# ETSKA NAV AH WEDNESDAY, JANUARY 28, 2009 VOLUME 103, ISSUE 2

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The Quechan Indian Tribe

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# Casino & Resort Set For February Opening



Signage has been installed and the landscaping completed. The entire complex is now fully lighted at night. just as it will be when the Grand Opening takes place on February 13. Inside (at right) workers are completing their final checks on ductwork, electrical and plumbing systems. Photos by William Isbell, QUECHAN NEWS

Even though construction on to a 24/7 work scheduled, and the new Quechan Casino Resort get even more accomplished was limited to the cool of the every day. Careful monitoring night throughout the summer, of delivery schedules and stackinnovative scheduling of 4 sepa- ing of raw materials in the huge rate shifts allowed ROEL Con- empty space in the main hall struction and their many sub- of the Events Center enabled contractors to stay "ahead of the work crews to have everything curve". By staggering the start they needed to continue maktimes of four separate shifts, ing progress on-hand and ready with crews arriving for work every two hours beginning at 6:00 every evening, ROEL was able Quechan Tribal Council insured to accomplish 25% more work that anything needing a quick bers will get the chance to to see to answer questions, allowing while still allowing workers to decision was communicated on- everything for themselves, be- the Elders to get a feel for the take off during the hottest part time, also helping to keep the ginning with a final Elders' tour Ironwood dining experience of the day.

With the arrival of the cooler

to go. Weekly joint meetings of the Construction Committee and project moving forward.

And now, more than 60 days winter months, ROEL was able ahead of the original projected depart the Quechan Senior Cento expand the hours of operation opening date, the Casino Resort

management and Quechan Tribal ute walk-through of the main Council are prepared to open the Complex to the public on Friday, February 13th. Promoted by the new Casino's marketing staff as Steakhouse where "a selection the "Grand Opening", the long of tasty morsels and drinks" anticipated event will enable an will be available for tasting, acanxiously waiting public their first chance to get inside, look around, and enjoy the new gaming and dining opportunities offered by the Quechan Casino.

on February 5th.

ter at 10:00 AM for a 45-min-



floor and "back-of house" area, Events Center and Casino, to finally arrive at the Ironwood cording to Brian Golding of the Quechan Economic Development Administration (EDA).

The Food and Beverage staff of the restaurant will both pre-But first, Quechan Tribe mempare the samples and be on-hand as a final memory of the many A busload of 30 Elders will tours they've enjoyed during the construction phase.

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## Spring Athletics Start Soon!



Mooksterville proudly poses with their first place trophy after the 12 to 15 year olds Holiday Co-Ed Softball Bash. Pictured are All Tourney MVP Jimmy Gomez, Daniel Ramirez, Mandel Sanchez, Mookie Sanchez and Darin Ramirez (all standing in the rear). Kneeling in front are the Mooksterville women players, including Lynette Jacob, Stephanie Meraz, Coach Dee Garcia, Elisa Tafoya and Jesus Tafoya. (Names of players courtesy Photo by William Isbell, QUECHAN NEWS of Quechan Parks and Recreation staff.)

Kidss from all around the Fort Yuma area got a chance to compete for trophies and keep themselves in shape over the Christmas break, as the Quechan Parks and Recreation Department hosted a single elimination Co-Ed Softball Tournament at the end of December.

Four teams signed up to compete, but it finally came down to game against Chico Bail Bonds on December 31st. Jimmy Gomez of Mooksterville won the Most Valuable Player Award.

Quechan Parks and Recreation has a lot more athletic events planned for all ages over the course of the year. Next up, in February, are the Quechan Pee Wee Basketball League Games,

which begin this Saturday, January 31st. Open for kids aged 4 to 7, the Pee Wee games take place every Saturday morning at 10:00 AM, and each game takes 25 minutes. The tykes practiced for 3 hours every Tuesday, Wednesday and Thursday evening for two weeks in January, so they're ready to go!

Mooksterville winning the final Co-Ed Valentine's Day Softball currently planned for the middle Bash, set for February 14th. Registration (at \$175 per team) is still open until Monday, February 9. With this being a Double Elimination Tournament, trophies will be awarded for the 1st, 2nd and 3rd place teams, as well as an MVP trophy, and T-Shirts for the first place team.

Registration for the Men's (760) 572-1242.

Winter Basketball League closes on Friday, February 6. Those games are played beginning in February on Mondays and Wednesdays, starting at 6 PM.

For the youngsters, there will be a Boys and Girls (8 to 11) Grasshoppers Basketball Tournament around the beginning of March, as well as a Men's All Also in February is the Adult Indian Basketball Tournament, of March. A Dodgeball Tournament for all ages will follow a week or so later, as well as a 10-K Run. Quechan Parks and Recreation is still accepting registrations for all of those events, through the next month.

> For additional information on any event, call Rosie or Tina at

## **COMMUNITY EXPRESSIONS**

gery Tucker would like to extend our deepest appreciation to all of you who stood by us and helped us out in our time of need.

you for your generous efforts and donations; for all the donations of foods and the cooks who gave their time, as well as all of the traditional singers who came out and sang for us.

Thank you to all those who stayed by our sides to offer their comfort to the families.

We send our heartfelt thanks to Patty Ortega as a caregiver and nurse, who did such a wonderful job in caring for Mary. Patty loved Mary and cared a lot for her.

We would like to say thank the box below.

The families of Mary Tog- you for all your prayers and May God Bless each and every one of you. We will always have the beautiful memories that Mary Toggery Tucker left behind for us all to share. She We would like to say thank will always be in our hearts.

Thank You.

With Love from Perdius and Tessy Escalanti and family Keeny, Sr. and Marsha Escalanti and family

You can bring your Community Expressions letters to THE QUECHAN NEWS across from the Pipa Market on Quechan Drive, or mail them to the office address printed in

**The Quechan Indian Tribe** is seeking Tribal Members to serve on the

### **QUECHAN ENROLLMENT** COMMITTEE

There are 3 Vacancies to fill.

If interested, submit a Letter of Interest to the

**Tribal Council Secretary** at the Tribal Administration Office



William Isbell

Newsletter Coordinator, Fort Yuma Quechan Nation 350 Picacho Road Winterhaven, CA 92283 Phone:(760)572-3912 Fax: (760) 572-3910

Email: w.isbell@quechantribe.com

## 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

## Tribe Member Has Active Role in Preparing New Nature Park Site







Heavy equipment has been busy since November digging out the contours of the Sunrise Point Lake (at left) and using the soil removed there to build up the hill contours and shape the amphitheater and picnic areas south of the levee road. All the while, Quechan Tribe member Chase Durand Choate (center) has been taking part in the construction management and wildlife biology research for Fred Phillips Consulting, the planning and research firm contracted to design the park. At right, Chase and his co-workers prepare to stake out an area for planting 3 types of bulrushes and other vegetation in the marsh area next to the lake. "He's doing a great job," says Fred Phillips. Photos by William Isbell, QUECHAN NEWS

the Elders Discussion Group has met with representatives of both the Quechan Economic Development Administration (EDA) and Fred Phillips Consulting (FPC), to provide input as the final planning of the new Quechan Nature Park has been completed. After more than a dozen meetings, the plans have reached the point of 95% completion, and they have received the approval of the Quechan Tribal Council.

The final 5% of the planning will be completed on-site by the contractor doing the actual construction, JSA Landscaping. By allowing the contractor to make on-the-spot decisions about the actual placement of some details (such as the siting of some underground utilities and waterlines), the project should be able to stay on time and on budget.

The co-director of the planning meetings with the Elders Biologist Chase Durand Choate, actual implementation of those a day in January walking the is a Quechan Tribe member. plans. Chase and FPC owner site, along with their co-work-Now that all of the details have Fred Phillips have been mapbeen worked out (including the official name of the new park, "Sunrise Point" or A'ny ami hav be planted now that most of the Arsh Orrk, in Kwat'san), Chase contours of the park have been



ping out and locating exactly where the new vegetation is to and the crew at FPC are moving completed using earth moving



Chase Choate and David Blanchard used a GPS device pre-programmed with the coordinates for plantings to walk a huge area of the bare soil at the park in January, and mark where different species of plants will be placed for landscaping. At right, they verify a specific location before David places his next flag

ers Mark Winterowd and David Blanchard, carefully placing survey stakes and marker flags for planting the marsh area immediately surrounding Sunrise Point Lake. They anticipate having

Over the past few months, Discussion Group, FPC Wildlife from the planning phase to the equipment. They both spent all those plants in and the rough contours of the park completed by mid-February, when JSA Landscaping will begin actual construction of the park.

> Walkways will be laid, as well as a short paved roadway into the park, leading to a boat ramp at the edge of the lake, and the parking areas. They've mapped out a beach, an amphitheater and a shaded plaza, and the picnic areas with their permanent tables and barbeque grills.

The park will also have restrooms and solar powered lighting for the trails, in addition to the Elders' Village and interpretative signs. All plants will be native to the area, with the exception of thornless Chilean mesquite trees near the back of the amphitheater and in heavily trafficked areas, to prevent injuries to small children.

And while all this goes together, Chase will be on hand, keeping an eye out for the Quechan.

Auditors and software experts from ITG are on-site, busily installing the slot machines and verifying millions of lines of code. Over 900 new gaming stations should be installed and ready to go in time for the public opening next month. QUECHAN NEWS Photos by William Isbell

## **Casino AResort Opening**

Continued from Page 1

Then, on Friday, February 6, the Quechan Tribal employees will hold their first quarterly luncheon of 2009 at the facility. Robert Klein, the Tribal Administrator is working with program directors and department heads, as well as the Tribal Council, to arrange for the closing of all offices on the hill for an extra

half hour that day, enabling all employees to attend.

Although the details are still being worked out, it is known that the main Administration Building, normally closed from noon to one everyday for lunch, will close at 11:30 AM that Friday. Property and Supply, the Artists Marketplace, Social Services, Quechan Language, and other Tribal Offices in the area that do not provide essential services (such as the Police Department) will also likely close at the same time.

Tribal employees will get to see the Quechan Casino ♠Resort for themselves, enjoying a little time together in all 3 restaurant venues. The Friday employee luncheon will serve as an opportunity for the Food and Beverage staff at the Resort to get some "live training", with the Tribal employees as "customers".

to check out the gaming area near the Sidewinder Lounge as well as Ocotillo Restaurant and Ironwood Steakhouse, and get a feel for the world class facility

the Quechan Tribe has built.

The final week prior to opening will then see all of the final details being tested and "debugged", as outdoor atmospheric lighting of the actual building is aimed, security cameras are focused and tested, and the final shake down of the water treatment facility is completed.

Fire alarms, sprinklers, phones and data relay systems will be tested "one last time", and thousands of fixtures, plates, glasses, cups and saucers along with silverware, printed materials and signs will be put in place. Then, on Thursday, February 12th, the entire Tribe will be guests at "Quechan Tribal Night".

Tribal members will be able to enjoy their own special celebration in the new building, before it is opened to the public early the following morning. All of the restaurants will be open for dinner at 6:00 that evening, and the gaming floor will be live, with every slot and table game open for business. After everyone leaves around midnight, the entire building will be vacuumed and reset for the public Grand Opening at 10:00 AM Friday.

So, try to keep the excitement Tribal employees will be able in check, as it is now less than three weeks until all of the time, effort and investment that has gone into this latest milestone in the history of the Quechan Tribe begins to pay off.



Installers discuss the intricacies of building slot stations into the counter top of a bar island near the food court, while two more technicians complete wiring of slot machines on the main gaming floor behind them.



Lisa Aguerro of the Quechan Injury Prevention office was there to perform child safety seat instruction. Inside (at right), the Imperial County Children & Families First Commission, the March of Dimes and 10 other agencies had booths set up to provide advice and services.

Schools cafeteria was the site health checks to adults and chilof a Community Health Fair on January 14, with the Imperial County Children and Families First Commission (ICCFFC) teaming up with the March of Dimes as sponsors. Over a dozpublic on the services offered by groups such as the Imperial County Food Bank, Behavioral Health Services, Public Health Department and even San Diego State University's Calexico campus. Clinicas de Salud del

Community Health Fair at School

The San Pasqual Valley Pueblo was on-hand offering dren alike. ICCFFC makes a grant available to the school to present the event every year.

Among the services they were offering at the Health Fair this year was the chance for 12 kids en exhibitors came to inform the to sign up for a complete health check, free of charge, with the Clinicas de Salud. All the exhibitors also pitched in for some huge raffle prizes, including bicycles. The Grand Prize was a complete Wii video game system for one lucky winner!



Raffle prizes included this Mongoose bicycle, won by 6th grader Ricardo Jaime, as well as a full Wii video game system!



## Ft. Yuma IHS Clinic Updates

By **Dr. Kent Smalley**, Clinical Director Indian Health Service, Fort Yuma Service Unit

## NEW BALANCE

Over a year ago, I came to Fort Yuma as the new Clinical Director.

I found a healthcare system that was disorganized and unbalanced, offering too few services while focusing on the wrong things. With the help of both the Quechan and Cocopah Tribal Councils, the Fort Yuma Indian Health Service staff and others, a "call to action" plan was developed. This plan both reorganized the system and addressed the neglected and troubled areas while creating new services.

In the coming year I intend, with the help of my staff, to write a series of articles updating you on new services we are developing as a result of the "call to action plan". I will detail the services now offered by the Diabetes Clinic, Joselin Vision Network (JVN) Clinic, our Telemedicine Clinic, the Happy Feet program, behavioral health services and many more.

the Clinic's operations, including problem areas and health delivery. Diet and fitness tips and updates on the care of problematic disease states like diabetes, high cholesterol and high blood pressure will be addressed, as well as how the new services will change the clinic operations. Through renewed energy, more balance and focus, the Clinic's mosphere for health care.

Just as the IHS Clinic needed new energy, ideas and a new balanced approach to succeed, a balanced lifestyle is important to everyone's well-being.

Lack of balance for individuals can create physical problems. Common examples include: eating too much of the wrong foods causing diabetes or obesity, while eating too little can result in malnutrition and vitamin deficiencies.

Emotional problems can also

Some articles will focus on be the result of too much stress or giving too little attention to ones needs. The goal of the Fort Yuma health care system is to provide balanced health care approaches to all patients while focusing on the best possible services.

> Balance in health, lifestyle and wellness will be the major themes we plan to focus on through this time period.

With a new medical team in staff plans to create a better at- place and a new facility on its way using the "call to action" plan to guide us, we can work together to ensure a bright future of the Fort Yuma health care system.

> I look forward to communicating with you in future articles. If you have ideas on what you would like me to address in these, please contact the Quechan News via email (w.isbell@quechantribe.com) or call my office at (760) 572-4100 or toll free at 1 (800) 862-4911.

Thank You.

## **QUECHAN COUNCIL INAUGURATION**



The swearing-in of the newly elected Council took place in Quechan Tribal Chambers on Monday, January 5th at 10:00 AM. At left, Quechan Chief Judge Claudette C. White reads the Oath of Office aloud. At right, repeating the Oath are Council members Cryselle Montague-Uribe, James A. Montague, Jordan Joaquin, President Mike Jackson, Sr., Vice President Keeny Escalanti, Sr., and Council members Vincent T. Durand and Juliana M. Comet. QUECHAN NEWS Photo by William Isbell



#### Office of Special Trustee (OST)

The Office of Special Trustee will be available at the Fort Yuma Agency on these dates:

#### **FEBRUARY**

• 3rd (Tuesday): 8:00 AM - 5:00 PM

• 4th (Wednesday): 8:00 AM - 12:00 Noon

• 17th (Tuesday): 8:00 AM - 5:00 PM

• 18th (Wednesday): 8:00 AM - 12:00 Noon

#### **MARCH**

• 3rd (Tuesday): 8:00 AM - 5:00 PM

• 4th (Wednesday): 8:00 AM - 12:00 Noon

• 18th (Tuesday): 8:00 AM - 5:00 PM

• 19th (Wednesday): 8:00 AM - 12:00 Noon

• 31st (Tuesday): 8:00 AM - 5:00 PM

#### **APRIL**

• 1st (Wednesday): 8:00 AM - 12:00 Noon

If you have any questions, please contact The Fort Yuma Agency at (928) 782-1202 or the Colorado River Office of Special Trustee at (928) 669-7196

## YUMA CROSSING DAYS

February 14, 2009 9:00 am - 5:00 pm

The Fort Yuma Indian Artist Marketplace is looking for food and crafts vendors to participate with us on this one day event. Please call Eileen Valenzuela @ (760) 572-4413 or Victor Curran @ (760) 572-2969.

## **Yvonne Choate is new Gaming Commission Secretary**



Yvonne Choate

Received experience as an Executive Secreatary while employed at UC Berkeley.

Photo: William Isbell, QUECHAN NEWS

Yvonne (Lamore) Choate began work as the new Tribal Gaming Commission Secretary on November 24, 2008. She answers directly to the three Gaming Commissioners: Chairman Anthony S. Montague, Vice Chairman Charles Duffy and Commissioner Gary Menta.

"Thus far it has been interesting and challenging," she tells the Quechan News.

"I'm learning something new every day and the excitement is building towards the opening of I can honestly say I really enjoy this job and people."

Α Tribe member

was born here on the hill at the secretary for Native American Ft. Yuma Indian Hospital in 1945. She moved with her parents to Los Angeles when she Native American programs of was seven years old, and spent most summers here on the reservation with her grandparents and numerous cousins.

"From Los Angeles we returned here to the reservation in 1959 and I attended San Pasqual School for my 9th grade year," she says. Since jobs were scarce Alcatraz and I was hired. I like in Yuma, her family moved to the new Quechan Casino Resort Denver, Colorado through the at the right time!" in February. Our office will be BIA's Relocation Program in moving to the new casino some- 1960. After graduating from the educational field, with her yearning for "home" no matter in whatever way I can."

Haskell Institute in 1964. "After I lost my mother I stayed in Colorado with relatives, workworking ing various odd jobs," she conwith some great tinues, "and then I went to the San Francisco Bay Area in 1969 Quechan to attend business school."

Upon completion of business from the Durand family. Yvonne school, Yvonne was hired as the Studies, University of California, Berkeley, one of the first that kind in the U.S. The Indian occupation of Alcatraz was happening around that time. "Interestingly enough that's how I happened to become the secretary at Native American Studies," she explains. "The secretary had left her job to move to to think I was at the right place

Most of her jobs have been in

time this month. high school she briefly attended latest being the secretary of the how long we've been away." Guidance Department at Yuma High School. Some other organizations she's worked for in the past are: The American Indian Higher Education Consortium; Oakland Unified School District's Indian Education Program; Oakland's American Indian Friendship House: The Clorox Company; The Center for the Study of Race, Crime, and Social Policy; as well as numerous departments at the University of California, Berkeley.

"After 16 years at UC Berkeley, I retired in July of 2005 and I was ready to get out of the 'rat race' of the city." she says. "When you get older you start thinking about a slower pace and more peaceful surroundings. That's what prompted my husband and I to move 'back home"".

Her husband, Melvin, is a Choctaw from Oklahoma and they've been married for 37 years. They have two grown sons, Lance and Chase.

As for living in Yuma after so many years away, "It hasn't been easy acclimating to the weather here, but I think we're getting there," she says. "This past summer my husband walked into the house and said, 'It's nice outside, it's only about 95 degrees'! We both laughed because we never thought we'd survive the heat!"

She enjoys renewing old acquaintances, and meeting new people through the Senior Nutrition Center activities, as well as being a part of the Elders Village Committee.

"I think our tribe is doing some great, exciting things and "Natives never really lose that I'm glad to be here to take part

## New MIS Director Works Hard to Keep Software Up-to-Date

Bakersfield, California, but end-1997. It was there that he met his future wife, April, while they were both about 15.

Ramon continued his education at the Business Computer Training Institute in Salem, receiving Certification in Computer Automation after a year, which led to a position as a Network Administrator at the Wright Elementary School, in The Dalles, Oregon. His experience at Wright, maintaining aging and donated, surplus computers for their classrooms, challenges he would face in the "real world" as a tech.

In the meantime, dating April and planning for a future together, Ramon decided to better his chances and improve his edu-

Ramon Flores began life in cation by joining the Marines mon and April returned to Or- ing in psychol-Corps in 2000. He was sent to egon (where he'd enlisted) to ed up Salem, Oregon, where he Camp Pendleton for basic train- begin a second career as a social Ramon graduated from McKay High in ing, and studied to become an Administrative/Personnel Clerk Specialty (MOS). Once training was completed, he returned to Salem to marry April, before they both moved to MCAS, Air Group (MAG) 13.

He spent his 4 year entire career at MCAS, where he accepted a lateral transfer as the Network Computer Operator for MAG 13.

gave Ramon his first taste of the their payroll," he says, "and hired back on at the Marine base the last two years I was their as the Assistant Director of the programming operator . . . I did some of everything for the gram there," he says, leading up December last year, Mr. Flores MAG there."

> Receiving an Honorable Discharge at the end of 2004, Ra

worker.

"I worked for the Oregon as his Military Occupational Human Services Department of Child Welfare for 2 years, and "Some of that was pretty rough," he remembers, "it's a whole different ballgame, work-Yuma for his first permanent ing with people in such need of duty assignment with Marine help." But that experience led him to being accepted as a Juvenile Counselor for the American Eagle Boys Ranch, a non-profit rehabilitation home located in southern Yuma County.

"I did that for about a year "While I was there, I handled and a half, and then actually got Youth and Child Welfare Proto his current position with the Quechan Tribe.

ogy at AWC, came to the realization that working in Child Welfare all day and Psychology all

night could be pretty taxing. That's when he decided it might be a good idea to look for something in the computer field, his "first love" as a career, to give his mind a break between work and school.

When he heard about the Tribe's need for an MIS Director (after almost six months without one), he sent over his résumé and sat for an interview board.

Hired on the first week of is now busy solving the dozens of small maintenance issues that As a full time student major- can appear over half a year with-

#### **Ramon Flores**

First came to Yuma as an Administrative Personnel Clerk in the Marine Corps.

studying Photo: William Isbell, QUECHAN NEWS

out an on-staff technician.

"I'm pretty much playing catch-up right now," he says, "and I'm going to be playing it for awhile. My goal right now is to service all of the units here, and go around to be sure all the anti-virus software and firewalls are up-to-date and working properly. I want to make sure we don't have any security liabilities with our data out on the 'net, so everything is safe."

Ramon and April have two little girls together, Melina, 4, and Ayani, 3, who keep them pretty busy.

## IHS Clinic Offering Classes on Living With Diabetes

New classes offering free instruction on living with Diabetes have begun at the Indian Health Service (IHS) Clinic. The five week course meets every Tuesday evening at 5:30 PM in the Conference Room of the main hall at the Clinic, and last about two hours each night.

Deborah Drumel, the Public Health Educator at the Clinic leads the class, with assistance from Rick Pollard, R.N., who serves as the Physical Activities Instructor for the course. Each class is designed to provide students with the knowledge and skills to self-manage their Diabetes. Students are given time at the start of the series to ask questions pertaining to specific items to be covered, so each class can be specifically tailored to deal with the concerns of those attending.

Ms. Drumel keeps things "loose", allowing everyone a chance to speak up and tell her what their expectations are, so she can cover all of their expectations during the 5 week course. Most students in this current series seem to want to know how to eat healthier, to insure a long and healthy life with the disease, and how to control or even prevent diabetes, even if one is susceptible to it. They also have questions about Diabetes medications and the various means to control their blood sugar levels.

tensive "Diabetes Needs Assessment", which enables Deborah and Rick to get to know everyone in the class pretty well. The Assessment covers nutritional habits, how often a person eats (since keeping one's blood sugar within a target range is very important), what medications are being taken, and if students have any vision, hearing or mobility

With the class specifically tailored to helping people who have





Deborah Drumel, Dietitian and Certified Diabetes Instructor leads the class, offering a variety of handouts and study aids throughout the course. Rick Pollard, R.N. (at right) steps in from time-to-time, to speak QUECHAN NEWS Photos by William Isbell on the importance of physical activity and keeping your muscles moving.

all of those items are important pieces of information that can be participant's course of treatment, or whenever they speak to their Primary Care Physician.

But the Assessment Survey doesn't only cover things to help the instructor - it also asks the students what methods of learning they prefer: reading, listening, and conversation, taking part in a group discussion or even simply having someone show them how to do something. Deborah says she wants everyone to feel comfortable, instructors and students alike. A question cannot be answered if it is never asked!

The first two weeks of the Participants fill out a fairly ex- course have already gone by, but if you are interested, you can still drop in for the last three classes. The first portion concentrates on preventing complications through healthy meal planning and physical activity. Deborah also goes over the critical importance of keeping track of your blood glucose levels, and how to take your daily measurements at the same time, such as 2 hours after each meal, so you can learn what foods help, and what foods may hinder your ability to keep Diabetes live with the disease, your blood sugar fairly stable

throughout the day.

She also let everyone know used to help the instructors target that the Quechan Special Diabeexactly what needs attention in a tes Project (SDP) is on hand to assist with everything needed to test and chart blood glucose levels: lancets, alcohol preps, test strips and glucose monitors.

She also told those who want to know more about healthy eating about the cooking demonstrations held at the Quechan SDP office twice a month, so those who want to learn how to prepare their own meals can participate in the preparation of

meals during class.

In addition to visual aids that physically demonstrate how too much blood sugar slows circulation by thickening the blood plasma, Deborah has realistic plastic food models that help her students see exactly what a cookbook means when it describes "a serving". She even has tubes of fat so everyone can see exactly what a gram of fat in a meal looks like. Sometimes, until you see it, you don't really understand.

Once the students have this information, they will be better able to take part in their own course of treatment.

"Don't be intimidated by a Doctor's lab coat," says Deborah. "I sometimes have the same problem, and feel intimidated by the Doctor I go to, but you don't need to feel that way. You need to be in charge, you need to be a part of the team, and be in charge of your care."

### **Quechan Tribe Members:**

If you are interested in training offered by the Bureau of Indian Affairs Hand Crew and want to participate in Wildland Fire Management, please stop by the T.E.R.O. Office and pick up a referral. You will then need to go to the BIA Office, Division of Forestry and Wildland Fire, and complete their application process.



#### **APPLICATION DEADLINE IS FEBRUARY 20, 2009**

If you have any questions regarding this program, please call the Quechan TERO Officer, Pearl Cowan at (928) 920-9987, or Matt Soulier, BIA, at (928) 920-3195



# FINAL CONSTRUCTION UPDATE: January 2009

## Opening To Take Place 60 Days Ahead of Schedule!



With only three weeks to go to the Grand Opening of the Quechan Casino Resort, things look "ready to go" from the outside of the building. The paving is complete, with dozens of specially marked handicapped parking spaces laid out at the main entrance to the Casino itself. Indoors, only last minute details installing the hundreds of slot machines and the fixtures for the dining venues remain. This view shows the main entryway as it looked inside on January 14th, as construction supervisors completed their inspections.

QUECHAN NEWS Photos by William Isbell

## WHO WILL YOU BE AT THE



QUECHAN CASINO RESORT

## **EMPLOYMENT CENTER**

READY FOR A STARRING ROLE AT AN EXCITING NEW ENTERTAINMENT RESORT?

**COME JOIN OUR CAST!** 

NOW HIRING FOR A VARIETY OF POSITIONS!

**OPENING FEBRUARY 13, 2009!** 



