



ETSKA NAV AH PAI



THE NEWS CARRIER



# QUECHAN NEWS

VOLUME 104, ISSUE 5 ♦ WEDNESDAY, MARCH 17, 2010

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## Items Of Special Interest To Tribe Members



Look For This Symbol

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

is published by

**The Quechan Indian Tribe**

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# March Opens With Festival and Pow Wow

The very last weekend of February saw the Quechan Economic Development Administration teaming up with the University of Redlands to bring their Annual Native American Cultural Festival to the Quechan Community Center. One week later, the Strong Hearts Native Society opened their 30th Annual Pow Wow at the San Pasqual Warriors Athletic Field.

Both events bring native culture to the forefront for both local Tribal members and the surrounding communities alike.

The Annual Cultural Festival gives visiting student volunteers the chance to learn a little about the history and traditions of the Quechan Tribe. Those students are invited to town each winter to help out on various Yuma Heritage Center projects, such as planting and landscaping the recently completed *Kwat'san Anya Nitz Pak* Park below Indian Hill.

Normally held outdoors at the Evergreen/Diabetes Walking Park complex on the west side of the hill, this year the organizers moved it into the Quechan Community Center to prevent the gathering from being rained



**The Roadrunner Singers led the Grand Entry** of the 7th Annual Youth Cultural Festival into the Quechan Community Center on February 27th (above). Once seated below the stage, they were joined by the Ah-Keel Dance Group, singers from the Strong Hearts Native Society and from Parker, Arizona. Each group then sang a few songs as female dancers demonstrated the accompanying movements. By the end of the night (below), the local dancers were joined by visiting college students as all the groups sang in unison.

QUECHAN NEWS Photos by William Isbell



out. A week later, the Strong Hearts found their Pow Wow facing a similar weather threat, as another big storm was forecast to charge through the des-

ert southwest, dumping almost an inch of precipitation over Saturday night. When the rain showed up as predicted around midnight going into Sunday

morning, everyone at the Pow Wow Grounds just hunkered down and pulled their tarps in a little tighter. Although gusty winds brought the rain into the area, and some areas even got a smattering of hail (!), there was no damage other than a lot of mud by the time the first rains had passed at 10:00 AM.

The Strong Hearts and their adult organizers then got everyone together and moved the entire Pow Wow a few hundred yards north into the high school gymnasium, and carried on with the program as scheduled.

Many of the vendors, including the Quechan Senior Center's group that was preparing fry bread moved over under the breezeway cover in front of the gym. For the rest of the day, a light wafting of fry bread smoke brought the hunger inducing fragrances right into the arena! This year was a year of many firsts, among them, the visit by this year's Miss Indian Nations, Jennifer Millette. She graced us with her presence throughout the entire weekend, even taking part in the traditional bird dance competition on Friday night. What a trooper!



# Volunteers Educated on Kwat'san Traditions

Each year in late winter, the university of Redlands, California sends a group of student volunteers to Yuma to assist in projects that beautify and improve the banks of the Colorado River. They help to clear non-native plant species and provide the actual muscle needed to replant indigenous trees to replace the previous overgrowth.

As part of their continuing education, they come to Yuma to learn how to restore an ecosystem to its previous, natural state. They come to return the land to an appearance more in keeping with the time before the white man came - when everything here, as far as the eye could see - was Kwat'san land.

And each year, the Kwat'san Pipa return the favor (and help in their education) by gathering with them on their last weekend in town, to demonstrate real native hospitality and show them some of the cultural history of the people who inhabit this land.

Due to the wet weather, this year's Cultural Festival to celebrate the Volunteer Initiative was held primarily inside the Quechan Community Center. Students who wanted a more intimate experience also joined Phil Emerson for a sweat lodge ceremony the night before the big dance. Their final event was a "Walk and Talk" with Tribal Elders at the Diabetes Walking Park on Sunday, February 28.



The Roadrunner Singers, joined by Ase S' Maav - 2nd Ave sing for local dancers the Quechan Community Center. Surrounding the local dancers (at right) are the visiting college students. Photo by William Isbell

## Diet Fads - A Dangerous Idea



Kathy Webb-Howard

When Kathy Webb-Howard returned to Fort Yuma to begin her job at the newly opened Paradise Casino, she thought she had it made.

A single mother with 2 small children (aged 1 and 2 at the

time), she had a plan to get her life in order and improve her lot in life. Part of that plan was enrolling in a weight loss program that Paradise CEO Bruce Myers introduced her to.

"I wanted to give it a try," she says, "and I was shedding pounds — fast!" The secret to her weight loss were diet pills paid for through automatic withdrawals of her paychecks. Those pills were called Fen-phen, an anti-obesity medication that combined two drugs: fenfluramine and phentermine.

Unfortunately, though Kathy quickly lost weight (and inches) taking Fen-phen, it was shown to cause potentially fatal pulmonary hypertension and heart valve problems in the middle

1990's, and the Food and Drug Administration (FDA) requested its withdrawal from the market in September 1997.

"Suddenly, it all came to a stop . . . no more quick weight loss plan, as the pills I'd been paying for came to a stop!" she recalls. "My world came to an end, and what little I knew told me that 'speed' might keep the weight off. Then one day, I found myself looking through a glass pipe, addicted to speed. Yes, I was skinny, but I not only looked horrible, I was in denial."

She says she was so busy trying to change her whole outer appearance, she wasn't paying any attention to "the things that

*Continued on Page 7*

### HIV/AIDS AWARENESS DAYS

EDUCATE, MOTIVATE, AND MOBILIZE AGAINST HIV/AIDS

**Friday, March 19, 2010**

**From 6:00 PM Until Midnight**

**at the Quechan Community Center**

**Community Wellness Walk begins at the Quechan Administration Building at 6:00 PM**

**Children's Prevention Activities at the Community Center From 6:00 PM to 8:00 PM**

**Traditional Entertainment, Guest Speakers, Resource Booths and Candlelight Vigil begin at 6:30 PM**

**Dinner at 7:00 PM**

**DJ, Sober Dance Contest and Prizes from 8 to Close!**

**A Family Event - Open to the Public!**

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

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

QUECHAN NEWS is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the Kwat'san 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

## Kwat'san Bird Singing, Dancing Contests Open Pow Wow Each Year



**Quechan tribal members begin dancing early**, often even before the official opening of the contest, as soon as some of the Bird Singers arrive at the end of the Friday workday. It seems the prospect of joining up with old friends and new acquaintances encourages an energy that cannot be resisted as the gourd throwers begin their singing. Once the judges are ready and registration takes place, the crowd of contestants and singers just keeps growing through the night!

QUECHAN NEWS Photos by William Isbell



**Edith White** (seated) was honored as the oldest living Quechan, and a blanket dance was held for her.

Every year for the past decade, the Strong Hearts Native Society has opened their Annual Pow Wow with an evening of traditional Kwat'san Gourd Singing. Local ladies (and "early bird" visitors) line up on the field at San Pasqual High to display their best Ribbon Dresses and dance against one another for special honors, from Tiny Tots to Golden Age.

This year, Miss Quechan Na-

tion, Sasha Nerva also sponsored a Men's Bird Dance Special Prize, and the Fort Yuma Pi Pah Singers awarded a Men's Pi Pah Dance Prize as well.

Local Native Royalty always steps up to provide special prize awards for selected groups.

For 2010, the Women's Bird Dance categories were under the supervision of Kailah Durand, who is Miss Native San Pasqual High School for the 2009/10

school year. Elementary School Princess Alyssa Shepard provided oversight and sponsorship of the Tiny Tots series.

This year's Bird Singers Contest was won by the Strong Hearts Native Society Singers, with Reno Tapia taking second, Brendan José capturing third, and the Pipah Singers fourth. The winners of this year's Women's Bird Dance prizes are listed on page 4 of this issue.



**Council member Juliana Comet** and her granddaughter, Alyssa Shepard greet the 99 year old elder.



**Sticking to a strict time schedule**, this year's Bird Contest Grand Entry took place even before the stands were filled. Little Darwin Welch IV seems to be born with the talent, and can't wait to join the competition! And everyone lined up all around the Pow Wow Grounds to get the chance to wish Edith White a Happy 99th Birthday on March 18th, 2010!



# STRONG HEARTS POW WOW WINNERS

Here are the dance and drum groups competition winners from the 30th Annual Strong Hearts Spring Pow Wow, held here at the San Pasqual High Football Field on the first week-end in March.

### DRUM GROUPS

- 1st:** Bear Runner  
**2nd:** Southern Guns  
**3rd:** Sacred Wind  
**4th:** Eagle Thunder

### GOLDEN AGE

#### Men

- 1st:** Norman Largo  
**2nd:** Allen Roy Paquin  
**3rd:** Mark Roanhorse  
**4th:** Earl Sherman

#### Women

- 1st:** Virgie Tassie  
**2nd:** Dolores Good Eagle  
**3rd:** Nita Track  
**4th:** Eleanor Tom

### MEN'S SOUTHERN STRAIGHT

- 1st:** Matthew Sheka, Sr.  
**2nd:** Michael Plumley  
**3rd:** Tyrell Derbse

### MEN'S NORTHERN/ SOUTHERN FANCY

- 1st:** Quannah Henry  
**2nd:** Spike Draper  
**3rd:** Dwight White Buffalo  
**4th:** Tyson Draper

### MEN'S GRASS DANCE

- 1st:** Mason James McGurk  
**2nd:** Darnell Dulin  
**3rd:** Kyle Buck  
**4th:** Randy James

### MEN'S NORTHERN TRADITIONAL

- 1st:** Ataite Howadick  
**2nd:** Chance Sherman  
**3rd:** Damon Polk  
**4th:** Theodore Waskahat

### WOMEN'S FANCY DRESS

- 1st:** Arianne Sheka  
**2nd:** Desirae Red Horse  
**3rd:** Regina Red Horse  
**4th:** Kristen Smith

### WOMEN'S CLOTH DRESS

- 1st:** Leah McGurk-Brown  
**2nd:** Maurissa Two Two  
**3rd:** Isis Red Elk  
**4th:** Jshen Tsosie

### WOMEN'S BUCKSKIN DRESS

- 1st:** Delmarina One Feather  
**2nd:** Charish Toehay  
**3rd:** Jacinta Tsosie

### WOMEN'S JINGLE DRESS

- 1st:** Henrietta Scalplock  
**2nd:** Teri John  
**3rd:** Celeste Osife  
**4th:** Amanda Ironstar

### TEEN GIRLS' BUCKSKIN/CLOTH

- 1st:** Arden Cozad  
**2nd:** Raelyne Sanchez  
**3rd:** Kendra Lastijane

### TEEN GIRLS' FANCY SHAWL/JINGLE

- 1st:** Raven Sanchez  
**2nd:** Tyler Etsitty  
**3rd:** Bria Gray  
**4th:** Dee Dee Pacheco

### TEEN BOYS' TRAD./STRAIGHT

- 1st:** Chad Red Elk  
**2nd:** Owen Wendell  
**3rd:** Segundo Henry

### TEEN BOYS' FANCY DANCE

- 1st:** Darwin Charley  
**2nd:** Shugo Yellowhorse  
**3rd:** Michael Jiminez

### JUNIOR GIRLS' BUCKSKIN/CLOTH

- 1st:** Victory Randall  
**2nd:** Daisy Lovato

### JUNIOR GIRLS' FANCY SHAWL/JINGLE

- 1st:** Tawenna Williams  
**2nd:** Tia Gray  
**3rd:** Noralene Scalplock  
**4th:** Cassandra John

### JUNIOR BOYS' TRAD./STRAIGHT

- 1st:** Julian Polk  
**2nd:** Josh Harlan  
**3rd:** Asencio Garcia

### JUNIOR BOYS' FANCY/GRASS

- 1st:** Marshall Baker  
**2nd:** M.J. Sheka  
**3rd:** Keaven Brown  
**4th:** Maximus Sheka

*Congratulations to All!*



#### GOLDEN AGE

- VERNA PARKER
- ALVA EMERSON
- DRUSILLA BURNS
- CHARLENE EMERSON
- VIOLA ANDERSON

#### TEEN GIRLS


- DILEANE BENSON
- KAYLA SANCHEZ
- CATHARINE KELLY
- DIAMOND RIVERA
- SHARAE PAYA

#### ADULT WOMEN

- ASHLEY HEMMERS
- CHARLOTTE JACKSON
- ANGEL TOWNSEND
- HEATHER MEDART
- STARLA SHAFFER

#### JUNIOR GIRLS

- BERNADETTE ORTEGA
- TAWNEE BARRACLEMAN
- MAYA MONTIJO
- ALLAVNA PAZ
- BRINA IRONCLOUD



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**Phoenix Area Indian Health Service**  
Office of Human Resources, Two Renaissance Square  
40 North Central Avenue, Suite 510, Phoenix, AZ 85004-4424

**Job Title in Announcement: Motor Vehicle Operator**  
**Announcement Number: SWR-10-0228**

**STARTING SALARY:** \$17.02 - \$19.85 per hour

**PROMOTION POTENTIAL:** None

**SUPERVISORY/MANAGERIAL:** No

**APPOINTMENT/WORK SCHEDULE:** One (1) position, Time-Limited Appointment Not To Exceed 2 years \*May be eligible for one additional two (2) year extension.

The total appointment may not exceed 4 years. Position is required to work full-time.

**AREA OF CONSIDERATION:** Individuals entitled to Indian Preference who wish to be considered for excepted appointment in IHS, under authority of 5 CFR, Part 213, Schedule A 213.3116(B)(8). Merit Promotion Plan Candidates (MPP) – Current permanent competitive Federal status employees, reinstatement eligible, and current IHS Indian Preference individuals and/or individuals who are eligible for excepted appointment in IHS under some other authority (e.g., handicapped authority, Veteran's Preference etc).

**DUTY LOCATION:** Fort Yuma Indian Hospital, PHS Indian Hospital, Winter haven, California

Applicants may use on the following to apply: (1) OF-612 Optional Application for Federal Employment, or (2) Resume. **(Call 602-364-5219 to Contact a Human Resource Specialist) Date: 03/10/2010**



# Student Runners Inspire Both Classmates, Adults

When we think of role models, we often think of “grown ups”, such as our parents, an actor or athlete, policemen or firemen. We often forget that even our children can set an example through leadership and be some of the greatest teachers in the world.

“It is a great honor to know someone who has done that,” says Lisa Ball, of the Quechan Special Diabetes Project. “Kieran’s not only set a positive example for the other students but also for his siblings.”

When Dr. Lubb Dubb brought his Healthy Heart Walking and Running Club to San Pasqual Elementary School this year, second grade student Kieran Palone started off just like everyone else participating in the 10 minute daily routine. But he was soon pushing himself to do his very best while challenging other students to “keep up” with him.

Unlike many, Kieran is a natural athlete. “Of course, when you have the verb “ran” in your name, that’s to be expected,”



**Dresana, Kieran and Daylen Palone** (in the center) pose with Dr. Lubb Dubb (Tom Vossberg), their proud mom Chiloe Townsend and little sister Kieya at a recent session of the “Healthy Heart Club”. Photo by William Isbell

says Lisa. “As time went on we noticed Kieran running with a new partner, someone a little

older than him.”

It turned out Kieran had inspired his fourth grade sister,

Dresana to start running. They would compete to see who could get the most sticks from Dr. Lubb Dubb, collecting 16 sticks for each mile.

Lisa continues: “It wasn’t too much later in time that we saw Kieran and Dresana running hand in hand with a younger boy, who turned out to be their brother, Daylen, from the first grade class. Kieran and Dresana sacrificed losing mileage with their sticks to hold their brothers hand making sure that he too would succeed.”

By mid-February, Kieran had racked up 58 miles, Dresana 61 miles and Daylen 37 miles, for a family total of 156 miles. “Kieran, Dresana and Daylen all ran 10-minute miles last week for the first time ever. It’s hard to believe a “stick” can bring out such commitment and dedication even for a 2nd grader!” Lisa exclaims in amazement.

Though rewards can be great sometimes, the greatest gift we can receive is to take care of the only thing that’s irreplaceable, our bodies. When he was asked

why he likes to run, Kieran said “Because it keeps your heart healthy!” His favorite class is math with Ms. Frasier.

Dresana says she likes to run “To get cool prizes and make me healthy”. She also says “Running is good and I like to help my brothers”. She also wishes she could “Get all the fourth grade teachers and all the students running so they, too, can win cool prizes and be healthier”. When asked her favorite class she said it was Ms. Rodriguez’ because she, too, likes math.

Daylen Palone likes to run because “It’s healthy for our hearts and my big brother and sister do it”. His favorite class is Library and Specials because he likes to color his chart and read.

We’re all very proud of Kieran, Dresana and Daylen,” says the staff at the Special Diabetes Project. “The examples they have set are among the most precious gifts you can give anyone: Inspiration, Dedication and Leadership.

## Right-of-Way Access Needed for Water Improvements Survey

The Quechan Economic Development Administration (EDA) is currently planning construction of the Water and Sewer Phase Two Project. The Project will extend and improve the delivery of safe drinking water and sanitary sewer services to allotted lands within the area of Picacho, Jackson, Ross, Baseline, and Miguel Roads, north of Houghtelin Road. It will also replace service connections and degraded septic tanks at existing homes along the new water line’s route.

Before construction can begin, the Tribe must first seek permission from owners of the allotted lands for the right to perform survey work and to obtain

the right to use a 20-foot strip of land for the pipes. This strip of land is known as a right-of-way.

The EDA is handling right-of-way acquisition for the Water and Sewer Phase Two Project, and recently held two informational meetings to discuss the upcoming Water/Sewer Phase Two Project at the Quechan Community Center.

Last month’s meetings were held to inform the owners of allotted lands about the need to accurately survey the project area. Surveyors will identify the amount of right-of-way on each affected allotment needed to construct, operate, and maintain the new water and sewer lines. This

month, the EDA will be mailing information to landowners about the project, along with a Consent Form requesting permission to perform the survey work and to grant the right-of-way to the Tribe. To assure the word gets out, the EDA will likely convene additional meetings and make personal visits, too.

“Before we can perform the survey work, we need your consent to enter upon your allotted land,” according to Brian Golding, Sr., EDA Director. “In an effort to streamline the paperwork process, yet afford you with a clear understanding of the process, we are also seeking consent from landowners to grant

the right-of-way to the Tribe.” He also states that no grant of right-of-way will become effective without first informing landowners of how much land will be needed for the right-of-way and of the fair market value of that right-of-way. The EDA is working closely with the local Bureau of Indian Affairs to assure that the acquisition process is completed in a fair and timely way.

“We plan to begin construction in February 2011, so we need to complete the acquisition process by the end of this year,” he says.

The Tribe will contract with a third-party appraiser to determine the fair market value of the right-of-way over each af-

fected allotment. The appraisal will be submitted to the Office of the Special Trustee (OST) for its review to assure that the appraisal meets its standards. Land owners will then be informed of the appraisal’s determination of fair market value of their allotted lands by the OST.

Landowners will be entitled to either receive a payment for the fair market value or waive receipt of that payment. Landowners will be given at least two opportunities to indicate their choice prior to construction.

“We hope everyone recognizes the immediate and the long-term benefits this project will bring

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## Juan Reyes New H.R. Director for Quechan Tribe



**Juan Carlos Reyes**

Mr. Reyes began his service with the Quechan Tribe as the Human Resources Benefits Coordinator in August of 2008.

QUECHAN NEWS Photo by William Isbell

In a memorandum issued on February 22nd, Quechan Tribe Vice President Keeny Escalanti, Sr. announced the promotion of Juan Reyes to the position of Human Resources Director for the Quechan Tribe.

Mr. Reyes began his service with the Quechan Tribe as the Human Resources Benefits Coordinator in August of 2008. His previous experience includes five years as the Benefits Coordinator for the Cocopah Tribe before joining Quechan Tribe Human Resources Department.

While working for the Cocopah Tribe he met his wife, Cassie, who serves as the Facilities Management Director for the Yuma Union High School District.

Juan moved to the area when he was 8, and attended the Yuma

public school system. His son, Juan Junior, is a student athlete at Yuma High School, a member of both their football and wrestling

teams.

Upon completing high school, Juan entered AWC to take business studies before becoming a Human Resources Generalist for the Automotive Parts Exchange, a large manufacturing and automotive parts rebuilder. Juan quickly moved up to become the Benefits Manager for their operations in Yuma, staying there for five years.

From there he moved and spent about 2 1/2 years as the H.R. Benefits Coordinator for Russell Coil, a Yuma air conditioning manufacturer.

And finally, if you have a question requiring help from the Tribal Employment Rights Office (TERO), contact Mr. Reyes and he will see that your TERO related questions and concerns are relayed to the right person.

## Water and Sewer Project

*Continued from Page 5*

by bringing safe drinking water and sanitary sewer service to their lands," says EDA Director Golding. "It will also enhance our ability to meet the future housing needs for our children and relatives. Because of the importance of these benefits, I'm hopeful that landowners will choose to decline the payment."

Funds for the Project, provided by grants from the Indian Health Service and the U.S. Environmental Protection Agency, will only cover the planning and design, surveying, appraisal, and construction.

Any payments to landowners

for the rights-of-way cannot be charged to the grants. Mr. Golding remarked, "If some landowners insist upon receiving a payment, we'll have to ask the Tribal Council for the funds to make the payments. Hopefully, we won't have to make that request."

For more information or to attend future meetings, please contact Brian Golding, Sr., EDA Director, at (760) 572-5270 or b.golding@quechantribe.com. You may also contact him at the EDA Office in the Quechan Community Center, next to the Enrollment Office.

## Timberwolves Take Grasshoppers Title



**The 2009 Grasshoppers Timberwolves** were led by Coach John Shepard (at left, with daughter Marianna and holding grandson André Shepard). In the front row, left to right are: Aleya Amador, Michael Phillips, Derrick Barnes, Jaylen Barnes, Antonia Palone and Zachary Amador. The back row (L to R) contains Tristyn Morrison, Sonya Palone, Alyssa Shepard and Addisyn Morrison. Photos by Willis Hawkins, Quechan Parks and Recreation

The 2009 Grasshoppers Basketball season came to an end on Thursday afternoon, February 11th when the Timberwolves beat the Suns in the Championship game. The 'Wolves ended the season undefeated with 9 straight victories. The second place Suns had a record of 7 wins and only 2 losses.

Quechan Parks and Recreation hosted the League beginning last December, with enough 8 to 11 year olds signing up to field 5 teams. The teams this past season also included the Lakers, Bobcats and Bulls.

Pee Wee Basketball for kids from 4 to 7 years old began about the same time as the

Grasshoppers, and their season ended on Saturday, February 13th. The Pee Wees had six teams competing in their league this past season: the 'Lil Eagles, 'Lil Turtles, Scorpions, Jackrabbits, Roadrunners and Hawks.

Thanks to all of the parents and other volunteers who came out to help and show support!



**QUECHAN PEE WEE LEAGUE PLAYERS OF 2009**



# BIG NAME ENTERTAINMENT AT QUECHAN CASINO♠RESORT



**The Doobie Brothers** will be in concert at the Pipa Event Center of the Quechan Casino Resort on Sunday night, March 28.

The Marketing Department at the Quechan Casino♠Resort confirmed that a few tickets are still available for the Doobie Brothers concert scheduled for Sunday, March 28th as well as the upcoming appearance by Merle Haggard set for Thursday evening, April 22nd.

“We’ve had four consecutive sellouts so far this year and we’re just getting started,” said Randy Maddocks, Special Events Manager.

“We’re bringing acts to the Desert Southwest that normal-

ly people have to drive to see in other markets. The Doobie Brothers are classic rock icons and Merle Haggard is a living country outlaw.”

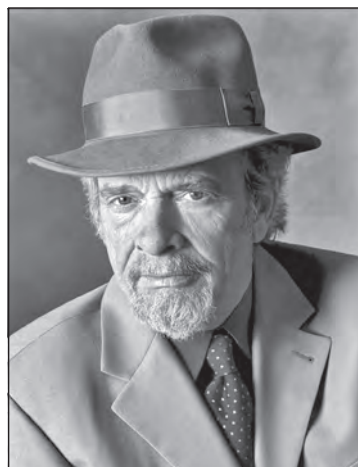
“I advise everyone to grab their tickets early. These shows will sell out fast.”

Tickets start at \$30 for Merle Haggard and \$35 for the Doobie Brothers. They’re available at playqcr.com, at the Paradise Casino and Q Box Office, or by calling (800)585-3737. You must be 18 or older to attend concerts at the Pipa Event Center.

The critically acclaimed, award winning Showtime Television Special, Kiki Melendez’ Hot Tamales Live comes to The Paradise Event Center for the first time on Saturday, March 20, 2010 at 7:00 PM.

Hot Tamales Live is America’s number one all female stand-up comedy show. The show has been sweeping the nation for the past 8 years. It’s hilarious and a must-see!

The show is presented by comic sensation Kiki Melendez and stars Ludo Vika, Monique Marvez, and Kira Soltanovich. Tickets are \$20 each at [www.paradise-casinos.com](http://www.paradise-casinos.com).



**Merle Haggard** is set to appear on Thursday night, April 22.

## Diet Fads Dangerous

*Continued from Page 2*

actually made me, ME.”

She says she should have seen that “everyone has something to bring to the table. You have to accept who you are, no matter what shape or size you are! Remember that you are beautiful the way you are, you don’t need to be a size 0 to fit in; we Quechan people have a lot to be proud of as whole. We are unique, and ‘together we progress!’”

Kathy has become quite philosophical now that she has become aware of the damage she’s done to her health in trying to loose weight through the shortcut of drugs. She was able to kick the speed habit, but the worst part is realizing that a once legal diet drug may have caused her the most serious damage.

She now suffers from Primary Pulmonary Hypertension (PPH), a rare lung disorder in

which the blood pressure in the pulmonary artery rises far above normal levels for no apparent reason. Her Doctors tell her the Fen-phen she took when she was younger, and wanting the “skinny, Hollywood look” is almost certainly the cause of her illness.

Though her treatment was covered while she was employed, as she became too weak to remain on duty as the Tribe’s Community Liaison, she finally called it quits.

But the Swedish made drug that treats her PPH is extreme-

ly expensive, and the Indian Health Service is working hard to come up with a means to help her make the payments without insurance. In the meantime, she finds her health deteriorating almost as quickly as she lost the weight so many years ago.

Still, she says, “I am very fortunate to have been taught by some of Fort Yuma’s best, and I encourage our youth to be content. Challenge yourself to achieve to your full potential, Know your own people, and the ways of our government. They are here to help. I really want

to single out Mr. Escalanti for everything he’s done to help me when I needed it the most.”

Her message is simple: “Please be happy in how things are in your time here. You know, a simple smile can go a long way in making a difference. Rather than always looking for a way to fit someone else’s expectations, you should be happy and accept the special, unique qualities you have, and just be you.”

All amazingly uplifting advice from someone who could easily see life very differently.

To my lovely daughter  
Tyla Laurenzana  
and my handsome son Shoo Shane:  
You are both the light of my life.  
Make good choices and  
may God be with you  
in everything you choose.  
Have a Happy 19th Birthday!  
Love you both . . . Mom



To my honey Steve  
and my little man Jakie,  
Happy Belated Birthday  
to the both of you.  
You both deserve the best in life!  
Love the both of you very much!  
Delila

THIS SHOUT OUT IS FOR THE YOUNG LADIES OF OUR FAMILY, WHO DID A FANTASTIC JOB BIRD DANCING AND PLACING IN THE DIFFERENT CATEGORIES AT THIS YEAR’S

STRONG HEARTS POW-WOW! THEY ARE:  
BERNADETTE ORTEGA BRINA IRONCLOUD  
ANGEL TOWNSEND AND CATHERINE KELLY

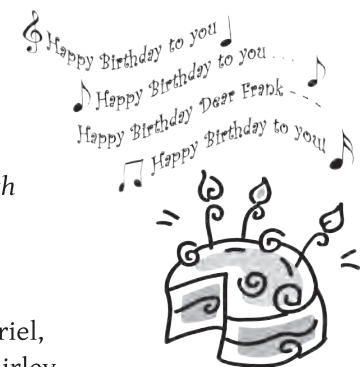
WE WOULD ALSO LIKE TO SAY  
'HAPPY BIRTHDAY' TO BERNADETTE ORTEGA !!!  
LOTS OF LOVE TO ALL OF YOU FROM YOUR FAMILY

## Happy 24th \* Frank John Kinale

Here’s a Birthday Prayer  
for you:

May God be a lamp  
into your feet  
And a light into your path  
May God direct you in  
everything you do!  
God Bless you son ~

Love Mom, Daniel, Gabriel,  
Jeremy and Grandma Shirley





# STRONG HEARTS NATIVE SOCIETY AND THE QUECHAN NATION PRESENT THE 30TH ANNUAL POW WOW

QUECHAN NEWS Photos by William Isbell

## Miss Indian Nations XVII, Jennifer Millette

not only attended the Pow Wow, she was also honored to serve as the the Head Woman Dancer. Here, she introduces herself to the audience on Saturday afternoon.



The Jr. Girls Fancy Fancy Shawl winner was Tawenna Williams.



Raven Sanchez took top prize for the Teen Fancy Shawl Dance.



Quechan Post 802 veteran Larry Comet, visiting elder Lynn Burson from Fort Duchesne and Damon Polk of Cedar City, Utah lead all the participants into the arena during all three Grand Entries. This is the first Grand Entry on Saturday.



All the drum groups faced serious competition, and showed real spirit in competition. They really got the chance to overpower the audience once everthing moved indoors on Sunday! They were LOUD!



Sunday's unseasonably strong rain wasn't allowed to dampen spirits. The entire Pow Wow moved over to the San Pasqual High gym. This is the Grand Entry, which was only a few minutes late, despite the move!



The Boys Fancy Dance winner this year was Marshall Baker.



Darwin Charley shows the winning form for Teen Boys Fancy.

## Jaydean Randall, a nine year old Lakota/Dineh

from Sacramento, CA was selected to be the Head Young Woman Dancer for the 30th Annual Strong Hearts Native Society Pow Wow.

