

The Gila River Indian News

A Gila River Indian Community Publication
Sacaton, Az.



VOL.4 NO.5

MAY 6, 1988 PAGE 1

Two lose tribal council seats, two newcomers win

Two incumbent Gila River Tribal Council representatives lost their reelection bid, and two others succeeded in keeping their posts in the May 3 tribal council election for districts 1, 4, 5 and 6.

In District 1, Harry Cruye Jr. got 65 votes to capture the tribal council

seat.

Incumbent Leona Thomas took 34 votes. James Jackson got 10 votes, Barbara Jackson had nine, and Michael Perkins had one.

In the District 4 race, voters elected Nadine Terry to office with 53 votes. Weldon Salkey took 46 votes while

incumbent Lester Gage finished third with 44 votes.

Ralston Enos Sr. got 16 votes, Everett Howard took two votes, and Burdette Morago had one.

In District 5 voters returned incumbent Daniel Tree to office with 69 votes.

He was trailed by Emmett White who had 50 votes, Gerald Kyyitan with two votes, and Lucius Kyyitan with one vote.

In District 6 incumbent Lawrence Enos kept his tribal council post with 50 votes.

Finishing second was Sally Pablo with 31 votes. She was followed by Marvin Pablo with 18 votes, Raymond G. Pablo Sr. with five votes, and Tony Shelde who had four votes.

The Gila River Tribal Council certified the election results May 4. The oath of office for the newly elected officials will be June 1.

Some lease payments being delayed while BIA automates its realty system

Payments to some Gila River landholders who are leasing their land are being delayed while the realty office at the BIA's Pima Agency continues to switch to an automated system.

Pima Agency superintendent Denise Homer said the effort to changeover to an automated system was to have been completed in December, but the volume of work required for the switch has moved the deadline to June.

She said some payments have been delayed "because we are working on a priority BIA project that will put all of the realty programs on a computer."

"We're working to automate all of the realty office functions—leasing, probate, rights of way, business and agricultural leases, appraisals—everything that we deal with in the realty department is being automated," said Homer.

The delay in some payments, she said, is because "basically all my people are tied up doing that project. We have to get it done by June 30."

"Once we complete the project, then at least three of my people will work on nothing but distribution, and we should be able to catch up," said

Homer.

She said, "The lease payments are due January 1st, but of course some people (lessees) don't pay like they're supposed to," and that creates further delays.

The process of switching over to the computerized system is time consuming.

Homer said the realty office first must collect all the lease documents, and then encode that information into the computer system.

When that's done, the office must wait for a printout to make sure that the data entered is correct. Printouts, however, are available to the agency only once a week.

The sheer number of interests in tracts of leased land have also created a problem, she said.

The tracts of land being dealt with by the realty office number 5,206.

"Now that may not sound like a lot," said Homer, "but each tract is 10 acres, and on a 10 acre tract of land we may have a couple of hundred people who have interest in that land."

In an effort to complete the automating of the system by June 30, she said, the realty office is closed to the general public on Thursdays and Fridays.

\$840,000 override vote is May 17

Sacaton School District is asking voters in the district to approve in a May 17 election a budget override of \$840,000.

Nita May, school district business manager, said the override, which if approved will cost school district

See School district, Page 3



Miss Gila River 1988, Kristina Morago. See story on page 3.

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Gila River Indian News
P.O. Box 459
Sacaton, Arizona 85247

Interviewers go into the community for Gila River kidney disease study

A 5-year study of diabetic kidney disease is getting started at Gila River this month with interviewers going into the community to collect information from tribal members.

The study by the National Institute of Health has been OK'd by the Gila River tribal council, and is an effort to determine what causes kidney problems and how it relates to diabetes.

The study will involve an extensive dietary survey of more than 600

reservation men and women ages 18 to 74.

Interviewers, all members of the community, will set up interviews to obtain information on the types and quantities of foods the study participants consume.

Information obtained in the interviews will be confidential, and only used to get values for the average intake of various nutrients in the diets of people on the reservation.



READY TO HIT THE ROAD—These five women will be a common sight throughout the Gila River Indian Community beginning this month. Left to right, Joanne Pratt, Nancy Juan, Angelia Allison, Darlene Antone and Roselene Chino are part of an interview team that will gather information from reservation members for a kidney disease study by the National Institute of Health.



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Community Calendar

- MAY 7 — District 6 Community Carnival, service center, 10 a.m. to 6 p.m.
- MAY 7 — Funeral for Edmund Novelto, Our Lady of Victory Church, Sacaton Flats, 8 a.m.
- MAY 9 — All districts (except District 2), community meetings, service centers, 7 p.m.
- MAY 9 — District 1 Resident Board mtg., service ctr., 4:30 p.m.
- MAY 11 — District 2 community meeting, service ctr. 7 p.m.
- MAY 11 — All districts, Elderly Concerns meeting, at District 5 service center, 9 a.m.
- MAY 11 — District 3 Resident Board mtg., service ctr., 6 p.m.
- MAY 12 — District 5 Resident Board mtg., service ctr., 6 p.m.
- MAY 13 — Elderly visit to Phoenix area rest homes
- MAY 14 & 15 — Horseshoe Tournament, double elimination, Stotonic ballfield
- MAY 17 — Sacaton School District 18 special override election, Sacaton Middle School Cafeteria, polls open 6 a.m.-7 p.m.
- MAY 17 — District 3 service center closed during Sacaton School District 18 special election
- MAY 23 — All districts (except District 2), community meetings, service centers, 7 p.m.
- MAY 23 — District 2 Recreation Committee, service ctr., 6 p.m.
- MAY 24 — Public hearing on Report on Hunger in Arizona, Sacaton tribal council chamber, 10 a.m.
- MAY 25 — District 2 community mtg., service ctr., 7 p.m.
- MAY 26 — District 5 Resident Board mtg., service ctr., 6 p.m.
- MAY, EVERY THURSDAY — Tortilla sale, District 1 elderly

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GILA RIVER INDIAN NEWS
Published by the Gila River Indian Community

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Colleen Moyah, Managing Editor

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School district override vote is May 17

Continued from page 1

residents nothing, is in two parts.

The first part is a proposed capital outlay override that totals \$550,000, said May.

The money will be used for buildings and grounds improvements, furniture and equipment, and transportation and equipment, she said.

May said enrollment in the school district is growing, so part of the more than one-half million dollars will be used for classrooms.

The second proposal asks voters to approve a \$290,000 override of its maintenance and operation budget, she said.

That money will be used for salaries and benefits, supplies, property insurance and maintenance contracts.

The \$840,000 total is a cash balance the school district has accumulated over the past several years, she said.

Though the money is district money, budget limitations imposed by the state legislature require school district voters to approve its spending, said May.

Since the override is in two parts, voters may vote separately on each proposal.

Only those persons who reside within the school district boundaries and who are eligible to vote, may vote in the override election, she said.

Voting will be from 7 a.m. to 6 p.m. in the Sacaton Middle School Media Center.

Public hearing on hunger report May 24 at Sacaton

A public hearing on a proposed State Hunger Report for Arizona will be held May 24 at Sacaton.

The report has been developed and compiled by the Arizona Advisory Council on Hunger, Department of Economic Security, and the hearing will provide an opportunity for public comment before the report is put in final form and formally adopted.

The Sacaton hearing will begin at 10 a.m. in the Gila River Tribal Council chamber.

429 dogs and cats get rabies shots in local drive

It's hard to tell how many pets and stray animals there are on the reservation, but during three days in April, 429 dogs and cats were vaccinated for rabies.

The animals were vaccinated April 20-22 at 20 different clinic sites on the Gila River Indian Community and at the Ak-Chin Reservation.

For information about vaccinations, contact Gila River Tribal Environmental Health Services.

Running for Miss Gila River brought her family together

For Kristina Morago, running for Miss Gila River 1988 was really a way to bring her family together to heal some wounds.

Well, the effort paid off. Morago not only helped bring her family together, she was chosen Miss Gila River at the April 15 pageant at Sacaton.

"Basically, I decided to run because the last 11 months were very unique. My family experienced many different emotions...we lost three of our family members," she said.

"I wanted to show (the community) that we've survived, and I also wanted to show my love for the community for its support and encouragement."

"It was my way of bringing positive feelings and life back into our family. If anything, it was for our family to come together," she said.

This was the first time Morago entered the pageant, but it wasn't the first time she was asked to run.

"I've been approached since 1984...I've thought about it but just tossed the idea aside," she said.

"I've attended other pageants, but it was the first pageant I was a part of, and it was a different feeling."

The event was scheduled to be held in the Sacaton fair grounds amphitheater, but rain moved it indoors into the exhibit hall.

She said the move and the rain seemed to wash out any nervousness she might have had.

The indoors atmosphere allowed her to mingle with the audience, calming her.

"My escort (Darren Rhodes) was great. From the beginning I told him I'd probably be a bundle of nerves, and he really pulled through for me," she said.

"And the committee really helped us through the rehearsals and through the pageant," Morago said.

She said she sees her reign as Miss Gila River as one of serving as a spokesperson and a role model.

In the community "I would like to be a role model for youth...and outside the community I would like to be a public relations spokesperson for the tribe," she said.

For her talent demonstration, she said, "I recited a published poem of mine...it was a poem that I wrote about five years ago. It was about my great grandmother."

She said it was about language, about being brought up in an English speaking world knowing only Pima and trying to get along.

She said one thing she wants to emphasize is that "being taught in the English speaking world...it's not too late to learn your language."

"And don't be afraid to approach your family and your elders. They have many things to teach."

Series of health runs May 7, May 30 and June 18 at Sacaton

Beginning May 7 there will be a series of health runs leading up to the June 18 dedication of Hu-Hu-Kam Memorial Hospital at Sacaton.

Each event will feature a 10,000 meter run, 2-mile run, 2-mile fun race/walk, and a 2-mile school division run.

May 7 has been tagged "Kick Off

Race," and as with the other runs, will start at 6:30 a.m. at the Gila River Career Center at Sacaton.

Other race days are the May 30 "Memorial Day" race, and the June 18 "Dedication" race.

All official entrants will receive a T-shirt on race day, and awards will go to the top three male and female finishers in seven age groups and

paces.

Pre-registration is \$8 if postmarked by the Monday before the race. Registration on race day is \$10.

The series of runs is sponsored by the Gila River Indian Community Department of Health Services.

For information contact Karmen, Shirley or Marlene at the department, 562-3318.

A MOTHER'S DREAM

A mother's dream is in God's favor when she lies her head upon His breast and dreams of precious time of labor for those she loves before her rest.

A mother's dream is weighed in deeds like clouds that float above her gentle hand upon our shoulders tells us that we're loved.

A mother's dream hovers lightly and is carried over us all over them, over those, and those we forget from tireless dawn to dawn.

A mother's dream is embracing smiles that consoles many broken hearts and mends the bruises in time of sorrow when we have fallen apart.

A mother's dream is heard strong at a time when we should all hear though her reasons seem at first wrong her cause tends to bring us tears.

A mother's dream is patterned inside where love fills her hearts chambers where no darkness can reach nor shadows linger deep could disturb her peaceful slumber.

A mother's dream is well and alive, but even after death her deeds, her strength, her love and care are her children's to live out the rest.

For my mother Eleanor Lewis
From Annette Lewis



Papago Runner

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When this business woman says something can be done, it's easy to believe

Paulette Doe will look you in the eye and tell you, "There's nothing that I can't accomplish if I work hard at it."

It's a phrase that's probably repeated thousands, maybe millions of times every day, but when she says it, you believe her.

Doe, who is Shawnee, Delaware and Sioux, is president and general manager of Casa Grande Chrysler Center, a new car dealership in Casa Grande. She took over the dealership in February.

She is one of only two females in Arizona who have new car dealerships, and she is the only American Indian woman with a Chrysler, Plymouth, Dodge dealership in the U.S.

It's easy to believe her because it

was only five years ago that a Virginia business in which she was a 60 percent owner went under, costing her what she called a substantial amount of money.

That experience spurred the attitude—you can't undo what's been done, you have to move forward.

She said, "When you sit on the curb and you look at a two-story house that you just lost...you can't look back. There's nothing you can do about yesterday. All you can do is something about today and tomorrow.

"We could have either sat and cried over it, or rebuilt our lives," she said.

That rebuilding took her to Washington, D.C. and finally to Casa Grande, but the foundation for that

rebuilding took place years ago when she was a young girl.

Mrs. Doe is the daughter of the late Eleanor Halfmoon Babby, Shawnee and Delaware, and Paul Babby, Oglala Sioux.

She said her dad taught her to be tough and independent, and fed her the idea that she could be as good as anyone, and could do whatever she wanted to if she worked hard enough at it.

These lessons she learned sitting with her father in a duck blind in freezing early morning hours, and pulling on boxing gloves to bloody the nose of her older cousin.

"I probably grew up pretty much a tomboy. I didn't know what boys were until I was 14," she said.

"My mother...academically she was the stronger. I can remember getting in trouble for C's," Doe said.

That created somewhat of an underdog outlook, an attitude that you have to work harder and longer to get what you want.

Some might listen to Mrs. Doe's non-nonsense manner and try to label her a feminist.

She says, "I'm not a feminist. Every decision I've ever made has taken consideration of my husband, my family."

Mrs. Doe's husband of 12 years, Gene, is Casa Grande Chrysler's general sales manager.

And in spite of her hard work ethic, she said, "My priorities are my God, family and then work."

Sometimes the order can get a little skewered, and that's when you have to work extra hard to get them back on track, she said.

Mrs. Doe said the climb back from that Virginia street curb took her to Washington, D.C. where she worked as a comptroller for a mega dealership that sold Mercedes Benz and Rolls Royce.

Most of her 13 years in the car business have been as a comptroller or business manager.

While in D.C. she started her effort to get a new car dealership by making an application to Chrysler.

She said Chrysler's Phoenix Zone Office and Marketing Investment Division has made a difficult and complex process as easy as is possible.

"All they want from me is success. I have the feeling they don't want it so much for Chrysler, I get the feeling they want it for me," she said.

But don't get the idea that Mrs. Doe is going soft because a corporation might have been helpful.

Very little comes on a silver platter, at least it hasn't for her.

"You can't stand back and let them come to you, you've got to ask. No one is going to come to you and say, 'Oh...we'll let you have a car dealership,'" she said.

Women haven't generally been drawn to car dealerships as business ventures, but Mrs. Doe said she isn't so sure the idea didn't set with her at a young age.

"When I was a little girl playing with dolls, my mother asked me what I wanted to do when I grew up. I said, 'I want to own a car dealership,'" Mrs. Doe said with a smile.

Casa Grande is a long way from the hustle and bustle of Washington, D.C., and this suits her just fine.

She said she loves the area and the fact that several Indian communities are nearby, and she plans to be around for a while.

Besides, "I sold everything I owned in D.C., I have no place else to go."

The dealership is more or less a family operation, she said, and the two can mix easily and successfully.

"You run your business the same way you run a family, with strength, kindness, concern, interest and hard work."



Paulette Doe

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Summer youth employment program puts responsibility on young people

Applications for the 1988 Summer Youth Employment and Training Program are now being accepted.

Youth between the ages of 14 and 21, who live on the Gila River Indian Reservation or Ak-Chin Indian Community are encouraged to apply.

The program provides work experience training to JTPA eligible youth, exposing participants to the world of work.

"Changes have been made to this year's program," said Kristina D. Morago, youth counselor and coordinator of the program.

"A youth interested is advised to apply early. The program will not start until June, but with what we have planned, time will be crucial," she

said.

The first step in applying for the program is to pick up an application at any of the seven district Service Centers, including Ak-Chin Community Center, and the Sacaton Employment and Training Department.

Applications are also available with Jana Narcia at Casa Grande High School, Barbara Jackson at Coolidge High School, and at Estrella Mountain High School.

The summer program is funded through JTPA and requires participants to be JTPA eligible.

For a student to be determined eligible for the program, he or she must go through a process called

Intake. The following documents are required:

1.Verification of residence: Rent receipt, utility bill or driver's license.

2.Verification of citizenship: Birth certificate or baptismal certificate.

3.Verification of tribal enrollment: Enrollment card, application or tribal census number.

4.Verification of Social Security No: Social Security Card, check stub or W-2 form.

5. Verification of total family income: Check stub for all working household members. If any family member is receiving AFDC, SSI, TWEP, GA, Social Security Benefits, Land Lease Income, Food Stamps, educational income or any other type

of income, please bring the award letters that indicate you are receiving that income.

6.Verification of being registered with the United States Selective Service System: (Applicable to males, 18 years or older, born after Jan. 1, 1960.)

Persons under 18 will need a parent to accompany him or her at the time of Intake. Also, an appointment for Intake will be necessary, call the Employment and Training office to schedule an appointment.

At that point, those youth determined JTPA eligible will attend a one-day orientation to help them become acquainted with job seeking skills.

"In previous programs, eligible applicants were placed with a worksite by us, and in some cases the person wasn't exactly happy with what they were doing," said Morago.

"Also, some worksites wanted to meet students placed with their department before even starting the participant."

This year, youth will be looking for their own job this summer.

She said, "A youth must earn his job. It will not be given to them anymore. A youth will go out on interviews to worksites he is interested in. This will also give them the experience of what it will be like to go on an interview—not many kids know what to expect.

"To my knowledge, I don't think it's ever been done before, but the departments interested in having youth this summer have been very receptive to the idea. In fact, the idea came from one of the supervisors."

Once a youth finds a job, it doesn't end there. Before starting the program, all youth will be tested in the areas of math, reading and English.

A young person whose performance is low in one or more of these areas will attend a Basic Skills class during the summer program.

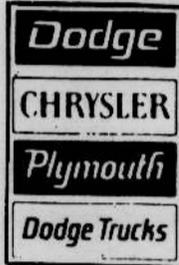
"His actual work day may only be six or seven hours a day, with the remaining hour or two in class. Those required to attend will be paid as if they were working at their jobsite," said Morago.

The summer employment program will last eight weeks beginning June 13. The Salary is \$3.35 per hour with no paid holidays, overtime, sick or annual leave.

The deadline for applications is May 13. Eligible applicants can start looking for summer jobs as early as possible.

"If an applicant has any questions, has trouble locating required documents, or needs to schedule an Intake appointment, I am willing to help," said Morago, "but finding a job, that will be up to the applicant."

The Summer Youth Employment and Training Program is located in the Employment and Training Department in Sacaton. Call 562-3388 or 562-3387. In Phoenix, call 963-0902 or 963-0903.



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Though school year is closing, it's time to perpare for next year's classes

David Martinez, who will be graduating from the University of Rhode Island with a B.A. in philosophy, has been accepted into the PhD program in philosophy at the

State University of New York. He will begin his studies in the fall. He has received a tuition scholarship and a graduate assistantship to help finance his education.

All higher education students currently funded by the tribe need to order their official transcripts to be sent to the Student Services office at the end of the spring semester.

Students who are graduating should also submit a copy of their diploma when it is available.

Students wishing to attend summer school will need to have the financial aid office send a financial needs analysis to the Student Services office.

Financial assistance for the 1988-89 school year will be limited. All students are encouraged to be certain their files are completed. The funding will be disbursed on a first come-first serve basis.

The third annual National

Conference of Tribal Higher Education Contractors was held in Albuquerque, New Mexico on April 7 and 8. Jana Narcia received recognition for her outstanding service to Indian students at Casa Grande Union High School in her capacity as high school Johnson O'Malley counselor.

Four paid internships at the Desert Botanical Gardens in Phoenix are available for the summer. Qualifications include 1)tribal member from western dry lands; 2)college student interested in agriculture, natural resources, or environmental studies; and 3)experience in gardening, landscaping or farm work.

An apartment and transportation are provided. Please contact Carol Conover immediately for further details.

Banquet to honor Indian students at Casa Grande High School May 19

A banquet to honor the Native American student body at Casa Grande High School will be held May 19 in the school's cafeteria.

The students will be honored in several categories. The banquet, which is being sponsored by Gila

River Student Services and Johnson O'Mally, will run from 5:30 p.m. to 8:30 p.m.

For more information contact Jana Narcia at 836-7590, Casa Grande High School.

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Exercise habits should change with hot summer

If you've been exercising in the cool weather and feeling good, you may want to take some precautions when things start to heat up now that summer is approaching.

1. Try to exercise in the morning or in the evening when it is coolest. Avoid times when the temperature and humidity numbers add up to more than 150. Example: 80 degrees and 90 percent humidity.

2. Drink plenty of cool water before, during and after exercise. Don't wait to get thirsty, because by then you'll already be dehydrated.

So called "sports drinks" are not the best choice for replacing fluid. They contain too much added salt and sugar for rapid absorption.

3. It is not necessary to take added salt in the diet, unless you eat all natural foods. Salt can be dangerous to take once you're dehydrated, and most individuals get far more than they need with today's eating habits.

4. Wear a visor or sunscreen to protect your face from the sun. Light colored clothing made from natural fibers is best because it will reflect, rather than absorb, the sun's rays, and will cool you as you sweat.

5. Measure your heart rate as you exercise. You'll probably need to go slower than usual to keep the heart rate at a safe level because your body is working harder to get rid of heat.

6. Now is a good time to try swimming or bicycling as an exercise alternative to walking, jogging or running.

Both activities keep you cooler and can be a motivating change of pace if you workout all year.

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HEALTH:

Mother and baby affected by diabetes during and after pregnancy

Diabetes and pregnancy together cause some well known problems for both the pregnant woman and the developing baby.

Pregnancy usually makes diabetes more difficult to control, and in some cases diabetes may first develop during pregnancy. This is called gestational diabetes.

Because of the high rates of diabetes in young women in the Gila River Indian Community, the National Institute of Health has been studying diabetic pregnancies since 1965, and for the past several years the Indian Health Service has recommended routine diabetes tests for all pregnant women.

There are two broad categories of problems caused by a diabetic pregnancy: 1) Those that affect the mother during the pregnancy, and 2) those that affect the baby during and after birth.

What are these problems?

Diabetes is more difficult to control. Many women who normally control their diabetes with diet require insulin shots during pregnancy.

Diabetic women are likely to get high blood pressure during the pregnancy, which is difficult to control and which can lead to convulsions or seizures.

Diabetic women give birth by cesarean section or operation more than 10 times as frequently as nondiabetic women.

Babies of diabetic women are often very big at birth. This is because during the pregnancy babies get food from their mother's blood. They get a lot of extra glucose because the mother has a high blood glucose.

Then, after birth, when the supply of glucose is suddenly cut off, many

babies have a problem with low glucose for a few days.

Babies are born early and have problems because they are not quite ready to live on their own, even if they are very big.

Early in pregnancy, diabetes can cause abnormal development. Many babies die early in pregnancy, and a newborn is 20 times as likely to die if the mother has diabetes.

If the diabetes is diagnosed late in pregnancy, the odds for survival are even worse.

Can anything be done? Yes. The risk is less than it used to be.

Careful control of diabetes for the nine months of pregnancy can help most of these problems. This is why the doctors at the hospital want to know if a pregnant woman has diabetes, and how bad it is. This is why they use insulin so often for diabetic women.

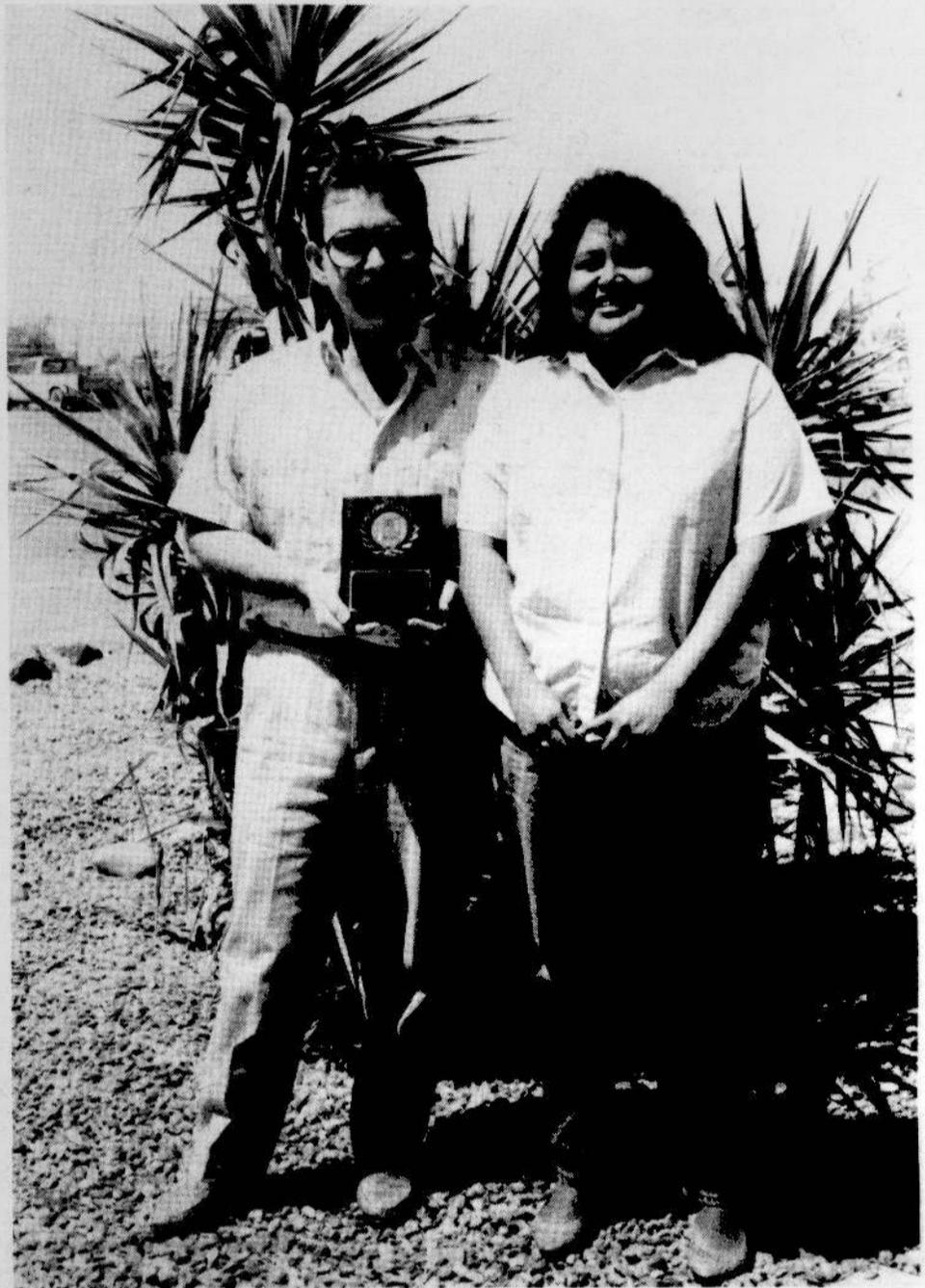
The IHS doctors in Sacaton and Phoenix Indian Medical Center have more experience treating diabetic pregnancies than doctors almost anywhere else in the world.

They recommend that women get prenatal care as soon as they discover they are pregnant. They should follow their doctor's recommendation, which will include a test for diabetes very early in pregnancy and again later.

Insulin is often given when the blood sugar is borderline, and would not require treatment if the woman were not pregnant.

A woman with diabetes who is planning to get pregnant should see her doctor and get her diabetes in good control before she gets pregnant to assure the best possible outcome.

by Dr. David Pettitt
for the Gila River Indian News



HEALTH SERVICES AWARDS—Charles G. Lehman, who received the Manager's Award, and Caralita Lomahquahu, recipient of the Secretarial Award, were among those recognized at the Gila River Department of Health Services Employees' Awards Program April 28. The employees were cited for their outstanding performance. Employees Barbara I. Johnson and Robin K. Bennett received Professional/Technical awards. Non-department employees recognized for community service were Dr. Terrence Hamel; Peter Jackson and family and Jennifer Thomas for their participation in the World of Science Production; Mary Ostrow, producer, and Kate Tapley, co-producer of the production.

Some myths: Have you tried kissing a donkey to relieve a toothache?

Have you tried kissing a donkey to relieve a toothache? How about running around a church without thinking of a fox?

Ancient folk prescriptions for toothache, gum disease and caries have included asparagus juice, garlic, oil of linden, and wormwood.

One historian lists some 133 ancient and not-so-ancient plant treatments used to remedy dental ills. Although we've come a long way, several dental myths still exist.

Some common misconceptions follow.

1. Some people are born with good teeth and others are not. While there is considerable truth to the idea that some people are blessed with "better teeth" than others, it is unfortunate that many people believe that nothing can be done. With proper oral hygiene and professional dental care, each person should be able to maintain his natural teeth throughout his lifetime.

2. While brushing, it's normal for the gums to bleed a little. While bleeding may be common, it is not normal. Bleeding may be a sign of periodontal disease and should be checked by a dentist.

3. Everyone loses their teeth when they get older. Natural teeth should last a lifetime. With proper personal

and professional care, you should keep your teeth all your life.

4. A dentist's only job is to restore teeth. The dental profession stresses prevention as well as restoration. The dentist can recognize and control disease and correct its effects. He can provide information on diet control, instruction for personal care of the teeth, gums, supporting bones, tongue and other soft tissues of the mouth.

5. Any toothpaste is acceptable for cleaning teeth. Toothpastes which contain effective fluoride compounds help prevent tooth decay. This is particularly important for children's growing teeth.

6. A highly abrasive toothpaste will clean teeth best. If used continuously over a long period of time, some abrasive cleaners may scratch the enamel, exposed dentin, cementum (where the gums have retracted), and plastic tooth restorations. Since the abrasion level needed to clean teeth varies from person-to-person, you should seek the advice of a dentist.

7. A firm or hard toothbrush is best. On the contrary. Since soft bristles are less likely to injure oral tissues, most dentists prescribe a brush with a straight handle, a flat brushing surface, and soft, end-rounded bristles. The head of the brush should

be small enough to allow access to every tooth. Children need smaller brushes than those designed for adults.

8. Detergent food (celery, apples...) can help clean teeth after meals instead of brushing. Research indicates that these don't cleanse the teeth by removing plaque. However, fibrous foods are recommended as substitutes for sugar-containing snack foods, since they won't contribute to plaque formation.

9. "Swishing" the mouth with water after eating will help remove food particles and clean the teeth. Although "swishing" after eating may remove gross food particles, it removes little plaque. A daily routine of brushing and flossing is necessary for cleaning the teeth.

10. Mouthwashes will clean the teeth and gums. Mouthwashes can temporarily freshen the breath, but they can't clean the teeth or gums by removing plaque, nor can they prevent decay or gum disease. Bad breath is a sign of poor oral hygiene or some systemic disorder.

11. A toothache can be cured by placing an aspirin directly on the tooth. This home remedy can injure the tooth pulp and burn the adjoining gum tissues, causing permanent damage. Aspirin taken internally with

water may relieve the pain. Temporary pain relievers merely cover up the problem by eliminating the symptoms, but not the cause.

12. Properly fitting dentures should last a lifetime. After tooth extraction and a period of denture wear, the mouth tissues change. Within a year or less the dentures will fit more loosely because the bony ridges supporting them have changed. A dentist can take casts or X-rays to determine within a fraction of a millimeter how much change has taken place. The denture can then be adjusted to accommodate the new mouth structure more comfortably. Since living tissues are always changing, a person never outgrows the need for professional oral care.

13. Denture adhesives can be used to eliminate chewing problems. Continuous use of denture adhesives often encourages a patient to prolong the wearing of a denture which should be adjusted or reconstructed. Its use creates a false retention and delays the acquisition of the oral habits necessary for denture support.

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Running as therapy leads to championship

Gary Quinn may have taken up running to relieve stress, but on April 2 and 3 in the Arizona State Police Olympics he probably created a lot of stress for competitors.

Quinn, a sergeant with the Tohono O'odham Police Department, swept the 3,000, 5,000 and 10,000 meter races for his age bracket, setting a Police Olympic record in the 5,000.

Quinn, 30, whose father is Chippewa and mother Tohono O'odham, ran the 5,000 meters in 9:58:42, a record for his age group.

This was the first year he competed in track and field in the Police Olympics, he said.

Running is something he took up to make his job a little easier, rather than for the sake of competing.

"I'm in police work...and it's a good thing to relieve stress, and it pays off to keep fit," he said, particularly in his line of work.

"The books I've read that cover police officers and stress recommend some kind of physical activity...and it (running) is the Indian thing to do isn't it?" Quinn said smiling.

His first start at running came about when he became a policeman 10 years ago. Quinn has been with the Tohono O'odham force one year, and spent the previous 9 years with the Tucson Police Department.

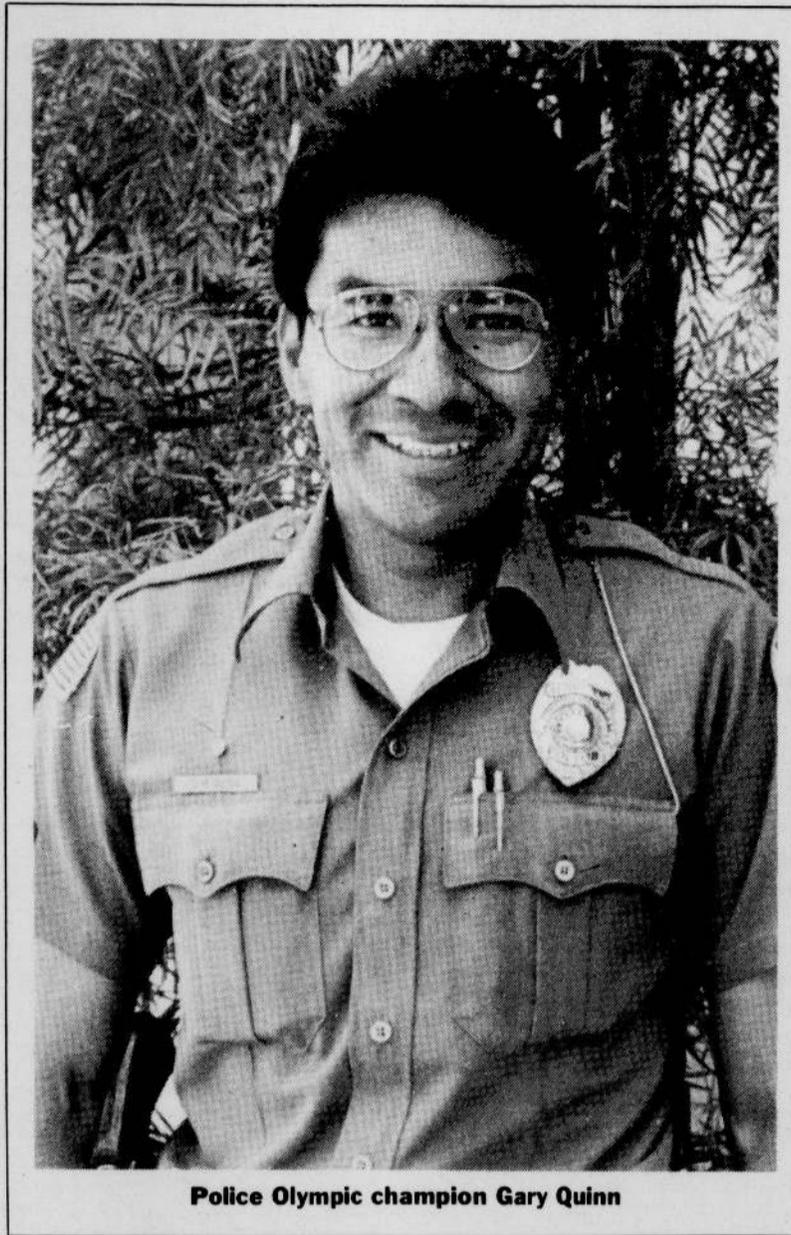
The police force requires an officer to run 1.5 miles in under 12 minutes, and since then he's been off and running.

Quinn said he generally runs alone in the late evening.

"I run more than the average person. I run four times a week—it depends on my schedule. It varies as far as distance, between four and six miles each time."

And as with others who run a lot, not running can create some problems.

After the Police Olympics, Quinn said his left leg was sore, so he took



Police Olympic champion Gary Quinn

a few days off from running.

"I felt guilty. I really wanted to get out and run, but the best thing was not to, and it helped," he said.

Running to compete in races isn't something that he worked toward, but as with most runners, he wound up running 10K races.

"I started competing in races about three years ago. I quickly found out that running just two to three miles a day wasn't enough," he said.

He has been thinking about

other forms of exercise, though, has he gets older.

"I'm looking more toward cycling. As we get older, it creates even more stress on your legs...I'd like to get into cycling to complement my running, to relieve stress on my legs," he said.

Quinn, who is 5-10 and weighs 160, said running has helped him shave some pounds. He said since he's taken up running he's managed to shed—get this—six pounds.

Tohono O'odham buy 3,600 acres near Casa Grande

The Tohono O'odham Nation's San Lucy District at Gila Bend closed a \$6.8 million deal in late April that gave it a 3,600 acre farm near Arizona City.

The land was bought with part of \$10.7 million awarded the Tohono O'odham Nation by the federal government for flooding at San Lucy caused by Painted Rock Dam on the Gila River.

The \$10.7 million, recently allocated to the tribe, is the first installment of a \$30 million settlement with the federal government for San Lucy District land rendered useless by flooding from the dam, which was built and is operated by the U.S. Army Corp of Engineers.

The buying of land to replace the nonusable land at San Lucy was included in the settlement act.

Ricardo Baptisto, San Lucy District chairman, said, "The land that we're going to get is \$6.5 million...and it's 3,638 acres located at Arizona City."

"It's developed farm land, all of it. It's being farmed now. We have 10 workers there—they're from here at San Lucy," he said.

The property, Schramm Ranch, was owned by Don Schramm of California. Baptisto said the land is south of Casa Grande, about 80 to 90 miles east of San Lucy.

"We had looked at a total of 10 sites...and our consultant and appraiser said this was the best offer of the sites they had looked at," he said.

The district had looked at other pieces of land closer to Gila Bend and San Lucy, and it is still looking to add on to the district's land base right at San Lucy, said Baptisto.

The original purchase price, he said, was \$6.5 million, but Congress was slow in appropriating the money, and interest added on has brought the price to \$6.8 million.

San Lucy District has money left over that can be used for several things. According to the settlement act, besides buying land, the money can be also be used for economic and community development projects.

"When the money came in, the tribe took money out that we borrowed from it. We had gotten two loans from the tribe that totaled about \$480,000," he said.

After paying off the loans and paying for the land, San Lucy will have about \$3.4 million left from this year's allocation.

Tohono O'odham loan program for small businesses

A revolving loan program has been set up by the Tohono O'odham Nation tribal government, and is looking to help small businesses get started on that reservation.

Charles Wagner, business credit officer for the Credit and Financing Program, said the revolving loan program was started with \$250,000 from the tribe and a \$250,000 loan from the BIA.

He said the program was set up to assist anyone starting a business on the main reservation.

Because of the limited loan fund, said Wagner, "We're focusing basically on the smaller businesses, somewhere from \$2,000 to \$50,000" for a loan.

He said the office is set up to do several things. The staff will work up a feasibility with a person to see if the proposed business can be viable, they'll help the person draw a business plan that includes an income/cost operating budget, and the program will help write a financing plan.

"The only thing that I require is a desire to do it, and an idea. When they first come in we're going to ask a bunch of questions that they aren't going to be able to answer," said Wagner.

"I don't want them to get the idea that it's so simple. We try to put out a realistic picture of what it's like to go

into business," he said.

To qualify for a loan from the revolving fund, Wagner said a person must first be turned down by a bank and the Small Business Administration.

The program will provide assistance to individuals, districts and tribal enterprises.



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