



QUECHAN NEWS

VOLUME 102, ISSUE 9 ♦ WEDNESDAY, MAY 7, 2008

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Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

is published by

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Elders Assistance Program Approved by Tribal Council

The Quechan people have traditionally revered their elders, and looked to them for instruction and guidance. Many families have found their grandparents to be indispensable helpers when it comes to raising children, filling in as both mentors and babysitters, while the middle generation heads off to work.

But the modern economy is placing more strains on everyone today, with rising food and energy costs, as well as ever increasing taxes. Cuts in Social Security and retirement benefits are hitting the elderly especially hard, with their limited ability to develop new sources of income in their golden years.

The Quechan Tribal Council, after months of work conferring with local elders, the Senior Program and with the assistance of the Quechan Tribe's legal counsel, Frank Jowziak, put the finishing touches on an Elders Assistance Program (EAP) in April. Resolution R-96-08, approved at a Special Council Meeting on April 16th, sets up the new program "as a social welfare program to provide for the general welfare of our elders, who may lack the financial security to provide for their needs."

Additionally, the Resolution

approved a budget for the new program, as well creating two new positions to oversee the administration of the program's funds. Once the new Program Coordinator and the Coordinator's Assistant are hired, just over \$1.5 Million will be released into a specially created Social Services Account.

The program has been carefully planned to minimize the tax consequences for the beneficiaries. Under the program, those elders who can establish that their income does not exceed the National Median Family Income level as published each year by the federal government will be eligible to receive their assistance free of federal or state income taxes.

Those whose incomes are above the National Median Family Income will find their payments and assistance treated as income for tax purposes. President Jackson states that the Administration staff will play an important role early in the program, and one responsibility will be to advise elders on the possible tax consequences for those living off the reservation. Each state has different tax laws, however, so the Quechan Tribe will issue an IRS Form 1099 to those individ-

uals whose income is above the National Median Family Income for their tax records.

In explaining the new program, the Quechan Tribal Council issued a statement that "It was established to recognize and honor the elder citizens of our Tribe and to thank them for their contributions to the Tribe's history, culture and strength."

The statement further says that "The new program is intended to subsidize our elders' utilities, food and clothing so that no elder of our Tribe will be without basic, fundamental necessities of life. In this way, the younger generations of our Tribe will assist our elders in easing their financial worries and allow them to enjoy their life's journey."

Funds from the program will help pay for utilities (such as electricity, water and sewer). Those funds will go directly to the provider of the service. Second will be food, paid for on a bi-weekly basis for elders do their own shopping. If an elder is unable to shop, the Program staff will shop for them, selecting items from a prepared list approved by the elder.

The third portion of the funds will go to clothing and other personal items such as toiletries,

toothpaste and shampoo.

While working on the funding of this program, the Tribal Council had three options developed by staff, for help in determining the ultimate categories and amounts for recipients. The approved plan allows for annual payments in the first year to 265 Tribe members over the age of 60 of \$473 per month, or a total of \$5,676 a year.

Each eligible recipient will be permitted \$200/month for electrical utilities, \$15/month for water and sewer payments, and \$8/month allowance for bottled water, plus \$150/month for groceries. The final \$100/month will be for the purchase of clothing and other personal items.

To help the staff for this new program with shopping and transportation, the Elder Assistance Program will also purchase and maintain a van.

The eligibility list for qualified elders will be based on age and demographic information provided by the Quechan Enrollment Department, which will provide statistics for the Program. Once in place, the EAP Coordinator will create a computer data base to keep track of elders, their addresses, and other information used to administer the program.

Tribal Employees Recognized At 4th Annual Awards Banquet



Pauline José is surrounded by fellow employees and Tribal Council members bringing her various rewards in recognition of her 30 years of service to the Quechan Tribe. From left are Councilman Vincent T. Duran, Water Resource Technician Eddie Williams, Councilwoman Cryselle Montague-Urbe, Miss José, Councilman James Montague, and Property and Supply Manager Cathie Soliz.

Photo by William Isbell, QUECHAN NEWS

This year's annual Quechan Tribe employee recognition banquet was held in the multipurpose room of the Quechan Education Complex on the evening of April 24th. Arranged by the Employee Appreciation Committee (made up of Robert Klein, Andrew Hastings, Luz Lopez, Karen Preston and the night's emcee, Brian Golding, Sr.), the primary purpose of the gathering was to make a public declaration of the valuable contributions of long-time employees in the form of tangible awards that they can display as momentos of the occasion.

All of the ladies receiving an award also received a bouquet of red roses from Councilwoman Cryselle Montague-Urbe, while engraved crystal desk plaques for their years of service were

given to the employees by Robert Klein, Tribal Administrator.

Emcee Brian Golding said he just couldn't fathom the concept of putting in 30 years at any job, but he was still proud to announce that three employees had reached that milestone in 2008. They are: Pauline José, of the Quechan Museum, Bernadine Cachora of CHR, and Craig Menta, Sr., with Quechan Utilities.

Darlene San Diego, Assistant Director of ADAPP, has worked for the tribe for 20 years now.

15 year awards went to David Pasqual, Jr., Marsha Hill, David Waters and Marilyn Swofford.

Those who have 10 years of service include Rosie Jack-Sestiaga, Pearl Robles, Myra Andrews, Adrian Miguel, Robin Estrada, Angela Montague, Suzanne Contreras, Barton Gold-

ing and Audra Flores.

Finally, employees that have five years of service to the tribe are Aaron Bugos, Tracy Self, René Calderón, Vernelda Silos, Audrey White, Juanita Flores, Kathy Howard, Della Escalanti, Christina Sestiaga, Ramona Escalanti, Eddie Williams, Angelo Pastores, Luz Lopez, Michael Parsons, Jennifer Black, Lisa de Vriendt, Jame Montague, Lavern Gilmore, Victor Curran, Angela Hiraes, Stephanie Peña, Demetrio Morales, John Norton, Norman Osborne, Lorianne Miles, Jessie Beight, Anthony Smith, Michael Duwyenie, Thomas Duwyenie, Yani Tidwell, Luis Romero, Dawn Clements, Kerri Comet and Lori Vest.

Paradise Casinos kitchen staff provided the excellent dinner for the night.



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Phoenix Area Indian Health Service
Two Renaissance Square
40 North Central Avenue
Phoenix, Arizona 85004

An Environmental Assessment (EA) and draft Finding of No Significant Impact (FONSI) for the Ft. Yuma Indian Health Service (IHS) health care center is available for public review. As part of the project environmental review process, the Indian Health Service is soliciting the public's comments and questions regarding this proposed action.

The proposed facility will completely replace the existing hospital located at Fort Yuma, on the Fort Yuma Indian Reservation, Imperial County, CA. The facility will increase service and program capabilities for health care delivery for the Cocopah and Quechan Tribes. The health care center would be constructed on a 13-acre parcel along State Route 24 west of Quechan Drive. The proposed single story building will be approximately 7088 square meters in size with 189 employees.

Copies of the EA and draft FONSI are available from IHS by contacting Mr. John Hamilton by phone at 602-364-5061 or email John.Hamilton@ihs.gov.

The documents are also available to review online at: ftp.tucson.dowl.com

User Name: fort yuma

Password: FY40459.

The User Name and Password are case sensitive.

If you are interested in or concerned about this proposed project, please send your written comments to:

John Hamilton, P.E.,
Phoenix Area IHS, OEHE,
Two Renaissance Square,
40 N. Central Ave, Suite 720, Phoenix, AZ 85004.

QUECHAN POST 802

LOCATED AT 1794 ARNOLD ROAD

**will hold an informal breakfast meeting
at 9 AM on Saturday, May 10th,
for the purpose of discussion on the
future direction of the Post.**

**The Annual Election of Officers
will be held during the regular meeting
on the third Wednesday of this month,
May 21st - Meeting starts at 6:00 PM.**

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

William Isbell

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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

“Overwhelming Turnout” Cleans Up Quechan Nature Park Area



**Story and Photos for
The Quechan News
Provided by Allyson Collins**

Last month, the Quechan Economic Development Agency (EDA) held a River Clean Up at the future site of the Quechan Nature Park. Held on Saturday morning, April 19, an overwhelming display of support for our environment was seen as 56 community volunteers arrived to assist the EDA's "Clean Up Coordinator", Allyson Collins.

Before the event, her expectations were that if 25 volunteers showed up it would be an "outstanding" success, "But to have double that amount show up was simply a remarkable effort by the community!" she says.

"Each and every volunteer was seen working that morning, even those as young as 5 years old," Ms. Collins recalls, expressing her gratitude for all of the volunteers' hard work. "It was amazing to watch!"

Local royalty even came out and worked hard, with both Jessica Paddock (this year's Miss Quechan Nation) and Maritza Barley (the Miss San Pasqual Middle School Indian Princess) both participating.

Many volunteers came with organizations such as the Quechan Alcohol and Drug Abuse Prevention Program (ADAPP), the Strong Hearts Native Society and the Quechan Parenting Program. Other volunteers came with their entire families in tow.

Volunteers picked up a total of about 160 30-gallon size trash bags, filling up 4 huge trash dumpsters provide by the Quechan Utilities Department. They also collected scrap metal, tires, and other debris that couldn't be put in the dumpsters, which were then brought to the community landfill for disposal.

A crew from Utilities will see to it that the metal and tires are properly recycled.

Volunteer Ron Gist picked up 17 bags of trash, for the record that day, "A remarkable effort on his part," notes Collins.

EDA wants everyone to know that such a volunteer effort could not have been so successful if it didn't have the cooperation and generosity of all the departments involved in providing their services and equipment.

Therefore, EDA would like to publicly thank the following for everything they did to make this

such a success:

Quechan Tribal Council - for their continuing support

ADAPP - provided food, Gatorades, plastic gloves, and transportation for the volunteers.

Paradise Casinos - provided shade awnings, tables, water, ice, coolers, extra trash bags when the volunteers ran out and the plastic gloves to keep everyone clean and safe.

Quechan Utility Department - provided trash dumpsters

Quechan Fish & Game - provided security for the event

Quechan Parks and Recreation - provided chairs for resting

Robert Klein, Tribal Administrator - made arrangements for insurance coverage for all volunteer efforts

Quechan Pesticide Program - checked out a possible bee hive that might have affected the safety of the volunteers

Each and every detail that was covered by the above programs was truly appreciated.

Finally, Brian Golding, Sr. and the entire EDA staff would like to publicly acknowledge all of the volunteers, in the order they signed in on site:

Elizabeth Martinez

Richard Cachora
Gregg Gilbert
Gabriel Gilbert
Janyse Collins
Gina Montague
Rich Sweeny
Ron Gist
Frances Venegas
Clarence White
Laura White
Ruben Polk
Jessica Collins
Marsha Emerson
Ryan Takala
Janice Emerson
Breanne Talaswaima-Puggie
Jessica Paddock –
Miss Quechan Nation 2008
Amy Paddock
Joanna Herrera
Brian Golding, Sr.
Vernon Jose
Mary Jones
Maritza Barley –
(Miss San Pasqual Middle School Indian Princess)
Sarah Mc Dade
Elizabeth Ruiz
Manuel Olmos
Estella Renteria
Isabel Renteria
Susana Renteria

Gailla Golding
Milo Barley, Sr.
Donald Long
Valerie Jose
Phelina Roosevelt
Andre Polk
Waco Durfee Jr.
Megan Durfee
Waco Durfee Sr.
Rowena Owens
Susie Owens
Brian Owens
Monique Owens
Leo Alvarez, Sr.
Leo Alvarez, Jr.
Victor Alvarez
Angelito Alvarez
Adina Alvarez
Sista Luna
Brotha Luna
Andrew Luna
Kohana Murillo
Mcakoda Murillo
Andrea Chaipos
Robyn Trujillo
Eagle Gilbert
Allyson Collins

Thank you volunteers, for all of your hard work and your time, from the Quechan Indian Tribe and the Quechan Economic Development Administration.

Diabetes Wellness Center Sends 2 to LaJolla ½ Marathon



In this series of photos from the day of the Half Marathon, Ricardo Juan (in the first three) is seen contemplating the ordeal ahead of him at the edge of the Pacific Ocean, then crossing the finish line after his 5K run with a time of 32 minutes, 50 seconds, and smiling with accomplishment next to Vivian Aguerro. In the final two photos, Lewis Throssell is just a few yards from the finish line, and then he can be seen among the crowd just after finishing the Half Marathon with a time of 2 Hr.:32 Min: 47 Seconds on the clock.

Photos 1 - 3 by Sandy Palone, Photo 4 by Ricardo Juan and Photo 5 by Lori Vest. All Photos Courtesy of the Diabetes Wellness Center

A new employee at the Diabetes Wellness Center joined a more experienced runner to team-up at the La Jolla Half Marathon last month and test themselves in a nationally known contest.

Ricardo Juan, who's been a fitness trainer at the center since January, entered the 5K course at the event, while Lewis Throssell opted to go for the longer event and complete the half marathon.

Both men entered the race via the internet in March, and spent the last couple of months training, running the length and breadth of the main portion of the reservation.

They were joined by Ricardo's girlfriend, Vivian Aguerro, fellow Wellness Center fitness trainer Sandy Palone, and Lori Vest of Quechan Head Start, driving to La Jolla on Saturday, April

26th to pick-up their registration packets and settle in for the night. Included in their packets tracking chips that are attached to their running shoes, which automatically tripped their personal timing clocks when crossing the start and finish lines.

Lewis began his run at the Del Mar Fairgrounds, while Ricardo's shorter race started at the La Jolla Shores residential dis-

trict. Since the "Shores" route is uphill from the finish line at the cove, Ricardo's main concern was not over-running his legs.

Both races began at the exact same time, 7:30 AM on Sunday the 27th. Those in the 5K race crossed the finish line well before the marathoners, and Ricardo's average speed was about 9.6 mph, to finish the 3.1 miles he ran in a little over a half hour.

The 95 degree heat and high humidity on the coast sapped both runners' energy, though, and Lewis says he expected his time to have been better. Still, both runners will get a second chance to try again, in another marathon in San Diego this August.

Everyone involved would also like to thank the Quechan Tribal Council for their continued support and assistance.

PUBLIC NOTICE

The Quechan Indian Tribe

is seeking Tribal Members interested in serving on the Quechan Election Board or the Quechan Tribe Enrollment Board.

If interested, please submit a Letter of Interest to:

Georgina Massey

Tribal Council Secretary

At the Quechan Tribal Administration Office
on Indian Hill, Fort Yuma, CA.

QUECHAN PARKS & RECREATION

FAMILY NIGHT CELEBRATION

We provide the meal, you provide the dessert!
Come out and enjoy some music, food, giveaways and fun,
as we serve up a dinner of carne asada, spanish rice,
potato salad, beans, salsa and tortillas!
696 Project will be there to play live rock'n'roll music!
There'll be jumpers, train rides, face painting,
snow cones and door prizes galore!

QUECHAN COMMUNITY CENTER
FRIDAY, MAY 9TH FROM 6 PM TO 9 PM

Transition Program In May For Incoming And Outgoing Children at Quechan Head Start

The Head Start Program located at the Quechan Education Complex is taking part in the national transition project which began May 2nd, to prepare incoming 3 year olds for school.

Parents are able to enroll their children in transition or the next program year by filling out an application, available at the Head Start Office from 8 AM to 4 PM, Monday through Friday. Children must turn 3 by December 1st to enter the Transition Program.

Eligible children are able to participate in attending "school" over the first four Fridays in May, provided that they are accompanied by an adult. Transition classes run from 8:30 to 11:00 AM, giving them a half day of classroom orientation each week, along with a breakfast.

As part of the "total immersion" in everything the older kids experience during a typical school day, those who take part will even be able to ride the bus to and from school.

The Head Start Program says the best way to ensure a smooth transition to school is through a joint effort involving both the school and the family at home. This means that continuity is important for the parents as well as the children. For the parent, preschool may be a familiar family support system where there has been frequent contact with the teaching staff. Kindergarten may represent a less familiar environment with a different type of program for children and families.

Many parents are actively involved in their children's preschool program. Studies indicate that such involvement contributes to the success of the educational program. Parents need encouragement to continue to be involved in the educational program and to help their children feel competent as they move on to kindergarten. Parents can promote confidence

in their children by conveying a positive attitude about the new school.

Parents also need support to work through the effect of changing programs on their daily lives. In some instances, locating child care that can be used in conjunction with the kindergarten schedule may be a critical need for some families. That is where the Quechan Head Start Transition Program comes in.

As parents become more familiar with the new setting and meet other parents in their children's



peer group, they gain confidence in their own ability to effect the education of their children.

In addition, planning for the transition of children as they move from preschool to kindergarten provides continuity in their early educational experiences. The transition is made easier when both programs are developmentally appropriate and respond to the individual needs of each child.

Ongoing communication and cooperation between preschool and kindergarten staff leads to a greater understanding of each other's program and an increased ability to plan together for the transition.

When children are prepared for making the transition to a new program, they gain self confidence and are more likely to succeed. When parents are included

in the transition process, it renews their sense of involvement in their child's education.

Children entering kindergarten may have attended full day or half day child care for one or more years. This group experience may have followed years of home based care with a parent, relative, or other caregiver. Because of the variety of programs available, children can enter kindergarten with vastly different experiences. In turn, kindergarten programs are diverse in purpose, structure, and schedule.

Despite the variety of previous experiences, all children need to be accepted at their own developmental level. Preparing children for the transition to kindergarten does not mean "getting them ready" by focusing on a narrow range of academic skills, drilling on new rules, or retaining them in preschool for another year. School is a place where children and parents expect to find opportunities for growth and development from whatever starting point the child brings to the classroom setting.

Children need to know what is expected of them by adults in the new program and to have several opportunities to become familiar with the new environment. They should look forward to the new experience with a sense of excitement and anticipation rather than feeling threatened and fearful of what lies ahead.

With that in mind, the Quechan Head Start Transition Program is set up to offer a variety of educational activities. They offer outdoor and indoor play in a safe, educational setting. Those children enrolled in Head Start also receive free nutritional meals, hearing, vision, dental and developmental screenings.

If you'd like to enroll your child in the Head Start Program, call Danette Joaquin at 572-0263 to reserve your place.

FLOWER GIRLS NEEDED



Memorial Day 2007 Flower Girls

We are looking for 25 girls to volunteer for this year's Memorial Day services. If your child is interested in this old tradition

Please contact one of the following:
Sosa Nita Diaz, Lucinda Summerfield
or Deborah Tourtillott at
(760) 572-1286



Quechan Tribe Scholarship Deadline June 6

As a reminder, high school students wanting to apply for a Quechan Tribe Higher Education Scholarship have until Friday, June 6th to complete their applications. Any Tribal member who has been accepted into the fall semester for a Degree Program at any accredited College or University in the United States may apply.

The Quechan Tribal Council meets on the second Monday of each month to review the applications. Once an application package has been completed and turned in to the higher education office at the Quechan Education Complex, it takes between 45 and 60 days for the higher education staff and Tribal Council to complete their review.

Scholarship applications are also being accepted for students

wanting to enter vocational training for an occupational certificate or degree program, with the same deadline.

Students wishing to receive a Tribal Scholarship do not have to live on the reservation. All you need is to be an enrolled Quechan Tribe member and accepted into an accredited program this coming fall.

Higher Education Director Ora Lee Durand-Valisto says that the main requirement to keep a scholarship is to maintain a GPA of 2.0 throughout the course of study in college.

If you have any questions, or would like assistance in preparing your application, please call Angela Hiraes with the higher education staff and she will be glad to help. The phone number at Quechan Higher Education is (760) 572-5268.

6TH ANNUAL QUECHAN SENIOR GAMES

KEEPING TRADITIONS ALIVE
AND YOUNG AT HEART



**Will be held Thursday and Friday
May 22nd and 23rd, 2008
at the Quechan Community Center**

THURSDAY

8:00 AM to 9:00 AM: *Registration and
Continental Breakfast*

9:00 AM to 10:00 AM: *Adaptive Games*

10:00 AM to Noon: *Individual Games*

Noon to 1:30 PM: *Box Lunch Served*

1:30 PM to 3:00 PM: *6 per team Volleyball*

3:30 PM to 6:00 PM: *Games Over -
dinner on your own*

6:00 PM to 8:00 PM: *Senior Talent Show*

*Refreshments and Appetizers Provided
Door Prizes during Talent Show!*

FRIDAY

11:00 AM to 3:00 PM: *Awards Banquet Held*

See You There!

Lab Results Explained For Diabetes Sufferers at QSDP

The newest member of the the Quechan Special Diabetes Project (QSDP) staff has begun to teach classes on living with the consequences of this increasingly common malady. Vincent Tiger, who joined the Project in October of last year, has been holding a short class entitled "Understanding Lab Results" over the past month, with the most recent session held on Thursday, April 17th.

Vincent, a Diabetes Prevention Aide, is still tweaking the exact contents of his class, and has already incorporated new material based on questions the first couple of classes asked.

"At my first class, I had people asking me which test it was that tells the doctor if you are developing kidney problems," he says. "I was pretty sure I'd read it was checked by urinalysis, but I read up on the tests again to be sure. And yes, it is the urinalysis they do to check the function of your kidneys, so that's a good part of what that's all about."

One test Vincent spends a great deal of time going over is the "A1C test", which measures the percentage of glucose (sugar) held in the blood hemoglobin.

In the past, a doctor could only take the actual blood glucose level present at the time of an office visit, to determine the blood sugar levels that day.

"You can 'cheat' on that test, though," Vincent explains. "You just watch your diet carefully for a couple of days before your appointment, don't eat any pancakes and syrup on the morning you go in, and you can look like you have everything under control," when your doctor finds the levels down in the 'normal' range during your blood test.

But the A1C test shows the glucose levels as a percentage of blood hemoglobin over the past 60 to 90 days. A 9% A1C hemoglobin result translates to an



Vincent Tiger shows his students a chart on measuring food portion sizes by comparing them to the size of your hands. Portion control is one method of keeping your blood glucose more stable.

Photo by William Isbell, QUECHAN NEWS

average glucose level of 210 for the past 3 months - not good!

"The magic numbers are 5 or 6 per cent," Vincent tells the class. "That shows your blood glucose is 90 or 120, which is in the normal range" for the 90 days prior to an office visit.

"At 7%, you're getting there," he goes on. "That's a very good result, but you can easily go back to diabetic levels if it goes up just a bit, before your next check-up. Of course, if it's 4% or less, your blood sugar level is in the low range, and that's bad, too." Vincent then goes on to describe the jittery feeling that results from letting your blood sugar get too low. "It's almost like there's electricity going through you, you're just jumpy and tingly. . . it actually hurts, I know!"

Since an A1C test can check a person's health for three months, it is usually performed once a quarter. Doctors also like to check a person's cholesterol levels about that often.

A waxy substance that's produced by the liver, cholesterol acts as a lubricant inside the body. It's made up of two different forms, high density lipoproteins (HDL) and low density lipoproteins (LDL).

"HDL is the good stuff," according to Vincent. "It should be above 40 (mg/DL) on the chart. It's almost like, the more you have, the better. But you want the LDL to be lower than 100. If you have too much LDL, it can clog your arteries and kill you - it's the stuff that causes heart attacks."

Heart and circulatory problems are especially troublesome for diabetics, so he also covers blood pressure results, and how they can overlap with other results in checking for kidney damage. He says one thing doctors look for in analyzing urine samples, is the presence of ketones, which are waste products your body releases. "If they're too high, it basically indicates your body is 'eating itself', looking for energy when your blood sugar levels are too high" he says.

But the class is not all just how to read your test results, and what the bad news means.

Mr. Tiger also spends some time going over proper diet and portion control, as well as things the doctor might suggest, besides insulin, to get your body chemistry back into balance.

One item that a doctor might suggest is to increase your potassium levels. There are two ways to do that, one is with pills, and the other is by an I.V. potassium drip at the doctor's office.

"I'd say, use the pills if you can: potassium burns like crazy going into your bloodstream using the I.V.," he points out, speaking from experience!

With handouts for the students to take home, so they can use them to read the results of their latest tests performed at the IHS, the class is a practical one. As it develops, Mr. Tiger hopes to make it more lively and informative, though for now, it is definitely serving its purpose. If you'd like to take a class at the Quechan SDP, you can give them a call at (760) 572-1286.



Coming This Month to



With 32 fighters, four weight classes, and a night of non-stop fist throwing action, the count-down for The Bad Boy Fight Tournament at the Arizona Paradise Casino in Yuma has begun.

Felko Promotions, promoters of this event, will be in here on Saturday night, May 17, offering a whole new take on the “sweet science” of boxing.

With the show beginning at 7 PM, there is sure to be a crowd jostling for the best views in this shot at stardom for “average Joes” from around the area.

They come from Yuma, San Luis, Winterhaven, Somerton, and as far as Maricopa to compete. They are not professionals. They are not amateurs. They are construction workers, forklift drivers, bartenders, salesmen, and students. They are regular guys with a desire to get into a boxing ring and compete for the title of Arizona’s Bad Boy.

“It’s a great opportunity for guys to get into the ring in a professional atmosphere with all the bells and whistles the pros have,” said Len Hayko of Felko Promotions.

“From our press conference to weigh-in to the fight, we treat our fighters like we would a heavy weight championship fight.”

A heavily publicized recruitment event was held on Tuesday, April 22nd at Sharkey’s Lounge inside the Casino.

Both KYMA and KSWT television in Yuma featured stories on the search to locate local boxers who wanted to go toe-to-toe in front of their hometown crowd friends and family. KSWT especially seemed to be looking forward to being on-hand for the try-outs, with their newly expanded news schedule creating a need for new stories four times a night.

The promoters made it clear

that there is no experience needed to take part. All of the boxing gear will be provided by Felko Promotions.

Still, all boxing rules do apply. The only requirement is that participants bring their valid drivers license in when they sign up, and pay a non-refundable \$50 registration fee.

There will be a total of 32 fighters and four weight classes. Starting with lightweight at 140 to 159 pounds; middleweight 160 to 184; light heavyweight 185 to 214 and heavyweight boxers weighing 215 and up.

Regardless of the risk, there were plenty who signed on the dotted line, since the grand prize (per weight class) is \$1000 and a Championship belt.

You can visit the Bad Boy Fights website at www.badboy-fights.com for more information, including photos and bios of the upcoming fighters at Paradise.



Continued from Back Cover

a thousand or more, dancing for a cash prize. But as they sat in her office, munching on cookies, Mrs. Hayes asked them, “Are those good cookies?”, and it hit them - “That’s it!”, they both agreed, “We’ll be Good Cookie!”

So, with that settled, they just had to come up with a routine and get it down on tape, to submit with their entry. Luckily, Mrs. Hayes knew just who to call for that.

“My sister works for the Yuma Theatre, so she arranged for Ana Padilla at the Art Center to shoot them for us,” she says. “So she did that and submitted the application, then heard we’d been accepted for the first round.”

With 13 acts entered, the first

round was a grueling test for a new team, dancing in public for the first time. As a mark of their maturity, they knew they’d have to bring their “A game”, so they asked a classmate, Dominique Rueda to help with the choreography and watch them as they practiced, to get another opinion on their abilities.

Dominique’s input served them well, with only had a couple of weeks to get their act together before round one on April 9th. Seemingly at ease in front of the raucous crowd, the boys got cheers and whistles as they performed their energetic hip hop routine to the hit, “What Is It”.

Their relaxed stage presence paid off with the third highest vote total in the internet voting that determined who would go on to the finals two weeks later.

Three acts didn’t make the cut, so they now had to come up with another new routine to compete

against the remaining nine opponents. Together with their student choreographer, they spent every spare minute for the next two weeks, honing their act.

Once at the finals, they spent a good half hour in the breezeway next to the theatre, working on their timing and small flourishes, before going on stage as the final act of the first half. The crowd went wild, and the balcony, especially, filled with classmates and friends, stomped and cheered for them throughout their act.

But voting was split 50-50 between the audience (which were allowed to hand in one ballot each, selecting only one act as THE BEST), and the professional judges from local dance studios. Combined, they give first prize to a ten year old tap dancer with 7 years of dance experience, and Good Cookie finished just out of the money.

FORT YUMA INDIAN HEALTH CLINIC

New Hours Announced, Transportation Request Form is Revealed

Change in Administrative Hours at IHS Ft Yuma Service Unit

Effective April 24th, the Ft. Yuma Service Unit will be closed every Thursday morning from 8:00 AM until 1:00 PM. This time will be used to perform administrative functions that were previously scheduled for Thursday afternoons. We regret any inconvenience this may impose. However, the Executive Committee reviewed Thursday morning resource utilization and feel that this adjustment will allow for the most efficient use of our time. We appreciate your cooperation.

IHS Ft. Yuma Transportation Request:

After patients are transported to an appointment by Ft. Yuma drivers, any follow-up appointments should be scheduled. The form reproduced below is a transportation request that drivers can give to patients to allow them the option of requesting transportation for their next appointment. After a patient fills out the form, the driver will turn it in to CHS who processes transportation requests.

If you would like to request transportation for your next appointment, please fill out this form and return it to the driver. You will be contacted a few days prior to your appointment to confirm that transportation will be available.

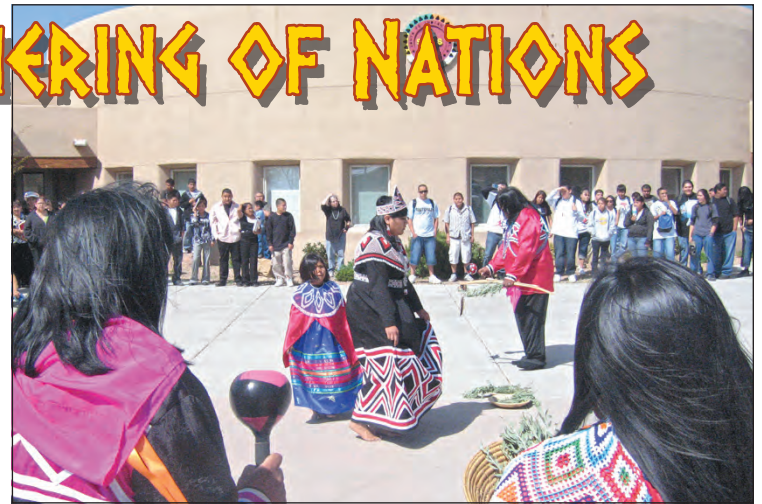
CONFIDENTIAL		
IHS Fort Yuma Service Unit - Transportation Request Form		
Name	Chart Number or Date of Birth (DOB)	Phone Number
Clinic/Physician	Appointment Date and Time	Destination
Do you have any special needs (i.e.: wheel chair, child safety seat?)		
Signature		Date



QUECHAN TRIBE AT THE GATHERING OF NATIONS

Miss Quechan Nation Jessica Paddock was accompanied to the 2008 Gathering of Nations Pow Wow in Albuquerque, New Mexico by members of the Ah Keel Dance Group from April 23rd to the 27th. They stopped for an all day visit to the Santa Fe Indian School, where they were the guests of Joann Crispin and Abby Arquerro, two teachers at the high school. After performing a program of traditional Quechan dances for the assembled student body, the group sat down for lunch with the entire senior class, who made their annual cultural presentations for their guests. The group also spent a good part of Friday, April 25th touring both the Santo Domingo and Cochiti Pueblos, before moving on to the opening ceremonies at the Gathering of Nations.

A special thanks goes to Phil Emerson, who brought back the photos!



At the Santa Fe Indian School are Clarisse Herrera, Rose Ramirez, an unidentified SFIS student, Miss Quechan Nation Jessica Paddock, Joanna Herrera, SFIS Hostess Joann Crispin, Arlie Emerson, Chris Emerson, SFIS Hostess Abby Arquerro and Donna Herrera. Everyone in the Quechan delegation at Santa Fe is a member of the Ah Keel Dance Group.



The Grand Entry at the Gathering of Nations just seems to grow and grow, eventually filling the entire floor of the pit at the University of New Mexico Arena. Organizers believe all previous attendance records were broken at this year's Gathering, and it certainly looks like they're right from this view from Saturday morning!

GOOD COOKIE

Represents The Pipa at "Dance Yuma Dance" San Pasqual Duo Makes It To The Finals In Their First Pro Dance Contest



Reggie Sanchez (on the left) and Mandel Sanchez, Jr., eighth grade students at San Pasqual Middle School warm up in the breezeway area near the Historic Yuma Theatre just before the finals of the "Dance Yuma Dance" contest two weeks ago. During the preliminaries, the boys got the third highest number of votes in internet polling, which gave them great confidence in the finals.

Digital Image by William Isbell for QUECHAN NEWS

A new experiment in providing more choice in elective studies at San Pasqual Middle School is already bearing fruit, as two boys in Miss Malvido's dance class have made it to the finals in this spring's Citywide Dance Contest in Yuma.

Reggie and Mandel Sanchez, Jr. (who are not related, despite having the same last name) joined the new dance class this year, looking for an outlet for their love of music and boundless energy. Since both scored as Proficient in their Mathematics Standards Test and were eager to enroll in the class, they found that outlet right away.

Mandell, a tribal member, is the son of Mandell, Sr., a secu-

rity guard at the Paradise Casinos. Although he appears rather mellow and almost disinterested when you first approach him, Mandell is a ball of energy once he breaks out in an athletic pursuit. You may recall he has already been featured in the *Quechan News* (this past January) for his basketball prowess in the Yuma City League over the winter season.

Both Mandel and Reggie say they have found the dance class to be a lot of fun, and never expected to get so involved, and actually enter a competition so soon. But when Sandra Hayes, the middle school Outreach Consultant saw the ads for "Dance Yuma Dance" appearing in *The*

Sun newspaper in early March, she thought it would be a great opportunity for the students, if anyone wanted to enter.

She approached Miss Malvido with the information, and they brought the idea to the kids. The two Sanchezes got up the nerve to give it a try, and met with Mrs. Hayes later to go over the requirements and schedule.

The contest requires each "Dance Team" to have a name, and submit a video of themselves in action as well as "headshots", or photos of themselves, to be qualified for entry.

The boys hadn't even considered what they'd call themselves, up in front of a crowd of a thou-

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