



The Gila River Indian News

A Gila River Indian Community Publication
Sacaton, Az.



VOL.5 NO.12

DECEMBER 6, 1989 PAGE 1



GETTING THE LOW DOWN—These students, members of the Gila River Community, get information about jobs and training during the Nov. 17 Career Fair held at Sacaton. Representatives from nearby colleges and trade schools provided the community with information about their educational programs. Also at the fair were representatives from industries in Phoenix, Casa Grande, Coolidge and other metropolitan areas. The fair, sponsored jointly by the Gila River Education Department, JTPA, and Gila River Social Services.

New get-tough law aims at laggards in child support, alimony payments

If you're behind in child support or alimony payments, take note, a new get-tough law passed by the tribal council means a judge may soon be ordering your employer to withhold a portion of your wages to meet those obligations.

The Gila River Indian Community Tribal Council last month passed an amendment to the tribe's Law and Order Code that allows the community court to order employers on the reservation to assign wages for child support, Legislative Standing Committee chairman Daniel Tree said.

Under the new law, if a person is the equivalent of a month behind in paying child support or spousal maintenance payments, the person entitled to receive these payments may petition the court to recover the amount in arrears.

In any proceeding in which the court orders a person to pay child support or spousal maintenance, a

judge may order that a portion of the person's wages be assigned toward making these payments.

While the law allows the court to call on employers to withhold an employee's wages to pay child support, or spousal maintenance payments, it prohibits employers from firing or disciplining an employee because of the assignment of wages.

It also forbids employers from refusing to hire anyone whose wages have been assigned.

According to Tree, the new law took effect immediately upon passage by the tribal council.

A summary of the amendment, written by Tree for the Legislative Standing Committee, is found on Page 8.

Questions regarding the newly passed legislation should be directed to the tribal administration offices by calling 562-3311, or 963-4323 extension 231.

Water shortage could be devastating to farmers, land owners, and the tribe

Gila River community farmers are facing a water shortage that may mean as little as 35 percent of the reservation's farmland will be cultivated next year—a reduction in crops that could be financially devastating to farmers, land owners, and the tribe.

The Gila River Indian Community is entering the 1990 crop year with an extremely low water supply being

Coolidge Dam due to an extended period of drought, said Ardell Ruiz, Gila River Farm Board vice chairman and a member of the Board of Directors of the Gila River Land & Water Users Association.

About 23,500 acres of reservation farmland is served by the San Carlos Irrigation Project, which gets its

See Water shortage...Page 2

Revised constitution gets the approval of Gila River Council

The Gila River Indian Community Tribal Council has approved a revised tribal constitution, with changes that include four-year terms of office for key elected officials, the establishment of a tribal Appeals Court, and more specific criteria for the impeachment and removal of tribal officials.

Council members voted unanimously to approve the new constitution during their Nov. 22 meeting, said Legislative Standing Committee chairman Daniel R. Tree.

Tribal law requires a two-thirds majority vote of the council to approve any changes in the constitution. (For the Standing Committees's summary of the proposed revised constitution see Page 8.)

The revised constitution must now go through an elaborate approval process before it actually becomes law. It first must be approved by the Bureau of Indian Affairs' Pima Agency office, then by the BIA Phoenix Area Office, then it will be sent to Washington, D.C. where the interior secretary must approve it, Tree said.

Once the interior secretary has approved the revisions, he will then ask the Gila River tribal council to call a special reservation election so that tribal members can vote on whether to approve it, he said.

Once approved by tribal members, the new constitution will supercede (or replace) the current tribal constitution adopted in 1960.

Under the revised constitution, approved by the council last month, all elected officials, governor, lieutenant governor, chief judge, associate judges, Children's Court judge, and council persons would serve four-year terms. Under the current constitution they serve three-

year terms.

Another change deals with appointed officials. The revised constitution would require that the community secretary, treasurer, standing committee members, and board members be appointed to four-year terms. Currently they are appointed to one-year terms.

The revised constitution also calls for the formation of a Court of Appeals. The tribal council would be charged with enacting ordinances defining the court's jurisdiction and establishing rules of procedure governing appeals.

For example, the council would have the power to enact an ordinance to prescribe additional qualifications for all community judges.

These qualifications could include setting minimum education standards, required levels of court experience, minimum age requirements, and limitations and requirements for persons convicted of crimes, Tree said.

Another major change the new constitution would make has to do with the removal and impeachment of public officials. The revised constitution contains stricter and more specific language defining impeachment and removal criteria, Tree said.

The current constitution contains a very broad statement which calls for impeachment or removal if an official is found guilty of misconduct or failure to perform the duties of his office, he said.

The revised constitution states that any council member may initiate impeachment or removal proceedings if an official has failed to perform the duties of his office for a period of five or more consecutive business

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Sacaton, Arizona 85247

Water shortage for farmers, landowners, tribe could be devastating

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irrigation water from the dam, Randy Shaw, supervisory agricultural engineer for the Bureau Of Indian Affairs Pima Agency, said.

The project apportionment from the San Carlos Irrigation Project for 1990 is just one-half an acre foot of water per acre, compared to an apportionment of 2.5 acre feet of water last year. And, Ruiz noted, farmers had barely enough water to get by in 1989.

"We barely made it through the past crop year because of the limited water supply and limited canal capacity. We were only able to finish out the crop season by relying on some of the drought wells and by drawing our stored water (from behind the dam) down to a level which caused much concern over the potential fish kill at the San Carlos Reservoir," Ruiz said.

Farmers used only about 2.3 acre feet of water this past year—only a portion of their total 2.5 apportionment from the San Carlos project—so that water could be left behind the dam for the fish, Shaw said.

The Gila River Indian Community agreed to leave the last 30,000 acre feet of water behind the Coolidge

Dam to protect the fish in exchange for 30,000 acre feet of Central Arizona Project water to be delivered in 1989 through the Pima Lateral Feeder Canal.

Construction of the canal should be completed by the end of January. But CAP water won't be enough to save the day, Ruiz said.

The projected one-half acre foot apportionment from the San Carlos project, together with the CAP water and natural water flow totals about one-third of the water requirement necessary to farm the same number of acres as was cultivated in 1989, he said.

Ruiz said it would be impossible to make up for the shortage of water from Coolidge Dam by using groundwater because there are too few wells, and many of them haven't been properly maintained. They're not efficient enough to pump enough water, he said.

"There is only enough water to irrigate approximately 35 percent of last year's cropped acreage. This is a cutback of approximately 65 percent. We feel that it is important that this limited available water be shared equally among all farmers and landowners, with all reductions in cropped acreage shared equitably so

that no one can benefit unduly at the expense of another," Ruiz said.

The water shortage will hurt farmers in two ways. It will not only reduce the crops they can produce and sell, but will also limit the amount of financing they can obtain.

Banks and other lenders won't loan a farmer money if he can't show where he'll get enough water for his crops, Ruiz said.

According to Ruiz, a similar drought situation in the 70s was a disaster because no plan was in place to deal with the water situation.

Farmers found it necessary to abandon leases, which left the land idle, leaving many workers unemployed and landowners uncompensated, Ruiz said.

Much of the land remained idle for years and reverted back to brush and desert growth. Crop acreage bases were lost and many of these lands have never been brought back into production, he said.

He added that this was devastating to the Gila River economy, even though fewer acres had been under cultivation than in the recent past, from 1980 to 1989.

In order to avert a potential economic collapse in the farming industry, the Gila River Land & Water

Users Association is pushing for the adoption of a plan to deal with the water crisis in an orderly fashion, he said.

The water association says the plan should accomplish several objectives. It should keep farmland in production, preserve, some cash flow to all landowners who leased crop land in 1989, and include actions to find alternative water sources, Ruiz said.

Once the water supply is increased, the plan should also allow for increased cropped acreage and additional cash flow to landowners up to full rental value when water availability reaches levels of the past 10 years, he said.

The association is also backing the tribal council's efforts to negotiate an interim CAP water contract, Ruiz said.

While the association hopes CAP water will arrive on the reservation in time for 1990 crops, water users still must act quickly to develop an action plan, Ruiz said. He noted that rental payments on leased farmland are due in January and many farmers rely on crop financing to pay rents. However, without an adequate water supply, farmers won't be able to obtain financing, he said.

To offer a forum to discuss water issues several meetings are planned by the association and the BIA.

The Gila River Land & Water Users Association's next meeting is scheduled Dec. 12 from noon to 2 p.m. at the Gila River Arts and Crafts Restaurant. Lunch will be provided compliments of Pinal Gypsum of Coolidge.

A BIA meeting is also scheduled Dec. 12 at 7 p.m. in the District 2 Service Center for farmers in Districts 1, 2, and 3.

Another meeting is set for 7 p.m. Dec. 13 at the District 4 Service center for residents of that district. A third meeting is planned for Dec. 14, also at 7 p.m. at the District 5 Service Center. The BIA Land Operations office has developed a recommended water allocation table and it will be discussed at all meetings.

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Local phone company is working to install emergency 911 phone service

In most communities 911 emergency telephone service is considered a life and death necessity, but it's a service Gila River residents have to do without.

But soon all that will change. Gila River Telecommunications, Inc. is in the process of creating a system that will provide this life-saving service to members of the Gila River Indian Community.

The 911 system will speed dial and place calls to fire, police and emergency medical services in a matter of seconds. It will also indicate a caller's location by computer, so that if a person is injured and not able to provide that information, help can still be dispatched, Joanne Miles, public relations representative for GRTI, said.

The system will also log all calls to police, fire and emergency medical personnel, allowing agencies to develop statistics that will show what services have been provided and which are needed most.

These statistics are vital to agencies seeking funding, and they can mean increased dollars when a need can be clearly shown, Miles said.

GRTI's first step to set up the system will be the purchase of computer equipment.

A second essential step will involve community members who'll be asked to help name reservation streets and roads. GRTI can provide the computer, but the computer requires geographic locations to trace calls, she said.

It will be extremely difficult, if not impossible, for the computer to indicate a caller's location without reservation street names and addresses, she said.

"The task of naming our roads and streets will be a major improvement for many reasons. It will help to provide a quicker response time from the emergency medical services, fire, and law enforcement departments.

"The U.S. Postal Service and other sources of delivery such as United Parcel Service will be able to provide additional service to our community. The utility companies will be able to readily locate your residence for installations, repairs, deliveries and other types of service we need," Miles

said. The issue of naming streets is already on the tribal planning and zoning commission agenda, GRTI board chairman Cecil Antone said.

Names will be selected with input from communities and districts, but it will be up to the tribal council to approve the selections, he said.

As for funding, the state of Arizona regulates 911 systems and has set up a fund for the development of 911 service in communities without a system.

State 911 funds come from an excise tax charged to every phone customer in the state of Arizona.

U.S. West customers on the Gila River reservation have always been charged this tax, even though they didn't have a system, Miles said. The tax is .0125 percent of your access line charge and GRTI will also bill for it, she said.

In addition to developing the 911 system, GRTI has also been meeting with community groups and working to develop a cellular or mobile phone system.

GRTI met with the Elderly Concerns Committee on several occasions to answer their questions about the phone system.

They were primarily concerned with two issues—long distance rates and whether a 911 line was planned, Miles said.

Antone also made a presentation to the Blackwater Community Concerns Committee on the continuing development of the company, and on its negotiations for cellular mobile phone rights.

GRTI applied to the Federal Communications Commission to operate a cellular phone system and is the tentative selectee for an area known as Rural Service Area 5.

The area includes part of Pinal and Gila counties, and the corridor between Phoenix and Tucson, on Interstate 10, which is considered a prime area for cellular activity.

However, U.S. West is opposing the assignment of RSA 5 to GRTI, Antone said.

Its opposition isn't surprising since the area should be a very profitable one, he said.

The tribal company is still waiting for Federal Communication

Commission and Arizona Corporation Commission approval before taking over the U.S. West phone system on the reservation, Antone said.

Customers should also note that GRTI recently moved its office from the old FM4 building to the Paragon Steel building in the Lone Butte

Industrial Park. The building has a large warehouse, a lobby area, handicap access, and public restrooms, as well as an entrance parking lot, Miles said.

Gila River residents with questions regarding the phone company may call its toll-free number, 1-800-233-GRTI.

52 community members to lose jobs with closing of tool manufacturer

Ryobi Electric Tool Mfg., Inc., located in the Lone Butte Industrial Park, formerly the Pima-Chandler Industrial Park, will be closing its doors Dec. 22, putting about 200 employees out of work.

Approximately 52 of those workers are members of the Gila River Indian Community, Ryobi executive vice president and general manager Larry Trotter said.

Workers at the 85,000 square foot manufacturing facility did the assembly work and aluminum casting necessary to manufacture power tools.

The Japanese-owned company plans to relocate its reservation production activities to South Carolina where Ryobi Motor Products is based.

The move will save the company money by consolidating all its operations into one spot, Trotter said.

Originally, Ryobi had come to Arizona to take part in a joint venture with Inertia Dynamics Corporation. Ryobi later purchased Inertia, he said.

Inertia, which is also located in the Lone Butte Industrial Park, had subleased industrial park space to Ryobi. Inertia will now take over the space and use it as a warehouse.

The closure will be a "minor loss" to the industrial park, Lone Butte manager Gene Coggeshall said. But, he added, although there won't be a major revenue loss to the park, "you've got to empathize with the employees who'll lose their jobs."



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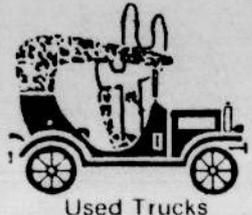
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Weight loss program to start soon

Obesity is the beginning of many serious diseases. It is a condition only you can cure.

It means making some changes in the kinds and amounts of foods you eat and in the exercise you do. This is a small price to pay for a long and healthy life.

Long ago, when meals were often several days apart, it was an advantage to store energy as fat. Today most of us eat every few hours so there is no need for a large store of body fat.

We now know that too much body fat and too little exercise are risk

factors for developing diabetes. You can reduce the risk by losing weight and exercising more.

One way to do that in 1990 is to join a Pima LEEN (Lowfat, Eating, and Exercise Now) workshop.

The eight-week program is free and starts Wednesday, Jan. 3. Workshop classes are scheduled from noon to 1 p.m. or from 5:30 p.m. to 6:30 p.m.

Past workshop sessions have proven to be very successful with several participants losing 20 pounds in eight weeks. For more information call 562-3321, extension 373. 373.

Gila River college fair is set Dec. 27 at Arizona State University

The Gila River Indian Community Student Services office, in conjunction with Arizona State University, is planning a college fair Dec. 27 at ASU.

The event is scheduled from 8:30 a.m. to 4 p.m. in ASU's Memorial Union building in Tempe.

In-state community colleges and universities will be represented at the fair and will provide admissions information to prospective students.

Sessions are designed primarily for seventh and eighth grade students, high school students, parents, and re-entry students (those who have been out of high school for a year or more).

Topics will include financial aid, career exploration, high school preparation, admissions, housing, parental involvement, and re-entry services. The fair will also include a

tour of the Arizona State campus.

Transportation will be available through the Student Services office.

The following agenda has been set for the college fair:

- Registration/videos—8:30-9 a.m.
- Welcome—9-9:30 a.m.
- Guest Speaker/Daniel Tree—9:30-10 a.m.
- Small groups sessions—10:05-11:45 a.m.
- Lunch—11:50-1 p.m.
- ASU campus tour—1-2:15 p.m.
- College representatives—2:15-3:30 p.m.
- Wrap-up/door prizes—3:30-4 p.m.

For more information and to register call Gila River Student Services by Dec. 15 at 562-3316, 256-2320, or 1-800-448-6918 (toll free), if you plan to attend.

Contest will award \$200 for design to represent Education Department

The Gila River Indian Community Student Services Division is sponsoring an Emblem/Logo Design Contest with a grand prize of \$200.

The winning logo will be used on the department's stationery and may be used to represent the department in other ways, according to organizers of the competition.

Any member of the Pima or Maricopa Indian community, enrolled in an education program, may submit an entry to the Student Services department.

The emblem or logo must be drawn with black ink on plain white paper (for reprinting purposes). Entries may be of any size. However, the final judging will be of a reduced copy, 2 x 2 inches.

All entries must be submitted by noon on Friday, Dec. 8. A winning entry will be chosen by a panel on Tuesday, Dec. 12 and the grand prize will be awarded no later than Friday, Dec. 22. For more information call 562-3316, or 1-800-448-6918.

Farmers plan celebration to show thanks, appreciation to landowners

A Landowners Appreciation Day—an opportunity for farmers to thank landowners—has been scheduled Dec. 16 from 11 a.m. to 2 p.m.

The event is sponsored by the farmers of districts 1 to 5, the Gila River Land and Water Users Association, and local businesses. It will be held at Vaki-Presbyterian

Church Arbor in Casa Blanca.

According to organizers, the gathering will give both farmers and landowners a chance to talk, meet and share information. A barbecue lunch is planned and entertainment will be provided by local musicians. For more information call 562-3642.

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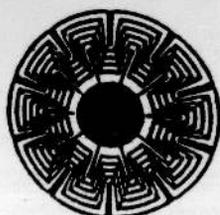
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Youth program sponsors effort to make sure children have Christmas toys

Tinsel, bright lights, shiny ornaments—you'll find these items on most Christmas trees. But in the tribal administration building you'll

find a tree with special decorations—angels, 50 to 100 of them, each bearing the name of an underprivileged child and the gift he or she hopes Santa will bring.

Names of children, ages, sizes, and wish lists are available at the Youth Council Office. For more information contact Greg Mendoza at 562-3334, or 562-3335.

Foster Parent and Adoption program is searching for qualified families

The Gila River Foster Parent and Adoption Program is searching for special people who can provide love, nurturance, and guidance to community children who are in crisis.

families together, Johnson said.

There are times, however, when reuniting the family isn't possible and adoption becomes the alternative.

Foster care is a protective service provided to families experiencing difficulties so severe in nature and degree that children must temporarily be removed from their home, foster care worker Manuel Johnson said.

Adoption allows children to have permanency in their lives, and that in turn, increases their chances of living a prosperous and healthy life, he said.

According to Johnson, right now the need for foster and adoptive homes on the reservation is great, but the homes are scarce.

Children are removed to ensure their physical and emotional safety.

With that in mind, the Gila River Foster Parent and Adoption Program is actively recruiting both foster and adoptive parents—either couples or individuals—to provide loving homes to children in need.

Placement in a foster homes allows these children to receive the nurturance and guidance of a foster family while also receiving therapeutic intervention to deal with the difficulties of their natural family, he said.

If you're interested in being a foster parent or adopting a child, please contact Johnson or permanency planning worker Sara Blissen at Tribal Social Services, 562-3396, or 899-9565.

It's all part of the Akimel O'dham/Pee-Posh Youth Council's "Be a Christmas Angel" project, a program the council hopes will help make Christmas merry for all Gila River children.

To make the holidays special, individuals or groups can choose to sponsor a child and provide them with a gift from Santa.

To choose a child, go to the Christmas tree in the administration building lobby and pick an ornament bearing a child's name. The dollar amount of the gifts is up to the sponsor. If two or four people join to sponsor a child, the total cost per person could be from \$5 to \$10.

In conjunction with the Christmas Angel Project, the youth council is conducting a community-wide food drive. The food drive will help tribal social services provide Christmas food boxes for 20 families.

Food box items should be non-perishable—canned goods, beans, flour, canned meat, etc. Donations of used clothing are also needed. To save time, please indicate the clothing sizes that you are donating.

Those sponsoring children should deliver their gifts to the Youth Council office no later than 5 p.m. on Dec. 18 and those who are sponsoring families should deliver their food boxes, or food items, no later than 5 p.m., Dec. 20.

Annual visit to Sherman Indian School draws comments from Pima students

The Gila River Education Standing Committee made its annual visit to Sherman Indian High School Nov. 13-17, bringing Gila River students news of their hometown.

was hosted by the Gila River Indian Community Tribal Council through the education committee. Attendees enjoyed beans, popovers, tortillas, cheese, potato salad, cake and plenty of soda pop.

Committee members visit Gila River students at the Riverside, Calif. school annually.

Committee members reported that the visit was a positive one, Tree said.

This year, the delegation presented slide and film presentations showing Gila River educational and employment opportunities, in addition to touring the school and listening to student concerns, committee member Daniel Tree said.

Serving on the committee, in addition to Tree, are Rod Dixon, chairman Malcolm Eschief, vice chairman Marian Miles, and secretary Ira Paul.

The committee tour included visits to academic classes and dormitories, the Clark Behavioral Center and the Indian Health Service personnel office.

Tribal education director Gilbert Innis and BIA/Pima Agency education superintendent Harvey Jacobs accompanied the committee on its visit.

According to committee members, students voiced several concerns, including a request for more recreational activities on weekends.

They also expressed the desire to create a Pima club and requested a sponsor to assist them, Tree said.

A picnic for students at Hunts park

Nativity scene will feature real people, animals

A nativity scene featuring live people and animals will be featured Dec. 16 at Sacaton's Valley Bank/Post Office plaza.

The scene will be set from 6 p.m. to 8 p.m., and the community is invited to stop and view the scene, which will include depictions of Mary, Joseph, baby Jesus, a live donkey, calf, sheep and goat.

Choirs from the community will sing throughout the evening. This is the fourth year for the live nativity scene, which is staged by Sacaton community members.

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District and Community Services News...

Community Services

•The Community Services Program is developing a tribal directory that will help district service center coordinators locate community program and agency resources available to Gila River residents.

To ensure a complete listing, community services is asking that community programs and agencies provide a brief description of their program and services and any other information that might be helpful in helping service center coordinators make referrals.

To submit this information, programs and agencies may obtain an information form at the Community Services Program office located in the District 3 Service Center, or by calling 562-3334.

Community Services would like to thank Nathan Allen, a resident of District 2, for filling in as temporary service center coordinator for his district.

Following his stint as coordinator, Allen plans to return to his regular job as tour guide for the Casa Grande Ruins. Permanent District 2 service center coordinator Sue Enos has returned after an extended leave of absence.

District 1 residents with a visit, if they've been good. So keep your eyes open. He may have a gift for you.

District 3

•District 3 is planning a community Christmas Program for all residents. Look for posters announcing the event for more information.

•Volunteers are needed to serve on two community committees. A committee member is needed for the Save the Children Federation, and the district recreation committee is looking for two volunteers. For more information contact the District 3 Service Center at 562-3334.

•District 3 Elderly Citizens have tortillas for sale every Tuesday. The cost is \$3 per dozen. Call in orders to 562-3334, before noon.

District 6

•Youth Council members met with the District 6 community at a meeting held Nov. 25. The council announced its Christmas plans for Gila River residents, including plans to visit the American Indian Nursing Home

•The District 6 Resident Board is currently working on two community priorities—the needs of the district's senior citizens and home improvements.

•The District 6 Service Center kitchen will now be used to prepare meals for Headstart students. Facilities at the service center were deemed better than those at the Headstart building.

•The Save the Children Committee is working on two long-range projects, the Lone Butte Community building and the District 6 Headstart facility.

District 7

•Headstart is sponsoring family portraits by Lynn Studios on Dec. 8 from 3 to 9 p.m. Tickets are \$5. Call Irene Mack at 237-2299 for more information.

•The district's elderly are sponsoring a bingo and food sale at the service center Dec. 8, beginning at 6 p.m. Christmas dinner for the elderly and their friends is scheduled for Dec. 19.

•District 7 has a new vehicle, a 1989 Dodge Ram truck, funded by the tribe.

•A.A. meetings are now scheduled on Tuesdays at 8 p.m. at the District 7 Service Center.

COMMUNITY CALENDAR

DECEMBER, ALL MONTH— Community-wide Food Drive by Akimel O'odham Youth Council.

DECEMBER 8— Bingo and Food Sale at District 7 Service Center, 6 PM.

DECEMBER 9— Blackwater School PTO Fund Raiser, 11 AM to 4 PM. Bingo, food booths, crafts and bake sales. Call 721-5859 for information.

DECEMBER 16— Live Nativity Scene at Sacaton Valley Bank/Post Office plaza, 6 PM to 8 PM.

DECEMBER 19— Blackwater Senior Citizens' Christmas Dinner at District 1 Service Center.

DECEMBER 25— Christmas Day

DECEMBER 27— Gila River College Fair at Arizona State University. ASU Memorial Union, Tempe, 8:30 AM to 4 PM. Call 1-800-448-6918 (toll free), 562-3316 for information.

DECEMBER 31— District 1 Annual Jackrabbit Hunt, District 1 Service Center, 7 AM.

JANUARY 1— New Year's Day

JANUARY 3— Pima LEEN (Lowfat Eating, and Exercise Now) workshop, weight-loss program. Noon to 1 PM and 5:30 to 6:30 PM.

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District 1

•Featuring plenty of delicious foods for all, District 1's Turkey Day celebration proved to be a great Thanksgiving Day success.

•Blackwater's PTO is planning a fundraiser on Sat., Dec. 9 at Blackwater School. Crafts and bake sale booths are available for a fee of \$5. Fees may be paid the day of the event.

Activities are planned from 11 to 4 p.m. and include bingo and food booths in addition to the sale of crafts and baked goods. Everyone is welcome. For more information contact Blackwater School at 721-5859.

•The Blackwater Senior Citizens' Christmas dinner is scheduled Dec. 19 at the District 1 Service Center. It's sponsored by the Elderly Nutrition Program. Elderly attendees may invite one guest to accompany them.

•The District 1 elderly have tortilla sales every Thursday at the district service center. A dozen tortillas sell for \$3. The elderly are raising funds to take a trip.

•District 1's Annual Jack Rabbit Hunt is scheduled Dec. 31. All hunters should meet at 7 a.m. at the district service center. Rabbits will be cooked late in the day to be ready to eat at midnight to celebrate the new year.

•The District 1 Recreation Committee is planning a Christmas party and its Second Annual Best Decorated House Contest. Prizes will be awarded for first, second, and third place in the decoration contest. An honorable mention prize will also be awarded. Look for more information regarding the party and contest in the district newsletter.

•Santa may be planning to surprise

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Be reasonable and don't set yourself up for a case of holiday blues

If you're trying to make this Christmas the perfect holiday, you may be setting yourself up for disappointment and a serious case of the after-holiday blues.

There's a myth that many people are depressed right before Christmas and during the holiday. But statistics show that often people experience a let down right after Christmas.

The week in-between Christmas and the New Year's holiday can be a time when the holiday blues hit the hardest, according to Howard Davies,

administrative director of the behavioral health clinic at Hu Hu Kam Memorial Hospital.

People usually manage to stay on top of things when they're experiencing the stress of holiday shopping and the pressure to find a way to pay for gifts for the kids. They're too busy to be depressed, he said.

But as soon as the holiday is over people have time to reflect, and may find that they've overspent, or they weren't really able to get their

children exactly what they wanted. That's when depression may begin to set in, he said.

The blues are often aggravated, rather than helped, by the New Year's Eve parties that are just around the corner.

Many people decide to have a drink to cheer themselves up. The first drink usually does make them feel better—it's an upper. So they decide to have a few more drinks, but the second drink usually has the reverse effect and the more they drink the

more depressed they may become, Davies said.

In reservation communities where alcoholism is often a serious problem, the holiday season can be particularly treacherous.

The best idea for alcoholics is to simply keep busy and stay away from places where alcohol will be consumed, Davies said.

It's also important to surround yourself with a strong support system. If Alcoholics Anonymous is your support group, you might want to consider attending meetings every night during the holiday season, he said.

Families of alcoholics should also have a holiday plan of action. For example, they might want to step up attendance at Al-Anon meetings.

If they suspect that their alcoholic family member has begun drinking again, they should confront him or her and come right out and ask whether they're drinking again, or feeling down enough to consider it. "Don't wait until someone hits bottom," Davies said.

Davies noted that there are many things family members can do to help, including offering to call the person's AA sponsor, or counselor, or offering to take him or her to an AA meeting. But, in the end the decision to drink or not drink is their choice, he added.

It's important to not be afraid of confronting someone who's drinking too much. Often we're so afraid of causing a scene or embarrassing ourselves or others that we'll take the risk of allowing someone to drive under the influence of alcohol, rather than simply taking the car keys away from them, Davies said.

As for beating the post-holiday blues, even if alcohol isn't a problem for you, it's important to do a lot of planning before Christmas and set realistic and attainable goals for your family.

People tend to have unrealistically high expectations. "Everyone gets caught up in what Christmas should be like," Davies said.

Instead, families should take a look at the reality of their situation, deciding how much they really can spend and then setting a budget and sticking with it.

If they can spend only \$100 for gifts, they should sit down with their children and explain that they may only receive one gift this year, he said.

If you go into the Christmas season with a budget and don't set up unrealistic expectations, there will be no let down, he said.

That attitude applies not only to spending money, but also to the way you spend your time.

Many people try to please everyone during the holidays. Cooking, cleaning, wrapping presents, taking care of everyone except themselves, and then blaming themselves when everything isn't perfect for everyone on Christmas day, Davies said.

Spending all of your time trying to please others and committing yourself to more tasks than you can possibly accomplish is a sure route to the holiday blues.

According to Davies, the secret to a happy holiday is simply to do what you can, not what you think you should do.



BACK TOGETHER—These members of the Gila River Indian Community in 1964 and 1965 worked on an archaeological dig at Snaketown, and on Nov. 11 they gathered for a reunion at the dig site and at the Gila River Arts and Crafts Center. The field crew helped to unearth what is considered the oldest irrigation system in this country. *Bottom*

row, kneeling: (left to right) Leonard Stone, Dennis Williams, Justin Miller, Larry Lewis. *Middle row, sitting:* George Kyyitan, Iver Sunna, David Moore, Eldridge Cross, Everett Howard. *Back row, standing:* Leroy James, Fred Marrietta Jr., Dr. Emil W. Haurly, head of the excavation effort.

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