

Diabetes Prevenion

Change took time, now a healthy lifestyle

By Montel Elliott
Warm Springs Diabetes
Prevention Program

Let me introduce a participant of the Diabetes Prevention Program to you!

Can you guess who it is? She has:

- Success in substantial weight loss;
- Made extreme healthy eating habit changes
- A significant other who is a 'health freak';
- Had challenges in changing her lifestyle and a life of bad eating habits;
- Does catering business now that offers treats including healthy choices.

The answer is Vesta Johnson, who has been a participant in the program since June of 2012.

What does it mean that she is a participant?

The Diabetes Prevention Program (DPP) empowers people (participants) to prevent diabetes. To be a part of the program the person



Vesta Johnson

must be diagnosed with Pre-Diabetes, which means the person is at higher risk of getting diabetes. The person's blood sugar levels are higher than normal, but no high enough for a diagnosis of diabetes.

If interested in being tested or more information on how the DPP can help you, call Joy Ramirez at 553-0118 or Stefanie Hurtado at 553-1079.

Support team

Vesta credits Carol Prevost, IHS chief executive officer, and Montell Elliott-Diabetes Prevention Program staff, Winona Stwyer, former DPP staff, and national speaker/motivator Tony Robbins with saving her life.

In July of 2012, the Tony Robbins Conference changed her life and taught overcoming fear and being healthy is a reachable goal.

Winona shared life stories and information on being a participant, and Montell explained her personal experiences with becoming more physically active (as Vesta states "became a health freak").

In the program she says she learned a foundational education. The cooking class and, sharing of foods to make healthier choices, helped her reach her goals.

Vesta says the class was helpful in learning more about the reading of labels and understanding fat grams.

Practicing being mindful when eating has also been an important part of learning for her.

Vesta states that the Diabetes and the Diabetes Prevention Program staff are here to change people's lives. They can motivate you to care for yourself.

So, were the healthy changes hard to do? Vesta said that it took some time. But now, with eating fruits and veggies and less fried foods while drinking lots of water, it has become part of taking care of herself.

The Diabetes Prevention Program is actually designed to make small, do-able changes for each individual to lead and continue a healthy lifestyle.

In closing, Vesta's message for the community regarding prevention of diabetes: "When you love yourself enough to change eating habits and exercise, life becomes beautiful and the DPP is here to support you."

Seeking research interviewers

NORC, a social science research center is seeking reliable, outgoing, persuasive people to conduct in-person interviews within the homes of residents of the Confederated Tribes of Warm Springs.

The interviews would be conducted from May through September.

You must be able to work 20-plus flexible hours per week, including evening and week-end hours. You must have a car, good driving record and telephone.

The pay is \$13.41 per hour plus .56 cents per mile. Interviewers must gain the cooperation of the residents of sampled households and maintain

strict confidentiality standards.

Prior interviewing experience is helpful but is not required.

NORC is an affirmative action, equal opportunity employer that values and actively seeks diversity in the workforce.

To apply visit the website:

norc.org/Careers

Click on "current opportunities" and go to the heading "job listings" and click on "field operations," and search for "Field Interviewer-NAHSG-Warm Springs."

Or call NORC FM Patricia Maugherman toll free at 800-994-2325.

Happy Birthday wishes...



Look who turns 40!
~ May 2, 1973 ~

Happy Birthday to Jacques Paul Martinez!

Love, Mom Urbana, Sister Monet, Brother Joseph and grandparents.

On April 16, 2013 - A Big Happy First Birthday to our pride and joy, our handsome little man, the BOSS Samuel Lester Picard. You have a great day and fun with all your brothers and sisters. We love you, baby, from: Grandma and Grandpa Marella and Robert Sam Sr.

Out to our little brothers on his first birthday, Samuel Lester Picard, Happy Birthday, kid, we love you. Hope you have a great day. Well, we know you will. From your brothers: Woody Jr., Dartanian, Kaylobe Picard, Clarence Vernon Sam, Gerald Jr., and Janathian Tias, and Orion Robert Sam, your sisters Elisha Picard and Shasta Tailfeathers.

Happy First Birthday Samuel Lester Picard, you have fun at your birthday.

You are really grandpa and grandma's boy. Love from all of us, Tracy and Kaila—Elsie and Joy—Neda and Big G—Robert J., and Lissa—Thomas and Dena, and your number 1 aunt Jeleah.

Happy First Birthday out to our G-granddaughter Shasta Tailfeathers, with all our love. From your G-grandma and G-grandpa Eliza and Harvey Jim family.

On April 16, 2013, out to our number 3 granddaughter. Yes, our pride and joy. Well, grandpa's good girl Shasta Lynette Nancy Tailfeathers. Happy Second Birthday baby girl. You have fun on your day. We love you from: Grandpa and Grandma Robert and Marella Sam.

To our sister, just a can of pop, Shasta Nancy, Happy Second Birthday. We all love you, from: Woody, Dartanian, Kaylobe Picard, Janathian and Gerald Tias - Orion - Robert Sam—and your big brother Clarence Vernon Sam; Your sister Elisha Picard.

Happy birthday to our big girl Shasta. You're 2 years old. Love you, from Tracy and Kaila, Neda and Gig G, Robert Jr., and Lissa, Thomas and Dena, Jeleah and Sadie.

To our baby this April 16, 2013, We want to say a big Happy Second Birthday Shasta Lynette Nancy Tailfeathers. Mom and Dad love you, baby and hope you will have a good day. With all our love, baby girl, from Dad and Mom.



Yvonne Iverson/Spilyay

Work is under way for the 2013 growing season at the tribal farm, located near Kah-Nee-Ta by the Warm Springs River.

Fire crews gearing up for season

By Sue Matters, KWSO
for the Spilyay

About 40 people gathered at the Warm Springs Fire Management conference room last week to participate in the pre-fire season meeting.

It was an opportunity for Fire Management to share information and initiate cooperation between wild land fire fighting agencies and associated organizations that are critical for successful management of wild fire incidents.

There was representation from the Bureau of Indian Affairs, from Oregon Department of Forestry, Jefferson County Fire and the Sheriff's office, Indian Health Service, Airlink, the State Fire Marshall, the North West Coordination Center, Warm Springs Police, Fire & Safety, Natural Resources, Forestry and Fire Management.

The outlook is for a possible early start to fire season in June.

Southeast Oregon is especially dry. The two big fuels projects for fire management this year will be thinning efforts at HeHe and Sidwalter buttes. That thinning will reduce fuels and the trees will be milled to help reduce costs for the projects.

The Warm Springs Hot Shots are training and will do their national testing toward the end of this month and will hopefully be ready by May 1.

Other fire fighting hires are expected to return to work mid month.

Love, lies and the Internet: AG warns against scams

The Oregon Attorney General has a warning for people looking for love online: That soldier who's been professing devotion via email may actually be a con artist looking for cash.

Internet scammers posing as romantically minded members of the U.S. military are conning people out of millions of dollars.

Complaints to local law enforcement about the soldier scam are increasing in frequency. In one recent case, a Hillsboro woman lost more

than \$750,000.

Oregon Attorney General Ellen Rosenblum advises Oregonians to always maintain a healthy skepticism. The anonymity of the Internet means that you cannot be sure of the real name, age, marital status, nationality, or even gender of your new "heartthrob."

The con artists are often from foreign countries using untraceable email addresses. Once these "soldiers" make a connection, they begin asking for money

for transportation, medical bills, cell phone and internet charges—even the cost of a wedding.

They route accounts through numerous locations and utilize pay-per-hour Internet cyber cafes, which makes finding the scammer and recovering the money extremely difficult.

To stay safe keep the following tips in mind:

- Do not wire money to someone you have not met in person. Be wary of warp-speed proclamations of love, particularly if they are accompanied by pleas for cash.
- Be suspicious if you never get to actually speak

with the person on the phone or are told they will not receive letters in the mail. Legitimate servicemen and women serving overseas will often have an APO or FPO in their mailing address.

- Do not send money or ship property to a third party or company, especially to parties or companies in an African country.

If you think you have been scammed by an individual claiming to be a member of the U.S. military, contact the Oregon Department of Justice online at www.oregonconsumer.gov or call 1-877-877-9392.

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