

# QUECHAN NEWS

VOLUME 103, ISSUE 22 ♦ WEDNESDAY, DECEMBER 16, 2009

## In This Issue:

The President Reports  
 Page 2

Artists Marketplace  
 Page 3

Little Ballerina  
 Page 4

Two Departments  
 Trade Places  
 Page 5

Health Resource Fair  
 Page 6

"Doctor" Lubb Dubb  
 Page 7

Tower Lighting Photos  
 Back Page

### Items Of Special Interest To Tribe Members



Look For This Symbol

ESKA NAV AH PAI THE NEWS CARRIER  
**QUECHAN NEWS**

is published by

**The Quechan Indian Tribe**  
 350 Picacho Road  
 Winterhaven, Ca. 92283  
 Phone: (760)572-3912  
 Fax: (760)572-3910

# President Reports to The Quechan People



*Hello! Best regards to everyone, I hope each of you are doing fine. I am aware of the concerns being raised regarding some of the rumors that are circulating within our community, so I feel compelled to address you directly so that the true facts of the issues are shared properly. Rather than be led to believe the negative comments, please take a moment to get familiar with the positive progress of the Quechan Tribe as explained in this report.*

**The Tribal Economy** - Due to the economic down turn, as you know the recession has affected Indian Country nationwide, and our area has also felt the effect. As an example, just recently Yuma city employees have been put on furlough

because of the bad economy. Other American Native Tribes have laid off employees and cut their health benefits package. Our Tribal Council reported months ago that we intended to cut expenditures in Tribal operations, as well in the casinos operations in order to maintain stability and keep programs functioning. We will continue to manage in this manner for the remainder of the year. The Administration and Tribal programs have had to become creative in order to maintain services to the community by cutting back unnecessary expenditures so that direct services to the membership go unaffected, as we have already felt the affect of decreased funding from federal and state funding agencies. Dollars come directly from casino revenue to supplement tribal programs that are short of funding. This process ensures the Tribal community benefits from every dollar spent. We continue to strive towards maintaining employment. We have not laid off any employees, nor closed any departments due to the down turn in economy. Instead, we have

tightened the belt to get our Tribal Nation through this recession. Another rumor is that the Tribe is not meeting our financial obligations to creditors and vendors. This is untrue. We continue to pay debts, and generate revenue from the Casinos. Again, we ask for your understanding and cooperation so that we may get through this slow economic time.

**Washington D.C. Trip** - The Quechan Tribal Council sent Mr. Brian Golding, the Quechan Tribe's Economic Develop-

ment Administration Planner and myself to Washington D.C. We left Yuma on Monday November 2, 2009 to attend President Obama's Native American Tribal Leaders Summit, and while we were there, to lobby Congress for funding for our hospital. The secretaries made packets containing all documents pertaining to the construction of our new hospital to hand out as we visited Congressional Members on Capitol Hill. During our visit to D.C. it

*Continued inside on Page 2*



**Less than a week after returning from Washington**, President Mike Jackson, Sr. (at right) and EDA Director Brian Golding, Sr. were visited by Arizona's senior Senator, John McCain, who came over to Fort Yuma to check on progress of the *Anya-Nytz-Pak* Park and receive a personal briefing on the status of the IHS Hospital. QUECHAN NEWS Photo by William Isbell



# The President's Year End Report to the People

Continued from Front Page



**Mike Jackson, Sr.,  
President of the  
Quechan Tribe**

Makes this "Report to the People" to keep the community up-to-date on his recent issues and developments, including his November trip to Washington, D.C.

Photo: William Isbell, QUECHAN NEWS

was imperative that we visit all of the Appropriations Committee Members to talk to them about the need for construction dollars for our hospital.

We spent all day Tuesday and Wednesday visiting the Appropriations Committee members. Not all were available to meet with us, as they were busy voting on President Obama's Health Care Reform Bill during the week. However, we were able to meet with their assistants and had informative discussions.

We were told by most the congressional offices that they are not to happy with Indian Health Services because they are constantly late in the budget process, and that was the reason the hospital's construction funding was not a part of the 2010 budget.

The Tribal Council will make a return visit to D.C. in early spring to testify for funding before the Appropriations Subcommittee. I have also written a letter to our Representatives Raul Grijalva and Ed Pastor, requesting their support. The letter to Rep. Grijalva is on page 4 of this issue.

On the afternoon of Thursday, November 5th, I attended President Obama's National Native

Summit and heard his address to all Tribal Nations. Mr. Golding spent this day visiting our Arizona Delegation.

The Interior Department's auditorium was filled with over five hundred tribal leaders from across Indian lands. This was truly a historic day for Indian Country. This was the first time a President of The United States addressed only Tribal Nations, and his Cabinet and staff were available all day to speak to us. The President has made a commitment to Indian Country, not just a promise. Now it's up to us to stay involved. The President's staff, Secret Service and security staff treated tribal leaders with all due respect and made it a wonderful day.

**Sen. John McCain's Visit** - On Friday November 13, 2009 I received word that Senator McCain was coming to town to visit the East and West Wetlands riverfront projects. He also wanted to personally see the Tribe's Sunrise Point (*Anya~Nitz~Pak*) Riverfront project while he was here.

Both Brian Golding and I met with the Senator at the St. Thomas parking lot, along with

Yuma officials. I told Mr. Golding we should brief him about the riverfront project, but more importantly I wanted to discuss the funding of our new Ft. Yuma Hospital. McCain asked many questions about the riverfront project and was pleased with the development and our partnership with the City of Yuma.

To my surprise, he went one-on-one with me when I informed him about the need for funding of our hospital. I told him the construction site is shovel ready and we're 65% complete with our design and planning phase of the hospital.

I further informed him we were in D.C. lobbying Appropriations Committee members to release the funding. He realizes we are first on the priority list for construction. I also informed him that portions of the existing hospital are not suitable for health care delivery because the building is not safe. He then made a promise to me that he will return to have a walk-through of the hospital with our Tribal Council.

**The New Ft. Yuma Hospital** - When I was elected President in 1995 the hospital was one of my main priorities for the tribe.

At that time, I wrote to Indian Health Services in Phoenix of the Tribe's intent to go forward with the construction of our new hospital. (That letter is a recorded document.)

We are all aware that the Cocopah Tribe also uses our hospital and had to agree to build the new hospital facility. The years of frustrations in getting discussions between both tribes and the

Phoenix Area Officials and the political nature made the process very difficult.

In 1989 the Indian Health Services only set aside funding for the planning and design phase and no construction funds for our new hospital. Due to all the obstacles and disagreements over the location of the hospital, the funding for planning and design of the hospital was lost in 1996.

Through the years, both Tribal Councils have worked together diligently and in good faith to advance the construction of our new hospital facility.

As you have noticed, the old Ft. Yuma Trailer Village is now gone and the site has been cleared for construction and is now shovel ready — a term used by President Obama for projects ready to construct and funded in the 2010 Federal budget.

As explained, we missed funding for 2010 and we understand the planning and design will be completed sometime in early summer. The long wait for our new hospital is almost over, and both Tribal Councils are meeting with the design firm to make changes, where necessary, to create a facility for tribal members capable of providing the best possible quality of health care.

The Council wants to thank the young tribal members who worked so hard to clear the area in the blistering heat of the summer months and all our tribal employees who've stayed committed and put their hearts into clearing the area for the future construction of our hospital facility.

**Call To Action Plan** - There

have been flyers left in different places that are misleading the membership.

"The Call To Action Plan" was developed by the Ft. Yuma Hospital Administration staff as a result of health disparities, such as the Mortality and Morbidity rate for both Yuma area tribes being the highest of any other tribe.

In March 31, 2008, both tribes met with Phoenix IHS Area Director Don Davis and his staff to discuss the "Call To Action Plan" and his plans to concentrate on both our tribe and the Cocopah Tribe to bring in quality health care and slow down the tragic and enormous health issues our tribal membership suffer from due to diabetes.

Both tribes have vigorously engaged in discussions with Mr. Davis for funding and professional staff to put an end to the the substandard health care our people have received up to this point. We have written to our congressional representatives for support and will continue to seek our own Health Care Reform here on our own reservation.

The flyer in question states that Mr. Dale Phillips from the Cocopah Tribal Council and Mr. James Montague from our council are the only contact persons for the plan.

Council member James Montague wants to make it clear that both tribes are working on the health disparities for their respective tribes. Both tribes have passed a joint resolution asking for the removal of Mr. Davis as the IHS Area Director.

**Report Continues on Page 3**

ETSKA NAV AH PAI THE NEWS CARRIER  
**QUECHAN NEWS**

**William Isbell**

Newsletter Coordinator, Fort Yuma Quechan Nation

350 Picacho Road Winterhaven, CA 92283

Phone: (760) 572-3912 Fax: (760) 572-3910

Email: w.isbell@quechantribe.com

## Have a story idea, or an event you want covered?

QUECHAN NEWS is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the 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](mailto:w.isbell@quechantribe.com). I'm looking forward to hearing from you!





# Heritage & Culture

## The Artists Marketplace: an Outlet for the Quechan Creative Community



**Victor Curran shows some of the custom ribbon dresses** and beaded capes made by the ladies at the Artists Marketplace. They also turn out dolls and figures of all sorts, and even have similar items from outside artists for sale. In the center, Carolyn Menta holds one of the Christmas Stocking gift bags she's just stuffed with wrapped candy for sale at their recent bazaar. They also created a wide variety of whimsical beaded tree ornaments, along with more traditional beaded collars for formal occasions.

QUECHAN NEWS Photos by William Isbell

The recent artists' bazaar on Indian Hill demonstrated what a valuable resource the Artists Marketplace can be, as a number of Tribal Departments and community organizations joined them for a Saturday gathering.

Senior Nutrition, Quechan Language, the Quechan Tribal Court and the Ah Keel Dance

Group were all on hand, along with almost two dozen vendors offering everything from arts and crafts to frybread and baked goods for sale. The Artists Marketplace brought their wares: decorative throw pillows with native blanket and basket designs, as well as pillowcases to match. They've also created

beaded ornaments for your tree, and Christmas stocking giftbags in 3 sizes, stuffed with candy.

The Fort Yuma Methodist Church showed up, as well as bird singers from the Strong Hearts Native Society (and others) to create a festive mood. Additional bird singers joined in as community members and

winter visitors wandered about the area, looking over all the things available.

The Artists Marketplace staff includes Victor Curran, Eileen Valenzuela, Shirley Kelly, Carol Curran and Carolyn Menta. This year, volunteers Cassandra, Blanche and Charlotte Miguel brought their talents to bear to

help the staff create a stock of exciting, colorful items suitable for year-round giving.

The talented native artists also take commissions on items such as dolls, traditional dresses and ribbon shirts. If you're looking for a special item for the year to come, they might be your best bet to "git 'er done!"

## The President's Report to the People

*Continued from Page 2*

While I was in D.C., I met with the new Indian Health Services Director Miss Yvette Roubideaux.

We have known each other for years as we both worked together on The National Tribal Leaders Diabetes Committee. We discussed funding for our new hospital, and she assures me she will do all she can to help secure construction dollars on this matter.

**The Tribal Social Services**  
- The Tribal Council reported

to the people during our recent community meeting our Tribal Social Services Assistance Program has hit an all time high in spending.

At the community meeting in September, the Council reported that expenditures for social services were well above the eight hundred thousand (\$800,000) level and could end up closing in on nine hundred thousand dollars (\$900,000) by the end of the year.

This is another change that

we have to make to level off the tribe's spending. To control the social services budget the Council has placed the Tribal Social Services Assistance Programs under the supervision of Miss Ramona Ghiotto. She will also remain in place as the coordinator for the Elder's Program.

New income-based guidelines have been established. You may qualify or may not qualify under the new guidelines. This has to be implemented, as the program dollars have been abused

and overspent. Tribal members who qualify for needed assistance will still be helped.

### CONCLUSION

*This concludes my report to the tribal membership.*

*It is the responsibility of the Tribal Council to care for the welfare of the Quechan people.*

*While the decisions we make as a council sometimes are not easy, we also are aware that change does not come easy.*

*We always have to look to the future and be prepared to meet the challenges that we as a Tribe will encounter. We must be strongly united to conquer any*

*obstacles that confront us. We have overcome many obstacles in the past. No one gave a second look at us when we needed help, so we worked to help each other. Many have sacrificed, and today we can look back and be proud that where we stand today is a testament. We all worked, supported and moved toward progress. Many of our people are working or going to school. Today we have choices and opportunities. That's why it is significant that we stand on our own and take care of ourselves. The Tribal Council will always work hard for the people because there's always a tomorrow.*



### *Text of the President's Letter to Arizona Representative Raul Grijalva*

November 24, 2009

Honorable Raul M. Grijalva  
1440 Longworth House Office Building  
Washington, D.C. 20515

Dear Representative Grijalva:

The Quechan Nation thanks your staff for meeting with us during President Obama's Native American Summit. We understand you had a busy week conducting business during our visit to your office. We left an important packet of information concerning the construction of our Ft. Yuma Indian Hospital, as you know the Quechan Indian Tribe and the Cocopah Indian tribe share the same hospital that brings vital health care to our people. During the week in D.C. we visited all the members of the Appropriations Committee and Subcommittees.

During our discussions with various Appropriations staff we were informed that Indian Health Services (IHS) were constantly late in the budget process. Representative Dave Obey, Chairman Committee on Appropriations, Senator Inouye, Representative Norman Dicks, Chairman Appropriations Interior Subcommittee and Beth Houser, Subcommittee on The Interior were not happy with Indian Health Services. Miss Houser informs us that you as our representative write to Office of Management and Budget (OMB) and tell them to put in construction funding and leave in the funding for construction of our hospital facility.

As we mentioned to your staff our construction site is shovel ready and the Planning and Design of our hospital is 65% complete. The Ft. Yuma Hospital has been first on the priority list for years. We actually needed construction funds for the 2010 budget year, but the Appropriations Committee members were never informed about the need for construction funds and went forward and approved the President's budget without construction funds.

Miss Houser also mentioned that Indian Health Services keeps changing the priority list without our knowledge (Priority List attached). The construction of our Ft. Yuma Hospital is vitally important to the Quechan Nation and Cocopah Tribe. Our Tribal Council asks you to write to OMB for funding so we can bring much needed quality health care to our people. We will be testifying before the Appropriations Subcommittee this spring and ask for Congressman Pastor and your support.

Senator McCain came to Yuma to visit our Wetlands Project and I spoke to him about our matter with funding, he is aware of the present condition of our hospital facility that portions of the building can't be used for health care because it is not safe. He made a promise to come back and visit our existing hospital. I make the same request to you to visit our facility.

Thank You!

Sincerely,

Mike Jackson Sr., President  
Quechan Nation

## *Tribal Member Dances in Yuma Ballet's Winter Program*

Six year old Marley Barker makes her first "professional" appearance as a ballet dancer in this winter's Yuma Ballet Theater production of *The Nutcracker*.

The San Pasqual Elementary first grader is the daughter of Richard and Deloni Snowden-Barker. She is an enrolled member of the Quechan Tribe, and the granddaughter of Valverine Barley and Leonard Snowden and the great granddaughter of Jackie Duro. Her father is the Middle School Outreach Consultant at San Pasqual, and her mother is a Reading Interventionist at Harvest Preparatory Academy.

Marley began dancing in early 2008 at the age of five at Dawn's Dance Studio, which was then located in downtown Yuma. There she received her first instruction in Jazz, Tap and Ballet.

Her father says "She danced there for a couple of months, but due to scheduling constraints

she had to take a break."

Even then, her instructors said that Marley was a wonderful dancer and very quick to learn new things. Their feeling was that she could have a promising career in this field as long as she continued to pursue it.

Marley was going to re-enroll at Dawn's Dance studio because she had built a great rapport with the instructors, but the company moved out near the foothills, so her parents decided to find a more convenient place to continue her dance studies.

So, midway through 2009 Marley's parents enrolled her in the Yuma Ballet Theater, which is located in Yuma's South Gate Mall.

There she practices Pre-Ballet and was selected this fall to play the role of an Angel in the Theater's winter production of *The Nutcracker*.

The company presented five shows in early December at



**Marley Barker** makes her appearance as an Angel, flying on stage just after the intermission.

QUECHAN NEWS Photo by William Isbell

Yuma High's Snider Auditorium. "This is her first play," say her proud parents, "and, hopefully, not her last."

Marley rehearsed for her appearance every Saturday for nearly a month and a half, to be sure she performed her part correctly. The week of the show brings even more pressure for everyone involved, students and teachers alike. During the week of the production, rehearsals were scheduled every day, and Marley was right there, too.

## *Christmas Trees at HOME DEPOT*

The Quechan Tribally Designated Housing Entity has teamed up this year with Home Depot to provide Christmas trees for Tribal Members. Quechan Tribe members can pick up discount priced Christmas trees at the easily accessible Home Depot main entrance on Redondo Drive. This will help relieve traffic congestion on Sapphire Lane during the current road construction.

**Tribal members enjoy a discount price** on their trees - as long as you have your Tribal I.D. with you - so don't forget to bring it along!

**There are two types of trees:** 5 to 6 foot Douglas firs are available for \$15, only \$19 for 6 to 7 feet high, and \$25 for 7 to 8 feet tall. The thicker (and more long lasting) Noble firs go for \$22 for 5 to 6 foot trees, \$29 for 6 to 7 feet tall, and top out at almost 9 feet tall for only \$49.

**The lot is open** Monday through Friday until Christmas Eve from noon until 8 at night, and on Saturdays and Sundays from 10 AM to 7 PM. Home delivery is available upon request.



**Tree lot crew** Chris Illingworth, Hector Bermudez and Jose Serrano prepare a tree for a customer.

QUECHAN NEWS Photo by William Isbell



# Parenting Department, WIA/DOL Trade Offices

After months of discussions and several meetings, the consolidation of several programs within the Quechan Education Complex (QEC) has become a reality. The Child Care Development Fund (CCDF) grant application approval has led to some Departments being consolidated, to better utilize the funding provided by the CCDF grant.

The Quechan Head Start Program will now oversee the Quechan Child Care Center, as well as providing supervision of the Paradise Child Care Center and the Quechan Parenting Program.

All three programs are now located at the Quechan Education Complex, 628 Picacho Road.

The offices previously occupied by Mr. Earl Daniels and the Workforce Investment Act/Department of Labor (WIA/DOL) Program have been turned over to the Parenting Program, and Mr. Daniels has relocated his opera-

tions to the building previously occupied by Parenting, just west of the intersection of Quechan Drive (Indian Highway 1) and Sapphire Lane. Head Start and Paradise Child Care will stay in their same locations at the QEC.

Rebecca Ramirez, Director of Educational Programs for the Quechan Tribe, says "By consolidating these programs, a more comprehensive program with the coordination of services will be made available to the children and their families. This will also mean a cost savings in Tribal Supplemental funding for the Quechan Tribe" with the consolidation.

It also means all early childhood educational services will now be in one area (QEC).

Services to the Tribe's children and their families provided at the Education Complex now include:

- ♦ The continuation of meal services with the Quechan Head Start Program and the Child



**Carlotta Sestiaga of the Quechan Parenting Program** takes a break in setting up in her new office, which previously housed Mr. Earl Daniels with WIA/DOL in the Education Complex. Photo by William Isbell

and Adult Care Food Program (CACFP) combined in one location. This allows the QEC to provide breakfast, lunch and an afternoon snack to infants, toddlers and after school children.

- ♦ Continuation of child care services for infants, toddlers and after school children, ages 8 weeks to 7 years old.

- ♦ Corianne Swift Arrow, the Education Manager, monitors the classrooms and provides the resources for teaching staff

to learn child development and classroom management techniques.

- ♦ Health and Disabilities Manager Gloria Romero monitors immunizations, health and/or special needs concerns.

- ♦ Family Services Manager Danette Joaquin is charged with reviewing applications for all of the programs at QEC to determine eligibility and placement in the appropriate program as determined by family needs.

- ♦ Director Karen Preston is the monitor for all program staff; responsible for budgets and required reporting, including the day-to-day operations of the programs.

- ♦ Finally, Rebecca Ramirez stays in place as the Director of the entire Education Complex, with final responsibility for supervision of all the programs as a unified department.

All of the Quechan Tribe's educational programs are now in one location: the Quechan Education Complex. The Quechan Parenting Program began operating in QEC Building 1 on Monday, December 7, 2009, with the same phone number they've had for years: (760) 572-0487.

As mentioned previously, The WIA/DOL Program has been relocated to the former Quechan Parenting Program Building next to Quechan Social Services, and they've also kept the phone number they've always had: (760) 572-2314.



**Native actor Gil Buckingham**, who plays Billy Black in the top-grossing "Twilight" films was among those who wished Ariel all the best at the recent premiere.

RoseAna Williams, the Quechan Tribe's Grants and Contracts Coordinator, has sent an update on her daughter Ariel's treatment for bone cancer at the City of Hope Comprehensive Cancer Center in north Los Angeles since October.

## Tribal Member Meets Stars at "New Moon" Premiere

While staying at the Pasadena Ronald McDonald House, they heard local news and radio stations hyping up the "New Moon Red Carpet Premier", set for Monday, Nov. 16. Naturally, Ariel, a big fan of the *Twilight* series, wanted to go even though it would be the day before she was to begin chemotherapy.

Since her immune system had been in great shape and there wasn't much to do other than sit and wait, they went ahead and drove over to the *New Moon* Premier, even though the news reports said hundreds of people had been camping out since the previous Thursday. After a bit of line jostling and

some people "cutting the line", they ended up moving back to be 78th in line. A group of students from UCLA got tired of watching people cut ahead of a small child in a wheelchair, and began to hold hands and make a barrier around Ariel and Rose-Ana so no one else could cut in. The students then starting yelling at the security guards to let Ariel move ahead!

Soon after, an LAPD Officer pulled them out of the section and moved them down the red carpet to the front of the theatre entrance into a small area roped off for only 15 people. Ariel was now at the front of the red carpet! Even more amazing, no



**Actress Elizabeth Reaser** takes time to stop and visit with Ariel and her mom, posing for keepsake photos with her fan. Photos by RoseAna Williams

one else was allowed in that small area unless they were part of the Premier! The officer even returned later to see if Ariel needed anything and gave her a shirt from the Premier.

Although Taylor and Kristen didn't stop for photos or auto-

graphs, Taylor did wave at her. Many of the other actors in the popular film series took time to stop by for a chat, and even posed for photos with her — a perfect prelude to the six days of intensive chemotherapy which started the next day.



# Quechan Senior Center Hosts Elder Health Fair



**Quechan elder Ila Dunsweiler** gets a quick check up by IHS Public Health Nurse Claudia Lorentz.



**Ric Pollard from the IHS Clinic** gets a quick tutorial on the drug interaction software from Medical Software Specialist Iya Kahramanian, while Dr. Larry Berger of the PDF (standing) observes. Photos by William Isbell

For the third year in a row, the Annual Elder Health Resource Fair was held at the Quechan Senior Center, as local agencies and tribal departments came together to assist seniors in making the most of locally available resources to maintain their health and well-being.

Lisa Aguerro, of the Quechan Tribe's Injury Prevention Office brought in a new group of 10 people from all over the United States, the Program Development Fellowship (PDF). They pitched in to perform medical interaction assessments. In these assessments, seniors bring in all of their prescriptions, over the counter medications and nutritional supplements, and the

volunteers use an interactions software program to look for any possible conflicts that could cause bad reactions.

The Program Development Fellowship was created to assist Tribal entities develop their own local programs to meet the specific needs of the local population. "What they learn here will help my program better itself," says Lisa, "and perhaps help them develop their own programs once they return home."

Members of the PDF split into three groups to learn more about setting up focus groups and troubleshooting programs, and to provide extra manpower at the Fair in screening clients and answering questions.

They were also in town to give Quechan Injury Prevention a hand in setting up a referral program with the Indian Health Service, to encourage the IHS to send patients to already existing Tribal Programs set up to meet their needs.

Lisa explains: "Right now, if a patient has, for instance, hip replacement surgery and they've already completed their physical therapy, all they might need is an exercise program to strengthen their body and increase the range of motion. The doctor knows that's all they need, and we've got my exercise program, or the Wellness Center at the Diabetes Program that can help them with that."

"But instead of referring the patient to a program that's paid for, right here with the Tribe, they'll send them into town and cost them time and money, getting rides into town, and paying another clinic in town for help we can give them right here!"

Lisa's program is the twice-weekly "Fit For Life" walking club, which offers great incentives to those who join the group. Incentives include a free T-shirt when a senior joins, to help them stay warm on their morning walks. Additional incentives rise in value as they stay with the program.

"As they keep going, the 'prizes' they can earn get bigger and bigger, all the way up to a free pair of Nike N7 Shoes For Natives, which they can earn in as little as 12 weeks. All they have to do is participate in the walks every Tuesday and Thursday at the Diabetes Walking Park," she says.

Keeping seniors flexible and in motion is important, since dizziness or disorientation could result in a serious fall. Some of those falls result from bad interactions between medications and health supplements. Those interactions can develop over time, as the body ages and

becomes more sensitive to the effects of certain drugs, or suddenly, when a new drug is prescribed and it does not interact well with something a patient is already taking.

To help seniors avoid that possibility, "brown bag" checks were available, free of charge by the staff at the Indian Health Service. Seniors were able to bring in the contents of their medicine cabinets, and the Indian Health Services's Pharmacist helped them to assess possible drug or health supplement interactions that could cause health problems over time.

And with general health care being the focus of the event, the Quechan Community Health Representatives were on hand, performing blood pressure and blood sugar checks.

The Quechan Special Diabetes staff also set up a booth with advice on the control of diabetes and its related complications.

Claudia Lorenz, the IHS Public Health Nurse was on hand, providing much the same, as well as general physical health inspections for seniors. Nurse Lorenz was also giving free flu vaccines to Tribal members, both for the H1N1 strain and for the usual seasonal variety.

*The Deadline for Applications  
for the*  
**WINTER SCHOOL  
CLOTHING  
ASSISTANCE PROGRAM**  
*is Wednesday, December 30<sup>th</sup>  
at 5:00 PM*  
*Applications are still available  
at the Quechan Tribe  
Administration Office*

## "New Year New You" on January 9th

With the New Year fast approaching, the annual ritual of making a New Year's resolution to lose weight and live a healthier lifestyle is fast approaching. Sometimes the best way to meet your goals is to have a plan, a facility, and a trainer to help guide you towards your fitness goals.

But when it comes to that most dreaded (but common) resolution, to shed a few pounds and "get back in shape", a "personal trainer" would really be helpful. So, to help kick off the New Year, the Quechan Diabe-

tes Wellness Center is holding a "New Year — New You" event at the Diabetes Walking Park on Saturday, January 9th, from 10AM to 1PM.

The three hour event will be the first day of a 12 week "body fat challenge". The challenge is open to those who qualify to use the Wellness Center. Sign ups should be completed no later than Wednesday, January 13th at 8 PM. Participants will have their weight and body fat index recorded by the Wellness Center staff, to help keep track of their

progress. The final weigh-in will be accepted no later than Friday April 2nd at 5 PM.

Both the IHS Public Health Nurse and IHS Dietician will be on hand at the Park with information to aid those taking part, and to help participants plan their weight loss programs.

The Diabetes Wellness Center staff welcomes you to come take part in this new fitness challenge, and helping you attain your goals. For more information, please contact the Wellness Center at (760) 572-4057.



# Dr. Lubb Dubb Fights Diabetes With Exercise and Rewards

The Quechan Special Diabetes Program has teamed up with the San Pasqual Valley Unified School District to bring Dr. Lubb Dubb's Healthy Heart Running Club to Fort Yuma.

Tom Vosberg began the Club in 1995 at the Salt River Elementary School, where he was a teacher in 1995. Students there were getting only 25 minutes of P.E. twice a week, he says. Most days, they were just sitting in a classroom, and a lot of them were also sitting on the bus for up to an hour and a half each day, just getting to school and going home.

"Kids are not designed to sit all day, he says. "They should have P.E. everyday, but it just isn't happening" because of limited budgets and the need to schedule more classroom time to meet academic standards.

So, he adopted the persona of "Dr. Lubb Dubb" and began the Healthy Heart Running Club. Named for the sound of a healthy heartbeat, "Dr. Lubb Dubb" gives kids a colored popsicle stick for every lap they run at school, and as the laps add up to miles, they get rewards for every 10 miles they've run. At 50 miles they get a Lubb Dubb



**Sarah Rutledge** hands out colored popsicle sticks at the end of each lap to help students keep track of their progress.



With the ringing of a cowbell, everyone dashes off across the field, eager to collect the most sticks and ribbons. Photos by William Isbell

T-shirt, and at 90 miles a baseball cap to go with the shirt.

Once he got the kids to run just an extra 10 minutes a day with the program, teachers reported the students were much more alert in the classroom. As he built it up into an organized program, he was awarded a 3-year, \$87,000 grant from the Centers for Disease Control (CDC) to spread its success across the Tohono O'odham Nation.

The former free agent for the Washington Redskins and one-time P.E. teacher travels around the southwest bringing his mascot and message to reservations everywhere. He hopes to some day establish the Doc's mythical medical practice in reservation schools though out the state, and eventually set up a Club at every elementary school in America.

Wearing a Dr. Lubb Dubb T-shirt, running shorts, a doctor's lab coat printed with hearts and bright red tube socks, Vosberg becomes the good doctor by placing a huge heart shaped mask over his head to lead the runs. With printed materials, poems and music blaring over a loudspeaker to reinforce the message, he hopes to reverse the cycle of childhood obesity and reduce the incidence of diabetes among the native population.

He says he's a junior "Sur-

geonless" General who performs a daily 10-minute operation: a simple "attitude transplant that instills in kids the value of moving your feet." He says, "By moving your feeties, you defeat diabetes!"

A lot of his message is that simple: Using easily recalled rhymes, even the youngest students are able to quickly integrate the message of staying active to stay healthy. "The 'Guru of Go'" (as he also calls his character) "knows that what ails America's children can be cured simply by getting them out of their seat and on their feet!"

Maybe it really is that simple! Let's hope so!



**Tom Vosberg (as the Doctor)** joins Lynette Roosevelt in an early morning run with the San Pasqual elementary students.



## ARIZONA WESTERN COLLEGE WINTER BREAK BASEBALL CAMP

Will be held at the  
San Pasqual High School  
Athletic Complex  
**Saturday - December 18**

Camp begins at 9:30 AM, lasts until 4:00 PM.  
Lunch is included - Students athletes aged 8 to 18  
are encouraged to attend. Contact Mr. Owl at  
San Pasqual High School for additional information!

## FORT YUMA INDIAN HEALTH CLINIC PUBLIC HEALTH NURSE VACCINE CLINICS: DECEMBER 2009

- Routine vaccines for all ages
- Seasonal flu vaccines for all ages
- H1N1 (swine) flu vaccines for:
- Ages 6 months – 24 years
- Caregivers of infants under 6 months
- Healthcare workers and EMS
- Pregnant Women

*We will keep you updated as more supplies  
come in for more groups of people.*

**At the Public Health Nursing Office  
(behind the clinic in trailers)  
Wednesdays: December 16, 23, 30  
From 3:00 PM to 7:00 PM**

Winterhaven residents: for transportation,  
**Call (760) 572-0753**

### Questions?

Call Rebecca Leach, PHN at (760) 572-4227  
or Claudia Lorentz, PHN at (760) 572-4225

**CLINIC WALK-IN APPOINTMENTS:**  
Monday through Friday 8:00 AM - 9:00 AM  
Or call for a Nurse Visit (760) 572-4147/4149



# TOWER LIGHTING BRINGS OUT A CROWD!

This year a huge crowd from the community swarmed the area between the IHS Clinic and Quechan Police Department to mingle and visit with one another, in anticipation of the first big event of the Christmas Holiday season: the ceremonial lighting of the Indian Hill Water Tower.

There were vendors offering T-shirts, candy, cupcakes and fry bread. The Winterhaven Fire Department brought their newest fire truck and kids bounced on jumpers as everyone took the time to get reacquainted with one another.



Special guests included Santa Claus and Miss Quechan Nation (Sasha Nerva) handing out candy to all the good little boys and girls. Adults received tickets for

a great selection of raffle prizes, given out by the Tribal Administration staff until Tribal Councilman Vincent Durand flipped the switch to light the tower at 7 PM!



## Citrus Pest Trapping

You may have noticed yellow sticky traps hanging in the citrus around the Bard/Winterhaven area. These traps are used to catch a new pest called the Asian Citrus Psyllid (ACP). ACP has been found in the Imperial Valley and is now also in the Yuma area. The finds in the Yuma area have brought the Bard/Winterhaven Valley into a quarantine to help control this pest.

The quarantine includes the entire counties of Imperial, Los Angeles, Orange and parts of Riverside, San Bernardino, and San Diego counties. In Arizona the federal quarantine includes the Yuma area. This quarantine restricts movement of citrus fruit and trees.

Citrus trees purchased from local nurseries will come with special tags allowing you to bring that plant back into your area and comply with the quarantine. Citrus fruit should not leave the quarantine area with stems and leaves.

ACP is a very small insect that feeds on new citrus growth. This pest can cause problems with the citrus tree but most importantly, it can spread a plant bacterium commonly known as *citrus greening*.

If ACP spreads *citrus greening* to a tree, the tree won't survive long and in the meantime, it will produce fruit that is misshapen, small, and bitter. This disease has not yet been found in California or Arizona.

If ACP is found in the trap on a tree in your area, arrangements will be made to treat that citrus tree and the surrounding citrus trees with a pesticide. All safety precautions are taken when the trees are treated.

The ACP pest does not affect humans nor does the disease it can spread affect humans. ACP does not attack other crops like dates or lettuce. It only hosts on citrus and citrus relatives. It is important for us to try and keep this pest under control to save both backyard citrus and the citrus industry.

Before a trap is placed on a property, every effort will be made to get the permission of the homeowner. The Imperial County Agriculture Commissioner's Office and other agencies working together to combat this pest ask for your cooperation.

If you have any questions, please call the Imperial County Agricultural Commissioner's Office at 1(760)482-4314.

## Christmas Wreaths



**Are Still Available - While Supplies Last!**  
**Quechan Senior Center Gift Shop**

*We're just inside the main entrance lobby doors of the Quechan Senior Center!*

**OPEN Monday thru Friday From 8 to 5**

**Ask about prices on custom order items for X-Mas, too!**