



# QUECHAN NEWS

VOLUME 101, ISSUE 5 ♦ WEDNESDAY, MARCH 28, 2007

*At The Yuma Civic and Convention Center:*

## First Annual Quechan Youth Conference April 3rd thru 5th

### In This Issue:

Film Premieres at Youth Conference  
Page 2

Heritage & Culture  
Page 3

Diabetes Control Contest  
Page 4

Quechan Weight Room  
Page 5

Photo ID in April & May  
Page 6

Apply for Education Board  
Page 7

Scholarship Season is Now  
Page 7

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

350 Picacho Road

Winterhaven, Ca. 92283

Phone: (760)572-3912

Fax: (760)572-3910

Next week, the Quechan Alcohol and Drug Awareness Prevention Project enters a new era with a bold experiment designed to capture the attention of those most susceptible to peer pressure and the temptations to experiment with dangerous substances. Their first ever Cultural and Health Youth Conference will get underway at the Yuma Civic and Convention Center, after months of planning.

With meetings held since January, volunteers from a variety of tribally funded programs have been joining together with the ADAPP staff to develop the three-day spring break program. A great line-up of out-of-town speakers will be arriving to give first-hand talks on life on the front-line of the Drug Culture, as well as associated health-related topics such as HIV/AIDS, Diabetes and Parenting Skills presented by local and regional leaders.

Among those scheduled to appear the first day are Geneva Camarena, the widow of DEA Agent Enrique "Kiki" Camarena, who was seized and assassinated by Mexican drug traffickers in 1985. Since then, she has lead the effort to remember his legacy through the national "Red Ribbon" campaign each October, as children and adults all over the country wear Red Ribbons, take pledges, and participate in activities that show that they are committed to leading a drug-free lifestyle.

Also scheduled to speak on Tuesday afternoon is Imperial county DEA Agent Jay Jernigan, who has gained national attention recently with large drug seizures that seem to indicate that the smugglers coming across the border are facing more and more difficulty getting their product through both Imperial and Yuma Counties.

The Quechan Cultural and Health Youth Conference will begin with registration from 10:00 AM on Tuesday, April 3rd, with the actual conference activities running from 1:00 PM until 4:00 PM the first day.

Once the keynote speakers have finished their part of the program, break-out sessions in seperate rooms under the Quechan Language Program, Quechan ADAPP and the Meth Coalition will make up the bulk of Tuesday's program. Students who attend will be able to select which presentations they attend during the break-out sessions on both Tuesday and Wednesday.

A full-days activities are scheduled for Wednesday, including a free on-site breakfast at 9:00 AM. Emceed by Rosie Chaipos, the breakfast will end with a prayer that gets the second day's events off to a formal start, with Rey Nejo, Commander of the Gila River Indian Community in Sacaton, Arizona serving as the keynote speaker. Cmdr. Nejo is a speaker much in demand for his inspirational message that concerns the im-

portance of enduring values. He will be accompanied by a recent Drug Court graduate, who will provide a personal message of how her life was affected by substance abuse, and how she was able to work with the system after her conviction, to turn her life around.

A short icebreaker will follow, as attendees will be able to mix together both among themselves and the guest speakers, to get to know each other more as people, than as instructors and students, before lunch on the Convention Center Terrace.

Wednesday afternoon will follow a similar format as Tuesday, with three 45 minute break-out sessions, each of which will offer five choices of speakers and subjects. The Inter Tribal Council on HIV/AIDS, Fort Yuma ADAPP, the Quechan Police Department and the Artists Marketplace will all be giving presentations, as well as the Quechan Special Diabetes Project, plus Debra Hrushka of the "Low Ropes" interactive team building program at YPG and Mike Jack speaking on the importance of leadership.

There will even be a snack-break prior to the final sessions on both Tuesday and Wednesday!

The final day, Thusday, will be a morning session only, to allow those who've come from out-of-town to check out of their rooms and head home early. It will begin with Christina Allen

acting as M.C. during the free breakfast, when she will introduce the locally produced movie "Rez Life". Funded through a grant from the Quechan Tribal Council and produced by Hoka Media Productions in cooperation with ADAPP, a more detailed story on this film is found on page 2 of this issue.

Following the film (and a short question and answer period, no doubt), Judge Claudette White of the Quechan Tribal Court will be the main speaker for Thursday. Judge White's speech will lead into a raffle for various prizes, which will feature tickets to the Yuma County Fair, electronics, gift cards and other goodies. Once the raffle is completed, a quick overview of all the subjects covered throughout the conference will be held. The final speaker will be Cryselle Montague-Urbe, of the Quechan Tribal Council.

It is hoped that this will be the first of what could be an annual event, held each year around spring break, to give area youth a chance to get together under adult leadership in a somewhat structured, but also informal environment, to learn and share ideas, promoting healthy choices. To that end, the Quechan ADAPP staff has invited students and teachers from all surrounding tribal communities, as well as Yuma and Somerton. Call ADAPP at (760)572-0232 if you need transportation from Fort Yuma to the conference.



# Quechan Youth Conference Will See Premiere of Locally Produced "Rez Life"

In today's media saturated world, with MTV, omnipresent cell phones, text messaging and quick-cut action films, how do you get a group of teens to sit still and listen to your message? Especially when the target audience might be looking forward to whatever comes next, and your message is "for their own good"?

That's the dilemma faced by the Quechan Alcohol and Drug Awareness Prevention Project, in coming up with a way to show those attending April's Cultural and Youth Conference the pitfalls and dangers of alcohol and drug abuse. Every student attending school here is aware that substance abuse is a serious problem, and those coming to the Conference from out of town probably need no help in coming to that same conclusion. But do they want to sit and listen to adults "preach" to them about the dangers they face, when most adolescents think adults are terribly out of touch with the problems they face?

With Christina Allen, Emmett Hartt, Sr. and the rest of the counselors putting together the Youth Conference, they quickly came to realize that "preaching" is not what they want to do. They want to grab the kids' attention and hold it long enough to get the lesson passed along, and make them see how it applies to their own lives and experience, and then let them think it over on their own time.

Rather than just "filling their heads" with scare stories and statistics, why not let them see the reality of an addict's life, through composite characters in a dramatic presentation?

"We've had two deaths in just the last couple of weeks from alcohol poisoning" says Emmett, "young people, only in their thirties . . . and then kids



Director Dan Golding prepares to roll on a scene showing "Rudy" as he gradually descends into substance abuse under the influence of his Uncle. The part of "Rudy" in "Rez Life" is played by Donald Long (right).

carrying liquor into the schools in their backpacks, in their thermos bottles." So, something has to be done to get the message out that substance abuse is a pervasive and deadly problem.

To that end, they approached Dan Golding, a Video Producer/Director at Hokan Media Productions, and asked him to visit with them and see if he could develop a video for the Conference. The thought being that the best way to impress upon young minds the downward spiral of drug abuse and the increasingly devastating consequences it can have on any life, young or old, would be to go through some of the true case histories of people they've helped, and select real events to create a story, as examples of that devastation.

Once he sat down with the staff at ADAPP, Golding used the stories he was told to put together a cast of composite characters that seem to show up again and again in the case histories. He found that a high percentage of the case histories from ADAPP followed a similar arc, from dabbling in drinking or drugs while growing up (often in the company of older relatives), to increasing dependence, and finally a downward spiral of desperation and legal repercussions, before the victim

seems to "hit bottom" and finds the need to seek help.

Using those composite characters, Golding then sat down and wrote a script to tell the story of a fictional ADAPP client, "Rudy", as he shares his story with the audience both in first person narration and flashbacks.

"It deals with a young boy, in his early years, growing up" says Emmett Hartt, Sr. "The first part shows him as a little kid, and then what happens to him as he grows up. It's almost real life. I thought of some of the things that happened to me, and my mistakes in life, in reading that script."

Once the staff at ADAPP went over the script with Golding and got it to where it told the story they had in mind, they approached the Quechan Tribal Council for funding. As one of the sponsors of the Youth Conference, the Council was very receptive to trying something new and dramatic to help get the message out to everyone in attendance, and they quickly set a budget of \$4000.00 to produce the video in just under a month.

Shooting began on Saturday afternoon, March 3rd, with interiors at the ADAPP building. With a short schedule and an inexperienced, volunteer cast,



QUECHAN NEWS Photos by William Isbell

some members came and went during production, with the lead part of "Rudy" finally being taken by Donald Long. Most of the other cast members will use their own first names allowing them to respond to their cues in a more natural manner, to concentrate more on their lines and the actual story.

For the sake of efficiency, films are shot out-of-sequence and then cut together in order later. Day one saw the first part of the film being shot inside the ADAPP offices, with "Rudy" telling his story directly to the camera, as if he's facing the audience personally. All of his narration was shot, with various nuances of emotion and emphasis, before the production moved on to the more action-packed scenes of his later life of crime outside Paradise Casino.

More scenes were shot at the ADAPP building, with Gilbert Lorona playing the part of "Rudy's" counselor as he begins to put his life back together after he has been arrested. Additional elements include both his home life as a boy, and married life with "Lisa" (played by Crystal Acosta), as the pressures of adult responsibilities lead him

to increasingly reckless and desperate acts to fuel his addiction.

After "Rudy" steals to support his habit he's arrested and facing jail, finally finding the answers he's seeking with his counselor and begins to see the wisdom of traditional ways. The entire story is well told and no doubt, familiar to those who have struggled with substance abuse while living on a reservation.

Once shooting was completed, Dan Golding at Hokan Media Productions had to take the footage and select the best takes and assemble them into a finished product.

But there is more to a video "docu-drama" than using the images and sound captured on location. As a full-service production company, Hokan will add titles and music, as well as a little "audio sweetening" like sound effects and dialogue re-recording and replacement, to be sure everything presented to the audience looks and sounds the best it possibly can.

Both ADAPP and Hokan Media Productions feel the message is too important to merely "go through the motions": they've chosen video to be sure those attending the Youth Conference in April get the full benefit of the emotion and immediacy that only a "film" can provide. Let's hope everyone in attendance is receptive.

The film is currently titled "Rez Life", and will be presented on the final day of the Youth Conference, Friday, April 6th. Many of the guests who are coming to speak at the Conference have already expressed an interest in purchasing copies for their own drug awareness and education programs, so this may turn out to be an investment with dividends, both spiritual and material.

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 San Pasqual Valley. Your ideas and input are welcome! Just call the QUECHAN NEWS office Monday through Friday at (760) 572-3912, or email your stories and story ideas to w.isbell@quechantribe.com. I'm looking forward to hearing from you!





# Heritage & Culture

## At San Pasqual Elementary School Second Grade Social Studies Includes Quechan Culture

While the students attending second grade at San Pasqual Elementary School are made up of just about every ethnic background you could imagine, they have an advantage when it comes to studying native culture in their social studies class. They are right here in the midst of the Quechan Indian Nation, with a flourishing Quechan Language Preservation Program only a couple of miles away on Indian Hill.

Twice a month an instructor from the Quechan language class pays them a visit, to give them first hand instruction in the traditions and heritage of the Quechan people, often including lessons in "Quechan mouth", or "Kwat'san iiya".

Mrs. Judith Prietta-Osborne teamed with Dolores Lopez, the second grade teacher, for the first few visits this year, giving the kids a basic understanding of what it was like to live here before the advent of automobiles and air conditioning.

Mrs. Prietta-Osborne taught them about native plants and food sources, and how the Quechan used to make every item necessary for their daily life, from baskets to clothing, from pottery to tools, by gathering materials right here and following along as their elders showed them how to do it. The kids then followed her example using gourd rattles made of papier mache once the lessons moved to bird songs in Kwat'san iiya.

By mid-November, Ila Dunsweiler had taken over as the visiting bi-monthly instructor, reading a children's book to the class about a little girl who got lost around Christmastime in the 1800's, and how she made her way safely home again.

Mrs. Dunsweiler has also brought giant Quechan language flash cards to class, and

taught the students the proper names for various animals, colors, insects and plants found in the area. While the *Quechan News* was visiting the class, they had a review of everything they've learned so far in the names of colors and animals, and went over the birds songs as well.

Mrs. Dunsweiler also took time during her presentation to call attention to the fact that one of the boys, Charleston White, had a genuine gourd rattle (given to him by his great-grandmother, Edith White, who is almost 90), as well as a hand-made ribbon shirt, which was a gift from his Uncle Eddie. She used his gifts to teach the class how the entire culture is passed on from the elders to the youth, and pointed out how that is somewhat different from the modern, youth-oriented culture of mainstream society today.

They then had time to dance along with Miss Quechan San Pasqual High, Heather Medart, as they reviewed the songs and dances they'd learned leading up to the Spring Pow Wow. While the boys shook their gourds and sang along together, Heather and the girls and faced them and did their best to keep to the tempo, marching back and forth to the cues offered in the songs. It's all still new to most of students though, and dancing and singing in front of visitors can make a second grader somewhat self-conscious at first!

Still, as they practiced five songs the students gradually got more and more comfortable with their performance, until all were keeping up with the beat and obviously enjoying themselves. It is apparent when watching them that the students have been paying attention to everything shared with them in the class so far.



Mrs. Ila Dunsweiler shows the class a flash card and waits for a response in the Quechan language before moving on to the next item.

QUECHAN NEWS Photo by William Isbell

The subject matter of the class has made such an impression on the students this year, that one student, Ryan Marks has even written a story for the San Pasqual Elementary School Paper about a friend of his. Ryan's article is about learning the gourd songs in class, and how well Randall Gilbert has progressed, becoming the best gourd rattle player, in Ryan's opinion.



San Pasqual second grade teacher Miss Lopez goes over the correct pronunciations of various colors in Kwat'san iiya (above left) as part of the social studies curriculum she has devised. On the right, you can see her students as they pay close attention, eager to give the proper response and demonstrate what they have learned so far.

The group will move into another hands-on lesson for the month of April, with Mrs. Vivian Townsend-Menta coming down to teach the children the traditional craft of pottery. A good deal of local clay was gathered and processed during the recent adult pottery class, so the kids in Miss Lopez's class will have the advantage of using the real thing for their projects, also.

The pottery class for both sessions in April, will teach them how pots were shaped using the coils and paddle method, rather than a potter's wheel. As time permits, they also hope to learn traditional geometric designs and how they are applied to a finished item before firing. The final, finished products will be theirs to keep and take home.

Once they've finished that portion of the class, Miss Lowill be bringing in a different adult speaker for the remaining sessions during her social studies periods for May and June. She picked her guest speakers on the basis of their has an interesting jobs working with the public, each one of them having an unusual occupation children might

not normally encounter.

Among the scheduled speakers will be Mr. Gordon Osborne of Quechan Fish and Game, Mr. Emilio Escalanti of the Quechan Tribal Council, Deborah Tourtillott, the Acting Director of the Spoeical Diabetes Project, and a Police officer from the Quechan Police Department.

The kids are really looking forward to the policeman, and really want to get a chance to sit in and touch everything they can in his police car!

Miss Lopez says her goal is to have her students realize that any of them can grow up to be as successful as any of her guest speakers, and become a productive member of the community. They should then realize that the key to their future is education.

That will take care of the class members for the remainder of this school year, but what about next year? If you've got a fun or interesting job you'd like to share with an eager bunch that is willing to learn, you may want to think about getting your spot reserved for next year, so you, too, can pass along your knowledge and experience to the leaders of tomorrow!



QUECHAN NEWS Photos by William Isbell





## Diabetes Control Contest Open To All Quechan

One of the greatest health problems facing Native Americans today is the seemingly unavoidable menace of Diabetes. The Quechan Special Diabetes Prevention Project (Q.S.D.P.P.) was created to help tribal members recognize, treat and control this scourge, to return our people to a more natural, healthy state-of-being.

To help raise awareness of the need for those diagnosed with Diabetes to approach their treatment as a daily challenge, the staff at Q.S.D.P.P. has arranged for a contest throughout the month of April. The contest will take the form of a friendly competition among all who enter, emphasizing the need for daily glucose level monitoring.

"We do have a lot of (tribal) members that don't check their sugar levels on a daily basis" says Aaron Brown, Director at the Diabetes Special Project. "What we're trying to do is give them a little bit of motivation," in getting into the habit of checking their blood sugar levels at recurring intervals, every day, "and to teach them when to take it everyday."

Some people, he points out, test their glucose levels on a very irregular basis, often only just before a big, special meal. But those who test at least twice daily stand a much better chance of getting their levels under control and keeping them there. Glucose levels can fluctuate wildly when they are not monitored and charted.

"It does help you in control of your Diabetes, to see where you are" he continues. "A lot of those who don't take it will feel sick and fatigued . . . or they'll get blurry vision . . . some of the symptoms that (glucose levels) are too high. But they still don't want to check themselves."

Which is the purpose of the April Diabetes Control Contest: to help those who may have slipped into bad habits in checking and charting their blood glucose levels to re-establish a better habit of at least twice-daily checks, with the results being recorded in a log book, enabling the patient to keep track of daily

fluctuations. It is much easier to act on things when you have a record to compare things to, and can see the progress being made.

Anyone who has been diagnosed as Diabetic (or who is suspected of being pre-diabetic) can sign up for the Contest. Those in need of supplies (such as test strips or batteries) can pick them up, free of charge, when they register for the contest. All participants will be given a Log Book to jot down their twice daily test results, which will be used to determine the outcome of the Contest.

Those who either don't have a Glucose Monitor (or may have an older model and might have been considering a newer model) can also pick those up at the Diabetes Special Project office, if needed, again at no cost.

Once registered for the contest, participants will be required to make two appointments during the Contest Period, to meet with the staff and have their progress checked. This will also give participants a chance to speak to a Prevention Aide about what the results show, and how to improve their results between their first appointment and the end of the Contest.

Of course, keeping track of exactly what you eat, and any extra work or stress you may have been exposed to between samples will allow those participating to see what effects diet and exercise have on the trends observed.

The Contest officially begins April 2nd and ends on May 7th, so you still have a few days to get in there and sign up.

All information collected as a part of this contest will be held in confidence by the Diabetes Special Project, and used only to track progress and determine the winners. No information will be made available to any other program or affiliates.

Prizes will be awarded in the form of Gift Cards for first, second and third place, based on most improvement and best control achieved throughout. Additional incentives will be awarded during check-ups.

## Put On By Arizona State Parks Quechan Members Take Part in Archaeology Expo in Yuma

On February 7th this year, the month of March was declared as "Arizona Archaeology and Heritage Awareness Month" by Governor Janet Napolitano, as part of the celebration of the 50th year of the Arizona State Parks (ASP) Department. To bring attention to the history of Arizona, and the opportunities of seeing it "live" at various

Arizona State Parks also set up a large, gazebo-like stage area in the center of the park, for a Quechan Oral History presentation (by Preston Arrow Weed) on Friday, and the Ah-Keel Dance Group on Saturday. Miss Quechan San Pasqual High, Heather Medart, also had time reserved on Saturday to present her show, "Native American

here that have family connections in both the Quechan and Kumeyaay tribes, the Artists Marketplace features a variety of items for sale that are made by the Kumeyaay, also.

Of the locally produced items John Norton had to show, he said "I don't really finish them. I get things started and then hand them off to someone else to



**John Norton, Co-manager at the Artists Marketplace** answers questions for a young visitor (above left), while Nancy D. Montague of the Language Preservation Program handed out a variety of brochures, coloring books and other aids in "Kwat'san iiya" (above right).

QUECHAN NEWS Photos by William Isbell

State Parks throughout Arizona, ASP created a whole group of special events scheduled to take place all over the state, all of them centered on particular historic locations within the State park system.

With a full color brochure, posters and large scale media advertising to get the word out, ASP chose Yuma's Historic Crossing Park as the location for this year's premier attraction. The two day event on Friday and Saturday, March 16th and 17th was heavily promoted in both their publications and on the ASP website.

Offering educational booths for school tours and question and answer sessions, as well as living history re-enactments, the Archaeology Expo went to great lengths to be sure that the history of the Quechan people was a major part of the presentation. The Crossing Park invited Pauline Jose of the Quechan Museum, as well as the Artists Marketplace and the Quechan Language Preservation Program to take part, reserving a shaded tent area for them to set up their displays.

Fashions from 1800 to the present", which had previously been presented at the Yuma Crossing Days in February.

Those in attendance from the Artist's Marketplace included Vivian Menta and John Norton, who had a pretty good variety of items created by the staff to show the public. From wrapped



**The Quechan Museum** had horsehair pottery included in the items available for sale at their table during the show.

sage used as an air freshener, to pottery and bead work, the local items drew interest from everyone passing through.

"We've also got these baskets from the Kumeyaay," said Vivian, an artist who's work is featured at the Artist's Market pointing out to visitors that "they're our 'cousins' from up in the Lagunas, on the way to San Diego." With a lot of people

finish them." So, the assembly line has even entered the world of native arts! He did make it clear, though, that the "Pottery Shard" refrigerator magnets made by Victor Curran at the Artist's Market are all entirely created by the artist.

Most people seemed fascinated by the work that goes into the beaded capes that were on sale at the Quechan Museum table, as well as the other beaded items. "Our people are well known for their bead work" pointed out Willa Scott, the Quechan Museum Assistant on site.

"Our designs are usually geometric, we don't go in for flowers and things," said Mrs. Jose, "that's the northern tribes" she told visitors.

With some beaded capes taking three months to a year to create, depending on the intricacy of design and the experience of the artist, they were happy to point out the differences and skill that go into each one.

Everyone involved from Fort Yuma had plenty to share in the way of knowledge and experience, helping to keep the Quechan heritage alive.



# Claudio Palone Finds “The Perfect Job” In Charge of Quechan Weight Room

When Claudio Palone first arrived at the Fort Yuma Quechan Nation in 2000, he was working in construction, and would visit the Community Center Weight Room at the end of each day to help with maintaining his strength, and develop more stamina for those hot, summer days outdoors.

“Everyone would say, ‘How can you do that, you’ve been working outside in the sun, and you come over here?’, but it’s just something that I enjoy,” he begins. And he particularly enjoyed using the four-station multiple-exercise weight machine in the center of the room. “Oh my god, it’s wonderful,” he continues, “you can use your imagination, and you can get it done, just on (this one machine) alone!”

He loved that machine and the whole set of weight-training opportunities involved at the Community Center so much that “When they said they had an opening here, there is no surprise that I got the job” he says proudly.

Now employed as the Weight Room Coordinator, Claudio’s primary responsibility is the safety of those who come to use the facility.

“We’re not like the Wellness Center” he points out, “we’re here to give people some size. What a lot of people desire is to get some shoulders, a little (more) arms, to get some size. . . but it’s kind of hard to make that effort.”

Claudio says the need for safety begins when clients first

arrive at the Weight Room, a little too sure of their abilities and really gung-ho for putting on bulk too quickly. That’s when Claudio steps forward to help them find a safe work-out routine.

“Always, do it in a safe manner” is his mantra. “A lot of the kids that come in (at first), the 15 years olds, say, they’ll listen to me. ‘Cause I’m not here to boss anyone else, but just to be sure they’re doing it safely.”

He says the objective is not to go too fast in your development, just to take it slow and easy, and keep at it, because the results will show. He says that if you go too fast, you can rip out a muscle. “I’ve seen it, because I’ve had it happen to me!” he explains.

“Start out with the fives” he says to them, “you don’t have to jump all the way to the 25 pound weights” when you begin. “I try to go with light weight and a lot of (repetitions), especially if they don’t have any prior knowledge of weight training. I might just have them start with push-ups, so they get used to lifting their own body weight . . . after a week or so, if I see some kind of improvement,” he’ll have them move on to the next step in the program.

“Because it’s the soreness that tends to scare them away . . . most people just don’t like any kind of pain!” he concludes.

Claudio’s experience with weight training began during his high school years, when he kept a weight set in his bedroom at home, to work out with on his

own time. “At that time I had no input from anyone else, no one to guide me.” he says. “But when I returned to school at the end of that summer, it was like



**Claudio Palone, Weight Room Coordinator** at the Quechan Community Center demonstrates the use of free weights (left) while performing his morning routine. “When your morning feels like a million bucks, your whole day is like a million bucks” he says. “Polo” Bogan is performing 120 pound isolation curls on the right.



QUECHAN NEWS Photos by William Isbell

‘Hey, look at this guy!’. But it was all self discipline” that got him that far.

To help give inspiration to those new to weight training, Claudio holds up the example of Jerine Bogan, an over-the-road truck driver known as “Polo”, who recently married Melissa Mills, which brings him into the Quechan tribal family.

When he first appeared at the Community Center Weight Room, he had already been into weight training for a while. But in three months, he managed to increase his maximum power lift on the bench press from 360 pounds, to 400 pounds, a 12% improvement in an incredibly short period.

“You won’t see many truck drivers as fit as this guy right here!” says Claudio.

lay-over when their truck is being loaded or serviced, he can keep to a shortened version of his daily routine. “It’s consistency”, he stresses.

And even though he is able to get up to 400 pounds in the gym, he makes it clear that “Those 75 pound dumbbells *are* heavy!”

All of which helps to reinforce Claudio’s message of consistently staying with it.

“There are some students who come in every afternoon, like Julio Rojas, Rudy Waco and Luis Loya.” says Claudio. “Julio comes in every day and does the circuit. He does a wonderful job, and he’s a great listener, always wants to do more, more, more.” But to prevent injury, Claudio will sometimes tell him “Just relax now, go play basketball or something,

you’ve done what you had to do (today) and you don’t have to go to extremes.”

As much as he loves weight training and the strength it

builds, Claudio Palone is trying to keep things in balance. He knows that weight training will help the students work through their pain and improve their stamina at all sports, and wants them to have enough left when they go home to do their chores, too.

“I have to tell them, you’re not going to be getting muscle overnight!” he laughs.

He wants everyone to know that all of the services at the Weight Room here at Fort Yuma are entirely free. Just come on down and take advantage of the facility.

“I just want to help people use this to better themselves physically” he states. “Once you better yourself physically, everything else just seems to fall into place!”

## Imperial County May Step-up Curfew Enforcement

With spring break only a week away, the Imperial County Sheriff’s Office (ICSO) has decided that the warm weather we have been experiencing already this year may encourage minors to stay out later than normal, and provide them with the chance to get involved in vandalism or other property crimes. To keep this from happening, ICSO will step-up enforcement of the Imperial County Ordinance chapter 11.04, which defines the curfew and provides for it’s en-

forcement and penalties.

Both ICSO Sergeant Brewer and Eric Frazier, an investigator with the Imperial County Sheriff’s Office say they will be checking both housing subdivisions here on Fort Yuma, as well as the Winterhaven area at night, watching for and picking up violators.

The ordinance states that curfew runs from September 15th until June 15th each school year, and covers the hours from 10:00 PM until sunrise the follow-

ing day, Sunday night through Thursday, and from midnight until sunrise on Friday and Saturday nights. Any person under eighteen may be cited for being outside their own property during those hours, with a few exceptions.

Those exceptions include those who are accompanied by their parents, guardians, or spouse (if the spouse is over 18), those who are on the way home from work by the most direct route possible, or those reacting

to an emergency situation, such as running to a neighbor or relatives home for help.

The only other exceptions would be while working with parents or a legal guardian, or coming home from a church, school or government function, or if the minor is coming directly home from a movie.

Although the first violation has a fine of only \$10.00 or ten days in juvenile hall (or both), subsequent violations can be punished by fines up to \$50.00

and twenty days in juvenile lock-up.

With the Easter holiday and spring break just around the corner, there will be plenty of kids out, enjoying the nice weather, and blowing off a little steam in the next couple of weeks. Let’s all just remember that it’s still a part of the school year, and that the kids have to keep to a normal sleep schedule, because before you know it, they’ll be back to the same day-to-day routine, getting up early for class.





## Replacement I.D.s Available 5 Days a Week For Four Weeks Beginning April 16th

With the Per Capita Distribution set for May 11th this year, the staff at Tribal Enrollment has decided to “avoid the rush” by making replacement Photo Identification for enrolled tribal members available every workday beginning at 8:00 AM, Monday, April 16th.

Ronda Aguerro, of the Quechan Tribal Enrollment Department says “Normally, we only issue the I.D.s on Fridays, with the exceptions of emergencies, such as if members have travelled here from out-of-town and they’re only here for the day.” But with an anticipated influx of members from out-of-town due here for the Annual Per Capita Distribution, they would like to get as many enrolled members who live in the local area to take advantage of the chance to drop-by any day of the week to get a replacement photo I.D. or a paper printout of their information while this short term program is in effect.

One thing they’d like to take care of is the replacement of any cards that were printed on a type of card stock they no longer use, that had a tendency to separate into two halves, front and back, after being washed or carried around in a warm pocket for a few months. If you have one of those cards, and can bring in both halves, they will replace your Tribal I.D. at no charge. If you have only the front or back of one of the older cards that needs replacement, or need to replace a damaged Photo I.D., the cost is \$15.00 each, or only \$5.00 for a senior I.D.

At the same time, Ms. Aguerro wants you to know that, “If you’ve never had a picture I.D. with us, the first one is free.” She also says they still see a tribal member come in using the old, laminated Tribal I.D. from about 15 years ago. If you still have one of those, this is a good time to stop in and get a new card for

free.

The enrollment staff would like everyone to keep in mind that they do not extend credit, nor will they accept an I.O.U. for your new identification card, so be sure to bring cash in the amount needed for every member of your family wanting a new I.D. card.

The Enrollment Office typically gets a pretty good sized crowd of people visiting their office at the Community Center every year during the day of Distribution, and they want to offer this service to all local tribal members now, so you won’t find yourself at the back of a long line if you show up on Distribution Day, too.

“Often, they’re here, not just for the I.D.,” says Ms. Aguerro, speaking of out-of-town tribal members, “but to verify their information, their enrollment and Social Security numbers, and addresses, plus we’ll have parents here, filling out enrollment applications”

for their babies born in the past year. “For the people from out-of-town, this is their one chance to get in here and do all the tribal business they can.”

So, they’d really like as many local members as possible to get in and take care of their needs between April 16 and May 10, so they can then have the time they need to help the members from outside the area take care of their paperwork.

“After that, we’ll go back to (our regular schedule) issuing the I.D.s on Fridays only,” she states.

One thing to keep in mind, however, is that normally, the Enrollment Office does not issue Photo Identification for small children. But if you are traveling a lot, or expect to be traveling later this year, you may want to consider getting one for the children you might be have with you, especially if you plan to cross the border, or make trips to Phoenix and San Diego on a regular basis.

“We did have a number of reports last year, (concerning) the Border Patrol checkpoints,” says Aguerro. “Some parents didn’t have any documentation or picture I.D. for their children.”

To help those members who might run into such a problem, she says “We’ve gone so far as to even list that they are ‘the child of’ a certain tribal member, if the baby has no identifying (birth)marks. So the Border Patrol will know that this is their child, that the child has a birth certificate, a Social Security number, and that the baby is enrolled. The Border Patrol can call us and we’ll (use our records to) verify it (for them).”

The Tribal Enrollment Office is located on the south side of the Quechan Community Center, and they are open from 8:00 AM to Noon, and 1:00 PM until 5:00 PM, Monday through Friday. You can call them at (760)572-0752 during their regular business hours.

## Air Conditioner Tips from The Quechan Tribally Designated Housing Authority

**Regular preventative maintenance is the best way to ensure trouble-free operation and peak performance.**

*It also keeps your system running at its optimal efficiency levels, which keeps energy usage - and your energy bills - in check. But just as important, preventative system maintenance gives you peace of mind.*

*Pre-season maintenance can help you avoid a system failure on the hottest or coldest day of the year. It can also help you avoid a frantic search for an air conditioning or heating dealer that can repair or replace your broken system.*

*This month would be an optimal time to get your service done before the winter months set in. Bear in mind that nothing takes the place of changing air filters on frequent basis as needed.*

### **How often should I change or clean my filters?**

*Filters should generally be replaced every month when the system is running. Replace filters with the same kind and size as the original filter. If your filter is not disposable, follow the manufacturer instructions for cleaning. If you’re using a high-density filter such as an electrostatic filter, check with your local dealer for the model and brand of unit you own. If the external static pressure exceeds the design criteria of your system, it can negatively impact the performance and life of your equipment.*

### **What are the average life expectancies for heating and air conditioning equipment?**

*The average expected life of an air conditioner is approximately 15 years. The average expected life of a heat pump is approximately 10 to 12 years, since it operates year round. The average expected life of a gas furnace or air handler may be longer. Units in corrosive environments, such as, but not limited to coastal installations, will tend to have shorter lives.*



# SCHOLARSHIP SEASON IS FAST APPROACHING FOR STAFF AT QUECHAN EDUCATION CENTER

Adult tribe members wanting to further their education or training, and those expecting to graduate from high school at the end of this school year looking to do the same will soon be flooding the Quechan Education Center with requests for assistance.

Ora Lee Durand-Valisto, Program Director for the Quechan Indian Tribe Higher Education/Vocational Training (QITHE/VT) says "Our scholarship deadline are June 1st and November 1st (each year), so we're going to see a big influx of applications. With the continuing students that are in school right now, we're already starting to receive parts of their packages (for the next year's financing requests)."

The objective of QITHE/VT is to provide tribe members with the highest degree of quality education and employment opportunities through continuing education, to encourage personal self-sufficiency. To fulfill that objective, they accept applications each year for Quechan Tribal Scholarships, which they help to package for review by the Quechan Higher Education Board, which is currently seeking new members (see related story on this page).

"You have to have a high school diploma to be eligible for our services," Mrs. Valisto continues, "or a GED and be an enrolled tribal member."

Scholarships are available for any institution of higher education, such as universities and community colleges like NAU and AWC, as well as short-term job readiness training, programs such as that offered by YPIC, a truck driving school, or the ITT Technical Institute, offering a program of 2 years or less. Some of the schools they've worked with include Everest College in Phoenix, AZ., High Tech Institute in Las Vegas, NV, and the Bryman School in San Bernadino, CA.

"We're not limited to just those states", Mrs. Valisto ex-

plains, "since we also have tribal members who live outside the reservation. We have tribal members that live in Florida, in Seattle, Washington, Oklahoma, just all over the country. And they, too, are eligible to receive our services."

While the QITHE/VT staff at the Education Center performs intake services and processes the applications, and helps those seeking a scholarship to collect all the documentation needed for a successful application, the final authority for approving or denying those applications rests with the five member Higher Education Board, appointed by the Quechan Tribal Council.

"Prior to the Casino Funds, we had very small budget to help send tribal members on to college, and when I joined the staff in 2001 we were only assisting 11 students," says Ora Lee. "By 2006, our higher education enrollment was up to 86." Quite a jump in only five years. "Yes, we've grown!" she admits.

Just in the last year, she says "We had a student as far away as Ithaca, New York, attending Cornell University, a student at Full Sail Real World College in Florida, there are two Quechan students at Leeward Community College in Honolulu, Hawaii, and students in Fort Collins, Colorado." Plus ASU, U of A and NAU, among others.

In the past year, they've completed about 81 applications for assistance, and often get over 100 applications during the summertime. "Our busiest months are May, June, July and August," says Program Director Valisto.

The entire process can take from 45 to 50 days to complete, so the earlier an applicant gets their package together, the quicker their application can be considered. "There is a Scholarship Application that needs to be completed for both higher education and vocational training, consisting of seven pages, plus additional supporting documents. Then you need your

high school diploma, and you need proof that you've enrolled and have (a letter) showing that you've been accepted at a college, university or vocational training school."

If you are just starting out, they offering counseling to help students identify their interests and assistance in determining what their options may be when trying to find a school that fits their needs. "We'll help you narrow it down" she says.

Once they've got their list down to 2 or 3 schools, it's up to the student to make the contacts, calling the schools privately, to see if they meet the admissions criteria. If the student receives an appointment for an Admission Interview, the Ed Center staff can even provide transportation to the school. "Next Friday, March 30th, I'll be transporting a tribal member to Tucson for an interview," Ora Lee volunteers.

Once accepted, if an applicant receives a Tribal Scholarship, the Quechan Tribe can fund up almost 100% of the Scholarship Package. "We only require that they apply for FAFSA, which is basically free money from the federal government, and we'll pick up the rest," Mrs. Valisto states in explaining the program. "Say a tuition package is twenty thousand dollars, and they can get \$4000.00, which is the maximum from FAFSA, then the tribe will pick up the rest. If they are ineligible for FAFSA, we can pick up the whole \$20 thousand."

Ora Lee Durand-Valisto also stresses that the only string attached is that you must maintain at least a 2.0 grade average throughout your course of study. There is no requirement to return to the reservation and "work off" a debt, or do some other type of community service. They just want to encourage everyone to get a good education and become self sufficient.

To apply for a Quechan Tribal Scholarship this year, stop by the Education Complex or call them at (760)572-5268.

## Volunteers Needed to Serve on the Quechan Education Board

All Quechan Tribal members over the age of 21 with an interest in education are asked to submit a letter of intent to the Quechan Tribal Council as soon as possible, to serve as new members of the Quechan Education Board. As a member of the Board you must be able to attend regularly scheduled meetings, held the second Monday of each month at 5:30 PM.

In September of last year, all five members of the Education Board tendered their resignations after serving an average of ten years each, feeling that it may be time for "new blood" to continue the process of reviewing and recommending students seeking Tribal Scholarship Assistance.

Ora Lee Durand-Valisto, Program Director for the Higher Education/Vocational Training Program at the Education Complex explains: "The President of the Board, Rebecca Ramirez was hired as the Director of Educational Programs, and she felt it would be a conflict of interest to continue sitting on the Education Board (deciding who would be eligible to receive scholarships). So when she submitted her resignation, the other four members felt they had served long enough also, and that it's time for some new blood."

Right now, even though the Tribe is currently without an Education Board, Ora Lee and her staff are still accepting applications for scholarships, and the Tribal Council is screening those applications. "It is another task that's been added on to (the Council)" she says.

"There are perhaps 10 different Boards and Committees within the tribe, such as the Legislative Committee, the Construction Committee, the Education Board, the Cultural Committee, the Events Committee, for instance" she elaborates. "It's always hoped that a Council member will take an interest and serve as a representative on our Board."

But with a pressing need for all five positions on the Education Board to be filled right

now, at the start of the heaviest season for college applications, she says they'd like to hear from anyone interested. The next scheduled meeting for the interim Education Board will be on April 9th.

With the previous Education Board having resigned over six months ago, it isn't expected that they would be available to come back and assist in training a new board. And while there is no "official" deadline for getting your letter of intent in to express an interest in serving on the Board, time is getting short.

"There is no set criteria for serving on the Board. All you have to do is volunteer your time, expertise and knowledge to sit on the Board and want to see our tribal members succeed at college or in a university" according to Mrs. Valisto. They'd even like to get enough applications this month to appoint two alternates, in case a Board member goes out of town during the year, so they can continue processing applications without interruption.

So, even without a college degree, you can take part in helping another person earn theirs.

All that is needed is a Letter of Interest, stating that you would like to be appointed to serve on the Education Board. Bring your letter in to Georgina Massey, the Quechan Tribal Council Secretary at the Tribal Administration Office, and she will present it to the Council for consideration.

Of course, it would be nice if out-of-town tribal members could be a part of the whole process, but with the need to attend regular monthly meetings, those within the immediate area stand a better chance of receiving an appointment.

Ora Lee Durand-Valisto at the Education Complex says that she would really like to see a new Board put together by May 1st, to allow them to get started approving this year's scholarships as soon as possible, but of course, the final decision is up to the Tribal Council.

Apply now!





Work proceeds on the new Senior Nutrition Building, begun last December just south of the Elder Housing area. Walt Brooks, Project Superintendent for DPE Construction says that the project is on schedule, despite needing a little extra work preparing the site due to thick, clayey soil below the topsoil. The crew dug down and placed a three foot thick layer of large rocks, followed by a permeable nylon matting with drain holes, followed by two feet of smaller rocks and four feet of clean, dry sand to ensure a solid foundation. All of the underground utilities work is completed, such conduit for internet and phone lines, the electrical service and water system. They've already finished the foot bridge over the west retention basin, and the roads and parking lot are graded. The masonry crew has finished topping out the outer walls, and the lumber for all interior framing has been delivered.

QUECHAN NEWS Photos by William Isbell

AMERICAN INDIANS, ALASKA NATIVES, NATIVE HAWAIIANS

**National NATIVE HIV/AIDS AWARENESS DAY**

March 21st, 2007

... a celebration of life

## QUECHAN COMMUNITY INVOLVEMENT

### ♦ FORT YUMA ADAPP ♦

# Ice Cream Social



A crowd gathers on the lawn at the Ft. Yuma Indian Health Services complex to enjoy some ice cream while learning how they can prevent HIV/AIDS from impacting their lives (above). Among those who came to take part was little Naomi Illingworth (right), seen picking up a root beer float with her mom, Helaina Taylor.

QUECHAN NEWS Photos by William Isbell



With American Indians and Alaskan Natives suffering a disproportionate number of HIV/AIDS cases as a percentage of the national population, the National Congress of American Indians passed a resolution (#SAC-06-002) at their 63rd Annual Session in October of last year, proclaiming March 21st, 2007 as HIV/AIDS Awareness Day for all native peoples.

Although indigenous peoples make up one of the smallest population groups in the United States, they suffer the third highest rate of AIDS diagnosis, with 3,084 reported cases through June of 2004. At that same time, the number of natives diagnosed with HIV infection (not AIDS) was 1,068.

Even more shocking is that while the estimated number of deaths from AIDS has been de-

creasing among whites, blacks and Asian/Pacific Islanders, the numbers are still on the increase for Native Americans.

The National Congress suggested that every tribe that makes up a part of their constituency take part in raising local awareness of this serious, developing health crisis by creating a local event that would grab attention and encourage people to gather and hear the message that this is a matter that needs to be addressed.

The Inter Tribal Council of Arizona then passed on to the Fort Yuma Alcohol and Drug Awareness and Prevention Program the task of putting together the HIV/AIDS Awareness event for the Quechan Tribe.

Christina Allen says "We always have an Ice Cream Social about this time of year, and it

seems like this would be perfect for that. Since so many people show up for the social, we can spread the word, and have only one subject (HIV/AIDS) to carry on the message while we're talking to the people who've come to enjoy their ice cream."

A Senior Counselor at Fort Yuma ADAPP, Christina joined Randy Allen, other counseling staff members and a group of volunteers to setup tables and dole out the sweet goodness (along with the HIV/AIDS message) on the front lawn of the Fort Yuma Indian Hospital.

Hundreds of people showed up, with between 2 to 3 dozen there at any one moment, plenty of people got both their bellies filled with luscious, dairy goodness, and their minds and hearts filled with the day's message.

## FORT YUMA ARTIST MARKET PLACE

### SPECIALIZING IN INDIGENOUS ART AND ARTIFACTS:

Beadwork ▪ Pottery  
Carvings ▪ Baskets  
Handmade Crafts

**WE HAVE  
NEW ITEMS  
ARRIVING  
ALL THE TIME!**

**OPEN MONDAY - FRIDAY  
9:00 AM TO 5:00 PM**

**SATURDAYS 9:00 TO 4:00**

**ON INDIAN HILL, OVERLOOKING PARADISE CASINO**