

ETSKA NAV AH PAI



THE NEWS CARRIER

QUECHAN NEWS

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Almost 200 Attend First Annual Quechan Youth Conference

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Items Of Special Interest To Tribe Members



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QUECHAN NEWS

is published by

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Although things got off to a slow start on the first day of the First Annual Quechan Cultural and Health Youth Conference, competing as it did with "Dollar Day" at the Yuma County Fair, by mid-afternoon on Wednesday over 160 students had registered, and about 27 badges for kids who had pre-registered remaining unclaimed at the front desk. Geneva Camerena, the widow of murdered DEA Agent "Kiki" Camerena was the keynote speaker who opened the conference, followed by "break-out" sessions covering five different topics which the kids were free to choose from.

When it came time for those riding the bus to return home on Wednesday, the value of paying attention became apparent with the ADAPP staff offering those on the bus free Fair Tickets for answering questions on the subjects covered during the day. The staff then asked the same questions of the approximately 90 kids who remained before starting the Talent Show that wrapped up day one.

There were 16 acts that had the courage to volunteer and demonstrate their talents before their peers, who cheered and laughed along with the performers at the appropriate times. Some kids did cartwheels or flips, others, mostly girls, sang, with "The Star Spangled Banner" being a common choice, and there were even dancers and bird songs.

But in the end, Gabriel Stokes won, playing his saxophone well enough to take the first prize of \$100. Stephanie Robison sang her way to second and \$75, with Tristi-Leigh Hopkins and her partner Diona taking the \$50 third prize.

Thursday's Conference got off to a great start, with the kids piling into the Yuma Civic and Convention Center for a nine o'clock breakfast on the south terrace before filling the main exhibition room to hear Rey Nejo, Commander of the Gila River Indian Police.

His almost two hour presentation held everyone spellbound, as he used his own congenial speaking style and Power Point presentation as well as videos to tell of the greatest danger now facing the youth of native communities: Meth. With graphic photos of the ravages that Meth use can wreak on it's users, Commander Nejo told of his own personal experiences in the world of narcotics, first as a young patrolman in the Phoenix Police, and later as a Narcotics Detective.

While in Phoenix Narcotics, Mr. Nejo was trained to locate and identify drug labs by actually receiving training in how to "cook" meth himself. By seeing how easy it is to make, and having the personal experience of doing it during training, he was able to become familiar with the tools, implements, ingredients and smells of a meth lab.

That training continues to serve him every day in the field, as he travels to reservations giving his presentation and answering questions at no charge.

In addition to his presentation, a large room was set-up next door with tables offering educational materials from a dozen different groups, including Crossroads Mission, The Inter-Tribal Council of Arizona Diabetes Project, the Quechan Language Preservation Program and Quechan Higher Education. Schools that sent representatives included Everest College, the International Institute of the Americas and the Arizona Automobile Institute.

Council Members Chryselle Montague-Urbe and Vincent Durand attended on Wednesday, along with Tribal Administrator Vernon Smith, who also provided the blessing later at Family Heritage and Culture Night.

Family night featured a great meal, as well as drums, singing and dancing, inspirational messages and comedy. A short article on page 5 describes a little of what you missed if you weren't there.

Finally, on Thursday morning, the first guest was Judge Faye Belzer, of the Yuma Juvenile Justice Center, who introduced a graduate of the Yuma Drug Court Program, Amber Nelson. Amber told a harrowing tale of growing up in the isolated little community of Sun Valley, Idaho, without so

much as a fast food restaurant or large chain grocery store to speak of. Her path to escape and acceptance was falling in with the "stoners" at school, smoking pot and drinking before she even entered high school.

When her mother realized the path she had chosen, she packed Amber up and moved to Yuma with her, to get her away from her "friends" and their bad influence, to start over here. But Amber immediately sought out the same crowd of people at Kofa High, and continued her downward spiral, taking increasingly dangerous drugs and living a reckless life, until she was addicted to Meth and barely able to survive. It was only after dropping out of school, knocking her mom out by throwing a phone at her and getting arrested that she finally began the long road back.

Even though remaining drug-free and staying clear of her "friends" were conditions of her probation, every time she was released, she immediately got high again. After 10 arrests, she was finally placed in the Drug Court Program, and with the help (and sometimes harsh words) of her Probation Officer and Counselors, she finally beat her addiction, regained her health and now has a husband, a good home and a life worth living.

Hers was a sobering message, dramatically told, to leave those in attendance something to think about in the end.

Bulls The Best Team in Quechan Grasshopper Co-Ed Basketball League, Beating Knicks 30-20

This season's Grasshopper Spring League play got off to a pretty rough start for the Knicks, who won their first two games by squeaking in a game winning basket in tied-up overtime games, and then proceeded to lose their next 3 games in a row. While a lot of the other players (and coaches) were beginning to count them out, the Knicks stuck to it, and used their losses as a lesson, forming a coherent defense that they used to finish the regular season with a six game winning streak.

They had played against the Bulls twice in the season, and they were 1 to 1 against the Bulls juggernaut, having beaten the Bulls by only one point in their previous victory. Both teams went into the final, championship game on Thursday, March 29th badly wanting to prove to the other team that they were the best.

At the opening buzzer, the Knicks got the ball first, and they managed to keep it moving, passing it from player to player to maintain control for the first 30 seconds. The frustration showed as the Bulls, on average a taller group of kids, tried hard to rest the ball away and make the first basket.

Neither team made much headway, until Michael Esperanza fell out-of-bounds on a desperate attempt to toss the ball back into play for the Knicks, when the Bulls got the ball and ran back to their goal to try for 2 baskets, both of which only circled the hoop and fell out.

Then, at just over two minutes into the first period, Esperanza managed to get control of the ball again, and got back to the Knicks goal and got the first basket of the game.

Now the Bulls needed a score,

and they got it just under a minute later as Burns Teton, #16 tossed one in, followed by quick attempts at a replay by Rhiannon Short, tossing the Ball to her brother Isaiah, who made a great try but missed.

The Knicks Andrew Lomaintewa then began a series of quick intercepts of the ball, as various Bulls players were powering the ball down the court, trying to keep momentum on their side. His first interception had no result, then he scored a basket with his second, and after a quick time out, repeated his intercept, run back and sinker for a score of 6 to 2, Knicks.

Now things really heated up, with personal fouls resulting in the Knicks getting four free throws, two of which went in. More fouls against the Bulls Burns Teton followed, and he made good on 2 of his four tries, to bring the score to 8 to 4 in favor of the Knicks.

Miranda Tiger Comet of the Knicks was then at the receiving end of blocking fouls, and her tries bounced off the rim. She then had to stand by and watch as the Bulls Burns Teton sank both of the free throws he received, before she returned the favor with a great arcing shot into the Knicks goal in play.

Finally, Malacah Jackson of the Bulls tossed in enough free throws to tie up the score 10 to 10 with only 2:22 left in the second period. Once he got the ball, the Knicks Michael Esperanza then ran almost the length of the court before finding his progress blocked by the taller Bulls, so we made a long arcing shot into the basket to pull ahead once more.

But now the Knicks began to crowd the opposing players, trying hard to keep them in check.

Burns got two more good free throws on fouls for a tie, and Michael Esperanza captured the ball to repeat his earlier performance to get the score once again in the Knicks favor. With the clock winding down, a flurry of attempts at getting a greater lead then occurred, as Maya Montijo tried for a basket, then Andrew Lomaintewa shot twice, none of which went in, although the crowd by now was roaring with encouragement for both teams.

At the sound of the buzzer, the first half ended 14 -12 in the Knicks favor. They were feeling pretty good now, but it was the last time they'd see the score in their favor for any length of time.

The second half began with the Knicks Lomaintewa tossing the ball to Jarod Vasquez, who quickly lost it to Rhiannon Short running by and taking it away. She then got to her basket and tied the score 14-14, only to have Lomaintewa do the same to her to pull ahead 16-14 halfway through the third period.

Then the Bulls began their power play: getting the ball to Rhiannon Short, who was clearly "in the zone", she made two of the three good shots that followed, bringing the score to Bulls 20, Knicks 16.

It seemed almost personal now between her and Andrew Lomaintewa, as he immediately got back in the game with another basket, and Rhiannon tried to get one up on him, but her try at the basket was no good.

As both teams began to realize the clock was counting down to their last chance at victory this season, more and more personal fouls began to occur.

While both teams were crowding in to get under the basket, Andrew Lomaintewa went

down, and got two free throws, neither of which went in. Rhiannon Short then ran the ball back to try again, no good either. Finally, Lomaintewa tried for a long bomb at the buzzer, which missed, ending the third period 20 to 16 in favor of the Bulls.

The final period saw the jockeying for dominance continue, as Rhiannon and Andrew continued to block and harass each other. Players on both teams saw what was developing, and tried to help their team member in the duel. After Rhiannon fouled Andrew, and both of his free throws were good, the Bulls used teamwork to keep the ball moving between Burns Teton and Miss Short. Rhiannon tried to make running shots twice and failed, but Burns recovered her second shot, tried again and made it in.

Then another foul against Lomaintewa meant he got two good free throws, bringing the score to 22 - 20, Bulls. It wouldn't be so close again, as Chynna Cachora of the Bulls stepped in to make the next score, and Burns Teton sank two more free throws to get their lead to 26 to 20.

The referee now called a time out with only 3 minutes left in the game, and both teams immediately huddled around their coaches to strategize.

Once they were back on the court, Lomaintewa tried hard to get the Knicks back in the game, but his next shot was no good, as exhaustion began to show on his face and in his movements.

Around and around it went, as both teams took possession and then lost the ball, before Chynna Cachora made another remarkable score, followed by another attempt by Burns Teton, which fell short. Isaiah Short then managed to make good on

a free throw, to put the score at 29 to 20 as the final two minutes of the game began.

The Knicks' Coach Porter could see that Andrew was too tired to finish the game when he missed his next two attempts, so Nicolas Rivera was sent in to replace him. Nick immediately used his fresh energy to get the ball from a tripping Bull, and he turned to run half way back down the court and make a shot, which only bounced off the rim.

With one eye on the court and the other on the rapidly diminishing time remaining, the Knicks made a foul against Michelle Shepard, who then sank one of her two free throws.

Both Coach Dwayne Porter and Assistant Coach Leonard Snowden began to shout encouragement to the Knicks, rallying them to press on and finish the game trying, but in the end, it was Coach Jerome Two Hearts who saw his team hold the score right where it was for the short remainder of the game.

The Knicks Jarod Vasquez managed to get the ball and try for a long, arcing shot from mid-court with only six seconds left in the game, only to see it sail over the backboard and bounce off the angled support to the ceiling of the Community Center.

The final score was Bulls 30, Knicks 20.

Once again, an exciting and fun-filled exhibition of teamwork and athleticism comes to an end, as the spring Quechan Grasshopper 9 to 11 year old co-ed basketball season ends.

You will find color team photos of both the Bulls and the Knicks featured on the back cover of this issue of the *Quechan News*. Congratulations to all on a game well played!

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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 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 Senior Nutrition and The Artists Marketplace: Memorial Day Wreaths Prepared

Each year, volunteers at the Quechan Senior Nutrition Program get together towards the end of March and begin a large scale effort to turn out as many wreaths and decorative crosses as possible for use over the Memorial Day weekend at the end of May. The project has gradually grown to the point that this year, for the first time, the crew at the Fort Yuma Artists Marketplace is also joining in.

Irene McKinley, now 75, has been making these decorations since she was 62. She was chosen to teach those working at the Artists Marketplace how it's always been done.

John Norton, Shirley Kelly and others have teamed up with Irene to create a small assembly line operation that builds both wreaths and crosses in a variety of colors. Generally, cardboard patterns are created (about 2 feet by 1 foot for the crosses, and about 20 inches around for the wreaths) which are wrapped in multiple layers of newsprint paper to give them some padding. The decorations are then carefully wrapped in an artistic pattern of brightly tinted crepe paper, and finished off with ribbons and artificial flowers in



Susie Gilbert of The Artists Marketplace works on her smaller scale versions of the Memorial Day wreaths (above), while instructor Irene McKinley (right) wraps a nearly finished cross in crepe paper. Shirley Kelly (far right) prepares more newsprint by rolling and taping it for use as padding.

QUECHAN NEWS Photos by William Isbell



complimentary colors.

Susie Gilbert, an Artist in Residence at the Marketplace, has used the ideas presented by Irene to create her own interpretation of the wreaths on a smaller scale, for those who might own a crypt or headstone with limited space for decoration. Her wreaths are about 9 inches across, a bit more thickly padded with upholstery foam (having an almost perfectly round cross-section when finished) and then wrapped in calico, gingham and solid colored cloth.

Susie also finished off her wreaths with satin ribbons, some in contrasting colors, some in

complimentary shades, before adding flowers. Her smaller wreaths will be a very limited edition. "I'm only making 11 of these," she says, "I just wanted to do some my own way, to do something a little different."

Once finished, the wreaths will be turned over to Victor Curran for sale at the Artists Marketplace. "Whenever I finish anything, I give it to Victor and let him price it, 'cause I wouldn't know what to charge. He's the man for that," Susie candidly admits. Both of the larger versions being made are popular gravesite decorations used both here at Fort Yuma and at the var-

ious cemeteries around the area, and a total of at least 200 will be created for sale.

Of course, even at the crew at the Artists Marketplace was busy doing there part to help out, Irene was also spending her afternoons back down at Senior Nutrition, guiding a group of over a dozen volunteers in continuing their tradition. Senior Nutrition hopes to create at least 300 wreaths, which they will have for sale at their building, just east of Pipa Market.

Brycea Parker says that the money raised from the sale of the wreaths will be used to buy arts and crafts materials for oth-

er projects later this year.

By the time of the Memorial Day weekend, almost all of them will have gone home with a buyer, if this year is anything like past years. Those that remain will be donated to Quechan American Legion Post 802, and they will be brought along for placement at gravesites during the Legion's participation in ceremonies on May 28th.

"They'll have volunteer flower girls who go along with them," says Susie, "dressed in Quechan dresses. The girls take them out and set them up (while the Legion veterans perform their honor guard duties)."

Kwat'san liya Coordinator Expresses Thanks For Your Prayers

This past February, Judith Prietta-Osborn suffered a serious health crisis that found her family and friends thinking they'd seen the last of her. On Sunday morning, February 4th, her daughter Mona Hartt noticed that she seemed especially tired. Judith, who is diabetic, thought her blood sugar might be low, so she ate some peaches and then took a shower.

When she still didn't feel revived, she drank a glass of grape juice, and then sat down to rest. It seemed she just couldn't shake the feeling of being absolutely exhausted.

When she woke up a short

time later, still feeling weak and a little disoriented, her daughter said, "Mom, I'm taking you to the hospital."

The Ft. Yuma Indian Hospital performed an EKG as part of her examination, and quickly called for an ambulance from Yuma to take Judith to the Cardiac Wing at YRMC.

Once in the ambulance, her blood pressure dropped very low, and the ambulance crew was forced to use the paddles to re-start her heart twice on the short trip into Yuma. She was revived enough to push back when they removed her from the ambulance into the emer-

gency room at YRMC, but her husband, Norman, stepped forward and told her in Quechan, "It's alright, calm down, we're taking care of you," and she laid back down and fainted away again.

Judith went into emergency surgery to have a pacemaker installed, and was wheeled under sedation into a private room for observation and recovery.

She finally woke up almost 10 hours later, to find her 16 year old grandson, Cody Hartt watching over her. "Grandma," he said in amazement, "people came! There were so many people here to see you today,

we had our own Pow Wow!"

Cody, another grandson and her nephew had wrapped her in her favorite Pendleton blanket and almost 20 other visitors had gathered together in her room to sing songs and wait for her recovery.

Mrs. Prietta-Osborn says that she was too sedated to know who all of the visitors were, but she's been told by her family that people she never knew were even aware she exists came in to tell them how much she means to them, and how much they hoped she'd recover. She'd like to thank every one who came to see her



Judith Prietta-Osborn

and who contacted her family during her illness to know she is touched and grateful for the concern shown for her by everyone in the community.

Citing Lack of Concern by U.S. Bureau of Reclamation for the Historical and Cultural Impact: **Quechan Tribe Files Suit to Stop Wellton-Mohawk Land Transfer**

As previously detailed in a full-page story in the February 7, 2007 issue of the Quechan News, the Quechan tribal leadership has been opposed the U.S. Bureau of Reclamation's (USBR) planned transfer of over 50,000 acres in the Wellton/Mohawk valley to the Wellton/Mohawk Irrigation and Drainage District (WMIDD) since the plan was first revealed over 10 years ago.

Although Section 106 of the National Historic Preservation Act states that such transfers must take into consideration any known or suspected cultural sites within the areas sold to private entities, and consult with native tribes within the area of such transfers, it is the position of the Quechan Tribal Council that the environmental impact statement prepared by the USBR in moving forward with the transfer was inadequate, especially considering the land purchased by WMIDD in conjunction with the transfer, which they have already sold to Arizona Clean Fuels for the construction of an oil refinery.

Even though the Bureau was aware that the Quechan tribe was opposed to the transfer proceeding without properly addressing the concerns of the Quechan people, the Bureau signed over to the WMIDD title to the lands in question on

Monday, March 26. Although the federal government does not recognize the area as tribal land, since it is not a part of the current Quechan reservation, ancestral lands such as the Muggins Mountains and Gila River form the north boundary of the area transferred, which also encompasses the Antelope Hill petroglyph site and a number of known native habitation sites.

On Friday, March 30th, the tribe responded by filing suit in the U.S. District Court in Phoenix to halt the transfer.

In a prepared statement released to the press, Quechan Tribe President Mike Jackson, Sr. said "The tribe does not oppose the transfer or the refinery. However, the tribe's lawsuit is necessary to protect our cultural resources from further, permanent destruction." The main objective of the suit is to force the federal government to recognize that such actions trample the rights of native peoples, by continuing to proceed as though all of the concerns expressed by the Quechan tribe during previous hearings have little merit.

"The bureau failed to conduct meaningful government-to-government consultation with the tribe, and ignored the tribe's concerns throughout the process" said Jackson, in his statement.

"That is our ancestral land," he reiterated, when speaking to the

Quechan News last week, "They have to understand that you need to come to the Quechan first," not after the fact when planning transfers such as this. "They always come to us last. We don't want to put a stop (to all development), but they need to learn who's land this was from the beginning."

The prepared statement further makes it plain that the purpose of the lawsuit is to get the federal court in Phoenix to step in and stop any further transfers and to halt development activity on the transferred lands until the Bureau "performs an adequate analysis of impacts associated with the transfer, including impacts to cultural resources, air quality and water quality."

It is also the position of the Quechan Tribe's lead attorney, Frank Jozwiak of Morisset, Schlosser, Jozwiak and McGraw that the environmental impact statement prepared in the course of the land title transfer fails to "evaluate and address all impacts of the land transfer on the human environment, including air, water and cultural resources." Jozwiak says the law requires that the bureau should have addressed all of the tribes concerns "up front, in an open public process, not after development of the refinery has begun."

Further, he says that the Environmental Impact Statement

(EIS) prepared for the transfer concerned it's continued use as an irrigation district on agricultural land. With the planned development of an ethanol distillery, a power plant and an oil refinery, the current EIS is no longer valid, as it seems the transferred area is quickly becoming a site for industrial development.

Attorney Jozwiak says "Under the National Environmental Policy Act, the BOR was required to address the effects on cultural resources, as well as on the air, the flora and fauna . . . all of these things."

In preparing to present his arguments before the Court scheduled for April 5th, Jozwiak told the *Quechan News* that "I want to make it very clear to the Court that this is about the BOR, their failure to comply with federal law, and to respect the tribe's rights and interests. This isn't about stopping an oil refinery. This isn't about stopping the transfer of land to Wellton/Mohawk." It's about fulfilling their responsibility to conform to government-to-government consultation, as required.

Jozwiak further states that in a previous meeting with the tribe's attorneys, that William J. ("Joe") Leibhauser, Acting Director of the Resources Management Office of the BOR's Lower Colorado Regional Office at Boulder

City, Nevada admitted that the BOR "should have consulted (with the tribe) through out the process."

Another issue in this whole process, according to Quechan President Jackson, is that he sees federal agencies such as the BOR as not being in the business of making money. "They were there (in the Wellton/Mohawk Valley) to run an irrigation project only, to watch over the river, and develop irrigation projects. To now sell that land, is I believe, outside their scope of responsibility. If they no longer want that land, our ancestral land, then it should go back to the Quechan tribe" he states.

"Why is it that when it comes to historically significant sites of interest to the federal government, like Lincoln's log cabin, the federal government will do everything in it's power to see to that those things are protected?" asks Jackson. "Yet when we view this land as our history, our heritage, they don't see it the same way?" In explaining his upset over the fact that the BOR is attempting to complete the transfer without meaningful consultation with the tribe, President Jackson says "The Quechan have owned this land, from sky-to-sky, since time immemorial. It is not theirs to sell if they no longer want it."

Wildlife Survey to be Conducted at East Wetlands



The site of the Yuma East Wetlands, shown above looking north, with Paradise Casino and the Cargo Muchacho Mountains on the horizon, will be the subject of a wildlife density survey conducted by Fred Phillips and Associates.

The Quechan Tribal Council has agreed to permit the study, which will be conducted beginning this April, and continuing

over the next couple of years.

The photo shows the current state of the area, with tangled underbrush removed to the topsoil and piled in windrows for controlled burns in the coming months. The survey will involve trapping and releasing small mammals, insects and reptiles, as well as a bird species census, to form a baseline for comparison once the East Wetlands

Park has been completed.

Native cottonwoods and willows which remain in the area have been left untouched, and additional native plants as well as native cottonwood, willows and mesquite will be replanted.

Once completed, additional surveys will be performed to measure the positive effect on animal species restoration is expected to produce.

NOTICE:

**As of
Thursday, April 5, 2007
The Quechan Tribe is
no longer accepting
Per Capita Advance
Applications.**

**This policy will remain in effect
until further notice.**

If you have any questions or concerns, please contact:

Robin Estrada, Finance Manager *or*
Dianna Waters, Revenue Distribution
(760)572-0213, Extensions 214 *or* 220



THE QUECHAN ELECTION BOARD

Will be holding **VOTER/CANDIDATE INFORMATIONAL SESSIONS**

*Every Wednesday prior to the June 12 Election
at the Quechan Election Board Office
in the Old J.O.M. Building.*

**Each Wednesday Evening Informational Session
will be held from 6:00 PM until 7:00 PM**

April 11, 2007	May 9, 2007
April 18, 2007	May 16, 2007
April 25, 2007	May 23, 2007
May 2, 2007	May 30, 2007

**With an additional, final session
to be held in the Multipurpose Building
at the Quechan Education Center
on Wednesday, June 6, 2007,
also from 6:00 PM until 7:00 PM**

Discussions are to include:
*New Board Standard Operating Procedure, Candidate
Requirements, Special Needs Voters, Certificate of Qualification*

Please call the Board if there are any questions:
(760)572-0664

Entertainment and Activities Also A Part of Youth Conference

It wasn't only education and lectures for the kids who attended the first Quechan Youth and Health Conference held in Yuma the first week of April. The Quechan ADAPP staff also brought in speakers with an entertaining twist, a fitness and teamwork instructor from the National Guard, and premiered their own locally produced film, *Rez Life*, all to the benefit of those present.

Through out the conference, the Eagle Rib drum group from the T'suu Tina Nation in Alberta, Canada was on hand to provide traditional drums and songs during meals and breaks. The 6 member group had been in town for the Strong Hearts Pow Wow in early March, and were invited to return for the conference during the planning stages.

After heading up to Provo and Salt Lake City, Utah to visit relatives and attend a few Pow Wows there, they made it back and kept everyone in fine spirits. They also formally entertained all of the visitors who came to share in the family night dinner, singing the flag song after Vernon Smith's opening blessing.

Mamie Harper, from the CRIT reservation in Parker also spoke for a short while at the dinner, telling the assembled crowd how she grew up or-

phaned and speaking English as a second language. Now in her late sixties, Mamie told of how she was able to make it through hard work, support of good people, and even eventually attend AWC for a Counseling Degree after raising 11 kids. She is now a retired school counselor after having served 27 years.

Then there was Teresa Choyguha, a native comedienne of the Tohono O'odham Reservation from Sells, Arizona, who managed to get everyone roaring with laughter as she shared her observations of common traits all natives seem to share. Her message was that with the education and knowledge of writing that the mainline society has brought to America, now is the time for Native Americans to write their own history.

Of course, it wasn't all just speakers. During the actual conference, one of the more popular "break-out" sessions was that given by the Army National Guard, led by Debra Hrushka. Kids were given team building exercises in groups of 5, which included walking a set of 2 x 6 boards set on their sides about a foot off the ground, that made four turns to get to the goal. The catch being that only the leader of the group could see, while his four partners followed behind,

blindfolded with their hands on each others shoulders and listening carefully for instructions as they walked the thin edges, trying to make the turns without falling off.

The final entertaining diversion that also served as an educational opportunity, was the premiere of *Rez Life* on the final day of the conference. After Drug Court graduate Amber Nelson finished her shocking story of drug addiction and recovery, the lights went down and the film began.

As Director Dan Golding told the crowd, the film was written by the ADAPP staff themselves, as they tried to distill a dozen similar stories, just like Amber's, in to one coherent narrative, which they shared with Mr. Golding as he wrote the script.

They were obviously successful, as the kids (and adults) loved the movie, featuring a cast of volunteers and staff from ADAPP, filmed here and in the back streets of Yuma. As Judge Claudette White said afterwards in her remarks, the laughs produced during the film were the laughs of recognition, as those watching saw some of their own experiences played out before them on the big screen.

Let's hope next year's conference is just as much fun!

Tribal Council Approves S.O.P. for Upcoming June Election

During the regular Council Meeting held on April 3rd, the Quechan Tribal Council approved a new Standard Operating Procedure (SOP) formulated by the Election Board appointed in March.

The SOP is intended to clarify procedures for the Election Board and standardize the election process for the benefit of eligible voters in Quechan elections. The accompanying approved resolution will provide a standard operating document for the Board to follow and adhere to for the June 12th election, and provide standards for qualifying candidates by the use of bona fide, pending and disqualified certification of candidates in accordance to standards

set forth in the SOP.

The resolution allows makes it clear that the Election Board is responsible for notifying all eligible voters of the changes and requirements of the SOP, and to utilize qualified assistants and to develop and implement forms that compliment the SOP. The Board will develop a standard of ethics to follow, and take an oath of office to meet the standards set forth in the SOP.

Voter education is provided for, with the Board charged to conduct weekly sessions in presenting the public with the changes in requirements for the coming election. Also, the new SOP will be utilized to decrease conflicts of interest when possible, and to increase security of

the ballots and ballot box.

Now that the new Standard Operating Procedures Resolution has been passed, the Board will develop a Calendar of the election to be posted for public use.

The newly approved SOP is intended to encourage transparency in the election by allowing the public to act as witness to the schedule of the election. One way to ensure that transparency is the requirement that the Election Board post their daily activities for public viewing during office hours.

The Election Board is housed in the old J.O.M./Library building on Indian Hill, adjacent to the Quechan Fish and Game Department. You can reach them by phone at (760)572-0664.

THE QUECHAN ELECTION BOARD ANNOUNCES:

Call for Nominations

**For the Quechan General Election
to be held on Tuesday, June 12, 2007**

For the Offices of:

**President
Vice President
and**

Council Members (5)

Starting: Wednesday, April 11, 2007

*Submit Petitions to the Secretary of the Council for the
Certification of the legality of such petition per the
Quechan Tribe Constitution, Article V, Section 1, Section 2*
**ALL CANDIDATES MUST SUBMIT TO THE
CERTIFICATE OF QUALIFICATION PROCESS**

Please call the Board if there are any questions:
(760)572-0664



New Five Week Course on Diabetes Self Management Begins Wednesday, April 25th

Tuesday, April 24th will see the conclusion of the latest five week course in Diabetes Self Management, presented by Deborah Drumel, Registered Dietician and Certified Diabetes Educator for the U.S. Public Health Service at the Fort Yuma Indian Hospital. Those classes were held in the evening from 6:00PM until 8:30PM at the IHS Administrative Offices.

The next series (also at the IHS Offices across from the Indian Hospital) begins only a week later, on May 2nd, and is planned for Wednesday afternoons from 1:30 until 4:00PM. The class is not just a group of structured, boring lectures.

"It's very interactive," says Deborah, in covering the basic outline of the classes offered. "I use many different tools to educate . . . I have Power Point presentations, videos, I have food models that show the class the exact portion sizes I'm discussing, so they can see it for themselves, plus I have vials that show just how much fat or sugar is in various foods."

The food models are exact size plastic replicas of just what is meant by terms such as "a serving of bread", "a baked potato", a serving of green beans" or even "a slice of watermelon".

One person's "slice" may be a "nibble" for another, or it may look like a "plateful" to a third person. With the scientific models Deborah brings to class, everyone there can see exactly what your Doctor or Dietician means when they tell you to have "no more than two servings a day". And the 3 vials of "fat" contained in a single Quarter Pounder with cheese makes a dramatic impression on any dieter.

"And if you have a small fries with it, that's another vial of fat" Deborah is quick to point out.

"We also use food packages (in the class) to learn how to read food labels," when the class covers meal planning in it's second and third weeks, she says. "I teach people how to read the labels, to determine if what they're eating is low fat or low sodium, or high fiber. To

help them see if it really is going to be good for them."

Some snack items such as chips may look like single servings, but if you read the label, it may give you calorie and nutrition information based on two servings. If you were to eat the whole bag "everything needs to be multiplied by two" when considering the effect it would have on your daily calorie intake, she emphasizes.

"Sometimes (when people see the portions) they'll say 'That's all I get to eat?'" she says about this part of the course. "Most people in the United States eat way to much protein, and most proteins have a lot of saturated fat, which raises cholesterol. You need to add the other foods, in the right proportions. You can have lots of vegetables to your meals."

It's all about learning how to find the right balance in everything you do, to maintain your own health.

Deborah stresses that as a Certified Diabetes Educator, she touches on all aspects of Diabetes health maintenance, not just diet. She teaches about the effects of medicines, insulin and how proper exercise can help keep things under control, and makes a point of stressing that those with Diabetes need to be more assertive in their health care.

"I tell my patients they should take their shoes off every time they come in to the clinic for a 3 month check-up. Every time." She says it is important to take charge and make sure the doctor checks their feet, because he may have dozens of patients to see that day, and he may forget.

Deborah's entire focus on Diabetes Self Management comes down to this: "It's up to you, too, to be knowledgeable about your health."

With so many tribal members now at risk of developing Diabetes, Deborah feels everyone in the Quechan Tribe would benefit from the information she presents in the class. She says everyone in the community should be screened for Diabetes once a year, beginning as early as age 5.

"Being Native American is

one risk factor," she explains, "but we're also seeing more obesity in our children, so they're at much higher risk (now) of developing Diabetes than they were 20 years ago."

To be sure she covers any questions that a person may have, Deborah spends the first class session covering the symptoms and complications of the disease, and asks for any questions from the class, which are written down on a large flip chart the first day. She then tailors each class during the following 4 weeks to be sure she incorporates information into the planned subjects for each week that will answer the ques-



With portion size food models on the table beside her, Deborah Drumel, Certified Diabetes Instructor holds three vials representing the amount of fat contained in a Quarter Pounder with cheese. QUECHAN NEWS Photo by William Isbell

tions asked at the start.

The course covers nutritional management, the role of physical activity and medications, blood glucose testing, preventing and detecting complications as well as goal setting and problem solving.

An important aspect of the course is helping those who at-

tend develop a game plan for the psychological adjustment to daily life with Diabetes. Properly managed, she says you can reduce or eliminate the need for medications or insulin injections.

To sign up for the next class, call Deborah Drumel at the Indian Hospital at (760)572-4227.

QUECHAN TRIBAL EMPLOYEES SHOWN APPRECIATION AT LUNCH



Lunch is served to Margarita Rubalcaba of the Quechan Tribe's Family Preservation Office. About 200 employees attended the lunch hour event, and stayed for a raffle of prize incentives such as Main Street Cinema tickets and gift cards from area merchants. QUECHAN NEWS Photo by William Isbell

Most business trainers will tell you that it is easier to keep employees productive and loyal by giving them encouragement and positive reinforcement. Following that maxim, the Quechan Tribal Administration has created an Employee Appreciation Committee to find ways to meet the human need for social interaction and workplace acceptance, through Employee Appreciation gatherings held on a quarterly basis.

The spring quarter's gathering was a buffet-style luncheon held at the Quechan Community Center from 11:30 AM until 1:00 PM. Arranged by Vernon Smith (Tribal Administrator), Luz Lopez (Human Resources Benefits Clerk) and Karen Preston (Head Start Director), the

luncheon was catered by the La Fonda Mexican Restaurant of Yuma. With a menu of barba-coa, rice and beans and rolled tacos and flautas, there was plenty to go around as about 200 employees took their lunch hour to attend and enjoy each others company.

Each employee in attendance received a raffle ticket at the door, to be entered into a drawing held at the conclusion of the lunch for a variety of prizes. Alicia Robles of Paradise Child Care knew her staff wouldn't be able to abandon their duties of watching the little ones they care for, so she emailed the Committee the names of her staff who couldn't attend, reserving each of them a ticket in the drawing. That was a smart

and creative move on her part, since a couple of numbers were drawn that Paradise Child Care was holding!

With the Robert Klein, the Human Resources Director spinning the drum and pulling tickets at random, Brian Golding, Sr. (of the Economic Development Agency) served as Master of Ceremonies. To be as fair and random as possible, Brian also shuffled the deck of gift cards he was raffling off, and put three Magnavox DVD players, Main Street Cinema tickets and a stainless steel canister set into the prize rotation from time-to-time.

A total of 23 gift cards from local merchants were raffled, from Target, Dillard's, Best Buy, Circuit City, Old Navy and Sam's Club, as well as eateries such as Chili's, Logan's Roadhouse and Starbucks.

The next employee gathering is scheduled for this summer, and Luz Lopez, of the Human Resources Benefits Office says the focus will be on annual years-of-service awards. All employees with more than 5 years of service as an employee of the Quechan Tribe will receive recognition for each 5 year increment of service at that luncheon. The Quechan News will carry a notice announcing that luncheon prior to the date scheduled.

Monarch's Rest Brewery Equipment On Internet Auction

Since closing its doors on June 18, 2003, the Monarch's Rest Building in downtown Yuma has sat empty, waiting for new business to move in. Although a couple of businesses seemed interested in leasing the building since then, two impediments to a successful deal have surfaced over time.

The first is that the original tenant set it up to be both a restaurant and brew pub, featuring a Bohemian Brewer's 15 barrel microbrewery on the premises. The system takes up 1600 square feet of space in the front of the building, blocking views from the street and sidewalk.

And a restaurant can seat a lot of people in 1600 square feet. It wouldn't make much sense to let that much area go to waste, when it could mean the difference between turning a profit and going under.

The other impediment to getting a new tenant into the building is that it's just a bit too large for only one restaurant.

The interior volume of The Monarch's Rest building is 12,000 square feet. However, the most successful chain restaurants looking for a location in a metropolitan area with Yuma's population want to build 5,500 to 7,000 square foot restaurants.

Brian Golding, Sr., Director of the Quechan Economic Administration explains the similar sizes this way:

"If you look at the size of Yuma's Red Lobster, Outback Steak House, Applebee's, Chili's and Texas Roadhouse (or any of the other similar businesses in the area), you will notice that they are all about that size. One reason is that you don't want to be leaving seats unfilled, because a seat without a customer, is a seat that isn't producing any money."

He continues, "The other reason is you want the place to look busy from the outside, when tourists drive by looking for a place to eat. Actually, having a short line out front, with a 10 to 15 minute wait to be seated is a good thing. If the place looks busy, it must have good

food, and be a popular place in town."

To solve both of these problems, Brian has been talking with several end users and equipment brokers that would very much like to purchase the brewing equipment. When Brian first took over at EDA, the value of the brewery system was pegged at about \$45,000. Since then, he's had some parties call and offer over \$100,000.

To get the best offer, and sell the equipment as efficiently as possible, Mr. Golding has set-up an Internet auction for the brewery equipment on E-bay, and sent notice to each of the interested parties that the site is now accepting bids. Anyone around the world with Internet access and a need for a complete microbrewery will be able to bid.

The bidding closed on April 6th, and the brewery equipment should be removed within 30 days of the highest bidder's check being received. Then the next phase of re-opening the Monarch's Rest begins.

A conceptual plan has been drawn-up to subdivide the interior into two separate, but mutually reinforcing businesses. One side of the building would be approximately 6,500 sq. ft., and plans are underway to attract an interested local business that would like that portion for a family restaurant. The outdoor west patio will likely be enclosed, so the restaurant could even have three small banquet rooms for private parties there.

The other half is being considered as a Sports Bar of about 5,500 sq. ft., or a regional chain restaurant whose concept will compliment the family restaurant.

Says Brian: "If you think of downtown as a mall, where would the Food Court be? In most malls, it's close to the movie theater. As it is, The Main Street Cinemas is an anchor tenant in downtown Yuma, as it generates the most retail sales. We need to leverage that traffic.

As plans proceed in the next few months, the *Quechan News* will be following developments.



At The Fort Yuma Indian Hospital Diabetes Eye Exams Eased By New System



Radiologic Technologist David Gaspar has retinal scans taken by Tina White, C.N.A., using the new system developed by Joslin Vision Network. The new equipment allows diabetes patients to have their eyes checked without having to have their pupils dilated.

QUECHAN NEWS Photo by William Isbell

Up until now, a common procedure used to examine the eyes of diabetic patients has been a somewhat painful experience, requiring dilation of the patient's pupils to get a good look at possible damage to their retinas.

That has changed with the installation of new equipment at the Fort Yuma Indian Hospital, which enables the examining physician to get a good look at the inside of a patient's eyes without dilation.

The Joslin Vision Network (JVN) has developed the new telemedicine system for detecting diabetic retinopathy using special digital video cameras, an electronic network and computers to send images acquired during exams from Yuma to specially trained eye doctors at the Phoenix Indian Medical Center (PIMC). There, the doctors evaluate the images and return a report for treatment.

Tina White, C.N.A., of the Fort Yuma Nursing Department took the time to demonstrate the new equipment recently, and showed how what used to be a rather bothersome procedure for both patient and examiner has been eased by the application of technology.

Previously, the patient would lie back and have specially medicated eyedrops containing belladonna placed in their eyes, and then have to sit in a darkened room for 15 to 20 minutes

while the drops did their work. The drops would cause the patient's eye to open (dilate) to a huge degree, making them almost the size of a penny, with no iris visible around the edge.

The examiner would then have to use a special camera with a bright light to look inside the now terribly light sensitive eyes of the patient, which could be something of an ordeal for both parties, since the patient couldn't take the light, and would constantly blink to shut it out, and the examiner would want to get a good look and get the discomfort for the patient over as quickly as possible.

Once the examination was finally complete, the patient would then have to be driven home wearing the darkest sunglasses possible (day or night) and wait in the dark until the effect of the eyedrops wore off, which sometimes took as long as four hours.

But with the sensitive new digital camera in the JVN system and its small and precisely focussed lens, it is no longer necessary to dilate the pupils, or even to have to wait for a visiting Ophthalmologist to be on duty. Both Erica Gash, R.N. and Tina White, C.N.A. of the Fort Yuma Indian Hospital Nursing Department are fully trained on the operation of the JVN examination equipment.

"We take 11 pictures of each

eye, for a total of 22," Tina begins, in explaining the procedure. "We look for diabetic retinopathy or a tear in the eye. If we see something, it's sent over the Internet to the technicians at PIMC marked 'STAT read' and there they'll read it right away."

So, if there is any suggestion of a problem, while the examination is still being conducted, and the Nurse is still visiting with the patient, their images are being carefully checked at PIMC and evaluated. If the examiner at PIMC finds hemorrhaging or other suspicious indications, they will immediately phone back with the treatment needed, and help schedule an appointment right away to have the problem taken care of as soon as possible, "Before the patient leaves" says Tina.

As a result, exams are much faster and treatment can begin much earlier. Studies already conducted at PIMC have shown that by using the new system, they can improve diabetic eye care and treatment by over 50%.

Anyone concerned about possible diabetes is welcome to get a screening. Just stop by the Fort Yuma Indian Hospital and ask for Erica or Tina, or call them direct at (760)572-4100.

Tina suggests that this might be a great thing to arrange for your mom before Mother's Day, which is only a few weeks away, on May 13th this year.

Youth Conference Images, April 3rd thru 5th



The sign in front of the Yuma Civic and Convention Center announces the Youth Conference to traffic driving by on Avenue A in Yuma.



Commander Rey Nejo of the Gila River Indian Community in Sacaton, Arizona gives his dramatic presentation on the dangers of Methamphetamine use, as keynote speaker during Wednesday's all-day program.



Gabriel Stokes, winner of the Talent Show on the first day is shown at left. In the center, a long line of area youths gather on the Terrace dining area south of the Convention Center for Wednesday's lunch break. At right, Shelda Twist signs registration papers for her daughter Shelyne, as Meadow Wind Hemmers (in red) and Shelyne fill out another. Darrell Escalanti mans the registration desk, ready to hand them their badges when they finish.



Family night comedy was provided by Teresa Choyguha, (left) who kept the crowd in stitches for over a half hour. Also present was the Canadian drum group "Eagle Rib" from the T'suu Tina Nation near Calgary, Alberta (at right). Finally, after much build-up and anticipation, everyone enjoyed the premiere showing of "Rez Life" (far right) on the final morning of the First Annual Quechan Cultural and Health Youth Conference.

QUECHAN NEWS Photos by William Isbell



Grasshopper Champion BULLS gather at left for team photo after trouncing the Knicks (above right) in the final game of their season. The last half of the game turned into a contest between Andrew Lomaintewa and Rhiannon Short, shown chasing Andrew in the center photo. **Bulls** (L to R): Coach Jerome Two Hearts; Front, Isaiah Short, Angel Koteen, Brandon McNeely; Back, Malacah Jackson, Burns Teton, Rhiannon Short and Chynna Cachorra. Not shown are Mychelle Shepard and Juan Lopez. **Knicks**: Coaches Leonard Snowden and Dwayne Porter; (2nd row) Ambrose Tristan, Miranda Tiger Comet, Alicia Menta, and Michael Esperanza; (back) Nicolas Rivera, Maya Montijo, Andrew Lomaintewa and Devin Leeper.

QUECHAN NEWS Photos by William Isbell