

ETSKA NAV AH PAI



THE NEWS CARRIER

QUECHAN NEWS

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Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

is published by

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Progress Made On Canal Leaks, Storm Damage



The most visible damage to Quechan Tribe property was when this huge sign near the I-8 was bent over by the strong winds of August 26th, crashing down on top of a storage conex next to the Facilities Maintenance Building near the Diabetes Walking Park. NEWS Photo by William Isbell

Although a number of unusual natural events have hammered the immediate area recently, with a 7.2 scale earthquake on Easter, the All American Canal leaking beyond its banks near Andrade, and a near tornado strength windstorm accompanied by rain and hail at the end of August, the Quechan Nation has escaped with little damage as opposed to the surrounding urban areas.

After the Tribal Council met with both the Bureau of Reclamation (BoR) and the Imperial Irrigation District (IID) last month, both parties responsible for the All American Ca-

nal began making plans to find a more permanent solution to the recurring leaks that continue to threaten Sleepy Hollow RV Park and the area to the east. IID brought in some heavy duty pumps in late August, and they've been pulling the water out of the low lying areas to the north of Andrade Road, and putting it back into the canal where it belongs. Although the surface looks dry, it will take more permanent methods to solve the problem once and for all. But for now, without the standing surface water, the threat of mosquitos infected with West Nile

virus hatching out and overwhelming our RV Park tenants and the Andrade Parking Lot has subsided somewhat. It is hoped that once the BoR and IID come forward with their long-term solution, you will be able to read about in the *Quechan News*.

IID also lost quite a few power poles in the late August wind storm, which lead to vast areas of the reservation going without power for up to 36 hours. The actual damage from that tantrum of Mother Nature was limited to a few homes losing some shingles, and one home on Arnold Road hav-

ing its rooftop air conditioner blown off its mounts. With the power down that long, the main expense to the Tribe was bringing in rental generators to provide power for different tasks, such as pumping water at canal lift stations. There was also quite a bit of overtime, too, with many of the Tribe's utility maintenance and security people brought in to work extra hours, getting things back in shape and watching homes without power.

All in all, despite a year that's held some unusual natural occurrences, the Quechan Tribe has "weathered the storm"!

SDPI Provides Diabetes Education in the Schools

The Quechan Special Diabetes Project for Indians (SDPI) has maintained its outreach to the entire community this year, providing health education at the San Pasqual Valley Schools. Their emphasis, of course, is on diabetes prevention (since that is their primary mission). But the information they provide on diet, exercise and constant vigilance in assessing the signals your body gives you are all easily applicable to general health maintenance for students of any age.

SDPI Diabetes Prevention Aides Ana Hartt-Villarreal and Vincent Tiger share responsibilities as visiting health lecturers in the schools. Ana leads the lessons in the elementary classes, while Vincent Tiger instructs middle school and high school students.

Recently, the Quechan News sat in on a session taught by Vincent Tiger as he explained the symptoms and effects of diabetes to Mr. Sanchez' sixth grade class. This was the second session for the students, and Mr. Tiger began with a quick refresher on the information he had previously given the students. (And it *was* quick! The SDPI Aides have only about a half hour set aside in each class to pass on the information they deliver. But at least Mr. Tiger's emphasis on diet and meal choices and how they can affect blood sugar levels was still fresh in their minds as the students left for lunch immediately

after the class!)

The lesson plans are taken from Diabetes Education in Tribal Schools (D.E.T.S.), a Nationally Accredited Curriculum for Native American schools. With half of the students at San Pasqual being Native Americans, Vincent says this curriculum should have a positive impact.

"I think the students are very lucky to have an opportunity like this at such a young age," he says. "A health curriculum like this was not available to me when I attended San Pasqual High School. I think if I had been aware of diabetes, things would have probably been different in my life."

Although Mr. Tiger is only in his early 30's, he's been living with a diagnosis of diabetes for over 11 years. He says that growing up and hearing almost nothing about the threat and realities of diabetes, and his increased likelihood of contracting the disease due to his genetic predisposition has given him extra incentive to pass on what he knows to the younger generation of Quechans he's been teaching.

"I've had to overcome a lot of obstacles in life due to that lack of knowledge," he says. "Like learning on my own how to manage my diabetes. Things like checking my blood sugar, eating healthy foods, exercising on a daily basis or why it's so important to take my medication as instructed."



Diabetes Prevention Aide Vincent Tiger keeps the students interest by refusing to stand still as he hammers home the message that Diabetes can strike anyone at any time. QUECHAN NEWS Photo by William Isbell

He says his biggest mistake after being diagnosed at a young age was continuing to do whatever he felt like doing and eating whatever he wanted.

"As a result, I've had to deal with some of the serious complications of diabetes. I started to lose a lot of weight really fast. So now, like everybody who's gone through situations like mine, my life was a roller coaster of health issues 'till I finally started to notice I was having a lot of pain and swelling in my legs as result of those complications when I was about 28 years old. That's when I found out I was experiencing Autonomic Neuropathy. Once I realized what was going on with me I started thinking it was the end for me!"

Having been faced with his own mortality before he even turned 30, Vincent started talking to the doctors and, more important, listening to them.

He continues his own story as a way of emphasizing the seriousness of the lesson for his students.

"They started explaining to me about the need to walk and exercise more. I thought to myself: 'No way, it hurts too much!', but that little voice in my head forced me to get up and move! As the walking and exercise became a habit, things started to look better for me: my sugars got under control I started to put some weight back on, and my pain wasn't as bad. Thanks to the doctors who helped me, I can run and walk much better today."

This is just one of the stories from his own experience Mr. Tiger shares during his talks. He says he shares the same information in his community outreach, whether is at the schools or at Community Program Events.

"All I can say is, I hope my

story can encourage others to do the same: set a goal, stay with it, and don't give up! That's why I think this curriculum we have for the schools at the Diabetes Prevention Program helps, because it helps the youth know that diabetes doesn't have to be a factor in their upcoming lives."

This curriculum is made up of both Social Studies and Science. The social studies aspect of diabetes prevention helps students identify the four elements of life (Physical, Emotional, Spiritual and Mental) and how they play a big part in their lives on a day to day basis. The students also have the opportunity to read about other natives living on different reservations as they tell their stories and how they overcame their situations.

The lessons also inform the students what they can do to help their own community.

The other part of the curriculum covers the scientific aspects of diabetes by allowing the students to explore the origin of diabetes. They learn how diabetes was discovered and treated long ago. The lessons include bar graphs which illustrate in easy to see form how diabetes diagnoses have increased over the years in the United States.

"As a Prevention Aide it's my goal to see the youth really make difference," he says. "So they can take what they learn in the classroom and put it to good use in the future."

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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. I'm looking forward to hearing from you!



Culture & Heritage

Tribal Members Recall Times With Quechan Indian Band



Nancy Montague and two other members tune up alongside members of the Zuni Band in the woods of Flagstaff in the first photo from 1952. From the earliest years of the band just after World War II, Flagstaff held their rodeo parade over the Fourth of July weekend, making a trip to the cool pines of northern Arizona a favorite for everyone connected to the band. That's Nancy in her band marching uniform outside the family home at Fort Yuma, just before leaving for Flagstaff in 1952. She can also be seen, just barely, as the girl in the drumline, second from left in the first photo. One of the founding members of the percussion section was Albert O'Brien, Sr., shown marching in the Yuma Jaycees Rodeo Parade in the late 40s. Mr. O'Brien was also featured on the cover of the 1964 San Pasqual High Annual in the often reproduced photo on the right. Photos Courtesy of Nancy Montague and Carlotta Sestiaga

With next month's Indian Days festivities set to highlight the famous (Quechan) **Yuma Indian Band**, it's time to look back at some of the memories Tribal members still have from the years they spent either in the Band, or in a household that included Band members.

Nancy Montague, Sr.'s. experience with marching bands started when the Fort Yuma Elementary School introduced a band program during her seventh grade year. "I was very interested in the idea of joining the Band," she writes, "And Laverne José played a major part in my experience with the Band. He tried to teach me to play an instrument, but I just couldn't get the hang of anything. Finally, when all was lost, he said 'Why don't you try the drums?'"

"Will wonders never cease? We found the beat, and I went

on to play in both the Yuma Union High School Band from 1954 to 1957 and the Quechan Indian Band in 1955 and '56!" Nancy also played the kettle drum in the Yuma High Orchestra while in high school.

She goes on to tell of her fellow Indian Band members, particularly the adult leaders of the group: "While playing with the Quechan Indian Band, I drummed with Albert O'Brien, Sr. and 'Chuck' O'Brien, Jr. One time, we went to Flagstaff, Arizona. Felix Montague had gone along as a drummer, too, and as we were getting ready to march, all of the other drummers were late! So, it was up to me and Felix to lead the Band by providing the marching beat, and we were only about 15 and 16 at the time! Oh, my, it was a disaster! We were used to just following the other drummers,

and we had everybody marching out of step, and ol' Alvin Kelly was so mad at us! Everybody else just finally put on a good attitude and the rest of the band counted off in their heads and got back in step. Whew! I'm glad they were all professionals!"

Albert O'Brien's daughter (and the sister of Chuck) also shares some family photos here of their time with the Band.

Carlotta Sestiaga's father was one of the earliest members of the Band, along with Elmer Emerson, Oliver Curran and others. Carlotta says she remembers her father (and much older brother, Albert, Jr.) being in the Band throughout her childhood. She brought some color photos over to the *Quechan News*, with her family marching in the Jaycees Rodeo Parade on Fourth Avenue in the

early 1970s, which you can see on the back page of this issue.

She also has fond memories of her dad and all the men, dressed up in their black slacks and bright red shirts, every one of them sporting a full feather headdress as they marched "since that's what the people at all the parades expect an Indian to look like!" Her dad even posed in his Indian Band outfit for the cover of the Warriors 1964 Yearbook at San Pasqual.

One memory is when her dad was gone for a week when the Band was invited to play as Yuma's representatives at a national political convention in Chicago in the 1960's (which had to have been the Democratic National Convention of 1968).

"When we went out of town, we traveled with my parents and other band members and their families in a chartered

Greyhound bus. Some members traveled in their own cars, too. We slept in tents and sometimes, at Flagstaff, we slept under the grandstands if it rained."

"All the women cooked the meals by campfire. This was all on the hillsides surrounded by pine trees. There were daily parades and evening performances. . . I can still smell the smoke and the different foods cooking and see all the mutton hanging on the lines at different campsites."

Carlotta says she really enjoyed seeing many different Indian Tribes that she'd otherwise never have had the chance to meet. "These were happy times," she says, "And no violence! I really developed a love for music: band music, marches, and all of it. These are all memories that will be in my mind forever!"

**FORT YUMA
INDIAN HEALTH CLINIC**

**PUBLIC HEALTH NURSE
VACCINE CLINICS**

**At The Public Health Nursing Office
(In Trailers Behind the Main Clinic)**

**You must be registered with the
Indian Health Center to receive vaccines**

**When: Thursdays, Sept. 23rd and 30th
Time: 1:00 pm – 5:00 pm**

**Newborn Nutrition Class
“Breastfeeding/Formula Feeding”
in the**

**Fort Yuma Indian Health Center
Multipurpose Room**

**Wednesday, September 22nd
From 5:30 PM to 7:00 PM**

**– Winterhaven residents –
For Transportation Call: (760) 572-0753**

**If you want to attend the newborn
nutrition class and you are not registered
at Indian Health Services - Call:
Claudia Lorentz, PHN at (760)572-4225**

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

**Please Remember:
Only buses may park in front
of the Head Start Entrance!**

**Please park only in the marked
parking spaces when dropping off
and picking up children!**

**QUECHAN EDUCATION COMPLEX
SPEED LIMIT IS 5 MPH**



Quechan Police Dispatchers Receive Certification

Quechan Tribal Police (QPD) Dispatchers Sylvia Ghiotto, Angeline Levy and Grace Levy all attended the two-day “Power Phone” law enforcement dispatch Certification Course on August 18th and 19th in Sierra Vista Arizona.

QPD Police Chief Tony Badilla tells the Quechan News, “This was an intensive 16 hour course which develops skills to handle emergency law enforcement calls effectively.”

“A written certification test was administered at the end of the course, and all three successfully passed and received a certification in the discipline of Law Enforcement Dispatch.”

While undergoing training, all three of the dispatchers were exposed to the latest techniques, processes and methods of handling and dispatching police calls.

The objective of the class is to train students to help victims and responding officers in three very powerful ways:

How to apply a structured line of questioning to every call while ensuring a rapid and effective response; the need to gather and share critical details on any law enforcement incident; and how to give options to callers in need of immediate help.

“They had a lot of topics to cover in this course,” says the Chief, “much of which was how to handle all type of calls, including: How to deal with hysterical callers and anonymous callers, how to identify gunshots, the most common call types and prioritization.”

The “Power Phone” course also covers customer service tips for dispatchers, as well as the special items of information

needed when sending officers out in response to:

- Assaults
- Robberies
- Motor vehicle accidents
- Domestic violence
- Simultaneous emergencies
- Motor vehicle stops

And finally, the students received intensive training on the importance of suspect and vehicle descriptions as well as handling an “Officer Down” call. They also received training on considerations of officer safety as well as the proper methods of handling bomb threats.

Chief Badilla stated “It is our intent to provide all of our employees within the Quechan Police Department with the most current training available. This will allow us the tools necessary to provide the most professional and current services to the Quechan Community.”

Board Members Needed To Insure A Quorum

The Board of Commissioners of the Quechan Tribally Designated Housing Entity (QTDHE) is currently in need of another Tribal member to occupy a seat on the Board.

The QTDHE Board of Commissioners consists of five members appointed by the Quechan Tribal Council to serve the interests of the Tribal community as their representatives.

It is the duty of the Board to meet each month to review reports by all the departments which make up the QTDHE, discuss legal matters and other business concerns and to meet with Tribal members who have requested to see the Board.

Tribal members appointed to the Board of Commissioners need to make an obligation to attend all meetings.

The business of the QTDHE not only requires a commitment of time, it also requires a commitment to make difficult decisions. Although the term of a Commissioner can at times be complicated, it can also be very rewarding knowing you can have a positive influence in providing a better quality of life for your Tribal Community.

The Quechan Election Board is also in need of an alternate member, so they can begin the process of preparing for this December’s Council Election.

Since the alternate must receive the same training, and be aware of the same information as all members of the Board, until that alternate is selected and appointed to their seat, the important business of preparing for this December’s upcoming election may be delayed.

Interested Tribal members are also being sought for vacant positions currently open with the Quechan Health Committee, the Culture Committee and the Quechan Education Committee

If you are interested in sitting on either Board or one of these committees, please send a Letter of Interest to Council Secretary Georgina Massey.

ADAPP's Red Ribbon Week Set for Late October

The Fort Yuma Alcohol and Drug Abuse Prevention Program (ADAPP) has teamed up with the San Pasqual Valley School District in preparing for this year's Red Ribbon Week on the Quechan Reservation.

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. The week will kick off on Monday, October 25th and activities are planned every day through Thursday the 29th.

ADAPP is hoping to get all Tribal Departments involved as they plan their activities.

"We will be promoting drug awareness all that week," says Tom Fernandez, of the ADAPP staff. "Some of those

activities will include posting banners, delivering Red Ribbons to all students as well as all departments and throughout the community. But that's not all we'll be doing. There are other things still in the planning stages right now!"

Activities connected to Red Ribbon Week actually begin a couple of weeks earlier, when the middle school and high school will hold anti-drug/anti-alcohol essay and artwork contests. Those contests come to a close on Friday, October 22nd, when the entries for each class will be judged by the school's administrators and faculty.

Then the full community involvement starts on Monday

the 25th, with the Strong Hearts handing out ribbons at the elementary school, along with the anti-drug message. The morning activities at the elementary school end with a mass balloon launch at 8:40 AM. Then, first through third places prizes will be awarded for the essay winners from each class at an all-assembly in the high school gym just before lunch. The schools have even set aside cash awards of \$50, \$30 and \$20 for the top three award winners for the contests! There will be guest speakers, water bottles and wrist bands for every student, and an ice cream social after lunch!

Tuesday will be set aside

for law enforcement agencies at the schools, billed as *Drug Abuse Prevention Day*. Right now, the schools are still in the planning stages on that, inviting agencies such as the US Border Patrol, Customs Enforcement, the California Highway Patrol, Quechan Police Department and the County Sheriff to come in and give presentations. Since law enforcement agencies have plenty of great "toys" and crime fighting hardware, you never know what you might see!

Wednesday, the 27th is the biggest day of all! That day will see everyone gathering at the Quechan Community Center for *Families Against Drugs Day*.

This is the day Fort Yuma

ADAPP wants all the Tribal Agencies and Departments to come out and set up a booth, show their support, and give the kids the courage to "say No To Drugs!" There will even be a community walk from the Quechan Community Center to the San Pasqual School to close out the assembly.

Finally, on Thursday, ADAPP and the schools will join together with "*I Think*" assemblies all day long. Mr. Chad Furlong, a much in demand motivational speaker from San Diego will also be there to lift everyone's spirits and focus their attention on the need to stick with their objectives, and continue to "Just Say No" for life.

Major Announcement by AZ Governor at Pivot Point

With the fall election season moving into its final stretch after the Labor Day holiday, Arizona Governor Jan Brewer made a quick trip to Yuma to visit with government officials and assist local candidates through the power of her office. The Governor has recently come to national attention due to her stance on immigration and her refusal to back down in the face of political pressure from the current Washington administration.

Because of her higher than normal public profile, many local representatives were happy to host her visit. Local media gathered for the chance to get an interview with her "in the can" and hung on her every word in the hopes of providing "arm chair analysis" for their listeners, readers and viewers. Both politicians and the media converged on the Pivot Point on September 8 in anticipation of what had been termed a "major

announcement" by the Governor's advance party.

She entered the building surrounded by security staff and in the company of Julie Engel, President of the Greater Yuma Economic Development Corporation. Once everyone was seated, the program opened with Ms. Engel introducing Arizona Representative Russ Jones, who made very short remarks on the Governor's recent brushes with notoriety (at the hands of the national media) before surrendering the podium to her.

"It's great to be here in Yuma," she began, "and this is certainly an appropriate place to celebrate the significant investment that we are about to undertake to advance the rural areas of Arizona."

Getting right down to business, she then made her announcement: "So, by Executive Order, today I am establishing a Rural Business Advisory Coun-



Arizona Governor Jan Brewer chose the Yuma Pivot Point Conference Center as the location to announce a new Rural Business Advisory Council. The Pivot Point is majority-owned by the Quechan Tribe in partnership with the Hilton Hotels corporation. QUECHAN NEWS Photo by William Isbell

cil. This Council will identify business development 'best practices' to advance rural communities across our entire state, and create *more*, quality jobs. The Council will make recommendations to the Arizona

Commerce Authority Board and it will oversee the use of the funds I am committing to advance community projects across our state, creating the jobs of the future."

Governor Brewer will soon

identify business leaders from all 15 Arizona counties to sit on the Council. "We must have the hands-on experts from our rural areas . . . who understand the unique approaches (needed)," she said, "as well the challenges of growing businesses and creating jobs."

Before taking a seat to sign the Executive Order before the crowd of witnesses and media representatives, she ended her remarks by saying, "My goal is to advance rural areas, establish necessary infrastructure, and help these (rural) areas compete for quality jobs in the global economy. . . Today, I am dedicating \$2 Million of my economic development stimulus funds for a new rural approach." She pointed out that is much more than the \$226,000 invested in rural development last year through commerce grant programs. "A good start," in her words, "But not nearly enough."

Grandpa Sticks It Out, Graduates High School

Quechan tribal member Emmett (Sonny) Hartt, Jr. celebrated his 50th birthday among family and friends on the 8th of September. His wife, Shari, got together with other family members to throw a big bash in his honor at the Paradise Event Center the following weekend.

One of his proudest accomplishments is returning to finish high school, receiving his diploma on May 28 this year! Emmett is the first child of Judith Prietta and Emmett Hartt Sr.

His kids include Brandi Mattias, Jared Hartt, Isaiah Hartt, Tawnee Hartt and Sonny Hartt. He is Grandpa to Sarah Mattias, Jayvin Curly, Kiiyanii Dick, Love Leigh Durand and Olivia Hartt as well as 11 others, for a total of 16 grandkids in all.

He also has four additional (grown) children who live outside the area! And all those kids



want to say "HAPPY BIRTHDAY TO THE WORLD'S GREATEST DAD!" as well as "*We love you* and wish you the *best* on your 50th birthday!"

And of course: "HAPPY BIRTHDAY SONNY! WISHING YOU THE BEST ON YOUR 50TH - SEPTEMBER 8TH. YOU ARE A WONDERFUL HUSBAND AND MY BEST FRIEND!"

"I LOVE YOU!" — Shari .

Belly Dance For Fitness

Class Now Meets Mondays and Tuesdays

At The Quechan Diabetes Wellness Center

From 5:30 PM to 6:30 PM



Zarmineh Moody
Instructor

For More Information on This or Any Other Fitness Class:
Call the Wellness Center at 760-572-4057



E.P.A. Announces New Tribal Artwork Contest For Native Students

The federal Environmental Protection Agency (EPA) announced a poster artwork contest at the beginning of September for Native American students. The art contest is aimed at protecting the environment by encouraging the reporting of possible environmental crimes through the EPA's tips and complaints website.

The contest is open to all middle and high school students who are members of a federally recognized tribe. It offers a chance for young people to draw their visions of environmental damage from their own viewpoint. The EPA will use the winning artwork on its website and on posters encouraging the reporting of environmental violations.

They are soliciting entries in the two categories: hand-drawn and computer generated art. They will select three winning entries, an overall winner and two first place winners from each category. Artwork

will be judged on creativity, originality and how well it depicts the message of environmental violations. Special agents with EPA's criminal enforcement program will present plaques to winning entrants at their schools, and will give a presentation on what it is like to be an EPA criminal investigator.

All artwork submitted for the contest must be no smaller than 8 1/2 x 11 inches and no larger than 24 x 36 inches in either the hand drawn or computer art category. Students can use pencils, pen, oil paints, watercolors, chalk — anything, as long as it is the original work of the student submitting the entry. They may use whatever art supplies they are comfortable with. Entries must be received or postmarked by Oct. 8, 2010 to be considered. Winners will be announced in November.

Entry is open to middle and high school students who are members of a federally-rec-

ognized tribe. Finalists will be required to submit proof of enrollment in a federally recognized tribe. All entrants must complete the contest entry form and provide valid contact information, and the contest entry form must be SIGNED and submitted with your entry, and include only one entry per form. Students should submit artwork to:

U.S. Environmental Protection Agency
Criminal Enforcement—Help Fight Environmental Crime Contest

Denver Federal Center,
Bldg. 25, Ent. E-2
PO Box 25227
Denver, CO 80225

Students wanting to enter this contest can download an entry form on the Internet at: <http://www.epa.gov/compliance/criminal/contest/flyer-8-26-10.pdf>

If you have any questions about the contest, you can email Beth Behrens at the EPA at: behrens.beth@epa.gov.

THE QUECHAN INDIAN TRIBE

is seeking interested Tribal Members to
serve on these Boards and Committees:

Quechan Education Committee

Kwat'san Culture Committee

Quechan Health Committee

QTDHE Board of Commissioners

Quechan Election Board Alternate

If interested, submit a Letter of Interest
to the Tribal Council Secretary
(Georgina Massey)
at the Tribal Administration Office.

Quechan SDPI Offers Weight Management at ADAPP

As a service to their clients in helping them put their lives back together in a healthy, centered way, the Quechan Alcohol and Drug Abuse Prevention Program (ADAPP) has teamed up with the Quechan Special Diabetes Project for Indians (SDPI) to provide weight management training as a recovery tool.

Lisa Ball, Quechan SDPI Director is providing the instruction, which centers on the many unforeseen ways a person's diet and lifestyle can affect their health. Although the primary thrust of the course is weight management as a means of diabetes prevention, the lessons learned can be put to use by anyone wanting to keep their weight down and their health up.

The bi-monthly meetings help the clients at ADAPP sit down with someone who is concerned about their health without having to dwell on the subject of drug and alcohol abuse.

"The support group doesn't really have a lot of structure,

which is difficult because everything we do (at SDPI) is structured in some sense," says Lisa.

"I want the group to be able to discuss things all the way from sea salt to tennis shoes, and believe me, we do!" she says. "I always bring topics for us to discuss, but we often don't need them as we're able to carry on wide-spread conversations amongst the group. The average group has around 20 participants, which is large, but we're still able to keep the communication going."

Some areas they have touched on are: childhood obesity, how eating habits and patterns have changed over time, the concept of good fats vs. bad fats, and diabetes and how to prevent it.

A recent class centered on what's known as "Portion Distortion" and how the sizes of meals (and the servings of food in them) have gotten bigger over the past 30 or 40 years, increasing the prevalence of obesity in the general population.

Lisa brought fact sheets for the class, pointing out that 61% of Americans are now overweight, and that the number of overweight people in the world (1.1 billion) is equal to the number of undernourished people.

She also showed the participants how many calories you can expect to get out of seemingly small amounts of food.

"Just one stick of Wrigley's spearmint gum has 10 calories," she says. "That's not much, but it takes you two and a half minutes to walk off 10 calories!" And for every 10 extra calories you add each day, you can add another pound each year!

And those sneaky little extra calories we often aren't aware of only add to the obesity epidemic. The American Dietetic Association lists one serving for a cheeseburger as ideally consisting of quarter pound of lean meat, a small serving of fries and two tablespoons of ketchup with a leaf of lettuce, a couple of pickles and a slice of tomato.



Lisa Ball laughs as she reveals to the class that it takes an hour of yoga to burn only 300 calories.
QUECHAN NEWS Photo by William Isbell

Altogether, a cheeseburger lunch should be about 635 calories, with about 33 grams of fat. Unfortunately, due to the phenomena of "Portion Distortion", that meal has now grown to at least a half pound burger, with a bigger slice of cheese (or two), more tomatoes (which are still good for you) and almost 3/4 of a cup of ketchup slathered on top of the large fries. The total now comes to about 1,345 calories with 53 grams of fat! "Did you know that just

one Chicken McNugget is at least 53 calories?" Lisa asks her class. "And who eats only one Chicken McNugget?! C'mon, we all eat at least 8 or 10 of 'em when we sit down, right?"

Lisa even asked Ft. Yuma IHS Dietician Deborah Drumel to lead a session which discussed nutrients and minerals, as well as general nutrition education. Lisa also hopes to have a discussion on the barriers in our lives that prevent us from being healthier and how we can address overcoming those barriers community-wide.

SDPI has also begun blood glucose screenings on about 50% of San Pasqual elementary students, with their parents' permission. They will use those numbers to identify students who may be at high risk of getting diabetes. The student's Body Mass Index (BMI) and blood glucose numbers will be sent home to the parents to advise them on any additional follow up that may be needed.

SAN PASQUAL MULTI-YEAR REUNION PLANNED FOR EARLY OCTOBER

A multi-year Reunion for the San Pasqual Valley High graduating classes of 1975-1986 is planned for the weekend of October 8. Attendees can meet up at the FFA Bar-B-Q at the high school on Friday, October 8th, and then cheer on the current Warriors at the Homecoming game against Sequoia Charter School that same evening.

Headquarters for the Reunion will be the Quechan Casino ♠ Resort, where everyone can meet up after the game at the Sidewinder's Lounge. The Reunion Committee has also set aside a block of 30 rooms at the Q for the Reunion, and they are going for the special price

of only \$69 a night—as long as there are any left. Mention you're with the San Pasqual Reunion when you make your reservation! Please call 1(760)572-1634 to make your reservations before they're all taken!

Even though graduates of the years 1975 through 1986 are the people arranging this festival of nostalgia, anyone who has graduated from San Pasqual Valley High in any year is invited to join them at their FREE family Picnic at the Yuma Gateway Park on Saturday, October 9. The four-hour picnic gets started at 11:30 AM!

But the BIG event is the Dinner/Dance for the Gradu-

ating Classes of 1975 through 1986 on Saturday night, October 9, 2010. That will be at the



Quechan Casino ♠ Resort on Algodones Road just north of Winterhaven.

The Reunion Dinner/Dance

begins at 6:00 PM with a No Host Cocktail hour, and the actual dinner begins an hour later at 7:00. The committee says the dinner will be a lovely "All You Can Eat" buffet. Be sure to "dress to impress", because pictures will be taken for the reunion's "Mini-Annual" while everyone is mingling before dinner!

Pre-orders for the "Mini-Annual" are \$10.00 each, as long as you pay at the dinner/dance. Orders taken after the Reunion is over will be \$15.00 each.

The Dance itself begins at 8:00 PM. The cost of the dinner/dance (open to those who graduated from 1975 to 1986)

is only \$30.00 per person.

But, get this: For those wanting to attend only the Dance, it is \$10.00 per person, payable at the door; and the Dance is open to ALL GRADUATING CLASSES OF SPHS!

If you want to join in the fun and reserve your spot at the Dinner/Dance, please send a check or money order to:

Gus Nunez
Box 100
Bard, California 92222

Gus says he needs payment by today, September 22nd at the LATEST, so you don't have much time left if you want to get together with everyone and show 'em you've still got it!

The Famous (Kwat'san) Yuma Indian Band - In Color!



These two images from the collection of Carlotta Sestiaga show members of her family that made up a good part of the percussion section of the famous Quechan Indian Band. Her brother, Albert O'Brien, Jr. (the first drummer on the left) was an early band member, starting off in the 1940s with their dad. Joining Mr. O'Brien are his nephew (Carlotta's son) Julio Sestiaga and his son, James (both also on snare drums) with their grandfather, Albert O'Brien, Sr. on the opposite end of the line, carrying the band's bass drum. The second shot shows another view of the same line-up, with additional band members, as they march past the Stardust Hotel, where the current Fourth Avenue Fry's store is now located. Both of these images were shot at the 1971 Yuma Jaycees Rodeo Parade. If you have photos of the band you'd like to share, bring them in to the Quechan News office on Quechan Drive!

Quilt Raffle to Provide for Christmas

**Tickets Available Now at Quechan Sr. Center:
Only \$1.00 Each or 6 Tickets for \$5.00!
To Be Awarded at Indian Days!**

Lucinda Summerfield has been hard at work for over a year now, creating a real work of art to help out some local Tribal members. She made a little patchwork girl in a diamond dress about five years ago, and decided to use it as the centerpiece of a quilt she wants to raffle off for the benefit of the sisters of Ariel Gilbert.

As you know, Ariel has been undergoing treatment for bone cancer for quite some time now. Her continuing treatments have lead her mother, RoseAna Williams, to take a leave-of-absence from her position as the Tribe's Grants and Contracts Coordinator. She has relocated

with Ariel to the City of Hope Cancer Center in north Los Angeles as Ariel's treatment moves into a much more intensive phase.

That leaves Ariel's sisters, Jodeci Williams and Valencia Gilbert here at Fort Yuma, attending school and living with their grandmother. They are both holding up about as well as can be imagined, but the continued (and understandable) focus on their sister's illness has left them kind of "in the background," according to Lucinda.

Lucinda wants to be sure all of RoseAna's girls have a good Christmas this year, which is why she's created this beautiful

quilt to be raffled off at the height of the Indian Days celebration next month.

Tickets are already on sale at the Senior Center for only a dollar each, or you can get 6 tickets for five dollars. During the Indian Days events, you will be able to get tickets from either the girls' grandmother, Ursula Mendez, or from Lucinda's quilting assistant, Lolita Bell.

The T'honoho O'odham Tribe visited the Senior Center last month and already purchased dozens of tickets, so you may want to get a few extra, to improve the odds of this beautiful example of community involvement staying right here!



Lucinda Summerfield and Lolita Bell smooth out the quilt as they prepare to make finishing touches to the artwork. The proceeds from the quilt raffle will go to benefit the daughters of Quechan Tribal member RoseAna Williams
Photo by William Isbell