



QUECHAN NEWS

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for Indian Days 2009

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To Tribe Members



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Quechan Indian Days To Be Oct. 8 thru 11

QUECHAN NEWS
Photo
by William Isbell



Posters announcing the tentative schedule for this year's Indian Days Celebration have already begun to appear on bulletin boards all over the Quechan Reservation.

Scheduled once again for the second weekend in October, from Thursday evening to Sunday at noon, this year the festivities will take place at a variety of venues from October 8th to the 11th.

The Chairman of the Quechan Tribe Events Committee, Phil Emerson, says they are still at work on settling the final details for a number of events, and the Committee expects the Quechan Tribal Council to give their final approval to the schedule by the end of this month.

Of course, the night for the Annual Miss Quechan Pageant, traditionally held on the Thursday eve-

ning before the Friday start of the holiday weekend, will take place the same night as always.

However, this year marks the first time the event will be held inside the new Paradise Event Center, offering a quieter, controlled, air conditioned environment, with plenty of seating and an excellent sound system provided by the Casino.

If you (or someone you know) is interested in representing the Kw'ts'an people in the office of Miss Quechan Nation for 2009/10, applications to enter the competition are available at both the Rainbow Pool at the Quechan Community Center (where the Events Committee Chairman works) and at the Tribal Administration Office.

Open to Native American women between the ages of 17 and 23 who live in the Yuma area, contestants must be prepared to communicate well with the public, and have a knowledge of Quechan history, culture, values and traditions. They must also have never been married or had children, and be prepared to travel on behalf of the Quechan Tribe if selected.

Educational accomplishment and extracurricular activities play an important part in winning this great honor, so those who enter must also prepare a written essay on their schooling and career goals, family and activities, to help the judges get a feel for their ability to perform the duties required of the office.

For more information and a thorough explanation of the rules and requirements, you may contact Chairman Phil Emerson during the day at (760) 572-2825, or try the Parks and Recreation Department Office at (760) 572-1242.

But the Miss Quechan Pageant is only the first of many events for the weekend to follow! She is selected the night before the Indian Days opening so she can start the festivities during the first official appearance of her reign.

Also new this year, the Elder Village Planning Committee and Quechan Economic Development have arranged an "Open House" at the site of the new Elder Village below Indian Hill on the east side of the Ocean-

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Quechan Indian Days Planning Moves Ahead

Continued from Page 1



Dance contests for all ages on Saturday are always a big draw on Quechan Indian Days!

To-Ocean Bridge. You can drop by there Friday morning to get a look at the Village's progress so far. Take a walk along the riverbank in the shade of cottonwoods, willows and mesquite, and get a taste of Kwat'san life as it once was, then head over to Evergreen Park for the Indian Day flag raising at 2:00 P.M.

Friday at Evergreen is set aside primarily for kids' contests. Last year those games included watermelon eating, soda guzzling and a 3 legged race, all of which should return again this year. Athletically serious kids may also enjoy competing in the 50 yard dash, or may even want to enter the 5-mile fun run that starts a 5 in the afternoon, when things cool down.

Adults are the main target of the five-mile run, and they will

also have a chance to strut their stuff at a horseshoe tournament scheduled later.

Last year there was also a fry bread cook-off, and that may also be on Friday's schedule. The committee still has a lot of details to work out, making sure everything fits, and that there are enough qualified judges for all of the events, but they also want to keep everything flowing smoothly, with plenty to do for everyone who attends.

Then there are all of the traditional dancer contests on Saturday, or "Dance Day"! A full day of entertainment is scheduled, with out-of-town dance groups coming in to join all our local groups in a celebration of native spirit.

The always popular Aztec dancers from Baldwin Park may return, as well as dance groups from the Mesas of Northern Arizona, Tohono O'odham Dancers from Sells, and others from all over Arizona and California.

Most of the dance groups will also be dancing (and marching) in the annual Indian Day Parade on Saturday morning, also. The parade will start at the entrance of the old subdivision across from the Pipa Market at 9 AM, and wind it's way up the east side of Indian Hill, past the Paradise Casinos, around the south end of the Hill, and over to Evergreen Park by about 10 O'clock, where the dancing (and singing) continues into the night.

There will also be food booths on both Friday and Saturday, as well as vendors selling almost anything "native" you can imagine. There will be many artists coming from all over the southwest to ply their wares, along with local folks offering their specialties. If you'd like to get a booth, you should hurry - there are only so many spaces available! Phil Emerson at the Rainbow Pool has business permits for the event, so give him a call or stop by to pick one up.



The Indian Days Parade is once again scheduled for Saturday morning, beginning in front of Pipa Market. QUECHAN NEWS Photos by William Isbell

One thing the Events Committee always stresses, (and it's important!) is to be sure you dress the part to win in the traditional dance contests. The judges want to see full regalia, with real traditional clothing and jewelry - no tennis shoes! If you don't have the right footwear, you can always dance barefoot, since it'll all be done in the sand there in Evergreen park. Just come prepared, and pay close attention to your place in the program: with so many people coming in from out of town to take part (or even just watch), the entertainment is always much more enjoyable

for everybody if the program "flows" naturally.

Finally, there will be guest emcees, with Bobby Wallace on hand to provide commentary and John Chrisman as the head guest singer. Plus, "Reggae on the Rez", as well as local favorites, the "696 Project".

Even now, the Events Committee is still meeting to go over the schedule and see what else they can "squeeze in" to the three day affair. You can read about those plans in the next issue of *Quechan News*, due to "hit the streets" on October 7th, just before Indian Days!

WORD SEARCH PUZZLE FROM THE QUECHAN LANGUAGE PRESERVATION PROGRAM NUMBERS 1 TO 10 (IN KW'TS'AN)

S H A A X U K A M A Y X A V I K R P K L P P
S H A A X U K A M A Y S I I P X U K O A X Y
S E N D G B G S F L N R V N R Y K N P U H S
H R E M F L L A R T T Q Z T D T D M U Y H K
A K M Y Y H L A Y R F T T B N R U M T A C O
A K B T K D L R T D R X D B H U X K A P J M
X V H X R X T A R T L H H Q S U O X A T C A
U K K M G R A P Q J S H N T K M U R Z N L X
K N K M S H A A X U K U Y N A K A R D E M M
A K K V T N C J P M K A U X A A K B F H G A
M P M L D K Q K F I M T Y M S L P K D S C X
A L T P K T Q H V A C A A Y P K M G T Y J Y
Y H N T R C L A K Q M Y A N O A N W F A K A
X L H N N P X U K A P M L M T N P W D M V M
U V P E V N X K K A A T A C H Y X L L A D A
U T K H K A M U A K Y X H T T P M B B K K K
M L C S A N X X U J M L D H T T Y N N U U U
X V M H T A K X J A J X A M O K K T T X X X
U T S K A Y A L X Y M K K R K N R B F A P A
K T K H E A L Y N Z K R W H P R D K G A I A
T W S E H B L S H A A X U K X A V I K H I H
P H L S M X X L P V C L D K B P X H V S S S

SHENT (1)
XAVIK (2)
XAMOK (3)
TSUUMPAP (4)
SAARAP (5)

XUUMXUK (6)
PAAXKYEE (7)
SIIPXUK (8)
XAMXAMOK (9)
SHAAXUK (10)

Answers can be found on page 7 - Don't Peek!

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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 Kw'ts'an Pipá. 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

San Pasqual Students Get a Little History With Their Kwat'san Language

The Quechan Language Preservation Program has once again renewed their partnership with the San Pasqual Valley Unified School District, to provide basic instruction in the Quechan Language and Culture during the schools' native culture appreciation classes each week.

Last week, the Coordinator of the Quechan Language Program, Judith Prietta-Osborne gave Jerilyn Swift Arrow's fifth grade world history class a little more than they usually get during their time with her, as she recounted the changes she's seen here since the early 1940's.

Ms. Swift Arrow asked Judith to give her class a little "living history" lesson, to illustrate for the students how much the world can change in a lifetime. Mrs. Osborne then proceeded to describe some fundamental differences she's observed, starting with the fact that there was no electricity here on the reservation while she was going to school, and that she grew up living with her extended family inside a mud house with dirt floors, just as the Quechan people had done since time immemorial.

"There were no electric lights then," she explained, "so at night it was pitch black, and you could see all the stars. And since we grew up that way, we were comfortable in the dark, we weren't afraid. We'd have to go outside in the dark to the outhouse at night, and it wasn't at all scary to be out there in the dark to us!"



Judith Prietta-Osborne of the Quechan Language Preservation Program spent an entire hour last week telling students in Jerilyn Swift Arrow's world history class how things have changed since she was their age. Mrs. Osborne grew up here at Fort Yuma during World War II and a great deal of her memories deal with changes brought since the installation of electric power and indoor plumbing. A quick talker in any language who gestures as she speaks, Judith keeps the class interested throughout.

QUECHAN NEWS Photos by William Isbell

She told of how they grew their own vegetables, and how the diet of her youth consisted mostly of things from their own garden – corn, squash, watermelon and cucumbers – supplemented with rabbits her father hunted and fish caught right out of the Colorado River. As a child she went with her family into the mesquite groves that grew

all over the reservation then, to collect firewood, which they stacked in a horse-drawn wagon to carry back home.

And with fewer dams on the river in those days, its unpredictable nature during the springtime snow-melt sometimes led to flooding of the low-lying Yuma valley, breeding millions of mosquitoes every summer. To

keep the mosquitoes at bay, Judith's family would collect and burn "horse apples" dropped by their stock. "The mosquitoes didn't like that smoke, so they'd go away and leave you alone," she said, getting a chuckle out of the students. One of her chores, in fact, was having to go out each night and collect the horse dung, to keep a ready supply on

hand for burning when needed.

Judith also explained how they would go out along the river to cut cottonwood limbs for the wood to build their mud homes. Her short explanation of how to place the branches and pack the mud led her to an explanation of how they keep such homes clean, by sprinkling water on the dirt floors to hold down the dust, and how her grandfather had a pit dug under the floor of the house, which stayed cool all year long, due to the high water table in the bottomlands.

"He'd wrap up the corn and squash and watermelon and put it in there, and it would stay cool and good for a long time – just like refrigeration almost!"

Judith Prietta-Osborne, and all of the Quechan elders, have seen a great deal of change in the course of their lives. But, she says, it is her culture that keeps her grounded, knowing who she is and where she came from.

A LESSON IN KWAT'SAN II'YA

Here are a few words that the Quechan Language Program sent over that you can practice. Words and phrases such as these are among those they've been introducing to San Pasqual elementary students in their Native Culture Studies program each year. If you need help in pronouncing these words, stop by their office, or - ask your grandma for assistance!

1. san'ox – k
2. al'aay – k
3. atook – k
4. axōoy – k

- ashamed, shy, bashful
- to be bad
- have a full stomach
- gathered into a ruffle

Super Bowl Great Roger Craig Visits Sharkey's



Former 49ers running back Roger Craig spent a good two hours at the Sharkey's Lounge inside the Paradise Casino last Monday night, where he signed autographs for fans who came from as far away as the far end of Imperial County. Here he signs a 49ers helmet for Rosa Padilla, who drove over from Calexico with her husband, Alex Vasquez, for a chance to meet Craig and shake his hand. Many fans brought helmets, jerseys and record books to be signed. QUECHAN NEWS Photo by William Isbell

One of Yuma's favorite sports bars, the Paradise Casino's *Sharkeys Lounge* had its stock boosted last week, when the Casino's marketing department brought in former NFL star running back Roger Craig to sign autographs and meet fans during their weekly Monday Night Football party in front of the big screen.

Mr. Craig arrived at 6 PM to find dozens of fans already lined up behind a velvet ropeline that stretched out into the gaming floor. KYMA television's Tommy Tran was on hand to beam the image of Craig's presence over the airwaves, pulling in even more fans to meet the 3-time Super Bowl winner after the live broadcast of the *Six*

O'Clock News.

Roger Craig was the first running back to gain more than 1,000 yards rushing and 1,000 yards receiving in the same season (1985). Since then, only one other running back (Marshall Faulk) has achieved the same feat, and that wasn't until 14 years later. Craig also caught a then-record 92 passes during the 1985 season. In 1988, Craig set a franchise record for the time of 1,502 yards rushing. The 1988 season was the second time Craig broke the 2,000 combined yardage mark in his career.

The Wikipedia online entry for Craig states that he remains the only running back to lead the NFL in receptions for a single season, and the only one

ever to record over 100 yards as a receiver in a Super Bowl.

He was also elected to the Pro Bowl in both fullback and halfback positions in 1993, and is enrolled in the Bay Area Sports Hall of Fame.

Drafted in the second round of the 1983 NFL draft from University of Nebraska, Craig once held the record for longest run from scrimmage, when he gained 94 yards during a 1981 game against Florida State University. On January 20, 1985, in Super Bowl XIX, Craig rushed for 58 yards, caught seven passes for 77 yards, and became the first player ever to score three touchdowns in a Super Bowl, during the 49ers' 38 to 16 victory over the Miami Dolphins.

Visit the Elder Village During Quechan Indian Days

As a part of the upcoming Indian Days Celebration, the Quechan Economic Development Agency (EDA) is making plans to publicly acknowledge the accomplishments of the Elder Village Planning Group in completing their first structure (a mud hut) at the Elder Village.

The EDA and Elder Village Planning Group invites everyone in the community to join them on Friday, October 9, 2009, for their first Open House Celebration at the Elder Village beginning at 9 AM.

The Celebration will be held in conjunction with the upcoming Quechan Indian Days to help inspire additional tribal community members and encourage further participation in the next phase of the Elder Village plan.

The morning's program will open with a blessing of the Village, followed by a welcoming address and acknowledgements

of those groups and individuals who've assisted with the project. Further celebrations will include Traditional Singing and Dancing by local groups. The morning events will end at noon.

Guests will have a unique opportunity to experience the river, with canoe rides along the Colorado prior to the morning program and throughout the day. Canoe rides begin at 8:00 AM. Riders will be shuttled to the confluence of the Gila and Colorado Rivers to board the canoes, which will then deliver them downstream to the Elder Village.

On Friday afternoon, Oral Traditions (storytelling) by elders will take place under the ramada, followed by a basket weaving demonstration and talk by the Quechan Language Program. Arts and crafts demonstrations by the Artists' Marketplace and Quechan Senior Center will also be available.

In the early evening, the ramada will be open for traditional singing and dancing. At dusk, a Peon game demonstration will be presented for the youth to give them an opportunity to learn the traditional game.

A Camp Out will also be offered for families will also be offered beginning at sundown. Participants should provide their own camping gear. There will be one main fire ring near the ramada, adjacent to the beach area. Come and experience camping along the Colorado in an atmosphere reminiscent of "the old days"!

At sunrise (*anya-nytz-pak*), a public blessing will be performed to welcome the day before everyone's Indian Days visit to the Elder Village comes to a close on Saturday.

All are welcome and encouraged to take part in this new and unique experience.

*In memory of Mercedes Escalanti
June 21, 1935 - August 29, 2009*

*The family of Mercedes Escalanti
extends heartfelt appreciation
to all our relatives and friends
for your support during our time of sorrow.*

*Our family finds healing
in God's tender embrace, and in
knowing others remembered and cared.*

Love all whom you hold dear.

Precious is the time you share.

Do not wait for tomorrow,

For tomorrow may not be...

The family of Mercedes Escalanti

New Pipa Market: More Room Means Greater Selection



Pipa Market summer worker Christian Gaxiola looks over the amazing amount of well-lit, clear display area he now has to work with. The new market is almost 50% larger than the old location. Photo by William Isbell

Most members of the community have probably dropped in and looked over the new Pipa Market, since they moved to their new location on July 11. If you are among those who've done so, you've probably noticed how much bigger (and brighter) it is compared to the previous store across the street.

That's because Walt Brooks and the crew that designed and built the store included about 50% more space in the plans. And a lot of that increased space is already being filled with more selection, since Chris Emerson, the Pipa Market Manager has been able to stock both Pepsi and Coke products.

Chris says he's also got a fountain drinks counter coming, if not this week, then certainly by the first week of October. The fountain will offer only 32 ounce cups at first, since that is the size his customers have asked for.

He's also putting in a hot foods counter near the fountain, which will have a microwave oven and heat lamps and rollers

for quick foods like hot dogs, nachos and such.

Chris has also put in a craft corner, with brightly colored ribbons, scarves and material. If you find yourself putting together a ribbon shirt or diamond dress and discover you're a little short, you don't have to drive all the way to Yuma now to pick up the material needed for those finishing touches — just stop in and see what's there at the Pipa Market!

Also, the Barber Shop that was located right next door also moved across the street with them, moving into the front offices of the old Senior Nutrition Building. It was in the same location for 38 years.

The Barber Shop, opened its doors in 1971, and is leased by Quechan tribal member Tony Montague. The barber, Jimmy Calzada, has been cutting hair at the Barber Shop since it opened. Jimmy says that he's got customers coming in now (with their own kids in tow) that used to come in when they were in elementary school to have him cut their hair.

Yuma BIA - New Acting Superintendent

Barbara Fix has accepted the position of Acting Superintendent for the Ft. Yuma Agency for the next 60 days, replacing Mr. Thomas Hemstreet, who departed on September 2nd.

Ms. Fix tells the *Quechan News* she has 25 years of federal government service, which includes the FBI, BIA Roads and Law Enforcement, county and state government and the private industry and is currently employed with the BIA Truxton

Canon Agency.

She says Ft. Yuma Agency staff will continue working with tribes regarding their goals, objectives, and future plans. Her office will provide open communication, along with written reports detailing accomplishments and activities. The position of Superintendent for the Fort Yuma Agency was advertised and closed on August 25, 2009. Qualified applicants are now going through the selection process.



Barbara Fix



94 Tribal Members Move On To Higher Education

The Quechan Higher Education Department reports they have been able to recommend Tribal Scholarship assistance for 56 students who've gone on to higher education this year, with 34 students going on to vocational training for the 2009/10 academic year. In addition, 4 applicants from the Quechan Tribe have been accepted this season into the Sherman Indian High School.

Here is just a brief list of the schools where you can find our tribe's students enrolled beginning with the fall semester:

Students from the Fort Yuma Quechan Tribe have gone on to two- and four-year colleges of higher education at: Arizona Western College – Yuma, AZ; Mesa Community College – Mesa, AZ; Phoenix College – Phoenix, AZ; Estrella Mountain College – Avondale, AZ; Glendale Community College – Glendale, AZ; Grossmont Community College – La Mesa, CA; Sisseton Wahpeton College – Agency Village, SD; Northern Arizona University – Flagstaff, AZ; The University of Arizona – Tucson, AZ; Arizona State University –

Tempe, AZ; The University of Phoenix in both Yuma and in Sacramento, CA; Western International University – Phoenix, AZ; The California State Universities in both San Bernardino and Long Beach, CA; Haskell Indian Nations University – Lawrence, KS; Cameron University – Lawton, OK; Valley Forge Christian College – Phoenixville, PA; Southwestern College – Peoria, AZ; Webster University – St. Louis, MO and the National University in La Jolla, CA.

A further 34 Quechan students are gaining their higher education certificates at these schools: The Yuma School of Beauty – Yuma, AZ; Le Cordon Bleu Culinary Institute in Scottsdale, AZ and Las Vegas, NV; Lamson College – Tempe, AZ; Bryman Medial College – Phoenix, AZ; The RSI Refrigeration School of Phoenix; Gateway Community College – Phoenix, AZ; DeVry University – Phoenix, AZ; ITT Technical Institutes in Tempe, AZ and San Diego and San Bernardino, CA; Tucson College in Tucson, AZ; Apollo College – Phoenix, AZ; Col-

ins College – Tempe, AZ; The Universal Technical Institute in both Avondale, AZ and Ontario, CA; The Motorcycle Mechanic Institute – Phoenix, AZ; Euphoria Beauty Arts – Las Vegas, NV; Classic Cooking Academy – Phoenix, AZ; Deep Creek Construction School – Apple Valley, CA; International Academy of Hair Design – Tempe, AZ; Marinello School of Beauty – Ontario, CA; Empire College – Santa Rosa, CA; Arizona School of Message Therapy – Phoenix, AZ and the Nevada School of Message Therapy – Las Vegas, Nevada.

Each year the Quechan Higher Education Department, along with the Quechan Tribal Council, reviews and approves applications for higher education, providing scholarship funding for enrolled tribe members and their children.

If you would like more information on this program, or would like guidance on how to structure your high school career to increase your chances of acceptance into the college of your choice, call Ora Lee Durand at (760) 572-5268.

The “Vegan Diet” - An Alternative Approach to Diabetes

The Diabetes Support Group led by Registered Dietician Deborah Drumel (of the Fort Yuma Indian Health Clinic) had a special session on September 10th, to learn practical applications of a subject that is often discussed at their meetings: are there ways you can control your diabetes through diet, rather than a sole dependence on medical intervention through drugs?

With many in the group wanting to both lose weight and get their cholesterol levels down in order to avoid heart disease and kidney function complications on top of their diabetes, Ms. Drumel contacted the “Food For Life” Program in Yuma, to arrange for their cooking instructor, Jean Myers.



Jean Myers of the “Food for Life” Program puts the finishing touches on her chocolate/cherry smoothie.

Mrs. Myers gave an introductory presentation on the theory and methods of eliminating animal fats, dairy products and certain complex carbohydrates from your diet, as “an alternative approach” to weight loss and maintaining much more tolerable blood glucose levels.

Created by the Physicians Committee for Responsible Medicine (PCRM), the “Food for Life” Program was developed by Dr. Neal Barnard, M.D.,

to help people better understand the connection between healthy nutrition and diabetes, and how to prepare meals using the guidelines he’s developed after 20 years of experience in diabetes education and care.

Jean Myers is a Nurse with over 20 years of experience, and together with her husband, retired Oncologist Dr. Carl Myers, opened “Nature’s Express” in Yuma, to offer everyone in town a fast-food alternative to the deep-fried, animal protein based meals so prevalent everywhere else. Dr. Myers has also been giving presentations on Vegan eating at the Quechan Special Diabetes Project of late, and they are both committed to living that lifestyle.

Interestingly, their kitchen manager is Priscilla Wilson, a Quechan Tribe member who adopted a vegetarian lifestyle after getting an education in the culinary arts, and discovering she had developed diabetes. She has since lost a great deal of weight (though, like most women today, she still wants to lose more) and she says her energy level and mood have both improved since cutting back on what she sees as “bad foods”.

Although Jean Myers, and her assistant, Angey Guynn both agree that cooking and eating vegan meals is “the answer” to enjoying a healthful life, both they and Ms. Drumel stress the importance of taking a daily multivitamin when you eat no animal based products, and rely only on beans, nuts and soy for your protein needs. There was also a disclaimer at the beginning of the 25 minute video they brought along as an introduction to the “Food for Life” Program, telling everyone to be sure to take vitamin D and B-complex supplements when “eating vegan”, particularly vitamin B-12,



Fort Yuma IHS Dietician Deborah Drumel (center) and guest instructor Jean Myers explained the benefits (and the need for close observation by your personal physician) when adopting a vegan diet to lose weight and lower blood glucose levels. QUECHAN NEWS Photos by William Isbell

which might otherwise go missing from your diet and result in a nutrient deficiency.

That said, they then launched into the video, in which Dr. Neal Barnard discussed the results of research into dietary modification for the control of diabetes. He stressed that cutting out high Glycemic Index (high GI) foods like white bread, potatoes, sugar, cold cereals and pineapple, in addition to the total exclusion of animal fats and limiting vegetable fats, helps to lower blood sugar — so much, in fact, that if you adopt the diet he suggests, you must let your personal physician know, so your blood sugar levels can be closely monitored. He says some people have done so well on the diet, that they became hypoglycemic, and had blood sugar levels too low, as a result of being both on the diet and remaining on their previous levels of diabetic medications!

Dr. Barnard says many people are able to cut back on their need for medication to control their blood sugar, once they’ve lost the weight and adjusted to the diet he promotes.

But, exactly what does the diet consist of? Well, it’s just what you’d expect when you hear the word “vegan”. It’s all the vegetables, legumes, soy,

nuts and seeds you’d care to eat. If it’s plant based, it’s on the menu. Of course, to put variety into your meals, you’d probably better take the whole series of classes, and check out some vegan cookbooks at the library. One good thing, though — for flavor, there are a lot of salsas, in every variety imaginable, to spice things up!

For the practical part of the presentation, Jean Myers brought in a rice cooker, propane hot plate and a “Vita Mix” blender to put together a fully balanced dinner menu that was both tasty and satisfying. She made a very quick and simple black bean chili using two different types of salsa for that “snappy” taste, plus a

bag of frozen corn and a little of the juice she’d drained out of the canned beans earlier for additional moisture.

The chili was spooned over a heaping helping of brown rice, to give the audience a balance of both “good carbohydrates” and vegetable protein for the hot portion of the meal. For traditional greens, a salad made up of tossed greens, grated carrots and two types of diced apples and red onions and covered in a rice vinegar and orange juice dressing. Delicious!

The final touch was an easy-to-make smoothie. She dumped two and a half bags of frozen cherries into the blender, followed by about five peeled whole bananas and a couple of cups of chocolate flavored soy milk. Those ingredients complimented each other so well, Jean then tossed in two giant handfuls of fresh spinach, to show the class that it’s a great way to get your kids to eat their green vegetables, without their even knowing! The final result? No evidence that the spinach was included!

If you’d like to know more about this alternative diet system, contact Deborah Drumel at the IHS Clinic, or call Jean Myers in Yuma at (928)344-4699.



Cooking assistant Angey Guynn (at left) dishes up the 100% fat free salad while the class lines up to sample the results of a meal prepared with no dairy or animal fat content. It was delicious — and filling!

Quechan Social Services Invites Exhibitors for October Open House



Painting T-shirts for “The Clothesline Project” against domestic violence is one of the activities planned for the Quechan Social Services Open House in late October this year. Photo courtesy of Roxie Deku

The Quechan Social Services Department is busy planning a big “Open House” for the afternoon of Friday, October 23rd, and they’d like to invite any other departments that may serve the same clientele to join with them in providing information and advice to the community.

Among the activities already on the schedule for the event is T-shirt painting for the “Clothesline Project”, to generate awareness of domestic violence. Anyone who comes to the open house will be able to create their own T-shirt with a message, using paints and glitter.

And since Social Services is involved in child welfare, family preservation and reunification and foster parenting, you know they’ll have a kids’ table there with plenty of things to keep the little ones busy, while mom and dad visit with the staff to learn more about the programs available.

Quechan Social Services offers a diverse range of assistance programs to the Quechan

community, from general assistance including cash and referrals to other resource providers, to elder family services which can provide in-home assistance, transportation and meals for those who want to keep their independence but may have limited mobility or resources.

They also provide Individual Indian Monies trust account assistance, to help enrolled members with money management while they are legally or physically unable to manage their affairs, either temporarily or permanently.

Within the confines of providing victim services, such as assistance with orders of protection, transportation to and from court, victim’s advocacy and child protection services, the Quechan Social Services Department also interfaces with numerous outside agencies and collaborates with other Tribal Departments to insure the best possible outcome for the client.

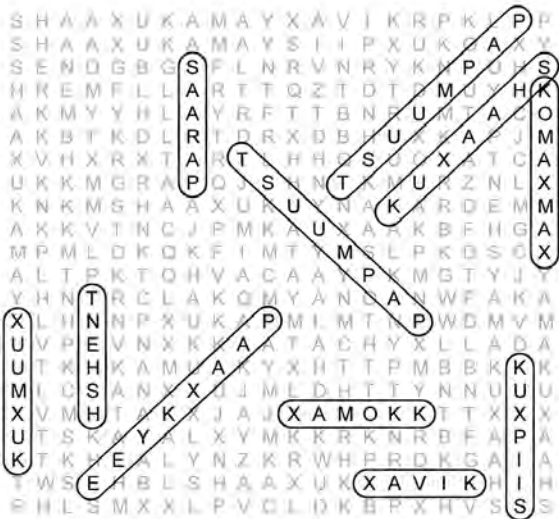
In order to explain the procedures and services offered by

these other agencies, such as the Alcohol and Drug Abuse Prevention program (ADAPP), Quechan Daycare and Community Health Representatives (CHR), the Bureau of Indian Affairs, state social service agencies, local law enforcement and court representatives. Quechan Social services is offering to provide space and tables for any other agencies that would like to take part in the Open House in October.

If you would like to be a part of this important community event, contact Tina Salinas at Quechan Social Services and let her know what incentives and brochures you’ll be bringing, and how much room your department would like to reserve. Tina can be reached via email at t.salinas@quechantribe.com or by phone (from 8 to 5, weekdays) at (760)572-0201.

The October Open House will take place from 3 PM to 6 PM in the yard area between the Social Services and Parenting buildings on Picacho Road, just west of the Pipa Market.

KW’TS’AN I IYA WORD SEARCH ANSWERS FROM PAGE 2



SHENT (1)
XAVIK (2)
XAMOK (3)
TSUUMPAP (4)
SAARAP (5)

XUUMXUK (6)
PAAXKYEE (7)
SIIPXUK (8)
XAMXAMOK (9)
SHAAXUK (10)

FORT YUMA INDIAN HEALTH CLINIC ADULT SEASONAL FLU VACCINES WILL BE AVAILABLE THROUGH THE END OF SEPTEMBER:

At the Quechan Tribal Office
350 Picacho Road, Winterhaven, CA
On Monday September 28
From 1:00 PM Until 4:00 PM
Call (760) 572-0213
for more information

Walk-in appointments are available:
Tuesdays & Fridays 8:00 AM - 9:00 AM
At the Ft. Yuma Indian Health Clinic
One Indian Hill Road, Winterhaven, CA
Or call the Clinic for a Nurse Visit
or Work-in Appointment:
(760) 572-4147

Tribal Member Takes Another Shot at Being Yuma's Star



Quechan tribal member Sailea Leutakoun delivers her emotional interpretation of the Christina Aguilera hit "Hurt" for the audience.

Quechan Tribal member Sailea Poughn Leutakoun made history as one of a very few performers permitted a second shot at the annual "Yuma Star" Talent Contest, to compete before an assembled throng of locals twice within the year.

Normally, the *Yuma Sun* marketing department (which runs the contest) only allows an act one chance to pass through the guntlet, and if they fail to make the top spot, they can't return the following year. However, Sailea got such an overwhelming reception from the crowd last time that she was allowed back to try it again this year.

Sailea is both of Quechan/Laotian descent, and is the daughter of Dawn Escalante-Leutakoun. She loves to sing

ballads, whether they originate within R&B or the Soul/Pop ends of the musical spectrum.

And this year, to demonstrate a different approach, she chose to present an emotional rendition of the Christina Aguilera hit "Hurt". She was number 12 to sing in a crowded mix of entertainers which ranged in age from 9 to perhaps 60. Unfortunately, there were at least four other female singers on the evening's program that brought very similar mixtures of vocal range, talent and song selections, so it was a very close contest that didn't come out as well as Sailea had hoped.

Once everyone had presented their acts, the five "local celebrity judges" selected by the *Yuma Sun* filled out their rankings

cards and passed them on to the emcee. Only 12 of the 18 would be permitted to go on to the finals, and Sailea was not among those announced who would take their place on stage for one more round of applause.

Those selected are now subject to online votes from the public, to see which of the 12 from Sailea's group will go on to the finals at 7:00 PM, Wednesday, September 30 at the Historic Yuma Theatre.

However —before announcing the finalists, the emcee made a cryptic comment that the *Sun* would reserve the right to "throw in a few 'wild card' entertainers of their own choice" for that show. So there is still hope for Sailea, if they hear from her public right away!

FRAMPTON COMES ALIVE!



The Quechan Casino & Resort was once again the place to be in Yuma, as one of the greatest rock guitarists of all time made his long anticipated live appearance on September 15.

Often mentioned in the same context as Jimmy Page and Eric Clapton, Peter Frampton held the record for "Best Selling Live Album of All Time" for almost two decades.

He popularized the use of the "talk box" in the '70's, bending the sounds from his electric guitar by passing its output through a tube in his mouth while singing. Two of his biggest hits, "Do You Feel Like We Do" and "Show Me the Way" feature the effect, both of which he performed at his Tuesday night concert at the Q.

Frampton seemed very com-

fortable here in Yuma, and was happy to interact with the audience on many levels. He not only signed an autograph for a fan early in the show, he also told of growing up in England as a boy, and sang a new song he is still working on, entitled "Mr. Churchill", which he says he may include on his new CD, coming out soon.



QUECHAN NEWS Photos
by William Isbell

Saying he "feels the love" in the room, Frampton stops between his first couple of songs to autograph a vinyl LP for audience member Rochelle Knoles!