

Living with Diabetes

Healthy habits make all the difference

This is how Craig Tailfeathers lost 20 pounds, and why he is doing a great job taking care of his diabetes and cholesterol levels.

"It took me several years to start taking care of my diabetes," Craig was saying the other day. "It was after my accident this summer when I injured my foot—I did not want to lose my foot, so I stepped up on taking care of diabetes."

After the foot injury Craig started watching his sugar intake and taking his medications. And his eating habits changed. As Craig says:

"I reduced my portions by putting a little on my plate. I would have one meal and not go back for seconds. I grew up living by the store—drinking pop and eating ice cream. Now I do not drink pop."

In fact, no one at his house



Craig Tailfeathers

drinks pop anymore: "One day at the store I thought to myself, 'I think I can go a week without pop,' and I did. So I stopped buying it. And I stopped eating a lot of beef."

Being out on the ranch has helped him the most: "I get fresh

air. Everyone works hard. The family eats right most the time.

"We always have a sit down dinner in the evening, even with family members going places. We eat traditional foods, lukameen with salmon, chicken or hamburger."

His blood sugar and cholesterol numbers have improved significantly.

"If I feel my blood sugars get too low, I eat a little something—I get a little agitated if my blood sugars get too low."

Asked for advice for anyone in a similar situation, Craig says:

"I feel blessed to have my family support. And If I can do this, anyone can."

(Photo and text courtesy the Warm Springs Indian Health Services Model Diabetes Program, 541-553-2478.)

At Tribal Council

The following are some of the items on the January Tribal Council agenda:

Monday, Jan. 23

9 a.m. - Secretary-Treasurer and COO updates with Michele Stacona and Alyssa Macy.

10 - February agenda/review minutes with the S-T.

11 - Draft resolutions with the S-T.

1:30 p.m. - Legislative update calls, federal and state.

3 - Enrollments with Lucille Suppach-Samson of Vital Stats.

Tuesday, Jan. 24

9 a.m. - Culture & Heritage Committee.

10 - Education Committee with Deanie Smith.

11 - Fish & Wildlife Committee with Bruce Jim Sr.

1:30 p.m. - Health & Welfare Committee with Janice Clements.

2:30 - Land Use Planning Committee, Jimmy Tohet Sr.

3:30 - Range & Ag Committee with Delford Johnson.

Wednesday, Jan. 25

9 a.m. - Timber Committee with Levi VanPelt.

10 - Water Board with Roy Spino.

11 - Miss Warm Springs with Alyssa Macy.

1:30 p.m. - EPA on Portland Harbor with Robert Brunoe.

Monday, Jan. 30

Enterprise updates

9 a.m. - Indian Head Casino.

10 - Power & Water Enterprises.

11 - Composite Products.

1:30 p.m. - Warm Springs Telecom.

2:30 - Credit.

3 - Warm Springs Ventures.

3 - Cannabis update with Ventures.

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Snowy images around the rez

Early and mid January saw many snowy days and nights on the reservation.

Before things thawed out this week, photographers Edward Heath and Jayson Smith captured these images around the reservation.



Museum in the snow

KWSO



Livestock not liking the cold.

Edward Heath



Upper Dry Creek Valley.

Edward Heath



Fireworks and snow.

Edward Heath



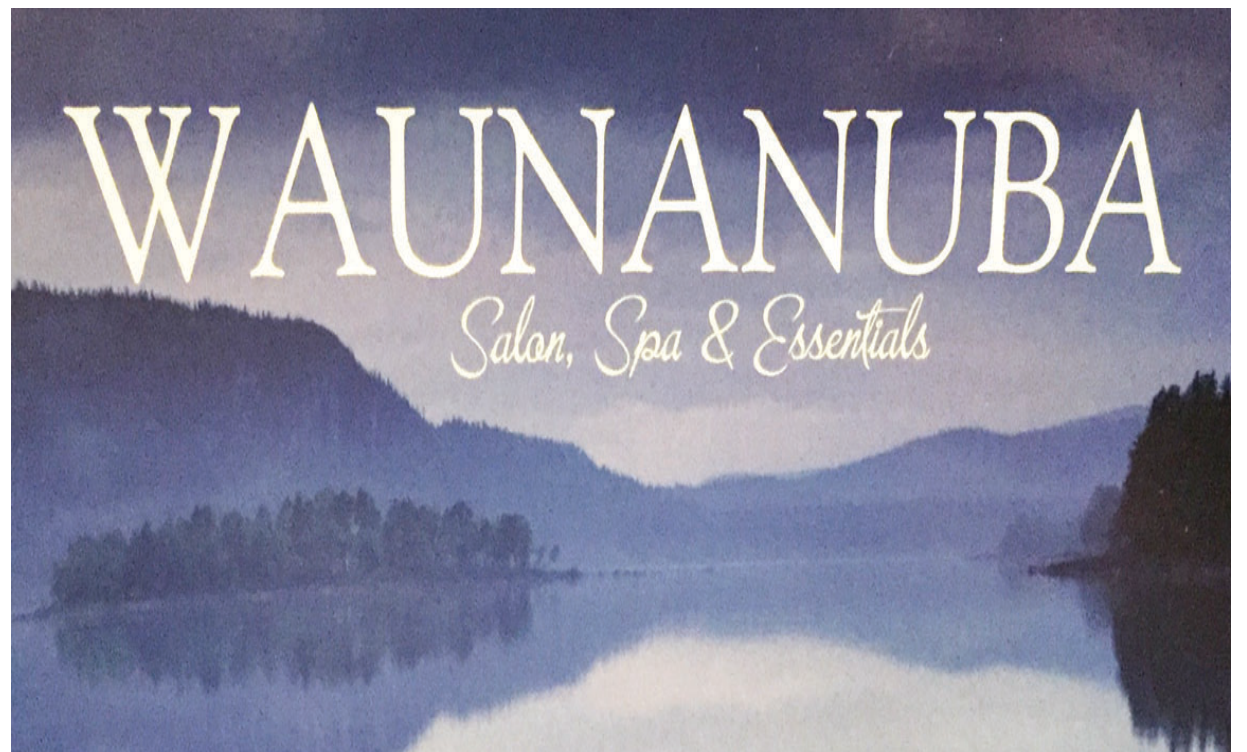
Careful driving.

KWSO



Neighborhoods and the mountain got a lot of snow.

Jayson Smith



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341 SW Sixth St. Redmond

Tuesday - Saturday 10 a.m. - 6 p.m.

ph. 541-923-8071

