



QUECHAN NEWS

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Items Of Special Interest To Tribe Members



Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

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Quechan Tribe Moves Against Diabetes

The long-planned half-day community seminar, "Diabetes and You" took place on June 27th at the Quechan Community Center, as representatives of both the Indian Health Service and tribal diabetes programs gave presentations on every aspect of diabetes: from genetic predisposition, to environmental factors, from prevention to treatment, even the funding history of the Special Diabetes Program was reviewed by a visiting speaker.

Lisa Ball, Acting Director of the Quechan Special Diabetes Project served as hostess, introducing the other speakers in turn. Quechan Councilman Jordan Joaquin and Vice President Keeny Escalanti, Sr. also made appearances at the opening of the conference, to encourage the public to take charge of their lives, ask questions, and seek answers any time they meet with their health care providers. Bryce Parker, Chairwoman of the Quechan Diabetes Committee also spoke of the progress that has been made over the past few years, as well as the need to keep moving ahead. Although much has been accom-



Deborah Drummel of the Fort Yuma IHS sums up her part of the "Diabetes and You" conference by stressing the fact that overcoming diabetes takes time and a willingness to stick with it. Photo by William Isbell

plished, much more still needs to be done, since diabetes affects a person's energy levels, ability to heal, and even their mobility.

Dr. Smalley, Clinical Director of the Fort Yuma Indian Health Service (IHS) was the first of the "guest speakers". He spoke of how shocked he was when he first came to Yuma, when he learned of the true impact diabetes has on the local native population. His answer was the "Call to Action" plan developed at the IHS Clinic over the past year to get everyone involved in a personal health care team structure. That plan is designed

to insure everyone gets screened for the disease and treated in a team structure that keeps track of every visit, monitoring each patient's progress while considering the interactions of every drug or treatment on the overall health of an individual.

He also says the foot problems that often result from the nerve damage and circulatory complications of diabetes has led him to hire a full-time podiatrist, who will join the IHS staff on September 13. Further plans include a "winter camp" for kids to bolster the Quechan Tribe's "summer camp", to keep kids active and aware of

the symptoms of diabetes, and how to keep from ever contracting the disease through healthy eating and exercise. Most of all, though, Dr. Smalley stressed that it took time for the problem to grow to the point where it is now the top contributor to mortality here on the reservation, and it will take time to correct. Slow, progressive changes will bring advancement against diabetes, both in personal treatment and at the community level.

Other speakers included Jane Luchene, a registered nurse from YRMC, who covered the genetic links between diabetes and obesity, and Deborah Drummel, the IHS Diabetes Educator, who covered the lifestyle changes that can make a real difference in keeping diabetes under control. A special presentation on the identification of gestational diabetes stressed the importance of screening for signs of the disease as soon as a woman knows she is pregnant. Finally, Nurse Spahn spoke on the "Happy Feet" program at the IHS Clinic, which has been implemented since January to keep everyone aware of the condition of their feet.

Dynasty Takes Men's Basketball Tournament



The crowd at the men's games saw lots of players "gettin' some air" in their efforts to get the ball through the hoop. These shots from the final game of the Quechan Parks and Recreation Men's Summer Tournament shows just how high the players can get in their need to dominate their opponents.

QUECHAN NEWS Photos by William Isbell

The Annual Quechan Parks and Recreation Men's Summer Basketball Tournament filled the Community Center gymnasium with excited spectators all day on Saturday, June 20th. The contest was so big, half the games leading into the final contest were played at the San Pasqual High gym, allowing those living in the "new" subdivision east of Baseline to simply walk over to the games and cheer on their favorites.

There were nine teams in this year's contest, some from as far away as Parker and Tucson. The first game at the Community Center at 8 AM saw the Cocopah locals losing to Redstorm, who then lost to H.O.B. at the 10:00 QCC game. The Cocopah team then shot over to San Pasqual, to also be shot down by Empire Apparel, who'd lost to Dynasty 70 to 59 in the 8 o'clock game at the high school.

That first game at the San

Pasqual gym was a preview of what Dynasty held in store for everyone they went up against. Although the first half ended fairly close, with Empire ahead 29 to 24, once Dynasty got rolling, they shot ahead, gaining 46 points to Empire's 30 in the second half, showing their opponents what a steamroller they could be when challenged.

Dynasty, now in the winner's bracket, then took a three hour breather to come back at noon to hand the Tucson Warriors their second defeat in a row.

Meanwhile, Empire Apparel, the team that had lost to Dynasty at the first San Pasqual game, began to rack up their own winning streak against all comers: beating the Cocopah team 66 to 54 at 10:00 at San Pasqual, then tackling the Parker Warriors with an unbelievable 78 to 39 total at 11:00.

They continued to impress, taking H.O.B. down 102 to 50

at 1 PM and the Tucson Warriors at 2 PM (with a score of 72 to 60) then driving over to the Community Center to take the Blazers 63 to 60 at the 4 O'clock semi-final game.

Their five-game winning streak led to a final rematch against Dynasty at the end of the Tournament, to settle the question of which was the better team once and for all.

Even though Empire Apparel was doing great against everyone after their first stumble, the team that beat them in the first game of the Tournament had managed to remain undefeated all day. On top of that, by jumping into the winner's bracket on their very first game, Dynasty only had to defeat three other teams to make it to the final, while Empire slogged their way through 6 games to get there.

An additional hurdle was the fact that Empire had managed only a three-point lead on

the Blazers to get to the final, while Dynasty had racked up a 23 point lead against the Blazers in the first quarter alone, going on to slaughter them 80 to 45 at their 2:00 contest.

So with Empire Apparel up against a team that had taken other teams (that Empire could beat by only a couple of free-throws) by as much as 35 points, it wasn't looking good for Empire going into the last game.

Both teams got an additional hour to rest, though, as the final two teams of Grasshopper League Basketball took to the floor of the Community Center gym just before 5 PM, to play their Championship game in front of family, friends and visitors gathered for the Men's Tournament. (That game is covered on page 7.)

Even though both teams had college players on board, and Empire has been dominating the Yuma City League this year, in

the end it was the cohesion of Dynasty and their extra experience that catapulted them over everyone they played.

In the first half of the final game, Dynasty racked up 40 points to Empire's 26, giving them enough of a lead to just play steadily through the second half, without having to resort to any "desperation" plays to stay in the game. Empire did manage to make a couple more two-point shots than Dynasty in the second half, but that wasn't enough, as their 33 point gain wasn't enough to capture the lead.

Dynasty, through a combination of well-played rebounds, defense blocks and free-throws, managed to gain an additional 29 points in the second half of the final game, to come out on top, 69 to 59, taking the Quechan Men's Basketball Title. If you missed it, you missed a real, college level series!

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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

Tradition Lives in July 4th Festival



It wouldn't be the Fourth of July without a picnic-style lunch, and there was plenty available both Friday and Saturday at the Evergreen Park venue! On Friday afternoon, Dan Hunter and Jackie Emerson (at left) broke out the watermelon and began cutting off free slices, watched intently by Sadie Dorame. People lined up to claim their slice, and little Royal Cody Phipps (second photo) obviously enjoyed hers. At the free Community Barbeque on Saturday, Quechan Councilwoman Cryselle Uribe (third photo) volunteered as one of the many servers. Of course, if you came early or stayed late, Preston Porter (on the right) was there all day, both days, offering his family's smokehouse barbeque recipe, also.



Bird Singers on Saturday included Angel Koteen, Ticky Smith and Jeremy and Roland Goding.



As the time got later and the weather got cooler, the kids eagerly raced for cash prizes!

The Quechan Community came together at the Evergreen Park once again for the Annual July Fourth Weekend Festivities over the three-day holiday weekend. Events Committee members Phil Emerson, Dan Hunter, Dorothy Davis and Rod Escalante arranged for plenty of games, eats and entertainment, including a Saturday night concert featuring Mellobean and the Shanty Town Rockers billed as "Reggae on the Res".

Although the oppressive heat that moved in the last week of June held down the activity levels both Friday and Saturday afternoons, once the sun went down (along with the temperature), the party heated up! Fri-

day night saw a whole caravan of people moving from one side of Indian Hill to the other, once the fireworks show at the Paradise Casino ended.

Saturday evening was an even bigger blow-out, with the Community Barbeque and the reggae music as big draws.

There were plenty of small refreshment items free for anyone who wanted them, to keep the participants cool and properly hydrated. From free watermelon to free water, sodas and sno-cones, there was no reason to let the heat get you down. And with a fire works both right at the entrance to the park, and free beachballs from the Quechan Diabetes Program, kids of every

age had something to do.

There were kids games, foot races and bird dancing contests with cash prizes on Saturday-afternoon, followed by our first ever "Reggae on the Res concert. With two live reggae bands cranking out the tunes, there was laughter, dancing and a "mellow vibe" all night long.

For those who never can get enough, there were two final adult events scheduled for the Quechan Community Center on Sunday morning: a horseshoe tournament outdoors, followed by volleyball in the gym.

Once again, the Quechan Tribe sticks to their guns and follows tradition, no matter how hot (or humid) it gets around them!



Georgia Hills and Dorothy Davis enjoy a laugh together as they serve the Community Dinner.



Bird dance contests for all ages were held on the main stage area Saturday evening.

PIPA Market
convenience store

Moves To Our New Location This Saturday, July 11th! Join Us For Our Grand Opening!

ENTERTAINMENT & GIVEAWAYS 10 AM TO 8 PM

Now on the Southeast Corner of Quechan Drive and Sapphire Lane!

Domestic Violence Summit Set For July 20th

Roxie Deku, the Victim Services Advocate at the Quechan Social Services Office will be hosting a one day Domestic Violence Training Summit on Monday, July 20th. Scheduled from 9 AM until 4 PM, the Summit will be held in the Ironwood Housing Community Center at 607 Ironwood Drive.

Anyone involved in law enforcement, elder care or facing guardianship issues is invited to attend. Subjects to be discussed include how to identify stalking behavior, patterns in the escalation of violence in relationships, sexual assault and teen dating, as well as the need for cultural sensitivity in responding to and investigating domestic violence in native communities.

Guest speakers from Child Protective Services (CPS) and outside law enforcement departments will offer special presentations from their own experience, as well as how to go about getting an order of protection. CPS will also discuss their responsibilities to minors in domestic violence situations, and the need for intervention and removal in some circumstances.

Miss Deku says that a part of her responsibilities as the Victim Advocate for the Quechan Tribe is to sponsor annual community training in domestic violence, and she is offering this class in conjunction with the US Department of Justice Office of Violence against Women (OVW).

The OVW website states that

domestic violence is defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. It can happen to anyone regardless of race, age, sexual orientation, religion, or gender, and affects people of all socioeconomic backgrounds and education levels.

Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, or dating. This pattern of behavior not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Chil-

dren who grow up witnessing domestic violence are seriously affected by it. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - increasing their risk of becoming society's next generation of victims and abusers.

It not only involves undermining an individual's sense of self-worth through constant criticism, diminishing a person's abilities, name-calling, or damaging one's relationship with his or her children, it can also involve attempts to coerce any sexual contact or behavior without consent. Through intimidation, an abuser can force the vic-

tim into isolation from family, friends, school and/or work. The isolation can even be magnified in rural, isolated communities, such as a reservation, which only amplifies the trauma faced by the victim.

The summit will help anyone involved in social services and community contact agencies to recognize the signs of possible domestic violence, and help those who see the signs to speak to potential victims early in the cycle and help them get the help they need. Registration for the one-day course is only \$10.00, and includes lunch.

If you are interested in attending the summit, contact Roxie Deku at Victim Services, (760) 572-1082 or 572-0202



Head Start Health Advisory Committee Meeting Scheduled Next Tuesday

A bi-annual meeting of the Quechan Head Start Health Advisory Committee will take place at 10:00 AM this coming Tuesday, July 14 in the Head Start Building of the Quechan Education Complex.

Gloria Romero, Health and Disabilities Manager for the Head Start Program says members of both the healthcare community and the general public are welcome to attend, and that refreshments will be provided.

The goal of the meeting is to identify those in the local healthcare field who can provide input, advice and suggestions for meeting the guidelines of the national Head Start Performance Standards in a cost-effective and efficient manner throughout the coming school year.

"We do this twice a year,"

says Ms. Romero, "bringing in everyone involved in children's health, like representatives from the IHS nursing staff, Clinicas, One Stop, the school nurses, people from the Women/Infants/Children (WIC) Program, mental health specialists . . . Cocopah Head Start also attends."

The purpose is to discuss any health issues that might have been noticed among their charges over the past year, and to plan ahead to be prepared to provide whatever is necessary for the year to come. They may discuss, for example, how to refer a child to the IHS Clinic for dental treatment if needed, and how to work together to insure a successful outcome.

Among the items on the agenda to be discussed at the summer meeting are upcom-

ing immunization schedules, the physicals every Head Start enrollee receives at the beginning of a school year, hemocrit testing for anemia and related bone marrow problems, and the need for continuing lead screenings in children, to identify possible learning difficulties that result from heavy metals in the environment.

Parents are welcome at the meeting, to hear what items are of particular concern to healthcare providers this year, and to meet with those who actually provide the treatment.

This meeting will be an excellent opportunity for those with children just entering Head Start, or who have already been enrolled to network with the staff. For more information, call Gloria Romero at (760) 572-0263.

4TH OF JULY RAFFLE WINNER



Alicia Valenzuela, a client of the Quechan Parenting Program was the lucky winner of the Quechan Parenting Fourth of July Raffle Basket on July 2nd. Jackie Duro (at left, above), of the Parenting Program drew the winning ticket, and is seen above presenting Alicia with her prize package. The prize included everything needed to make a summer barbecue a success, from a 32 quart cooler stuffed with snacks and soft drinks, to barbecue tools and fireworks. The proceeds will provide funding of a field trip for Parenting clients later this year. Congratulations also goes to Brenda Knight os Accounting, who won their Father's Day Raffle Prize!

QUECHAN NEWS Photo by William Isbell

BIA Spends Summer Months on Road Maintenance

The Bureau of Indian Affairs (BIA) has had road crews busy on the reservation since late June, going about their annual maintenance to keep some of the more seriously deteriorated roadways here drivable.

In addition to regrading and resurfacing the the BIA gravel roads, the crews are also replacing faded and damaged signs. Among their list of signs needing replacement are route markers and stop signs along Indian Rock Road, Sapphire, Quick, Arnold and DeCorse Roads. They also have replacement of the damaged road markers at the canal crossing on Baseline Road on their "To Do" list, as well as applying a new layer of gravel to the road surface on Baseline south of Indian Route 102.



A road grader resurfaces Indian Route 10 (Miguel Road), just one of many roads getting some attention this summer. Photo by William Isbell

All of the signs to be replaced will now be covered with high intensity retro-reflective material, which will make them much more visible at night. Some crossroads will also have STOP painted on the pavement just short of the intersections, as

a further aid to safety.

Local BIA Superintendent Raymond Fry says the Bureau has received an allocation of only \$46,000 for road maintenance on both the Quechan and Cocopah reservations for fiscal year 2009. To get the most for

the money, he's brought in experienced crews from the Parker (CRIT reservation) area to tackle the work.

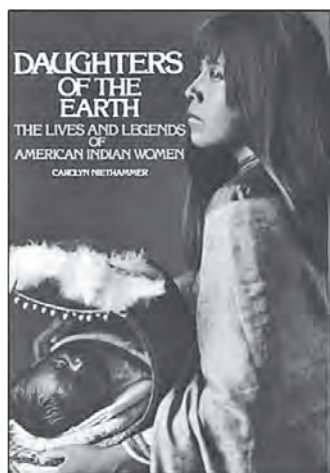
Even with the limited funding, some roads that have gone without maintenance for years will at last have some of the worst potholes patched and their surfaces cleaned up. Roads scheduled for patching include Old Yuma Road, Indian Road and the roads atop Indian Hill. The Hill will also have the curbing and gutters cleaned.

They have a road grader, a 9-wheeled tire compactor (to flatten and tamp down the surface behind the grader), a 4000-gallon water truck (to keep the dust down) and a couple of dump trucks. The crews have been parking their equipment

overnight just south of the Community Center on San Pasqual Road, and starting their work as early as 6:00 AM, to avoid the hotter afternoon temperatures. They've been checking in daily with Michael Abraham at the Quechan Economic Development Administration to let the planners there know what areas they will be working on.

They spent the last week of June getting started on drainage repairs and regrading some of the dirt roads on the reservation, as well as taking care of some old problems along Sapphire Lane in the old subdivision. After taking off the first week of July, they should be back to continue the project this week, wrapping up by the end of the third week this month.

New Parenting Class Begins July 15th



The Quechan Parenting Program will begin the second part of a continuing series, discussing the book, "Daughters of the Earth" on July 15th.

The class will be held every Wednesday morning from 9:30 to 11:30 for eight weeks, and will end on September 2nd. Transportation and limited childcare will be available, and refreshments will be served during the discussions. Carlotta Sestiaga, who is leading the class, says

she is excited to continue the series, and is trying hard not to get too far ahead of the other participants. "I'm learning new things about this book at almost the same time as my students," she admits.

"Daughters of the Earth," by Carolyn Niethammer is a fictional narrative based on historical documentation and covers the chronology of the native American woman's life. It features the birth rites of Caddo women along the Mississippi River in Arkansas, who bore their children alone by the banks of the rivers before immersing themselves and their babies in it. It describes Apache puberty ceremonies still carried on today, when the cost for the celebrations can run anywhere from one to six thousand dollars.

Other traditions from the book include the Night Dances of the Sioux, where girls clustered on one side of the lodge and boys congregated on the other,

as well as the Shawnee legend of the Corn Person and of Our Grandmother, the two female deities who ruled the earth.

Far from the submissive, downtrodden "squaw" of popular myth, the native American woman emerges as a proud, sometimes stoic, always human individual who still has valuable lessons to teach the woman of today. Native women through history served as both guardians of the hearth and, on occasion, rulers and warriors, leading men into battle, managing the affairs of their people, at times sporting war paint as well as necklaces and earrings.

Native women built homes and ground corn, wove blankets and painted pottery, played field hockey and rode racehorses. For those seeking alternatives to a life-style and role they have outgrown, "Daughters of the Earth" offers students an absorbing — and illuminating — legacy of dignity and purpose.

Annual Water Quality Reports

The Quechan Utilities Company has completed our annual Consumer Confidence Reports for water distributed from our wells during the calendar year 2008.

◇ For those who are tied to the primary water system (Picacho and Jackson wells and the water tank on Mission Hill), these reports can be found at various locations such as the Administration Center, the Senior Care Center, the Community Center, the Indian Health Center, the Diabetes Wellness Center, and Pipa Market. If not obviously displayed, please ask for them.

◇ For those living at any of the trailer or RV parks serviced by the utility company, sufficient copies have been provided to the manager of these water systems to assure at least one copy for each household.

These copies should be available throughout the month of July. Those who can't find an available copy, or who need a copy after this date, are encouraged to drop by the Utilities Office at 1890-C San Pasqual School Road between the hours of 8 AM and 5 PM. (Please note that we are closed for lunch from 12 to 1 PM)

Quechan Utility Company

Elementary Student Teaches Origami Class



Fifth grader Zion White demonstrates the intricate folds needed to create a swan from a simple square of heavy paper. Photos by William Isbell

Zion White, who will be entering fifth grade at San Pasqual Elementary this fall, learns best by doing. Like most people, he is visually oriented, and prefers to watch someone perform a task, and then try it himself, until he's mastered the techniques.

He says he can read about a subject, but it is only by seeing it demonstrated while he watches that he really understands. He also says that when something interest him, he tries to learn everything he can about it.

It was his fascination with Origami, the Japanese art of paper folding, that lead him to explore You Tube, in search of "how to" videos on the techniques used to create a variety of increasing complex paper

sculptures. He has spent hours at home, studying Origami on the website, until he has mastered a good number of simple creations that have amused and fascinated his friends.

Rather than keep the secrets to himself, Zion offered to teach a class on Origami for the Quechan Parks and Recreation Department. His class on June 26th taught fellow elementary students how to create five different objects, using only a single piece of stiff paper for each, in a little under an hour.

The first few items were fairly simple. He began with a variation on that old stand-by used by many students to break up the monotony of a school day: the paper airplane. Zion's version was an intricately folded, flat-winged square little vehicle, that somewhat resembled the lifting bodies tested by NASA in the mid-1960s.

He then moved on to sculpting cats and dogs in paper, using very similar patterns. The main

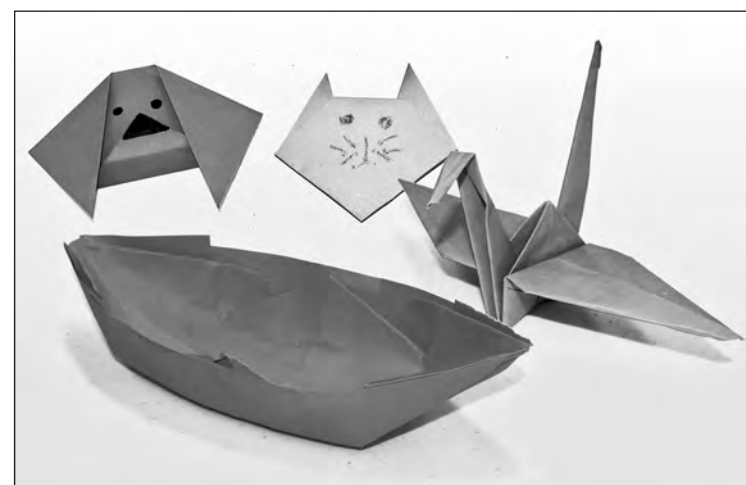
difference being the cat's ears point up, while the dog's hang down! When finished, the students also drew faces on their animals to complete the effect.

Asking those in attendance what else they'd like to try, the students looked over his samples and selected the swan and a small canoe that really floats.

The swan turned out to be more complicated than it looks, with a seemingly endless num-

ber of folds and re-folds made to reinforce lines of stress in the paper, to be sure it holds its shape. It took over 20 minutes for the class to create, but they stuck to it! The canoe was nearly as hard, since it must be turned inside out in the final steps, to use edge folds to form the gunwales along the sides.

Zion says he can give another class in the next month, if more people are interested.



Items made in the class include the simple dog and cat heads, along with the more difficult canoe and swan. All use only a single sheet of paper.

Trash Collection Schedules



The Quechan Utility Company wishes to remind everyone that trash pickup schedules vary around the holidays.

For Friday Holidays, we schedule trash pickups on Thursday, one day early.

For Monday Holidays, we will slip both the Monday and Tuesday schedules one day later, to fall on Tuesday and Wednesday, respectively.

Thank you for your patience,
Quechan Utility Company

Hamburger Lunch to Fund Pool Tournament

The Quechan Senior Center held a hamburger lunch on their back patio in mid-June to raise funds for their annual Senior's Summer Pool Tournament, scheduled for Saturday, July 18th.

Anyone could stop by the Center and pick up a tasty, freshly barbecued all beef patty on a soft bun, with a choice of fixin's, along with a Coke and a bag of chips for only \$5.00! They'd even box up your meal for take-out!

Senior pool tournament committee members are Juanita Flores, Norman Jackson, John Joaquin, Phil Aohmico and Yvonne Vance. They may have more fund raisers before the tournament, so if you want to take part, give them a call at 572-0748.



QUECHAN NEWS Photo by William Isbell

FORT YUMA INDIAN HEALTH CLINIC



It's West Nile Virus Season

The Fort Yuma IHS Public Health Department wants everyone to remember the summer months are the peak season for West Nile virus.

Although the number of positive results have decreased over previous years, it remains important to continue taking the proper precautions to protect yourself and your family from the possibility of infection.

Mosquito samples which tested positive for the West Nile virus in the Yuma County area have been detected already this summer. So far in 2009, no human or livestock cases have been reported.

The Indian Health Service offers the following information to help keep you and your family safe:

West Nile virus is spread to humans by mosquito bites. Some ways to avoid contracting West Nile virus are avoiding areas known to be infested with mosquitoes after dark, as well as using an effective mosquito repellent such as those containing DEET or Picaridin.

Long pants and long sleeves should also be worn to limit the amount of flesh exposed to mosquitos if it is necessary to go outdoors after dark or in the early morning hours.

Be sure there is no standing water around your home. Mosquitoes breed and grow in and around moist areas, and are often drawn to standing water.

When wading pools are not being used, empty them and set them on their sides. Don't for-

get to empty all buckets, flower pots, and toys that can hold water, also.

Changing the water in bird baths every few days also can reduce the likely hood of mosquitos breeding in those areas.

Dead birds can often be a sign that West Nile virus is in your area.

You cannot contract West Nile virus from touching a dead bird, but you should report any you find to the IHS public health department.

Most people who become infected with West Nile virus show symptoms within 3-15 days, though some people report no symptoms at all.

About 20% of infected people report symptoms similar to the flu, such as severe fever and headache.

Occasionally, a rash may occur on the trunk of the body. Those having good reason to believe they have been infected with West Nile virus should contact their local health department and visit their healthcare provider immediately.

West Nile virus is only transmitted from mosquito to humans; so you don't need to worry about it being passed from person to person through normal contact.

Remember the spread of West Nile virus can be controlled!

For further information visit the Center of Disease Control and Prevention's web site on West Nile virus at:

<http://www.cdc.gov/ncidod/dvbid/westnile/q&a.htm>

2nd Ranked "Sixers" Battle Back To Top The Grasshopper League

The three-month long Grasshoppers Basketball League spring season came to an end in June with a week-long single elimination tournament. Each of the six teams in the league played the others at least two times in the series, with meets on Monday, Wednesday and Friday evenings.

When the dust had settled the best record was held by the Rockets, with 8 wins and 1 loss, just ahead of the Sixers with 7 wins and 2 losses in the season finals. Both teams were itching to settle things once and for all, and to do so, they had to wait until Saturday, when they would play the season ending Championship Game during the Men's Basketball Tournament!

Although the Rockets had a substantial height advantage, with their average player standing at least a head taller than the players on the Sixers, the smaller kids had an indefinable edge known as confidence. They also had a coach who believed in them, and an assistant coach who had been named both Most Valuable Player and Top Athlete of the Year at San Pasqual Middle School. Over the season, their coaching staff instilled in



The Rockets height advantage can be clearly seen in this struggle to recover the ball.



The Sixers gathered together in celebration of their come back win after taking the Grasshopper League Championship on June 20th. At left is Coach Doreen Jefferson. In the back row are players Reece Ghiotto, Jakob Montoya, Chlöe Garcia, and Ryan Jefferson. In the front row are Jaylen Barnes, Justice Neal, Derrick Barnes, Jolie Montoya-Sestiaga and Assistant Coach Red Hawk Welsh. QUECHAN NEWS Photos by William Isbell

them an understanding of strategy and willingness to "go the distance".

Those lessons paid off when the Rockets jumped ahead by ten points at the start of the first quarter, gaining what could have been a crushing lead that would only build as the Championship continued. But instead of losing heart, the Sixers stuck to the fundamentals and began to take control of the ball, gaining two points to the Rockets' 13 in the first quarter, and racking up 9 points to the Rockets' 17 by the end of the first half.

With an eight-point lead, the taller team thought they had it "in the bag", but the Sixers kept plugging away, narrowing the contest to 6 points, with a score of 17 to 23 in favor of the Rockets at the end of the third period. Then, showing an excellent understanding of strategy and demonstrating tremendous heart, the Sixers managed to hold the Rockets scoreless for the remainder of the game.

Finally, with a little over two minutes left, they managed to

sink a two-point shot that put them ahead - 24 to 23!

What followed was an all-time classic game of keep-away as the clock slowly ran down. The Sixers wisely held off on attempting any fancy shots, and they also saw no sense in trying to run the score up any higher. They were ahead, and they would just keep it that way until the final buzzer sounded!

So, while height may be an advantage, heart counts too!



A game of "keep-away" prevented the Rockets from getting the ball to score in the final 2 minutes.



Thousands of locals got an early start on their celebration of America's Birthday as they gathered around the Paradise Casino to watch Yuma's best (and first) fireworks display after sundown on Friday night, July 3rd.

In a much anticipated annual ritual, the Paradise Casino held the Quechan Tribe's Early Independence Day Celebration on July 3rd, with fireworks, motorcycle stunts and fun booths for the entire community.

The Boost Mobile FreestyleMX.com motorcycle stunt team returned with three hourly stunt shows in the afternoon and evening. The 20 minute exhibi-

tions in the parking lot had the crowd on the edge of their seats, as dirt bike daredevils performed seemingly impossible flips and freestyle stunts high in the air!

A variety of booths featuring fun games and food for the whole family were in the south parking lot with popcorn, cotton candy, fry-bread, tacos and snow cones! Free face painting, carnival games for the kids, and

a dunk tank for San Pasqual High School fundraising were also on hand.

The reggae band Tribal Seed entertained the crowd with live music between the motorcycle stunt sets from 7 to 9 PM.

Finally, the fireworks display began at around 9:15, and the half-hour show even featured a patriotic musical simulcast on KTTI 95.1 FM.



The free water booth got quite a bit of business in the heat!



The Boost Mobile Freestyle Motocross Team really got the crowd cheering with their amazing airborne stunts.



Thousands of people gathered in the Paradise Casinos parking lot, spilling out around the bleachers in their own lawn chairs, all seeking the best vantage point for watching the Motorcycle Stunt Show, free reggae concert or to just keep an eye on their kids on the fairway. Of course, once sundown got closer, they all began re-jostling for the best view of the fireworks show that began at dark!

All Photos on this page by William Isbell



Tribal Seed got the crowd dancing with live reggae music!



This mom tried her best to explain the strategy for ring toss.