your items are due, please stop by or call the library to find out. The number is 541-553-1078.

You may be able to renew your items if you need more time with them. If you have overdue items that you have not

checked back in, please return them as soon as possible.

Some people say they lent a book to someone else but that person "hasn't given it back" or they "damaged it."

When you check out items on your card, you alone are responsible for taking care of and returning the item.

If you let someone else borrow an item you checked out, and they lose or damage it, you are responsible for that item.

If an item you checked out is stolen from you, you are still responsible for it.

Remember, library materials belong to everyone in the community. Please take care of them and return them when they are due so that others can enjoy them.

Change in Policy

In response to these issues, the library has changed its circulation policy. These changes

have taken effect:

1. A maximum five items can be checked out, instead of 10.
2. The daily overdue fine has increased to 10 cents per item, up from 5 cents.
3. People can check out most items for 21 days (this remains the same).
4. If you need more time with an item, you can renew it once.
5. Minor applicants 17 and under require a parent or guardian signature on their application (instead of 14 and under).
6. Applicants under 10 will not be allowed to apply for a library card. Instead, their parent or guardian must have a library card to check out materials for them.
7. The library may enforce fines.

Bringing social media to Warm Springs

by Marsha Spellman
Marketing & Regulatory
Director, WSTC

Social Media and social networking are two new worlds that are growing at exponentially increasing rates.

Years ago, no one heard of or even considered what kind of changes were going to happen with the advent of the Internet.

A mere eight years ago, social networking sites such as Myspace and Facebook barely made an impact on the lives of anyone. Now, nearly a decade later, these sites have not only grown, they practically are the most important way of communicating with friends and family.

As Myspace has fallen away in popularity, Facebook has a firm grip on the world's social networking generation.

In addition to Facebook, Google also released another site, Google+, to compete with Facebook in the social networking arena.

Some of the intriguing features that Google+ offers are the ability to share specific information with people placed into unique groups. Google+ also has the backing of Google's inordinately large reach on the web.

Google started as a "search engine," a way of finding information that is on the Internet. However, they see the future, and social media is a big part of it. They have jumped into this market, hoping to be competitive with Facebook.

With the lack of telecommunications on the reservation, many people in Warm Springs have not had the capacity to get onto the Internet, at least not with any regularity.

Young people are much more willing to put personal information on the Internet while older people, who have not grown up with the Internet, value their privacy much more.

public have cried out for these protections.

One interesting issue regarding privacy is that younger people who have grown up with the Internet have very different issues regarding privacy. Young people are much more willing to put personal information on the Internet while older people, who have not grown up with the Internet, value their privacy much more.

This fact is important to advertisers and marketers who now use the internet as one of the primary ways to sell products and services.

The future

How will social networking services grow into the future?

Companies are moving to offer a service that finds a way to integrate all aspects of someone's lifestyle in to one place.

The internet will become a one stop lifestyle. It will enable us to interact with friends and family as well as attend school, visit our doctors, rent videos, research our family's history and find the best place to find the perfect cup of coffee. (Tepee Deli, we all know that!)

The service that integrates all of our desires into one click of a button will win the users the race for our future.

The concept of social media such as Facebook, has not been part of the world of many people. However, as Warm Springs Telecom begins to serve people with phone and high speed Internet (broadband), these sites will open up the world in a brand new way.

This will be an exciting opportunity to be able to interact with friends and family around the world.

However, as competition for the web's social networking users heat up, so is the focus on privacy issues within the companies.

Both Facebook and Google have come under fire for "data mining," which is the gathering personal information to better target users for advertisements or supplements.

Facebook has put into place a number of protections as the

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 Warm Springs Community Action Team building, 1136 Paiute Ave, Warm Springs. Or call 385-6944 Monday through Thursday between 9 a.m. and 4 p.m. (at lunch from noon-1 p.m.)

Business Talk

(Continued from page 4)

He did succeed; as an athlete and later as a coach of coaches.

"Preparation is everything," Billy Jean King used to preach that. It worked for her. It works for successful businesses and it works for successful people.

"Press on." A fellow summer worker would say that when things got tough. We did; and the difficult always became the done.

I'll close with a true World War II story about a young private. I knew him years later. I thought of him on 9/11.

Bob regained consciousness on the floor of a field medical unit. He saw a nurse and asked for a drink of water. She looked at the doctor for an answer because she knew Bob shouldn't have anything to drink if they were going to operate. The doctor said, "You may as well give him some; he isn't going to make it".

Bob said, "Hey! Aren't you even going to try?" The

doctor looked at that spunky kid and said, "Get him on the table."

They took out one lung and a lot of shrapnel. Bob came home on the Queen Mary in a full-body cast. Another recuperating soldier stayed with him until they got to the hospital in Colorado and then went home to Texas. After Bob recovered, he joined up with his friend to start what later became a major oil and gas company.

Bob had the will to live and to succeed and the willingness to challenge others to do likewise.

Positive thinking worked for Bob and the others. I figure our ancestors must have lived the "I can and I will" mind-set or we wouldn't be here.

Does their memory challenge us to do likewise? Do we accept the challenge for ourselves and will we pass it on to our descendants?

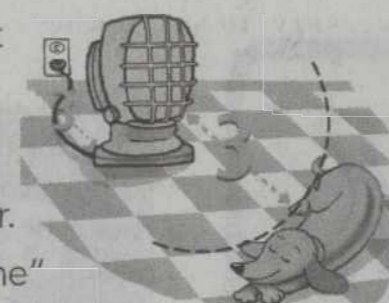
"We can and we will" might be a pretty good answer.

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is a leading cause of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- » Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- » Have a three-foot "kid-free zone" around open fires and space heaters.
- » Never use your oven to heat your home.
- » Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- » Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- » Remember to turn portable heaters off when leaving the room or going to bed.
- » Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- » Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- » Test smoke alarms monthly.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of December, January, and February.

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