

ETSKA NAV AH PAI



THE NEWS CARRIER

QUECHAN NEWS

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Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

is published by

The Quechan Indian Tribe

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Quechan Tribe Makes New Local Donations



Presenting a check representing the Quechan Tribe's charitable donations this spring are (in the back) Quechan Council members James B. Montague and Jordan Joaquin, Quechan Tribe President Mike Jackson, Sr., and Tribal Council member Todd Durand. In front holding the check from Yuma's nonprofit organizations are Amberly's Place Executive Director Diane Umphress; Executive Director Mya Garlit and Public relations Director Barbara Rochester of the Crossroads Mission; Executive Director Louie Galvez of the Boys and Girls Clubs of Yuma; Shelly Barbato, Events Manager for the Yuma Community Food Bank; Fire Chief Jack McArthur of the City of Yuma and Yuma Parks and Recreation Director Becky Chavez.

QUECHAN NEWS Photo by William Isbell

Members of the Quechan Tribal Council gathered in the Council Chambers on Tuesday morning, April 28 to present a check representing a combined total of nearly \$90,000 in donations to six Yuma area nonprofit organizations.

Representing the Tribe at the ceremony were Quechan Tribe President Mike Jackson, Sr., as well as Quechan Tribal Council members James Montague, Todd Durand and Jordan Joaquin. The ceremony marked the formal presentation of what

is often referred to as "12% money" for local charities the Quechan Tribe supports each year. The "12% monies" are funds held back by each Tribe holding a Gambling Compact with the State of Arizona for distribution to local entities.

President Jackson explains that when the Quechan Tribe signed their most recent Gaming Compact with Arizona in 2001, during negotiations with the Governor's office on revenue sharing, the Tribe asked for more power in deciding

where the Quechan Tribe's money could do the most good. As the Compact was eventually worked out, the Tribe was allowed to hold back 12% percent of the revenue due to Arizona to make their own charitable contributions to local non-profit organizations.

"We wanted to be sure that the communities closest to our reservation get some of that money," Jackson says, "we didn't want it all to go off to Phoenix, and not have anything come back to Yuma. The other

tribes all felt the same way, so we really fought for that."

This year, the April distribution of the Quechan Tribe's 12% funds were presented to six local Yuma nonprofits, with \$15,000 going to Amberly's Place; \$25,000 to the Crossroads Mission; \$10,000 to the Yuma Salvation Army Boys & Girls Club; \$9,298 to the Yuma Community Food Bank; \$15,000 to the Yuma Fire Department and \$15,000 to the City of Yuma Parks and Recreation Department.

Parks and Recreation Has a Full Roster of Summer Activities

There will be something for everyone this summer, as Quechan Parks and Recreation is gearing up to provide activities for almost any age and demographic. First up for the kids will be the new beading class offered 3 days a week from 3:30 to 5 in the afternoon. Starting next Monday, May 18th, beaders will need a signed and dated parental permission slip on file to attend. The classes meet every Monday, Wednesday and Friday, and are taught by the husband and wife team of Akaxé and Gina Ramon-Gomez. Space is limited, so if you'd like to enroll, do so right away!

There is also an adult aerobics class that has been meeting every Tuesday and Thursday since May 5th. It's the perfect chance to get a little exercise and burn off a few calories, rather than packing them in at lunchtime! If you'd like to swing by and check that out, they meet in the gym at noon. The class may continue throughout the summer months.

Of course, with school about to get out, there will be all sorts of things to keep the kids constructively occupied. There are basketball and softball leagues for all ages, and the grasshopper co-ed basketball league is also in full swing.

And for the kids who would rather build something with their hands, a new Wood Workshop class for ages 10 to 15 will be starting up on May 23rd.



Oscar Ron, pitcher for the Yuma Little League major's team "The Reds" hurls a fastball in a game at the Quechan Community Center athletic field. Photo by William Isbell

The workshop will meet every Saturday afternoon at 1:00 PM through June and July, and will offer the basics in measuring and cutting, how to make joints, and offer instruction in creating simple projects like shelves and jewelry boxes. Space for this class is strictly limited to 50 students to insure that everyone gets a little of the one-on-one time they may need with the instructor to successfully complete their projects.

Of course, outdoor athletics are also on the schedule, with the summer T-Ball League for 4 to 7 year olds going on right now. The kids meet on the Community Center's athletic field every Saturday morning at 10 AM through the end of June.

Also playing on the field every Tuesday, Wednesday and Thurs-

day afternoon through July are some of the City of Yuma's Little League teams. These kids are taking the competition seriously, though they're also having plenty of fun at the same time. If your kids are in the League, you've already been there to watch, but if you're thinking about signing up for next season, you really ought to stop by some evening (the games begin at 5:30) and watch these kids go at it!

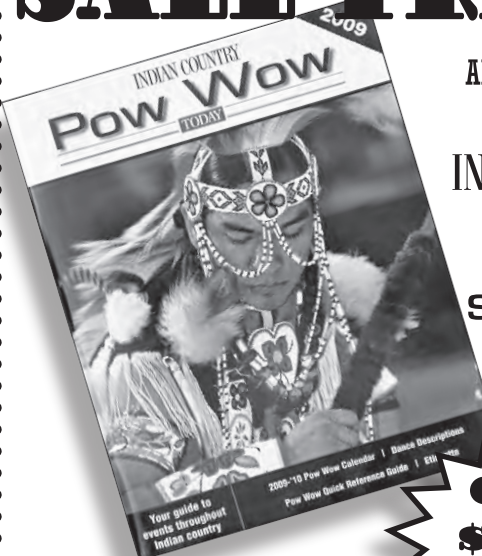
Meanwhile, the Grasshopper Basketball League for kids 8 to 11 meets in the gym for practice every afternoon from 5:30 to 7:00 PM. They hold two games on Friday evenings, with one starting at 6 PM, the other at 7 PM, and two more on Saturday mornings at 10 and 11 AM.

The gym is also open throughout the year, every weekday from 11 AM until 5 PM for anyone who wants to stop by and shoot hoops, unless there is some special assembly planned.

And don't forget - everyone 15 and over is welcome to drop in and use the weight room, Monday through Thursday from 11 in the morning until 8 at night, and Fridays from 11 AM to 5 PM.

Finally, the Rainbow Pool at the Community Center will open up for the Memorial Day Weekend, Saturday, Sunday and Monday from 1 PM to 5 PM. Then, the swimming season will *really* kick off with the Splash Day celebration starting at 1 PM on Saturday, June 6th!

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NOTICE



**Representatives
of the U.S. Census
will be on the reservation**



**all this week,
accompanied by Tribal Employees.**

**They will be in the process of verifying
addresses and the physical locations
of homes in preparation for the 2010
census, to be conducted next year.
Thank you for your cooperation!**

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QUECHAN NEWS

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Have a story idea, or an event you want covered?

QUECHAN NEWS is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the San Pasqual Valley. Your ideas and input are welcome!

Just call the QUECHAN NEWS office Monday through Friday at (760) 572-3912,
or email your stories and story ideas to w.isbell@quechantribe.com. I'm looking forward to hearing from you!



Heritage & Culture

Miss San Pasqual Indian Princess Visits The Gathering of Nations



Brian Golding, Sr. won the Pendleton blanket Janyse raffled off to be able to go on the trip. She flew to Albuquerque with her best friend Marie and little sister Jessica, while grandma Janice Emerson acted as their escort and took photos. Once at the Gathering, Janyse was overwhelmed with the size of the arena, and she got to enjoy visiting with fellow native royalty representatives such as Miss Fort Mojave, Melissa Nopah, and Junior Miss Fort Mojave, Anna Marie Dominguez.

Photos Courtesy of Janyse Collins-Solorio

This year's San Pasqual High School Indian Princess, Janyse Collins-Solorio met her goal of raising the money to attend the annual Gathering of Nations in Albuquerque, New Mexico, by selling rolled tacos and raffling off a beautiful Pendleton blanket. With that accomplished, the Salt River Pima-Maricopa Indian Tribe (where she's enrolled on her mother's side) matched her funds, giving Janyse a total of over \$1300, once the donations from her mom (Allyson Collins) and grandma (Janice

Emerson) were included.

Leaving here on April 23rd with her grandma Janice as escort, accompanied by her senior classmate, Marie Durand and younger sister, Jessica, the group flew from Yuma on U.S. Airways Express, arriving in Albuquerque in plenty of time to observe the Miss Indian World competition that evening. There they witnessed Miss Brooke Grant, a Hupa/Yurok/Karuk/Chippewa from Hupa, California take this year's crown.

Friday, the 24th was set aside for Miss San Pasqual and her troupe to attend the massive Gathering of Nations Pow Wow inside the University of New Mexico Arena. Janyse dressed up in her Pima basket dress the first day for her part in the morning's Grand Entry, where she joined hundreds of other native royalty in a procession that took nearly an hour!

Janyse also wore a Quechan diamond dress for a later Grand Entry at the world's largest Pow Wow. The group spent

Friday soaking up the sights, smells and wonderful feelings of brother and sisterhood at the Pow Wow, before returning to their room to rest up for the next day's activities.

Saturday was set aside for a trip to the Acoma Sky City Pueblo, where they toured the Haak'u Cultural Museum and saw the world famous creations of sculptor Doug Hyde, who also created our own Quechan Veteran's Memorial.

While at the Gathering, Janyse made sure to link up with

Miss Southern Ute, Eleanor Frost, who had served as the head lady dancer at this year's Strong Heart Pow Wow. She also met what seemed to her like hundreds of other tribal royalty during the trip.

"It was bigger than I expected," says Janyse, "truly awesome." She also wants to thank those who bought tacos and raffle tickets and would especially like to thank her auntie (Christina Solorio) and uncle (Dustin Jackson) and grandma Marilyn Dewey for all their help.



Further highlights of the trip included spending an entire weekend surrounded on all sides by thousands of Native Americans in the company of family and friends, as well as meeting the newly crowned Miss Indian World. The third photo also shows Miss Salt River, Robin Masterson, together with Janyse and Miss Salt River's two attendants, Martha Ludlow and Gionna Cooper. Janyse also had time to take a side trip to the Acoma Sky City pueblo, along with her grandma Janice, sister Jessica and classmate, Marie Durand.



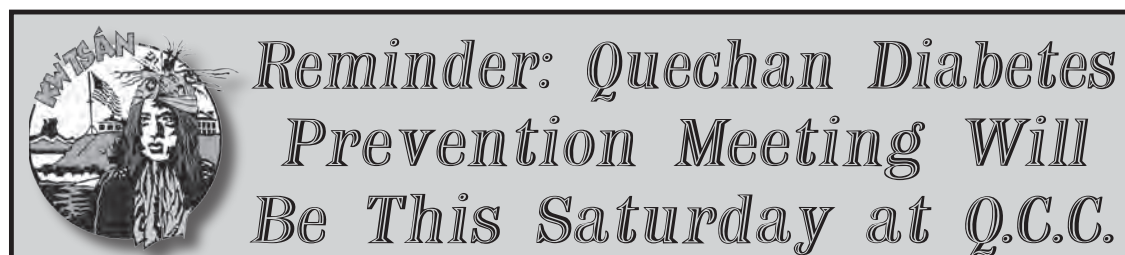
AQUA AT THE Q
Promotion to be featured on MTV3

The traffic is about to increase around the pool at the Quechan Casino♠Resort, as this summer's *Aqua at the Q* promotion gets underway at 5 in the evening on May 13th. Billed as "hot, wet, and always cool," *Aqua* promises to be the most exclusive poolside party and nightclub happening in the Desert Southwest.

Set around the Q's gorgeous Mediterranean-themed pool and lazy river, the first of the summer-time parties will feature music countdowns, a full bar with drink specials, Yuma's own DJ RAM, the Q Girls and special guests from THUNDER FROM DOWN UNDER, who will perform live at Paradise Casino the following evening.

Next week's Aqua party on Saturday, May 23rd will even see MTV3 coming out to do a live remote from the Q, between the latest music video countdowns. Everybody who's anybody will want to get in shape and on the VIP list for that show!

Put together by the Casino's marketing department, *Aqua at the Q* is featured on Facebook, MySpace and Twitter, as well as its own website, AquaAtTheQ.com. Users who register and log on to any of the myriad weblinks receive updates on future parties, and can contact each other to learn more about each other prior to the actual events.



Reminder: Quechan Diabetes Prevention Meeting Will Be This Saturday at Q.C.C.

The Quechan Tribal Council welcomes all members of the Quechan tribal community to attend the large scale diabetes education clinic to be held at the Quechan Community Center on Saturday, May 16th. Set to get underway at 10:00 AM, the clinic will cover a variety of healthcare concerns related to the unique problem of diabetes among the Quechan people, as well as the latest strategies of prevention.

The Special Diabetes Project and the Quechan Health Board Committee are working closely with the Phoenix Area

Indian Health Service and other area officials to bring in a variety of Yuma area experts to give presentations on diabetes prevention.

Guest speakers will be on hand to project both Power-Point and other audio/visual presentations for the audience, giving everyone a clear view of the subject matter. It is expected there will also be handouts available to take home for future reference.

Medical professionals will be on hand to provide the most up-to-date information on diabetes, its prevention and treat-

ment, so if you or someone you know is concerned with finding out everything you can about limiting your exposure to the effects of this disease, you will not want to miss it!

"We've seen a real need to act on the terrible onslaught of diabetes in our community," says Quechan Tribe president Mike Jackson, Sr., "and we are tasked to provide both education and prevention when we receive federal funding through the Special Diabetes Project. This meeting, we hope, will be just the first this year to provide that education."

Join Us For A "Diabetes-Get-Together"



Deborah Drumel, RD

Is a Registered Dietician and serves as the Diabetes Educator for the Fort Yuma IHS Clinic.

Photo: William Isbell, QUECHAN NEWS

What Is A "Diabetes Get-Together"?

A diabetes "get together" or support group is a self-help group for people interested in diabetes. It can help you learn more about diabetes and can offer you emotional and social support in living with the challenges of daily activities.

What Benefits Will You Receive From Joining?

- Support groups provide participants the opportunity to be informed about current treatments or management and enables them to apply it to their own unique situations.
- Support groups allow people living with diabetes to share their experiences and strategies with others on how to live better with diabetes.
- Support groups provide the encouragement and support of others who are also in the struggle of managing diabetes on a daily basis.
- Support groups provide the needed motivation for people to be renewed in a way that enables them to persevere on the journey.
- Support groups can show you are not alone in dealing with problems and feelings.

Is a Support Group for You?

A support group may not be for everyone. Do you —

- Need support from others who understand what it is like to have diabetes?
- Feel ready to listen to others with an open mind and to share your experience?
- Think you can offer leadership to the group?
- Think you are willing to commit time and energy to the group?

If you answered yes to these questions, then a support group may be for you.

Join Us For The First Meeting

Wednesday, May 20, 2009

5:30 to 6:30 pm

Fort Yuma Indian Health Center

Multipurpose Room in the IHS Clinic

For More Information Call:

Facilitator: Deborah Drumel, RD, CDE

760-572-4227 or 1-800-862-4911

Paradise California Converted into an Event Center

Now that the Quechan Tribe has transferred the California gaming operations to the new Casino♠Resort on Algodones Road, the old Paradise California Casino won't just be sitting empty. On the contrary - it was long planned to be converted into a new Events Center for concerts, MMA fights and community events, offering much more seating and better acoustics than existing choices.

Last month's *Beatlemania* was the final concert to be held in the Atlantis Room of the Arizona Casino, and this month's "Thunder From Down Under" review will bring down the curtain on events held there.

Almost the minute the doors closed on the California Casino, plans began moving ahead to convert the cavernous building into an events center. "Originally, we were going to put it out for bid at considerable cost," said Charles Montague, General Manager of the Quechan Paradise Casinos. "But the staff here said, 'Hey, we can do it,' and they have. It's an amazing task they've taken on, but they're almost finished with it already!"

Andrew Denard, Facilities Manager for the Paradise Casinos has been leading a crew of approximately 20 employees from both engineering and housekeeping, hauling out all

of the neon signs, furnishings, pedestals and counters, to create a large, open room. They've stacked all of the surplus equipment and furnishings behind the Casino, in preparation for an auction scheduled for late May.

Once they got the room cleared out, they set to work raising the suspended ceiling inside almost 10 feet, to give a lighting crew room to come in and install a stage lighting system along the first main ceiling truss west of the east wall. They also had to create a new countertop for the bar, since the old counter had slot machines installed, and pulling those out left some gaping holes that couldn't

be ignored!

"Sam Ryan and Aaron Pacheco built the new bar top," explains Andrew. "They did an amazing job . . . and Sam, for one, is an amazing all around employee. He's been here maybe 13 years now, and he's never missed a day of work or took a day of sick leave!" The new bar top is made of a thick, granite-look Corian synthetic, with a routed oak edge 4 inches wide.

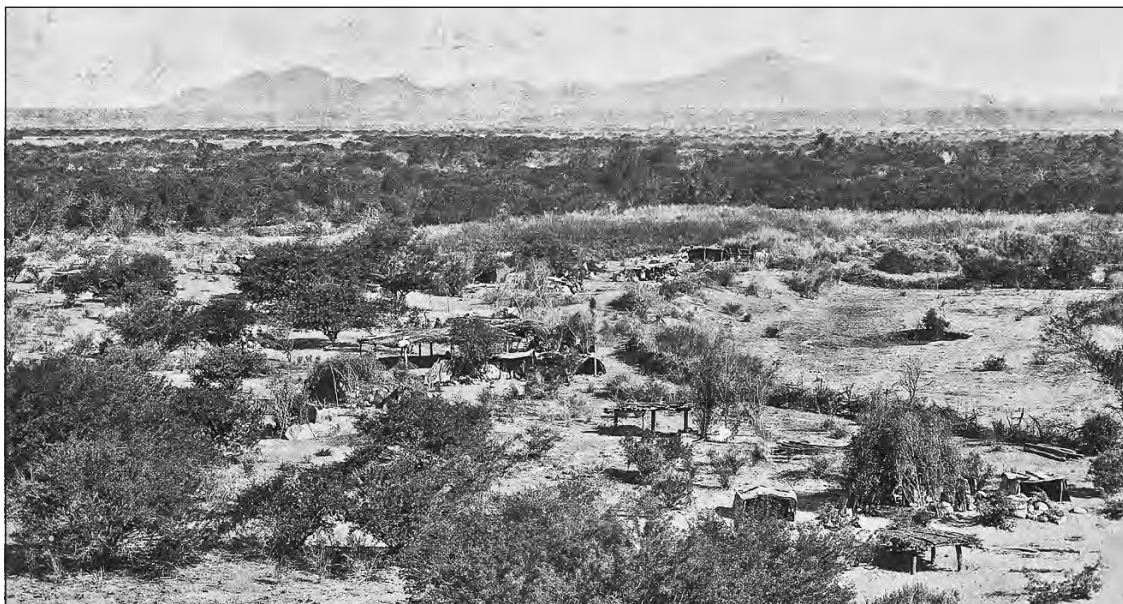
The plan is to allow groups to use the old Treasure Club room as space to sell T-shirts and souvenirs, which will keep all of the "milling about" during shows confined to the north wall next to the bar. A brand new

transportable stage is also being built, measuring 32 feet by 40 feet that will be centered on the east wall. The stage can be disassembled and removed for dinners and boxing matches.

The crew hopes to have enough of the work completed in time to hold the Quechan Senior Games award banquet there on May 22nd, giving tribal members and their guests their first look at the converted facility.

There is more work to do, but the Quechan Tribal Council hopes to hold a ribbon cutting and Grand Opening for the new Event Center early this summer, giving the community an additional entertainment venue.

Quechan EDA Needs Your Photos For History Project



Brian Golding, Sr. and Allyson Collins at the Quechan Economic Development Administration are asking everyone connected to the Fort Yuma Quechan Tribe to go through your closets, drawers, old shoe boxes and family photo albums. They are looking for any old, historically significant photos you might have showing the area north of downtown Yuma, surrounding Indian Hill, with particular emphasis on the riverbank areas and the present location of the soon-to-be-demolished Fort Yuma Trailing Village.

As progress moves forward on the new Indian Health Service Clinic and the Riverfront Development Project near the Evergreen Park, they are hoping to use those images to create a historical retrospective, to not only demonstrate how things have changed over the years, but also help to return the riverfront area to it's more natural state before all of the "modern conveniences" and construction changed everything.

If you have any old photos of the areas in question, from any time prior to the 1990s, please bring them to the EDA Office on the south side of the Community Center. Once they are scanned in and stored electronically, they'll be returned to you.

E.A. Bonine Photo, circa 1880s: Courtesy of the Century House Museum, Arizona Historical Society, Yuma

Prenatal Classes

Will be held at the Ft. Yuma IHS Multi-Purpose room on:

Thursday, May 7th: 5pm to 7 pm

Thursday, May 21st: 5pm to 7 pm

Immunization Clinics

Will be held *Quarterly* at the IHS Public Health Nursing Office:

**Wednesday, June 17:
4 pm to 6 pm**

**Wednesday, September 16:
4 pm to 6 pm**

**Wednesday, December 16:
4 pm to 6 pm**

If you have any questions, call:

**Claudia Lorentz, PHN or Janice Emerson
at (760) 572-4225/4226 or
(800) 862-4911 ext. 4225/4226**

Fort Yuma IHS Works To Develop A Partnership With Quechan Tribe

This coming Saturday will be the first time the Quechan Tribe's Special Diabetes Project (SDP) and the Special Diabetes Committee come together in one location along with the Indian Health Service (IHS) to present a comprehensive explanation of their plans to overcome the health care crisis that has developed in this area with respect to diabetes. Quechan tribe members will hear from them all on Saturday, May 16th from 10 AM to 3 PM at the Quechan Community Center.

The treatment and prevention plans they are working on to get that crisis under control will be presented, along with a short presentation on the current reorganization of the IHS Clinic.

Modern living, with the diet, schedules and pressures involved have combined to bring a combination of serious and debilitating health care challenges into every nearly home on the reservation.

Through the leadership of the Tribal Council, the programs and committees overseeing the health of the Quechan people have encouraged the IHS Clinic staff to begin a program of empanelment for every patient treated at the Clinic. Empanelment insures that every patient at the clinic

is cared for by a single doctor, heading up a team of health care professionals.

That team serves as your "point-of-contact" at the Clinic, keeping all of your treatment records and diagnoses, enabling both you and the health care team to keep track of your entire medical history. This ensures increased continuity in your healthcare at the Clinic.

Complicated interactions between drugs, diet and supplements may be prevented through communication fostered by seeing the same doctor (or his team) on every visit, since everyone involved is "on the same page" and things don't "slip through the cracks".

Patients can sometimes forget to bring up what may be a crucial result that occurred during a past treatment, but if the patient and doctor are both aware of the entire medical history and course of treatment, such problems can be minimized.

Currently, almost 2/3rds of the patients at the Fort Yuma IHS Clinic have selected their own primary provider. Clinic staff hopes to increase that to every patient in the near future, or at least by the time they move into

the new IHS Clinic.

The Fort Yuma IHS Clinic also has three new staff members that have recently come on-board. The new staff members are Dr. Randy Germaine and Dr. Lee Brown, as well as a new Physician's Assistant, Billie Jo Wounded Face, who will be joining Doctors Germain and Rivera on the family practice team.

The IHS' new Family Medicine Specialist, Doctor Brown, hopes to attend this Saturday's community meeting alongside IHS Clinical Director Dr. Smalley and Dr. Nguyen, their Internal Medicine Specialist. Other staff members may also attend.

Together, they want to reinforce the message of *diabetes prevention* in the community.

So, come to the community meeting on Saturday and learn how to take control of your own health care decisions by creating a partnership with your primary care provider. Meet with both Tribal Health Care programs and the IHS staff while having your questions answered in an open forum.

It is only through trust and communication that we will move into a healthy, happy future together.

Diet and Exercise Can Both Delay Diabetes, Normalize Blood Glucose

*Courtesy of
The National Diabetes Information Clearinghouse*

Millions of Americans at high risk for type 2 diabetes can delay and possibly prevent the disease with moderate diet and exercise, a major clinical trial has found.

The same study found that the oral diabetes drug metformin (otherwise known as Glucophage) also reduces type 2 diabetes risk, although not as effectively as lifestyle changes.

Researchers announced results of the trial, called the Diabetes Prevention Program (DPP), after ending the study a year early. The study results were also reported in *The New England Journal of Medicine*.

"This research conveys a powerful message of hope to individuals at risk for type 2 diabetes, a painful, life-threatening disease that has been increasing in this country along with obesity," said Health and Human Services Secretary Tommy Thompson. "By adopting a moderate, consistent diet and exercise program, many people with risk factors for type 2 diabetes can stop the disease before it becomes irreversible."

The DPP compared three approaches — lifestyle modification, treatment with metformin, and standard medical advice — in 3,234 overweight people with impaired glucose tolerance (IGT), a condition in which blood glucose levels are higher than normal but not yet diabetic.

About 20 million people in the United States have IGT, which raises the risk of developing type 2 diabetes and cardiovascular disease.

Once a person has type 2 diabetes, the risk of heart and blood vessel disease is even greater —

two to four times that of people without diabetes.

Diet and exercise that achieved a 5- to 7- percent weight loss reduced diabetes incidence by 58 percent in participants randomized to the study's lifestyle intervention group.

Participants in this group exercised at moderate intensity, usually by walking an average of 30 minutes a day five days a week, and lowered their intake of fat and calories. Volunteers randomly assigned to treatment with metformin had a 31 percent lower incidence of type 2 diabetes. (Metformin lowers blood sugar mainly by decreasing the liver's production of glucose.)

Dr. David Nathan, who serves as the study chairman for Massachusetts General Hospital in Boston explained: "Lifestyle intervention worked equally well in men and women and in all ethnic groups. It was most effective for people aged 60 and older, who lowered their risk of developing diabetes by 71 percent. Metformin was also effective in both sexes and in all ethnic groups, though it was relatively ineffective in older volunteers and in those who were less overweight."

Both interventions lowered fasting blood glucose levels, but lifestyle changes more effectively lowered blood glucose levels 2 hours after a sugary drink. Also, about twice as many people in the lifestyle group regained normal glucose tolerance than those who received a placebo, showing that diet and exercise can reverse IGT.

"Not only did changes in diet and physical activity prevent

Continued on Page 7

San Pasqual Valley Elementary Kindergarten Registration

You may register your child entering pre-kinder or kindergarten at the San Pasqual Valley Unified School District for the 2009-2010 school year at the Elementary School Library on Thursday, May 21st between the hours of 5:00 PM and 7:00 PM.

Children entering kindergarten must be five years of age on or before December 1, 2009. Parents must bring verification of the child's birth date (birth certificate record), Social Security card, completed immunization card, health examination certificate, oral health assessment, and 2 proofs of residency such as a current utility receipt, rental agreement, etc.

Please bring the following items in order to fully enroll your child:

- Birth certificate
- Social Security card
- Immunization card
- Updated physical
- Monthly income
- Residency Verification

Diet and Exercise Delay Diabetes

Continued from Page 6

or delay the development of diabetes, they actually restored normal glucose levels in many people who had impaired glucose tolerance,” said Dr. Allen Spiegel, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIH), the division of the National Institutes of Health (NIH) that sponsored the study.

“These findings bring us closer to the goal of containing and ultimately reversing the epidemic of type 2 diabetes in this country.”

DPP volunteers were randomly assigned to one of the following groups:

- Lifestyle modification with the aim of reducing weight by 7 percent through a low-fat

diet and exercising for 150 minutes a week.

- Treatment with the drug metformin (850 mg twice a day), approved in 1995 to treat type 2 diabetes.

- And a standard group taking placebo pills in place of metformin. This group also received information on diet and exercise.

A fourth arm of the study, treatment with the drug troglitazone (Rezulin) combined with standard diet and exercise recommendations, was discontinued in June 1998 due to the potential for liver toxicity.

DPP participants ranged from age 25 to 85, with an average age of 51. Upon entering the study, all had impaired glucose

tolerance as measured by an oral glucose tolerance test, and all were overweight, with an average body mass index (BMI) of 34. About 29 percent of the DPP standard group developed diabetes during the average follow-up period of 3 years. In contrast, 14 percent of the diet and exercise arm and 22 percent of the metformin group developed diabetes. Volunteers in the diet and exercise arm met the study goal, on average a 7 percent — or 15-pound — weight loss in the first year and generally sustained a 5 percent total loss for the study’s duration. Participants in the lifestyle intervention arm received training in diet, exercise (most chose walking), and behavior modification skills.

Forty-five percent of DPP participants were from minority groups that suffer disproportionately from type 2 diabetes: African Americans, Hispanic Americans, Asian Americans and Pacific Islanders, and American Indians. The trial also

recruited other groups at higher risk for type 2 diabetes, including individuals age 60 and older, women with a history of gestational diabetes, and people with a first-degree relative with type 2 diabetes.

Can the interventions prevent diabetes completely? “We simply don’t know how long, beyond the 3-year period studied, diabetes can be delayed,” says Dr. Nathan.

“We hope to follow the DPP volunteers to learn how long the interventions are effective.” The researchers will analyze the data to determine whether the interventions reduced cardiovascular disease and atherosclerosis, major causes of death in people with type 2 diabetes.

Other studies have shown that diet and exercise delay type 2 diabetes in at-risk people. However, the DPP, conducted at 27 centers nationwide, is the first major trial to show that lifestyle changes can effectively delay diabetes in a diverse population

of overweight American adults with impaired glucose tolerance.

About 16 million people in the United States have diabetes. It is the main cause of kidney failure, limb amputations, and new onset blindness in adults, and a major cause of heart disease and stroke. Type 2 diabetes accounts for up to 95 percent of all diabetes cases.

Most common in adults over age 40, type 2 diabetes affects 8 percent of the U.S. population age 20 and older. It is strongly associated with obesity (more than 80 percent of people with type 2 diabetes are overweight), inactivity, family history of diabetes, and racial or ethnic background.

The prevalence of type 2 diabetes has tripled in the last 30 years, due in large part to the upsurge in obesity. People with a BMI of 30 or greater have a five-fold greater risk of diabetes than those with a normal BMI of 25 or less.

Concert Series Continues With Comedian Paul Rodriguez on May 22nd

The Quechan Casino♠Resort continues their well-received tradition of bringing first-rate entertainment to the desert southwest, with their first ever comedy concert in the new Pipa Events Center, headlining the ever popular Paul Rodriguez!

Paul is a well-rounded stand-up comedian, having honed his craft over the past twenty-five years. It is estimated he has performed live to well over one million concert goers from coast to coast, building a solid fan base. Hands down, he has become the Original Latin King of Comedy.

There are still a few tickets remaining for his Friday night show on the 22nd, with general admission seats available at only \$25.00, and center seats near the stage (the “VIP” area) only \$39.00. Ticketholders can



Paul Rodriguez

gather in the pre-function area as early as 6:30 to pick up their drinks, and the doors open for seating at 7 PM, with show beginning promptly at 8 PM.

Those of you holding a Quechan Tribal Enrollment ID

can also take advantage of the “Two For One” special offered to every tribe member 18 and over! Simply present your valid enrollment card at the Pipa Event Center ticket window and your tickets are half price! (This show is almost certain to sell out, so you’ll want to get your 2 for 1 tickets right now!)

Next up is the first ever sports event broadcast live from the Quechan Casino♠Resort as Boo-Ya Entertainment presents the *KING OF THE CAGE* mixed martial arts championship at the Pipa, on Saturday, June 6 at 8 PM! While the rest of the nation will see this event on pay-per-view, the Pipa audience will be right there by the ring during the fights! Tickets are on sale now for \$95, \$65 and \$40, depending on how close you want to be!

A REMINDER TO ALL QUECHAN HIGHER ED. STUDENTS:

The Quechan Higher Education Department would like to remind you that our Fall Semester Deadline is at 5:00 PM, Tuesday, June 05, 2009.

Tribal Scholarship Applications can be picked up at the Higher Ed. Office. If you have any questions or need an application mailed or faxed to you please feel free to contact us at:

(760) 572-5268

ANNUAL SENIOR GAMES NEXT WEEK

On Thursday a week from now, the Quechan Community Center will be filled with local and visiting elders from all over the American southwest, as the 7th Annual Quechan Senior Games bring exercise, laughter and camaraderie into their lives.

Held every May since 2002, the Senior Games provide those 55 and older a chance to stay fit and compete for cash and prizes in a variety of games designed to test their mettle, without damaging older joints. Those still spry enough to run and jump can sign up for individual games inside the climate controlled gym, such as running an obstacle course, tossing the medicine ball, rapid-fire basketball shots and “grocery store” and relay races.

Seniors who have slowed down with age or are confined to a wheelchair also get their own “adaptive games”: The always popular bean bag and rubber chicken toss, wheelchair races and the one-hand newspaper crunch.

Everyone also gets the chance to really show their stuff in the afternoon with the always popular seniors’ volleyball championship that permits 6 players per team. Even those in wheelchairs will get in there and “mix-it-up” against the supposed “runners” and show them a thing or two!

The events planners at the Senior Nutrition Center always make the Senior games a well organized event, from the continental breakfast served through out the registration period, to the games themselves, to the Awards Banquet recognizing the top athletes by age group the following day.

The games get underway next Thursday at the Quechan Community Center with registration from 8:00 AM to 9:00 PM. Once everyone has signed in the adaptive games begin at 9 o’clock, followed by the individual games. Lunch is served at noon, with volleyball from 1:30 to 4:30 PM on Thursday.

Seniors still have until close of business this Friday to hustle over to the Senior Center and sign up. Tribes from as far away as Peach Springs and San Carlos have been invited, so there are sure to be plenty of old friends (and rivals) on-hand next Thursday to meet and compete against.

The three age brackets seniors can register for this year are: 55 to 60, 61 to 67, and 67 years of age and older. Once again, you don’t have to be a dedicated athlete - just come on down and have fun! If the rheumatism acts up next week, ask to be registered for the adaptive games!



Seniors can compete in exciting events in the QCC gym such as a rapid-fire basketball sinking contest, as well maneuvering the “Oompa Loompa Ball”. One of the adaptive games to help develop coordination and keep joints flexible is the always popular “newspaper crunch”.
QUECHAN NEWS Photos by William Isbell

“CONNECTING WITH TRIBES FOR WELLNESS”



Thursday & Friday
May 21st and 22nd, 2009
Quechan Community Center
604 Picacho Road, Fort Yuma, Ca.

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