



QUECHAN NEWS

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Look For This Symbol

QUECHAN NEWS

is published by

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In their element, local recording artists "Demise of Hollywood" begin their high energy set at the first annual Quechan Battle of the Bands competition, which began the events for spring break here on the reservation. QUECHAN NEWS Photo by William Isbell

In an effort to bring something new to the community, the Quechan Parks and Recreation Department held their first ever "Battle of the Bands" competition on Saturday night, March 28. Timed perfectly to kick off the spring break period for the San Pasqual Valley schools, the show opened at 7 PM and kept the kids jumping and dancing until midnight.

This first ever Quechan Battle of the Bands saw four local groups from both Yuma and El Centro arriving to blast their best for the crowd in an effort to win the \$300 top prize, gath-

ered as gate receipts by the organizers.

The general public was charged \$5.00 a head to get in, with tribal members paying only a dollar. A special added attraction for talented musicians was the chance to get up on stage and play a "demo" set, even if they weren't entered in the contest. Louis Almanza took advantage of that opportunity. A further incentive was the professional reggae band "Uproot" was also on the program, scheduled to play at 10:00 PM, which guaranteed an audience!

Music ranged from the

acoustic coffee house set of "The P.C. Experience", the duo of (P)hoebe Longefellow and (C)hris Tagaban to the punk/grunge style of most of the other acts. Though "P.C." normally plays at the Java Oasis, a much quieter setting, they still got the audience cheering with two current cover songs, followed by an original composition by Chris.

Next, "The Homeless", made up of Abadon Valdez-Betancourt took the stage to set the standard for the rest of the evening, in a manic, high-energy punk/rock set that rivalled

anything Jimi Hendrix or Jerry Lee Lewis might have done in their time! They were followed by fellow El Centro musicians, Julian Quegano and Cisco Burrola (who they shared a van with to get to the show). The El Centro duos played drums and guitar while singing in the tried and true rock style: "If you can't play good, at least play **LOUD!**"

Then it was time for the more experienced six member group, "Demise of Hollywood" to step up and show them all how it should be done. Even though

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Community Outreach Coalition Discusses "Family Matters"



Speakers included Quechan Councilwoman Cryselle Montague-Urbe and tribal members Chase Choate and Lynette Roosevelt. All stressed the importance of family ties in reinforcing their ability to meet the challenges of making their lives a success in today's world.

QUECHAN NEWS Photos by William Isbell

The first large scale monthly meeting sponsored by the "Community Outreach Coalition" held at the Quechan Community Center took place on March 28th for all interested community members.

The Community Outreach Coalition was formed in February of this year, to plan activities and discuss involvement for the youth of the area. Made up of staff from Quechan ADAPP, the Diabetes Special Project and Wellness Center, Quechan Parks and Recreation, the Quechan Housing Authority, Parenting, Social Services, the Johnson O'Malley (JOM) Department at the education center and the Quechan Police Department, the Coalition meets every Wednesday from 10 AM to 11 AM in the conference room at ADAPP.

In their first month, they have already put together a week's worth of activities for local students during spring break, from March 30th to April 3rd. The

public meeting on March 28th served as their formal announcement to the community that they are committed to strengthening "family ties" by giving parents an outlet for their kids to find self expression through safe, organized activities.

The Coalition stresses the need for true family involvement in their children's lives, and is currently looking for a new name to more closely reflect their mission. Right now, the name given to their first public meeting, "Family Matters" seems to sum-up their organizing principle quite well.

All of the scheduled speakers at the Community Center provided further reinforcement of that theme, beginning with Quechan Tribal Councilwoman Cryselle Montague-Urbe. Her presentation was a short summary of how important it was for members of her extended family to have her great-uncle Joe set the example for all of

her siblings and cousins, always giving of his time and encouraging them to "stand tall and do good." Everyday, she said, he would ask each of them how their day at school went, and take the time to share his own stories. It was his example that helped so many in her family find the motivation to continue on to college, she says.

Chase Choate also told how everything in his life up to this point seems to have been arranged to prepare him for his return to the reservation, giving back to his people as he takes the lead in developing the Yuma East Wetlands project. He stressed the need for passing on that commitment to the generation now in school.

Finally, Lanette Roosevelt stepped up to speak, simply as a mother. Her contribution was to say that it is important for everyone to take the time to spend time with your children, and let them know they are loved.


BATTLE OF THE BANDS

Continued from Page 1

their usual bass player, Chris Noble wasn't available, they still put on a show that brought the house down. (Chris had been disputing the opinion of a critic at a Winterhaven show on March 21st, and suffered a broken nose when the critic expressed his

views a little too forcefully! Fellow "Demise" guitarist Paul Robles stepped in to fill his place at the Quechan venue.)

Despite being short handed, "Demise" went on to capture the \$300 jackpot, winning the first Quechan Battle of the Bands!



FORT YUMA
INDIAN HEALTH CLINIC

IMMUNIZATION CLINICS

FOR APRIL 2009

VACCINES FOR ALL AGES

If you don't know if you are due for a vaccine, please call and we will check the vaccine registry

◆

Fort Yuma Indian Health Center

Public Health Nursing Department
Located behind the IHS Clinic in the trailers

Tuesday, April 7, 2009 4:00 PM– 6:00 PM

◆

Quechan CHR Office

1890 San Pasqual Road Winterhaven, CA 92283
(760) 572-0753

Tuesday, April 21, 2009 4:00 PM – 6:00 PM

For Winterhaven residents: If you need transportation, please contact the CHR Office at (760) 572-0753. Transportation available until 5:00 PM

**If you have any questions, please call:
Claudia Lorentz, RN, Public Health Nurse at
(760) 572-4225 or (800) 862-4911 ext. 4225**

IF YOUR CHILD RECEIVES VACCINES AT ANOTHER FACILITY, PLEASE INFORM CLAUDIA SO THAT SHE CAN UPDATE THEIR MEDICAL RECORDS

ETSKA NAV AH PAI THE NEWS CARRIER

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

Community Comes Together For Career Day Education



Career Day speakers from the Quechan Tribe community included (from left) Officer Juan Rodriguez of the Quechan Police Department; Cameron Chino, a freelance computer graphics artist and Instructor at Arizona Western College; Quechan Tribal Court Chief Judge Claudette White; and Brian Golding, Sr., Director of the Quechan Economic Development Administration (EDA). Each speaker explained the importance of finding something you'd like to do as a career, while being open to changes. QUECHAN NEWS Photos by William Isbell

Students at the San Pasqual Middle School got an early “spring break” from their usual subjects in late March, as the Quechan Alcohol and Drug Abuse Prevention (ADAAP) Program brought in professionals representing a dozen different career choices to tell the students what it takes to enter their fields. With the expanding infrastructure and programs here on the reservation, over half of those making professional ca-

reer presentations were either tribal members or working for the Quechan Tribe.

Among those, Brian Golding, Sr., of the Quechan EDA began his sessions by telling the youngsters “As you become adults one of the greatest challenges you will face is deciding what work you will do so that you can take care of yourself and your family.”

He said that the most important thing is that they will decide

on their career choice: it is crucial that as they continue with their education through high school and into college, they realize they can choose from jobs they hate, jobs they “kind of” like, or a job they really like. If they really consider their options, it would be best to enter a field they really like, because it makes it much easier to get up and go to work everyday, and it helps you find the inspiration to consider your options for career

growth once you enter the field and find it developing in ways you might not have foreseen.

All of the presenters, it seems, brought a similar message to the students, each one explaining how they often started out with an entirely different job in mind when they began their studies, and finding there were particular challenges and rewards of some aspect of what they were doing that often lead them in another direction by the time they

finished their education and job training.

And even though the students almost always wanted to know exactly what a person could expect to earn in a specific job, all of the presenters let them know that money is, in the end, only a part of your overall job satisfaction. From Judge White, to the police and firemen, to the artists involved: all agreed that the important thing is to love your job, and to do it well.



Social Studies teacher Mr. Anchondo spoke up to reinforce the importance of education in finding a rewarding career, backing up Judge White's comments. Student Joseph Sandoval got to wear some of the fire equipment during the presentation by the Winterhaven Fire Department, who provided more excitement when they received a fire call and had to dash off in the middle of their first presentation after lunch. And Michael Schaaf, a White Mountain Apache, told students what it takes to become a professional photographer.

Quechan EDA Requests Lease Proposals for 2 Yuma Properties

At a Special Meeting convened on April 16, 2008, the Quechan Tribal Council approved Resolution R-97-08 titled "The South Main Street/Maiden Lane Redevelopment Plan".

The overall plan includes the renovation, repair, and leasing of Tribally-owned buildings located at 447 South Main Street, and two buildings at 472 and 488 South Maiden Lane in downtown Yuma.

The Quechan Economic Development Administration (EDA) is excited to announce that renovations are complete and lease opportunities are ready for implementation, per the Quechan Tribal Council's recent consensus to approve the Tenant Selection Criteria for leasing the buildings.

Renovations at 447 S. Main Street required the construction of a set of bathrooms, as well as a other improvements made by the Quechan Tribe and tenant Jolene Vukasovich. Ms. Vukasovich, former owner of California Bakery, has been leasing the building from the Tribe since April 2008 and opened the "Visions - Metaphysical Store" in December 2008.

Her business offers meta-

physical books, gifts, a library, a meditation garden, and Reiki therapy sessions.

Renovations at 472 and 488 South Maiden Lane include electrical and plumbing repairs, exterior and interior paint, as well as the installation of new carpet and tile flooring throughout.

Both buildings are located at the south end of Maiden Lane, which is one block east of Main Street, south of the Giss Parkway. The 472 S. Maiden Lane building is approximately 1400 square feet, while the 488 S. Maiden Lane property is approximately 2100 square feet. The building located at 488 S. Maiden Lane has the potential to be subdivided for use by two businesses.

The Quechan Tribal Council, in approving the Tenant Selection Criteria, authorized the EDA to implement leasing opportunities to qualified Tribal member businesses. In the event that EDA does not receive qualified proposals, it will open up the opportunity to the general public.

EDA seeks qualified Tribal member applicants to lease the buildings.

In order to qualify, applicants

must submit a Quechan Tribal identification card, along with a valid driver's license. A credit application, personal financial statement, and a business plan proposal that demonstrates an existing business that has been in operation for at least 2 years or the expansion of said existing business are also required for the application to be considered. Additional information on these requirements will be provided to all applicants.

The buildings are all within the City and County of Yuma. Therefore, both City and County historic preservation and development regulations apply and must be adhered to when conducting business.

The deadline for Requests for Lease Proposals will be at close of business (5:00 pm MST) April 30, 2009, with preference given to qualified applicants on a "first come, first serve basis." The review process will occur on or about May 5, 2009, with recommendations going to the Quechan Tribal Council thereafter.

If you are interested in this leasing opportunity, please contact Allyson Collins at the EDA Office, 604 Picacho Road, Suite 4 (Community Center building) or call (760) 572-5270.



472 S. Maiden Lane is now available for a tribally owned business.



488 S. Maiden Lane is the larger of the the two properties for lease.



The buildings are fully fenced and share a common shaded yard between them, with plenty of fenced parking to the rear.

Easter Sunrise Service

All Welcome!

Sunday, April 12, 2009

Arrive at 5:45 AM

Meet at the Cross on the East Side
Of Indian Hill . . .

BECAUSE HE LIVES!



QUECHAN NEWS IS MOVING

The *Quechan News* office, which has been located in the old Senior Nutrition building since the early 2000's, will soon be relocating.

Site preparation for construction of the new Indian Health Service (IHS) Clinic will get underway soon, and the Quechan Tribe has drawn up plans to remodel the interior of the old Senior Nutrition building for other tenants moving into it to make way for the IHS. The building, which served as a child care cen-

ter in the late 1970's, was originally built using asbestos floor tiles and fireproofing. Those materials must be removed and properly disposed of before the new tenants can move in later this summer.

In the meantime, no one can occupy the building while the contractor is removing the asbestos and remodeling the interior. That project could take up to five months.

The *Quechan News* will move a half block south on Quechan

Drive, to share space with the Fort Yuma Trailer Village rental office. Plans for the IHS Clinic call for the trailer village to be removed once the Clinic project gets underway. The *Quechan News* will then be the sole occupant of the trailer office at 498 Quechan Drive.

Once the old Senior Nutrition building is refurbished, the Pipa Market will be moving into the north end of that building. The current Pipa Market and Barber-shop will then also be razed.

Earth Sciences Students Climb Mountain on Geology Trip



San Pasqual middle school students in Ms. Fritz' earth sciences class make their way up the trail on "Cross Mountain", in the Yuma Foothills, south of Telegraph Pass. Photos Courtesy of Shelley Fritz

Sixth grade students of Ms. Fritz got the chance to gather a little practical field experience in mid-March, as they enjoyed a bus trip to the Yuma foothills to climb "Cross Mountain" and learn a little geology first hand.

The San Pasqual middle schoolers learned a 'rock song' during their classroom studies which classifies sedimentary, metamorphic and igneous rocks, and were able to locate and identify the geomorphology they had been singing about on their hike to the summit.

The major objective was to observe and classify various rocks while identifying the effects of wind and erosion. Among the students making the trip were Peter DeCorse, Laura Ruby, Keeny Escalanti, Jonathon Shepard, Matthew Thomas, Melissa Vest, Priscilla Esperanza, Matthew Jackson-Soliz, Raul Coter, Victor Ramirez and Linda Benedict. Adults who went along for the hike included Ms. Fritz, Ms. Joana, Ms. Alberta, Ernesto Becerra, and Skip and Linda Benedict.



Students Jonathon Shepard and Matthew Jackson-Soliz pause to rest on the way to the summit.

"Bleacherman" Rebuilds Gym Seating at Q.C.C.

Corinth, New York contractor "Bleacherman" was in town last week, rebuilding the seating system inside the Quechan Community Center gymnasium. Installed during the original construction of the center in 1971, this is the first complete refurbishment of the bleacher system in the gym.

Louis McArthur, Jr. (the "bleacherman") says that older bleachers like ours were often "overbuilt" and are able to stay in serviceable condition a lot longer than similar systems available today. His company removes the original fir planks used for seating, strips and reseals the reuseable lumber. If any original seating boards are cracked, he will replace those with kick fir panel boards planed to fit, preventing sag. New oversized yellow pine boards are then planed to fit where the old kick panels were located, and stained to match. Finally, handrails are installed, as well as a new motorized extension/retraction mechanism. McArthur says they will then be "the same as new!"



FREE RABIES CLINIC At the Quechan Community Center



For the domestic cats and dogs owned by Quechan Community members. All animals must be at least 3 months of age, not pregnant and not nursing!

**Wednesday, April 15th, 2009
From 9:00 AM to Noon and again
From 1:30 PM until 4:00 PM**

Sponsored by the Phoenix Area Indian Health Service
Call (760)572-4238 for more information



MAKE YOUR PITCH FOR COMMUNITY SERVICE!

The Quechan Indian Tribe is seeking Tribal Members who are interested in serving on a newly created

Parks and Recreation Committee

The Parks and Recreation Committee will serve in an advisory capacity to the Parks and Recreation Director in expanding the activities available for the community. We are looking for individuals who are interested in helping to expand the activity opportunities available for all age levels.

Those interested should submit a letter of interest to the Tribal Council Secretary at the Tribal Administration Office.

Memorial Day Wreaths Now at Senior Center



Christine Emerson of the Quechan Senior Center is the picture of concentration as she trims a flower stem for use on one of the dozens of memorial wreaths being prepared in the crafts room at the center. The ladies have been busy for the past two weeks, building colorful decorations for the upcoming holiday. They have at least 10 "standard" designs they build, and will take custom orders, too, assembling any combination of flowers, flags, seals and colors to match your personal preference. They are even creating memorial crosses, and will customize those, too. Adeline Apauty says small wreaths are for sale at \$8.00, medium sizes go for \$10.00 and large wreaths are \$12.00. Standard crosses are also \$12.00. Stop in and ask to see their selection at the Gift Shop, Monday thru Friday from 10 AM to 5 PM. Photo by William Isbell

Deadline Approaching To Join Head Start Transition Program

The Quechan Head Start Program is still taking applications for their transitional activities program, which prepares preschool aged children for interaction in a school environment.

Parents may 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, through this Friday, April 10th. Children must turn 3 by December 1st of this year to enter the Transition Program.

Eligible children, accompanied by an adult, will be able to participate in "school" activities over the four Fridays from April 24th through May 15th. Transition classes run from 9:00 to 11:30 AM, giving them a half day of classroom orientation each week, along with breakfast.

This "total immersion" environment even allows those who take part to ride the bus to and from school, just like the older students do.

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.

Children should look forward to the new experience with a sense of excitement and anticipation rather than feeling threatened and fearful of school. This transition program is designed to assure such an outcome.

The Quechan Head Start Transition Program offers a variety of educational activities, with indoor and outdoor play in a safe, educational setting. Children in Head Start also receive free nutritional meals, as well as hearing, vision, dental and developmental screenings.

If you'd like to enroll your child in Head Start, call Danette Joaquin at (760) 572-0263.

Local Children Find Plenty To Do With Spring Break Activities



The Community Outreach Coalition got together with a number of tribal entities this year to set up a full week's worth of "Let's Play" activities during the San Pasqual school's spring break from March 30th to April 3rd. ADAPP, Quechan Language Preservation, the Diabetes Special Project and Wellness Center and Quechan Parks and Recreation joined up with the Main Street Cinemas to provide chaperones and group leaders with at least 3 hours of activities each day. Monday through Thursday saw the kids doing arts and crafts and learning the Quechan language at ADAPP, playing outdoor games on the Community Center ball fields and taking a cooking class at the Diabetes Center. On Thursday night, everyone and their parents gathered behind the Community Center for an overnight campout on the athletic field. Finally, on Friday afternoon, they were all treated to a free movie downtown at the Main Street Cinemas. Each department sponsored a days worth of activities, and provided a free lunch and drinks for the kids and adult chaperones on their day. The best part was, even the adults got to play as hard as the kids and have a little spring break fun!

QUECHAN NEWS Photos by William Isbell

Many Options Exist in Helping To Overcome Addiction



Art Worden, R.N.

Served as the first on-staff Addictions Specialist for the Ft. Yuma IHS Clinic over the past year.

Photo: William Isbell, QUECHAN NEWS

Art Worden, a Certified Addictions Registered Nurse, has spent the past year as the first on-staff Addictions Specialist in the history of the Fort Yuma Indian Health Clinic.

He says that when the new administration at the IHS Clinic was installed a little over a year ago, "They knew there was a problem (with addictions) here, but they weren't sure exactly how to deal with it, so at first my job was to decide what my job was!"

He had come to Yuma along with his wife, Vicki, who had taken a staff position at the Clinic as a Family Nurse Practitioner. The Clinical Director, Dr. Smalley had welcomed them both and explained to Art that there was a need for someone at the Clinic to be ready to accept immediate referrals from the other staff members, be they Doctors, Nurses or Clinical Assistants, who had reason to believe a patient would benefit from talking to someone about the consequences of addictive behavior, and its impact on their treatment.

"So, initially, what I was doing was providing education, counseling and support for the providers on staff," he explains. "That way, when (the staff) had someone they were seeing having a problem with drugs or alcohol, they'd have someone right here in the building they could consult with to help de-

termine a course of treatment."

In conversations with a patient, a doctor might come to realize that diabetic complications or repeated

injury could be traced back to substance abuse, rather than the stated reason for the patient's visit. A patient who suffered repeated balance related injuries, or had small wounds that refused to respond to treatment, might mention they were noticed the problems were often related to their weekend "partying." Such "coincidences" could mean the "partying" was the cause, rather than the effect of the underlying health problem.

"Before, they might have simply referred the patient to ADAPP. But the problem is, oftentimes the patient would simply leave the Clinic and never stop in at ADAPP," he continues. "But with a Counselor right here in the building, they're able to come downstairs and get me (if needed), and I can go right up and talk to them. The quicker you get started, and get them to talking with you about the problem, the easier it is to get them involved in the program."

Nurse Worden could even have the patient return to the quiet comfort of his basement office to sit and talk, discussing the triggers and behaviors that lead to addictive behavior. His quiet little "cave" leads directly out the back door of the Clinic, allowing visitors to come and go with some privacy, without having to pass through the public waiting room and main hallways of the Clinic, further reinforcing the privacy a person struggling with addiction needs to open up

as they come to grips with the need to change their entire lifestyle.

"It's not simply a problem of 'addiction' or 'dependence' when it comes to alcohol or drug problems," he notes. "There is a group of people that can drink and have no problem with it, and then there's a group along the continuum that may drink a little too much and are beginning to get into risky territory. Not necessarily having to drink until they get drunk, either - that's another category. Just drinking a little too often, and a little too much - those are the people that I think (the doctors) were having a problem with."

The problem he says, is that people with addiction problems often have to lose something of *real* importance to them - their spouse, their job, or perhaps their freedom after being arrested, before they realize they need to get help and curtail their addiction.

Both Art and the staff have the objective of getting them help before they go so far as to suffer a loss. "We want to get them to see that they are beginning to engage in risky behavior; to get them to see 'Hey, maybe you need to cut back!' at a point where they *can* cut back."

"The problem is, when you get into substance abuse leading to substance dependence, you begin to talk about medical diagnosis, illness and treatment. So what we're wanting to do is intervene with those who are getting into the risky behavior, since there seem to be so many of them, and help them see that alcohol or drugs were beginning to be a problem."

"You know, I've found risky drinking everywhere, not just here . . . It may just be that the "United States culture" leads

people to engage in risky behavior. I don't think any group has more of a problem with alcohol or drugs because of genetics, I don't think anyone's ever proven that. It may just be the isolation, living on the reservation; being right on the border with a lot of drugs coming over the border everyday amplifies the problem here. A big part of it is you can walk to Mexico from here, and they don't care if you're of age - you can drink right there as long as you have the money, get almost anything you want. So, that really contributes to the problem."

But the important thing, says Art - is to recognize that everyone is an individual, and that there is no one system of treatment that will help everyone.

"Since the tribe funds the ADAPP Program so well," he points out, "my coming on staff was something new here . . . Actually having someone on staff dealing with addictions right here in the Clinic was almost a luxury at first. (My) job has grown somewhat over the past year, once we found that it made it easier for the (health care) providers to have somebody here (to meet with those having addiction problems)."

"If it looks like (the patient) needs more than just to have someone sit down with them and say 'You're drinking too much, why don't we help you stop?', where it looks like the problem is a little more intense than that, then we can talk about getting them into a 12 step program, or sending them over to the ADAPP Program."

He says that the intensive outpatient program ADAPP has of meeting four or five days a week with their clients is a tremendous boon to helping those who want the help to stay on-track. "Those who are having a more serious problem will really benefit from that," he emphasized, "rather than just meeting and talking with me one day a week."

"There are so many options once you get started," he says.

"You don't have to just continue to come in and talk to me. Some people may want to do that, because they might have a relative working at social services, or at ADAPP, and they are ashamed to admit to a family member or friend that they're having a problem. But for some, once they speak to me and realize they need help, they'd rather speak to someone they are familiar with, that they grew up with, who they know and trust."

What counts, he says, are that those who want help can find it and that they find a course of treatment that works for them.

"It all comes back to habits in behavior," he says. "If you find that you are smoking or drinking, engaging in addictive behavior with the same people all the time, one of the things you've got to do is to stop hanging out with those people!"

It's all a part of the "continuum" that leads you down a path of increasingly risky behavior.

One bad habit that he and Pharmacist Ray Ford (the Clinic's other Addiction Specialist) are increasingly asked to help overcome is tobacco addiction. And kicking that addiction is just as important as any other.

"After all," he points out, "half a million people die from smoking related illness every year, more than die from alcohol and drugs!" The real problem is that nicotine is so addictive, it's very hard to quit.

"So we offer medications and nicotine patches that help reduce the cravings. By using those and learning the lifestyle changes, it's not *that* hard to quit if you want to. We can help whether it's medical, physical or mental assistance you need."

Art and his wife are about to move on to their next assignment, and will be leaving Fort Yuma in early April. His replacement will hopefully arrive about the same time, and Art says the important thing is to remember is that the Clinic staff is here to help, whatever the problem - just ask your doctor.

LIVE AT THE PIPA EVENT CENTER!

The Beach Boys

WEDNESDAY
MARCH 25,
2009



Mike Love



Bruce Johnston



Original band members Mike Love and Bruce Johnston joined their touring bandmates John Cowsill, Tim Bonhomme (on keyboards), Randell Kirsch, Scott Totten and Christian Love to bring almost two solid hours of hits to a standing room only crowd at the Quechan Casino Resort in late March. Long one of America's favorite bands, near the end of the show they performed a rousing rendition of "Surfing USA" complete with a huge American flag that unfurled during the first chorus!

QUECHAN NEWS Photos by William Isbell

The latest nationally known group to perform at the PIPA Events Center were founding members of the "rock generation", the originators of surf music and perennial Top 40s chart toppers from the early 1960's into the 1980s. The Beach Boys made an appearance on March

25th, led by long standing originals Mike Love and Bruce Johnston, who've both been with the band since the 60s.

With the paying audience numbering 1,721, the lines were long because people take comfort in knowing they have a reserved seat with their ticket at

the PIPA no matter what, so they have started to come at their own leisure. The assigned seating actually gives them more time to enjoy the other amenities the QCR has to offer.

"Overall, it was just a wonderful show," says Lycia Ortega, the Special Events Coordinator

for the Casino Resort. "Mike Love and Bruce Johnston were the most fan friendly performers we've had yet! They actually walked the floor, greeted guests before the show, and even ate dinner at the Ironwood Steakhouse, all without security!"

The Beach Boys touring

group presented over an hour and forty-five minutes from their extensive play list, including such hits as "Help Me Rhonda", "Be True to Your School", "Surfer Girl", and "Little Duce Coupe". Everyone at the show felt the "Good Vibrations" as they danced in the aisles!



An hour before the concert the line still ran from the hotel registration desk, wound around the front entry, back through the gaming floor and into the hallway to the events center!