

MHS Tennis



Courtesy photo.

There were eight Native American athletes this year in the boys and girls tennis programs at Madras High School. The players include Clair Manion, Jered Pichette, Colby Jack-Parks and Dylan Miller (from left). Not pictured are Lisa Ike-Lopez, Jazmine Ike-Lopez, Tyra Thompson and Joseph Calica.

Births

Julius Ray Senator Jr.
Julius Ray Senator Sr. and Sissaley Donella Graybael of Warm Springs are pleased to announce the birth of their son Julius Ray Senator Jr., born on May 14, 2013.

Julius joins sister Juliann Graybael-Senator, age 14 months.

Grandparent on the father's side is Debbie Leslie.

Grandparents on the mother's side are Rosa

Graybael and Brent Graybael Sr., who live in Warm Springs.

William Dean Thompson Culps

Ronnie J. Culps Sr. and Skyla T. Thompson of Warm Springs are pleased to announce the birth of their son William Dean Thompson Culps, born on May 11, 2013.

William joins brother Ronnie, 11 months; and sisters Keisha, 2, and Sparkle, 13.

Grandparent on the father's side is Jerome Culps of Warm Springs.

Grandparent on the mother's side is Corinna V. Sohappy of Warm Springs.

Noah Silviana Jame Burrell

Amy Jenelle Burrell of Madras is pleased to announce the birth of her son Noah Silviana Jame Burrell, born on May 9, 2013. Noah joins bother Nevin, 2.

VFW Post elects officers

The Elliott Palmer Veterans of Foreign Wars Post 4217 of Warm Springs has elected officers for 2013-14. They are as follows:

Commander: Randy Boise Sr. (Vietnam).

Senior Vice President: Austin Smith Jr. (Iraq).

Junior Vice President: Tamera Coffee (Gulf).

Quartermaster: Shauna Queahpama (Gulf).

Assistant Quartermaster: Shelia Danzuka (Korea).

Chaplain: Dennis Thompson (Vietnam).

Service Officer: Keith Baker (Vietnam).

Judge Advocate: Charlie Tailfeathers Sr. (Vietnam).

Post Surgeon: Shelia Danzuka (Korea).

Officer-of-the-Day: Tamera Coffee (Gulf).

Adjutant: Gerald Danzuka Sr. (Korea).

1 Year Trustee: Gerald Sampson Sr. (Vietnam).

2 Year Trustee: Danny Martinez (Vietnam).

3 Year Trustee: Randy Smith (Vietnam).

IHS conducts diabetes lifestyle intervention

Weight loss through a healthy diet and increased exercise can prevent or delay the onset of diabetes among at-risk American Indians.

These are the results of a recent demonstration project sponsored by the Indian Health Service.

The demonstration was the first large-scale national evaluation of the effectiveness of lifestyle interventions on diabetes incidence in diverse American Indian communities.

This project was sponsored by the IHS Special Diabetes Program for Indians (SDPI).

The program implemented the lifestyle intervention, which translated the

landmark Diabetes Prevention Program clinical trial conducted by the National Institutes of Health (NIH) into the real world of tribal communities.

The NIH trial showed that people at high risk for diabetes can dramatically reduce their risk of developing type 2 diabetes through modest exercise and dietary changes.

The IHS Diabetes Prevention Program was implemented among 36 health care programs serving 80 American Indian and Alaska Native tribes.

The health care programs were located in rural, reservation, and urban settings, and represented communities with a wide range of economic and sociocultural diversity.

The SDPI was established by Congress in 1997 to fund diabetes prevention and treatment services in IHS, tribal, and urban Indian health programs.

The program was estab-

lished to address the epidemic of diabetes among American Indians and Alaska Natives, who have the highest rates of type 2 diabetes in the United States.

About 2,500 participants with pre-diabetes were recruited for the lifestyle intervention, which began in January 2006.

The goal was to achieve weight loss of 7 percent of initial body weight. To help them reach this goal, participants were offered a 16-session lifestyle curriculum, adapted from the NIH clinical trial, which consisted of diet, exercise, and behavior modification.

Results showed that the diabetes incidence rate (new cases of diabetes) in the IHS demonstration project was similar to that of the lifestyle intervention group in the original NIH clinical trial (4 percent vs. 4.8 percent per year) and lower than that of the American Indians in the NIH placebo group (11 percent per year).

In addition to reductions in diabetes incidence rates, significant improvements in weight (4.4 percent weight loss immediately after the intervention), blood pressure, and lipid levels were observed immediately after the intervention and annually thereafter for 3 years.

"These results demonstrate that the translation of evidence-based diabetes prevention activities is feasible in diverse tribal communities," said Dr. Yvette Roubideaux, acting director of the IHS.

The SDPI intervention was not a randomized clinical trial; tribal consultation precluded a comparison or placebo group.

Therefore, caution is warranted in comparing the result to the original NIH clinical trial. Nonetheless, the SDPI experience has added important information to help chart future directions for diabetes prevention activities among communities served by the IHS.

Zoo breaks ground on condor habitat

Though native to the region, and commonly seen here during the time of Lewis and Clark, California condors haven't soared through Northwest skies for more than a century. The Oregon Zoo would like to see that change.

At a ceremonial groundbreaking last week for the new Condors of the Columbia exhibit, officials announced plans to give zoo visitors an up-close look at these highly endangered birds next spring, while also advocating for the eventual return of free-flying condors to the region.

"We want everyone to learn more about condors and their long history in Oregon," said Kim Smith, zoo director. "Visitors will have the unique opportunity to see these colorful, intelligent and highly endangered birds, learn about the survival challenges they face—and, most importantly, find out how we can help bring them back."

Condors, or the Thunderbird, are a sacred bird of the tribes of the Columbia. The Warm Springs tribes, particularly atwai



Ojai Courtesy photo.

Chief Wallulatum, were great advocates of the Oregon Zoo condor program. Chief Wallulatum named the first condor that was hatched at the zoo.

Condors of the Columbia—the name is a nod to the "buzzards of the Columbia" mentioned in Capt. Meriwether Lewis' journal—will be located in the Great Northwest section of the zoo, between Cougar Crossing and the Trillium Creek Family Farm.

The three-story-tall mesh aviary will expand from 4,900 square feet at ground level to 5,800 square feet at

the top, giving the birds enough space to fly short distances. Designed by Place Studio, the enclosure will feature:

- A lush, native landscape with boulders, trees and log snags for perching.
- A cascading water feature with a deep condor bathing pool.
- Two covered visitor areas, one elevated, offering up-close views of the birds.

Local construction outfit 2KG Contractors will begin work at the site on June 3. The \$1.5 million exhibit—part of the community supported zoo bond measure—will be home to adult birds from the condor recovery program that cannot be released in the wild. The zoo's recovery efforts will continue to take place at the Jonsson Center for Wildlife Conservation, located in rural Clackamas County on Metro-owned open land. The remoteness of the facility minimizes the exposure of young condors to people, increasing the chances for captive-hatched birds to survive and breed in the wild.

High Lookee Lodge



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COCC commencement on June 15

Central Oregon Community College will hold its commencement ceremony at 10 a.m. on Saturday, June 15, at the Mazama Field on the COCC Bend Campus.

Expected to participate are about 500 graduates receiving associate of arts, associate of science, associate of general studies, associate of applied science degrees and certificates of completion.

Five students will be honored by the college for outstanding achievement. A re-

ception will follow in the courtyard of the Campus Center.

Scott Cooper, the keynote speaker, is the executive director of NeighborImpact, an organization that provides critical services to low- and moderate income families. The organization serves more than 50,000 Central Oregon families annually with needs including food, energy assistance, housing and quality preschool and childcare.

Previous to this position,

Cooper was the executive director of the Partnership to End Poverty.

Central to his vision of a stronger Central Oregon, Cooper has been a staunch advocate for access by all residents, regardless of where they live, to higher education.

He has been a passionate defender of expanding COCC's presence in outlying communities of Central Oregon and is a longtime supporter of the COCC Foundation.

Madras Campus

UPCOMING

for the month ahead

Summer 2013

New student registration for credit classes now open!

Community Learning Classes

Summer schedule now available online at

cocc.edu/Community-Learning

For More Info:
541.550.4100
www.cocc.edu

