

The Gila River Indian News

A Gila River Indian Community Publication
Sacaton, Az.



VOL.5 NO.6

JUNE 6, 1989 PAGE 1

Replacing Coolidge Dam may be cheaper than repairing it

The issue of whether to back a Bureau of Indian Affairs plan to spend \$43.3 million to repair Coolidge Dam is now before the the Gila River Indian Community's Legislative Committee, but some tribal officials have already

called on the BIA to scrap the plan and instead construct a new dam.

At least three different versions of resolutions dealing with the repair plan are now before the tribal council's Legislative Committee,

Legislative Committee Chairperson Mary V. Thomas said.

It's now up to the committee to iron out the differences between these resolutions so one resolution can be presented to the council.

That is likely to be accomplished in time to present the dam repair resolution to the council during its regular session in July, Thomas said.

A federal report, finished last year, labeled Coolidge Dam one of the five most hazardous in the nation.

The report classed the dam, whose flood plain cuts across the Gila River Indian Community, as a facility that poses "imminent danger," one that is below an acceptable level of safety, and susceptible to failure on a clear day.

William Talbow, director for the Gila River Physical Resources Department, said the planned repairs will bring the dam up to only the most minimum safety requirements, and that actual costs to repair the dam are likely to be higher than the BIA has estimated.

"The high cost of fixing an old dam may not economically be the best thing to do," he said.

Noting that actual repair costs are more likely to reach \$50.5 million or more, Talbow said constructing a new dam may actually cost less—as little as \$39 million.

Not only may repairs be more costly than constructing a new dam, the rate of sediment build up may render the proposed repairs worthless in about 15 years, he said.

One more cost effective option might be modernizing the Buttes Dam downstream from the Coolidge and creating a new reservoir, he said.

A recent visit to the dam site by U.S. Interior Secretary Manuel Lujan was encouraging in that he recognized there was a safety hazard, Talbow said.

However, Talbow noted, that Lujan has already backed the BIA's repair plan.

But he said that federal studies into the best options for the dam may continue for another 18 to 24 months and, in that time, after analyzing the repair plan in depth, the bureau may come around to the community's viewpoint.

"Say no to alcohol and drugs...yes to goals, dreams."

Melissa Gomez, Miss Gila River 1989, says her message during her reign, to young and old alike, is "Say no to alcohol and drugs, and yes to goals and dreams."

Gomez, from Blackwater in District 1, just recently graduated from Coolidge High School. Her parents are Winifred and Alex Gomez.

Though she's only 18, she said she feels she can speak out on

alcohol and drugs because she's had it affect her family, and she sees it all around her.

"I see a lot of it off the reservation and where I live. I see it all around the reservation wherever I go, especially on weekends."

And the point was driven home because years ago alcohol afflicted her family, she said.

"My family used to drink, but they quit. But I can still remember the

affect it had on me. It hurt me a lot," she said.

And without alcohol tugging at her family, they could have accomplished a lot, said Gomez.

Now the family relationship is much different.

"It's better than with the alcohol in it—we spend more time together, we talk more."

Gomez has become an accomplished runner, both for enjoyment and competitively.

The past problems in her family were part of the reason she took up running five years ago, another is the interest generated by her brother, who also was a runner.

The running was therapy. "Every time I would feel hurt by the drinking, I would just go run and run and run to release the pain," she said.

The running, now about 10 to 11 miles a day, also provides side benefits, said Gomez.

"It helps me stay in shape for competition. I compete in road races during the summer. I run mostly long distances, about 10 kilometers. I'm starting to get into marathons.

Last summer Gomez went to Sydney, Australia to compete in a 15K race.

And that idea of running marathons directs her right to her promoting of goals and dreams.

"I know I want to continue my education, and hopefully run in an Olympic marathon someday," she said.

Fighting alcohol and drugs, and setting goals and dreams, "I'll be carrying that out to the youth, to everybody, and I hope it helps young people realize that they can be somebody," said Gomez.



Melissa Gomez, Miss Gila River 1989

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

Variety of activities planned for Substance Abuse Awareness Month

In conjunction with its fifth annual Substance Abuse Awareness Month, The Gila River Indian Community Alcohol and Drug Abuse Program is planning four community presenta-

tions, along with a run and volleyball tournament. The presentations, which will be held at the ADAP Residential Treatment Center in Sacaton, will

explore the theme "Mind, Body & Spirit" as it relates to substance abuse issues. The first lecture, called "Teens, Drugs, and Suicide," is scheduled for June 8 at 7 p.m.

announced. A three-day volleyball tournament is scheduled June 22-24, beginning at 6 p.m. each evening at the treatment center. Pre-registration information and rules may be obtained at ADAP's main office in Sacaton.

It will demonstrate how and why communication is important in assisting youth who are forced with the choice of whether to use or not use drugs and alcohol.

A second presentation, "Spiritual Aspects of Recovery," is scheduled June 15 at 7 p.m. Participants will be given the opportunity to explore ways to develop their own spiritual program, an essential part of the recovery process.

"The Dark Side: Our Responsibility To Respond" is scheduled for 7 p.m. June 22 and deals with the occult and methods and ways of dealing with growing interest in this area.

The final presentation is a two-day workshop for families dealing with substance abuse issues. It's scheduled in District 6 on June 16 and 17 at a time and location yet to be

There is a \$20 entry fee. Awards will be given for first, second, and third place, with a double elimination. All coed teams are welcome and brackets will be drawn up the first night of games.

The Fifth Annual Run for Sobriety is scheduled June 24 in Sacaton, starting at 6 a.m.

The course will begin at the old firing range, located by the mountains south of Sacaton Road going to Casa Grande. The run will then proceed to Sacaton, turn west toward the hospital then north to the treatment center.

All participants will receive a T-shirt. Registration forms will be available the day of the event.

For more information call Wayne Juste at ADAP, 562-3356.

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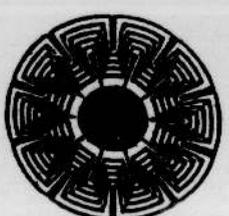
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GILA RIVER INDIAN NEWS
 Published by the Gila River Indian Community
 Urban L. Giff, Editor Colleen Moyah, Managing Editor
 The Gila River Indian News is published once each month. Issues are available at public places and places of business on the Gila River Indian Community and near its boundaries.
 Information about mail subscriptions and advertising rates is available by writing to Gila River Indian News, P.O. Box 459, Sacaton, Arizona 85247. (602)562-3311.

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Kids Can Cook Program starts soon

Lazy summer days are a good time for children to learn to prepare nutritious lunches.

With that in mind, the Gila River Maternal and Child Nutrition Program is holding cooking classes for children from age 4 to 8.

The Kids Can Cook Program is scheduled in June in Sacaton during three sessions, 11 a.m., noon, and 1 p.m. on Tuesdays, Wednesdays and Thursdays.

The classes begin June 12 and

continue through July 27. A maximum of 15 children can attend each session, so sign up early.

Children will learn to cook by preparing their own lunch. There is no charge to attend the classes, which will be held at the Department of Health Services Building (across from the Chevron station). For more information contact the tribal Maternal and Child Nutrition Program.

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That increase in your electric bill could have started five years ago

If you're a San Carlos Irrigation Project customer, you've probably noticed an increase in your electric bill.

But before you complain, you might want to be thankful. The rate increase, which averages approximately 11 percent, could have gone into effect almost five years ago had it not been for some bureaucratic snags it hit in Washington.

The request for the increase was submitted to the Bureau of Indian Affairs' central office in the nation's capital in 1984, Henry Dodge, acting project engineer for the San Carlos Irrigation Project, said.

The irrigation project, headquartered in Coolidge, is part of the BIA, and must submit all rate increases to the bureau's central office for approval and for review by the federal Office of Management and Budget, he said.

While it wouldn't have necessarily been unusual for this process to take two years, five years is exceptional, Dodge said.

Part of the delay was due to some bad timing. The increase request was submitted at a time when the regulations dealing with rates were being revised, he said.

So, while the revisions were being made, the request was put aside where it seems it was almost forgotten, and in the end the changes in regulations were never completed or approved.

While the regulation changes didn't survive the bureaucracy, the San Carlos Irrigation Project's rate increase was finally okayed and did go into effect in March.

The new rates affect commercial and residential customers, as well as rates for street lighting.

Overall, the rate increase averages about 11 percent. But customers in each category are affected differently with commercial customers seeming to be hit a little harder than residential.

For example, an average residential customer uses about 700 kilowatt-hours of electricity a month. A customer using that average amount before the rate increase would have been billed \$57.39 monthly, Dodge said.

The new rates will increase that customer's bill by \$3.69, for a total monthly bill of \$61.08, he said.

For residential customers who use less than 50 kwh per month, there has been no rate increase, he said.

This is in recognition of the fact that a lot of the poor and the elderly use very little electricity, yet still could not afford an increase in their bill, he said.

On the other hand, a commercial customer using 2,235 kwh per month would have had a monthly bill of \$175.31 before the increase.

The rate increase has now boosted that bill by \$69.12, for a total of \$244.43 monthly.

The rate increase was needed because the cost of providing power has increased over the years, Dodge said.

The San Carlos project purchases power from several sources, including the Salt River Project and the Arizona Public Service Corporation, and their prices have gone up, he said.

Also the cost of labor, materials and maintenance has gone up due to

inflation.

In addition, revenue from the increase will be used to upgrade and modernize the whole San Carlos power system and to pay back federal money the project still owes, Dodge said.

The federal government has invested funds that were to be repaid from profits. But about \$10 million is still owed, and only about \$3.5 million has been paid back, Dodge said.

The project simply wasn't making enough money to make payments on the debt, he said.

MAKE YOURSELF COUNT IN THE CENSUS

The 1990 Census is coming up. And it is important that members of the Gila River Indian Community participate. Distribution of Federal benefits is based on information gathered during the Census, so complete participation can mean more benefits for Native Americans.

When you receive your questionnaire in the mail, please fill it out and return it to the Census Bureau. Questionnaires will be mailed in March 1990. The Census will begin on April 1, 1990.

There will be future job openings for crew leaders and field workers. Information about those job openings will be forthcoming.

Thomas R. White, Governor
Tina Notah Enas, Tribal
Census Liaison

Grad Night fete for '89 graduates aims to save lives

The Gila River Youth Council Program, the tribal Johnson O'Malley Program and the Alcohol and Drug Abuse Program are sponsoring a Grad Night Celebration June 10 to help high school and junior high graduates celebrate in a fun and safe way.

With the theme "Pride of the Tribe: Chemical Free," the aim of the tribally sponsored party is to ensure that none of the class of 1989 will be injured or killed in alcohol-related accidents.

"We want to make sure that our eighth graders and seniors have a chance to attend their 10-year reunion," Greg Mendoza, Gila River Indian Community Youth Council coordinator said.

The June 10, chemical-free, all-night celebration is scheduled from 6 p.m. to 6 a.m. in the District 7 Service Center in Maricopa Colony.

The party will feature a variety of activities, including dinner, videos, games and a disc jockey-hosted dance.

It will celebrate the graduation of students at Laveen Elementary School, Kyrene Junior High School, Estrella Mountain High School, Carl Hayden High School, Tolleson High School, Corona Del Sol High School and Maricopa High School.

An earlier celebration held June 3 in District 3 honored the graduating classes of St. Peter's Mission School, Sacaton Middle School, Chandler High School and Junior High, Coolidge High School and Junior High, and Casa Grande Union High School and Junior High.

For more information contact Mendoza at 562-3334, or Jackie Boni at 562-3316.



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Arizona State University is forming American Indian alumni association

The newly formed Native American Alumni Association of Arizona State University has scheduled its first formal meeting June 17.

Native American graduates of ASU and others interested in the association are encouraged to attend.

The meeting will be held in Tempe

at ASU's Memorial Union, Room 218, Pima Room.

For more information contact: Jefferson Begay at (602)279-0474 (no collect calls please), or write to Arizona State University-Alumni Association, Native American Alumni Association, Tempe, Arizona 85287-1004.

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LETTERS & COMMENTS

Fair Commission responds to critical letter

Dear Editor:

The Gila River Fair Commission respectfully submits this response to "Rodeo Queen Committee blew this contest." First and foremost, we extend our sincere apologies to Rainee Thomas and Rebecca Walker for all the frustration and hardship this incident has caused them to experience.

Also, to the parents of these two young ladies, Mr. & Mrs. Tyrone Thomas and Mr. & Mrs. Gene Laws Sr., we extend our sincere apologies.

Since the incident, the Fair Commission members and the parents have met several times to discuss concerns and issues that have evolved as a result of this contest.

The Commission found that this incident was totally unexpected for the reason that none of the Commission members were involved in the selection process of the Rodeo Queen Contest.

However, it is without hesitation that the Commission accepts responsibility for this unfortunate incident and all that has entailed because of it.

This responsibility lies within the Fair Commission By-Laws. The Commission has learned that there is a change needed in the area of Committee responsibility and this will be one of our priorities in the future planning of the Mul-Chu-Tha event. One assessment of this situation would be to perhaps have tighter control over our committees to prevent another occurrence of this nature.

Finally, the Fair Commission finds that there is no absolute remedy to lessen the negativity that this incident has created. Our support goes out to Rainee Thomas and Rebecca Walker for all that they may have to endure because of this.

Also, we would like to thank Mr. & Mrs. Tyrone Thomas and Mr. & Mrs. Gene Laws Sr., for their patience, understanding, and cooperative efforts with the Commission in accepting our assistance in this matter.

Sincerely,
The Gila River Fair Commission
Members: Ted Lewis, Jay Pedro,
Annette Johnson, Jackie Boni,
Sherwin Whitman, Matthew Kisto,
Harrington Luna, Perry Jackson.

Gila River Indian Community welcomes new employees in May

The Gila River Indian Community welcomed the following new employees in May.

Joseph Pena, Internal Auditor, Accounting Department; Roland Lewis, Program Accountant, Accounting Department; Lavonne Cooper, RTC Administrative Secretary II, Alcohol and Drug Abuse Program; Wilfred Howard, Janitor, Housing Authority;

Darreylynne Manuel, Insurance Clerk, Insurance Office; Roy Rhodes Jr., Property & Supply Clerk, Property and Supply Office;

Lawrence Grimmett, Child Welfare Worker, Tribal Social Services; Dorcas Espinoza, Cashier Clerk, Housing Authority; Norman Enas, Drafting Technician II, Physical Resources Department;

Dennis Williams, Construction Foreman II, Physical Resources Department; Pamela Thompson, SYETP Monitor, Employment and Training; Chris Milda, SYETP Monitor, Employment and Training;

Timothy Gomez, SYETP Monitor, Employment and Training.

Gila River Personnel Services Office announces new job openings

The Gila River Indian Community Personnel Services Office has announced the following job openings.

- Social Worker, Tribal Social Services, \$19,996 to \$25,520 per year, June 13 closing date.
- Maintenance Mechanic II, West-End Housing Authority, \$12,492 to \$15,945 per year, June 5 closing date.
- Youth Basic Education GED Classroom Instructor, Employment

and Training, \$18,159 to \$23,559 per year, June 6 closing date.

- Licensed Practical Nurse, Public Health Nursing, \$15,382 per year, June 9 closing date.
- Program Evaluator, Office of Planning and Evaluation, \$23,559 to \$30,067 per year, June 13 closing date.
- Receptionist/ Secretary, Behavioral Health Clinic, \$11,000 to \$15,000 per year, June 14 closing date.

Eleven earn nursing assistant pins from Gila River Career Center

Eleven students graduated this semester from the nursing assistant program at the Gila River Career Center in Sacaton.

The students received their pins from nursing instructor Jan Pfahl during Central Arizona College's Commitment To Nursing Ceremony May 6 at the Signal Peak Campus.

The new graduates are: Susan

Anne Crouse, Brenda Hall, Idella Thomas, and Kathleen Young, all of Sacaton.

Also Teddi Alvey, Mary Nance, Lynn Pienups, Donna Lynn Sherwood and Rachel Munoz of Casa Grande.

And Vicky Bahme of Florence and Sally Ruiz of Picacho.

Financial aid is still available to college students

It's not too late for college students to apply for financial aid, but they must meet a June deadline to apply for funds through the tribe's higher education program.

Application packets for a higher education grants are available at each district office, the Community Center in Ak-Chin, and at the Gila River Indian Community Student Services Office in Sacaton.

As part of the application process, all current students enrolled in college this spring semester need to order their official transcripts and have it sent to the Student Services office no later than June 30.

For more information contact Higher Education counselor Carol Chiago at 562-3316.

If you're looking for the right job Gila River education has information

If you're a college student or new college graduate and haven't found the right job niche, the Gila River Higher Education Program has information on opportunities you might want to explore.

The U.S. Environmental Protection Agency has permanent job openings in the fields of ecology, chemistry, environmental biology, microbiology, agronomy, hydrology, economics, law, statistics, and positions for program analysts, secretaries, and administrative support personnel.

The EPA also has summer job openings for Native American students and professors. For more information write: Chief, Resource Management and Evaluation Branch, Office of Pesticide Programs, U.S. Environmental Protection Agency, 401 M Street, S.W. TS-757C, Washington D.C. 20460. For more information call (703)557-5047.

If you're not yet ready for a permanent job, you might want to investigate the U.S. Department of Agriculture's Cooperative Education Program.

It's open to college students majoring in forestry, range management, soil science, wildlife biology, engineering, landscape architecture, accounting, computer sciences, hydrology and business

Blackwater Community School earns accreditation

Blackwater Community School was accredited last month by the North Central Association of Colleges and Schools.

"Accreditation by NCA means that the school has met standards set for membership. These standards signify that the school has the resources, personnel, and leadership necessary for effective education," Blackwater Community School principal S. Jo Lewis said.

The North Central Association, the nation's largest regional accrediting association, is a league of 6,000 schools and 900 colleges and universities in 19 states.

The association works with schools to improve the quality of education through accreditation and evaluation. There are 300 NCA-accredited schools in Arizona.

Blackwater Community School was admitted to the association's membership on April 18, during the NCA's annual meeting in Chicago. Accreditation must be renewed each year.

"Continuation with the NCA requires a joint effort by the community and the staff to make

certain that the potentiality for quality education remains unimpaired.

"The advantage of NCA membership is that it assures the public at large that the school has met those standards which good schools in the NCA region consider to be imperative for effective education to take place," Lewis said.



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Write to USDA, Forest Service, Regional Cooperative Education Program Coordinator, P.O. Box 7669, Missoula, MT 59807.

The Department of Environmental Quality is offering training for tribal representatives in the areas of water quality, waste programs, and air quality.

The program is open to new college graduates with no work experience; college graduates, not yet employed, or underemployed; and tribal employees with some experience in environmental areas.

Training programs run from four months to one year and pay \$15,000 per year. At the end of the program trainees may be offered positions with their tribes, or with county and state agencies.

Three positions are available beginning July 1.

For more information contact Ken Bailey at Environmental Health 562-3382, or Carol Chiago at Gila Student Services' Higher Education Program, 562-3316.

Program allows you to work full time and take courses toward degree

Prescott College offers an unusual program for students who have earned some college credits, but who have not yet completed their requirements for a Bachelor's Degree.

The program is designed to allow full-time employees to take courses in their own communities to complete the four-year degree.

The college offers an Indian Bilingual Teacher Training program as well as degrees in other fields.

The teacher training program is open to teacher aides with 60 semester hours of credit from community colleges or other universities.

With classes meeting once a week in students' communities and six-

month semesters, the program usually takes two years to complete.

The normal college semester of four months has been extended to six months so students have more time to complete their course work.

Each six month semester is broken in half, and students usually take two courses every three months.

An Indian student counselor meets with all students at least every other month to provide individualized support and academic counseling.

Students may begin the program in the third week of July, or in the third week of October, January, or April.

For more information call Carol Chiago, Gila River Student Services Higher Education Counselor at 562-3316.

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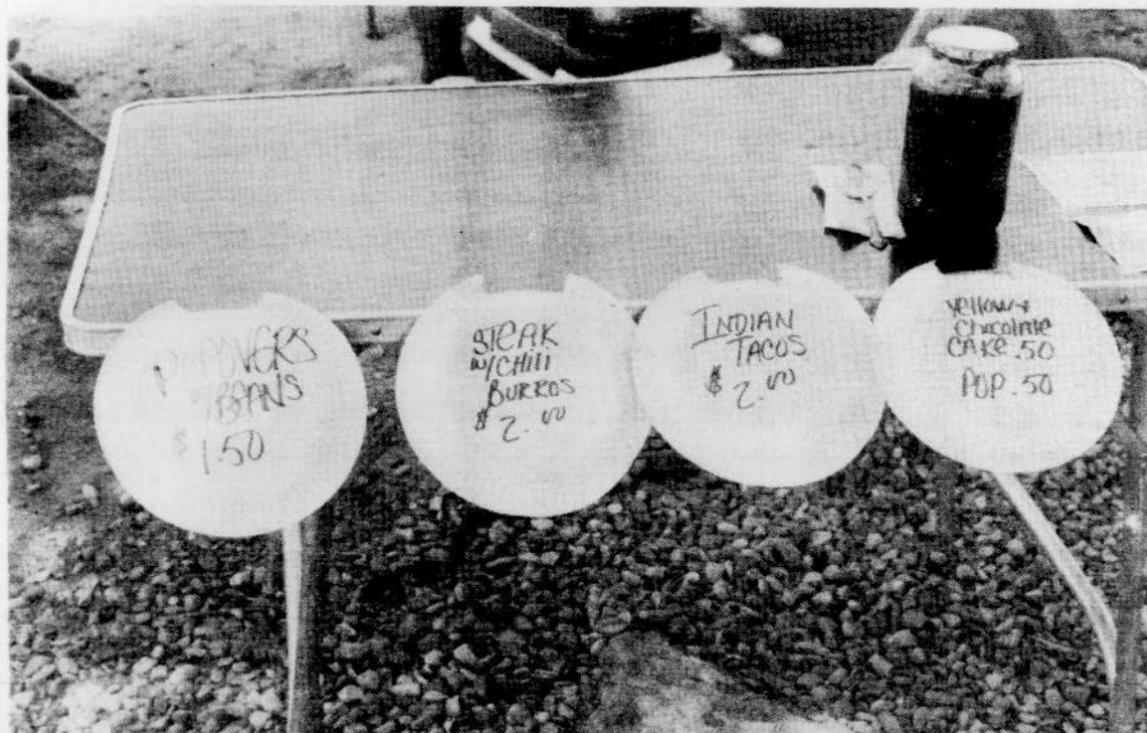
This parking lot offers food, clothing, furniture, carpeting, toys...



Parking lot marketing is a big hit at Sacaton's Valley National Bank plaza, and you can buy a wide variety of items, from bean and chili popovers to clothing to bicycles.

The prime selling days are Thursdays and Fridays, and the parking lot begins filling as early as 10 a.m. Some items displayed by vendors included jewelry, food, carpeting, toys, clothing, furniture, and arts and crafts.

In the photos clockwise starting from below: Karen Serna prepares to fry a popover. She is a regular at the parking lot sale, and even shows up on Saturdays. Another food vendor uses a makeshift sign to advertise her menu. Patricia Stone, at left in photo, and her daughter Rebecca Stone, hang their racks with clothing before customers arrive.



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Lucius Kyyitan wins runoff over Emmett White

District 5 incumbent Lucius S. Kyyitan won a seat on the Gila River Tribal Council during a runoff election held May 23.

Kyyitan beat Emmett White who had tied with him during the tribe's May 2 general election.

Kyyitan received 98 votes to White's 70 votes during the runoff, Gila River Indian Community Election Board chairperson Janice Apkaw said.

Two write-in candidates, Joe Sunna and Ethelyn Joaquin, also received one vote each, Apkaw said.

The runoff results now must be certified by the tribal council during its regular June 7 session, she said.

In the earlier election, both Kyyitan and White received 40 votes. Other May 2 results for the District 5 tribal council seat were Gordon Santos Sr., 22 votes; Gerald Sunna, 9; Brenda Robertson, 12.

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TO YOUR HEALTH

Some of those low-calorie plates may have more than you think

Every year an estimated 50 percent of all Americans begin new diets. Ninety percent of the dieters who do manage to lose weight put it all back on within a year. Is there any way to break the cycle of yo-yo dieting?

You can put a stop to this off again, on again cycle if you make two basic changes in your lifestyle. Reduce the amount of fat in your diet and increase your level of physical activity.

The following diet tips and calorie facts may help you succeed.

1) Eat more and lose weight by reducing the percentage of fat in your diet and increasing complex carbohydrates (fruits, vegetables, cereals, and grains).

Fats, at nine calories a gram, contain more than twice the calories of proteins and carbohydrates, which contain only four calories per gram.

You could eat a six-ounce baked potato, a one ounce dinner roll, one cup of pasta and one cup of rice for fewer total calories (620) than you get in one cup of peanuts (840 calories).

FACT: Seeds and nuts are extremely high fat foods at 650 to 925 calories per cup. One tablespoon of shelled sunflower seeds, or one-quarter cup of unshelled seeds, contains approximately 50 calories.

2) Beware of diet plates at restaurants. They are not always low in calories. For example, a typical luncheon diet plate contains a four

ounce hamburger (300 calories), one-half cup cottage cheese (120 calories), tomato slices (12 calories), and a half a cling peach (80 calories) for a total of 512 calories.

A turkey sandwich, on the other hand, containing three ounces of sliced white meat (120 calories) on whole wheat bread (140 calories) with lettuce, tomato and dijon mustard (40 calories) is more filling and totals just 300 calories.

FACT: Mustard and ketchup are 15 calories per tablespoon. Mayonnaise and butter are 100 calories per tablespoon.

3) Salads often contain hundreds of hidden calories. The reason: many condiments, such as mayonnaise and salad dressing represent hidden fats and calories that people don't even count.

For example, water-packed tuna at 35 calories per ounce is okay, but start adding mayonnaise at 100 calories per level tablespoon and a serving of tuna salad can add up to more than 500 calories.

A three-cup mixed greens salad is just 60 calories, but when you add four tablespoons of salad dressing, it can total up to between 300 and 400 calories.

FACT: Hot fudge (60 calories per tablespoon) has fewer calories than salad dressing (65-85 calories per tablespoon).

4) Plain doughnuts contain more

calories than jelly doughnuts. In general fat content, not sugar, increases the calories for baked goods.

All doughnuts are high in fat because they are fried. But a jelly-filled doughnut, which contains more sugar than a plain doughnut, is 115 calories per ounce. The plain doughnut with a higher fat content is 125 calories an ounce. The average doughnut weighs three to five ounces.

Another example, fudge (mostly sugar) has 115 calories per ounce compared to a piece of milk chocolate at 150 calories per ounce, or potato chips (deep fried in fat) also a 150 calories per ounce.

FACT: Jam or jelly at 50 calories per tablespoon has half the calories of butter or margarine at 100 calories per tablespoon.

5) It is easier to pass up the chips at the grocery store when you are shopping than it is to fight the urge to eat them once they are in the house.

Establish a supportive food environment for yourself by replacing high fat, high calorie foods, such as chips, with lower fat alternatives like popcorn.

6) Build some physical activity into your day. Just walking 20 minutes twice a day will result in a 31 pound weight loss for a 165 pound person if you do it every day for a year. Exercise is effective in controlling your blood sugar too.

Start with the easy changes first. Reduce the amount of fat in your diet by eliminating the high fat foods you miss the least.

Increase your level of physical activity by making whatever activity you choose part of your daily routine. Simple lifestyle changes are easier than you think and can have a tremendous impact on your weight and health.

For more information call Gila River DHS Nutrition at 562-3321, extension 373.

By Joanne Hurley

If you want to feel good this summer drink 8 to 12 glasses of water daily

As summer approaches and the temperatures start to soar, simple water becomes more and more important to our good health and wellness.

Water's importance is easily illustrated by the fact that we cannot survive more than several days without it.

Between 40 and 60 percent of our body weight comes from water, and if we lose more than one-eighth of that water we can create serious and immediate health problems. Yet many of us walk around in a constant state of dehydration (low on water) with dry mouths and no energy.

Water plays many positive roles in our bodies as well, so its important to drink enough not only to prevent dehydration, but to stay fully hydrated, improving bodily functions and how we feel.

For instance, when we're hot, it's the evaporation of sweat (water) that keeps our bodies in a safe range of temperature.

Just as running your car without enough water in the radiator will cause it to dangerously overheat and ruin the engine, running your body without enough water can damage your body tissues and ultimately lead to heat stroke.

Water also helps in the metabolism (burning) of fat tissues in our bodies. When the body is dehydrated (short on water), the liver must help the kidneys to filter out wastes, which

cuts down on its ability to burn fats.

Larger people in particular need more water daily, because they have a larger metabolism (need to burn more fat).

Water is important for good digestion as well. You may have noticed that you become more frequently constipated during our long desert summer; when the body is low on water it tends to pull it from tissues like the digestive tract, which makes proper bowel movements more difficult.

To get enough water, you need to drink 8 to 12 eight-ounce glasses per day.

To drink this much may seem like a lot, however, if you only drink when you are thirsty, you'll typically be a little dehydrated all the time, because of the intense Arizona heat and dry climate.

If you exercise consistently, increase this amount by one-half cup for every 15 minutes of work. Sweating greatly increases your daily water loss, so you must drink even more to avoid dehydration.

Beer and wine, widely believed to be refreshing drinks when you are thirsty, actually have a dehydrating effect on the body and should not be substituted for water.

The cumulative effect of a long hot day and lots of beer and wine will be a headache at the very least, and potentially something worse.

by George Dallam

Community Calendar

JUNE 7— Oath of Office for newly elected Gila River Indian Community tribal council members, 9 AM Sacaton tribal council chamber.

JUNE 8— ADAP presentation, "Teens, Drugs and Suicide." ADAP Residential Treatment Center, 7 PM.

JUNE 10— Grad Night, "Pride of the Tribe: Chemical Free." Party for class of 1989, 6 PM to 6 AM, District 7 Service Center, Maricopa Colony.

JUNE 12— Kids Can Cook Program starts. Contact Gila River Maternal & Child Nutrition Program.

JUNE 15— ADAP presentation, "Spiritual Aspects of Recovery." 7 PM, ADAP Residential Treatment Center.

JUNE 22-24— Volleyball tournament. 6 PM each day at the ADAP Residential Treatment Center.

JUNE 22— ADAP presentation, "The Dark Side: Our Responsibilities To Respond." 7 PM at the ADAP Residential Treatment Center.

JUNE 24— Akimel O'odham/Pee Posh Youth Council meeting, 9 a.m., Sacaton tribal council chamber.

JUNE 24— ADAP Run For Sobriety. 6 AM, starts at the old firing range south of Sacaton.

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Low-calorie diet program

The Gila River Department of Health Services, in cooperation with HuHuKam Memorial Hospital, is sponsoring a medically supervised low-calorie diet program.

Participants stay on a liquid diet for three months and are closely supervised by medical personnel.

Success in the program depends upon attending weekly classes, increasing energy expenditures, and controlling calorie intake.

The first group of patients began

the program February 27 and by the end of April they had collectively lost 750 pounds. All group members had also normalized their blood sugar and blood pressure.

Eighty community members attended an April 20 orientation and 65 are planning to begin the program June 5. Another group is planned this fall.

For more information call 562-3321, extension 373.

ARIZONA/NATIONAL

Supreme Court tax decisions favor states over tribes

The U.S. Supreme Court recently made several rulings affecting American Indians, coming down in favor of the states in matters concerning taxation.

The court decided in the seven-year-old case of Cotton Petroleum versus New Mexico that the state can legally tax non-Indian activities that occur on Indian reservations.

The case arose out of a state tax on oil production from Jicarilla Apache lands. The state of New Mexico attaches five different taxes to production of oil and gas.

In a 6-3 decision, the court ruled the additional cost of double taxation isn't significant enough to hurt the tribe's economic development.

"The Supreme Court talks about the sovereignty of Indian nations, but in this case, the state is allowed to continue its taxation. That seems paradoxical to me," Bob Bayless, chairman of the Indian affairs committee of the New Mexico Oil and Gas Association, said.

He added that "it's a complicated situation for the Indian tribes in trying to develop their resources. For the Supreme Court to say that to have an additional cost of 10 to 15 percent is 'insignificant' is just ineptitude."

He said the minority justices were correct in saying that the decision will be a hindrance to developing resources.

In a separate, but related case, the Supreme Court let stand a decision by Arizona courts that Peabody Coal Company must pay state taxes for the mines it operates on the Navajo and Hopi Reservations.

The justices ruled without comment that the decision upholds the validity of the state's transaction-privilege tax.

Both Peabody and tribal officials have maintained that the state shouldn't have the right to tax corporations operating on Indian lands because of tribal sovereignty.

Supreme Court rules on Indian adoptions

In a 6-3 decision made in April, the Supreme Court ruled that tribal courts have jurisdiction over the adoption of Indian children.

The ruling came in a case involving the Mississippi Band of Choctaw Indians, challenging a state Supreme Court decision.

Writing for the court, Justice William Brennan said "It is not ours to say whether the trauma that might result from removing these children from their adoptive families should outweigh the interest of the tribe—and perhaps the children themselves—in having them raised as part of the Choctaw community.

"Rather we must defer to the experience, wisdom and compassion of the (Choctaw) tribal court to fashion an appropriate remedy."

The Court ruled that since the natural parents of the adopted Choctaw children lived on reservation, the children's home should also be considered the reservation...even though they were never actually there.

Survey says few Indian college students graduate

A survey conducted last August in

33 two and four-year colleges and universities with at least four percent Indian enrollment, showed that nearly 75 percent of the Indian students didn't earn degrees.

The survey cited poor academic preparation, inadequate financial aid, and personal problems as reasons the students dropped out.

"The simple truth is most Native Americans and their families do not have the financial resources required to pay their college bills," concluded the study, "The Forgotten Minority: Native Americans in Higher Education," by Robert N. Wells Jr., a professor of government at St. Lawrence University in Canton, N.Y.

According to the survey, graduation rates for Indian students have improved slightly during the 1980s due to better minority counseling and support systems on campus.

The study found that 27.5 percent of American Indian students entering college earn degrees, but more than half drop out in their freshman year.

According to federal statistics, 20.1 percent of American Indian college students from the high school class of 1980 earned either bachelor's degrees or two-year associates degrees.

This compares with 55 percent of all students in four-year private schools and 46 percent of four-year public college students eventually earning bachelor's degrees.

About 91,000 of the 12.5 million students in U.S. colleges are American Indian or Alaska Natives, according to the latest U.S. Department of Education figures.

AIDS prevention project targets Native Americans

The National Native American AIDS Prevention Center, based in Oakland, Calif., has begun a program to educate Native Americans in how to prevent AIDS in their communities.

The center will establish and maintain a network of Indian reporters to provide accurate information on AIDS and to help design a nationwide Native American AIDS prevention campaign.

"We are now more than five years into the AIDS epidemic among American Indians, and many Indian communities have felt the devastating effects of AIDS.

"Because of the high drug and alcohol usage among Indian people, we are at a high risk for sexually transmitted diseases such as AIDS," Ruth Denny, project coordinator for the National AIDS Media Consortium, said.

Indian people can prevent the disease and the first step is to "educate ourselves, our children and our communities before AIDS devastates our people," she said.

Indian athletes plan own Olympics

Plans are underway for the first Olympic-style sports events exclusively for native athletes from throughout the United States and Canada, according to John Fletcher, manager of the games' organizing committee.

The event is planned for June 30 to July 8, 1990 in Edmonton, Alberta, Canada. An invitation has been issued to all indigenous peoples of North America, calling on them to participate in the games.

The event will be held every four years. The 1994 games will be held in the United States. The First North American Indigenous Games will include at least 17 different sports including track and field, decathlon, pentathlon, triathlon, marathon, canoeing, archery, swimming/diving, shooting, boxing, golf, gymkhana, rodeo, lacrosse, softball, volleyball, and basketball.

More information can be obtained from John Fletcher, Manager, North American Indigenous Games, Box 8391, Station F, Edmonton, Alberta, Canada T6H 4W6, or call (403)435-4424.

Political upheaval continues at Tohono O'odham

The chief judge of the Tohono O'odham Judiciary and at least two other women holding high-level pos's in the tribal government last month filed complaints of sexual misconduct against Tohono O'odham Nation Chairman Angelo Joaquin Sr.

Then, just one week after learning that the Tohono O'odham Police Department was investigating him, Joaquin fired police chief Robert Goodnight.

The FBI is currently investigating possible obstruction of justice having to do with the firing, according to an FBI spokesman.

Joaquin has said that the firing wasn't related to the investigation and was just part of a "cleaning house" process in the executive branch.

In addition to firing the police chief, Joaquin lodged complaints with the tribal prosecutors office against eight tribal officials who met with him to inform him of the allegations of sexual misconduct and recommend that he resign.

Criminal charges, ranging from slander to extortion, were filed against the eight in tribal court by the Tohono O'odham Prosecutor's Office.

Chief Judge Hilda Manuel, Legislative Council Representative Rosita Ruiz, and former Legislative Council Chairperson Harriet Toro are charged with threatening, extortion, slander, and conspiracy.

Under the extortion charge, they could be sentenced to up to 360 days in jail and pay a \$1,000 fine.

The other charges carry sentences of up to 180 days in jail and fines up to \$500.

Former Legislative Council Representative Tony Felix and Legislative Council Representative Edward Manuel are charged with extortion, threatening and conspiracy.

Tohono O'odham Health Board chairperson Sharmain Garcia and acting Behavioral Health Department head Barbara Chana are charged with conspiracy and aiding and abetting with maximum possible sentences of 180 days in jail and fines of \$500.

Flora Manuel, a former first lady of the tribe and tribal commodities program worker, is charged with conspiracy and faces the same possible maximum sentence as Garcia and Chana.

All eight were arraigned May 30 and entered not guilty pleas on all charges, a Tohono O'odham tribal court spokesperson said.

Meanwhile, the Tohono O'odham Legislative Council has moved to

back the eight, passing a resolution to use tribal money to create a \$100,000 legal defense fund for the group.

The council has also passed resolutions to reinstate Police Chief Goodnight, and to create a special prosecutor's office to hear charges against tribal officials.

All three resolutions were vetoed by Joaquin. To override the vetoes the council now must pass the resolutions by a two-thirds majority during its next regular session in June.

Following the passage of the resolutions, tribal elections were held May 27 and Legislative Council Chairperson Toro, who was up for re-election, lost her seat along with six other tribal council incumbents.

Felix, who was also up for re-election, chose not to run this year.

Judge Manuel said she decided to file a complaint against the chairman after she became aware of alleged recent incidents involving other women that took place after Joaquin became chairman. The alleged incident involving Manuel took place in 1983, she said.

Joaquin took office in April after the tribal council removed then Chairman Enos Franciso Jr. from office for negligence of duty.

Manuel says she knows of eight women, including herself, who say they have been victims of sexual misconduct by the chairman, and she says the incidents span a 10-year time period.

She said the women involved include tribal department heads who feared they might lose their jobs if they made their stories known.

Prescott Pow wow scheduled June 10

A fun walk, 10-K run, clown contest and lots of dancing will all be part of the fun at The Second Annual Prescott Inter-tribal Pow Wow scheduled June 10 on the Yavapai-Prescott Indian Reservation.

The 10-K run and two-mile fun walk will open the weekend's festivities on Saturday, beginning at 7 a.m. at the Sheraton Resort.

Entries and fees will be taken in advance and at the beginning of the race. A special division and award for all Indian runners is planned. For more information regarding the run and fun walk contact Gerald Brownlow, 445-5774.

Gourd dancing is set to begin at 11 a.m. each day. The pow wow grand entry is scheduled at 1 p.m. and 7 p.m. on Saturday and 1 p.m. on Sunday.

There will be 12 categories including a clown contest.

Food and arts and crafts booths will be open each day at 10 a.m. Supper will be served to all dancers and singers on Saturday at 5 p.m.

Camping will be available at the pow wow grounds, located on Sundog Ranch Road off of Highway 89 on the reservation in Prescott. A \$5 fee per camp will be charged.

For more information contact Lenora Jones, 445-8790, or Gracie Romo, 778-7518.

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