

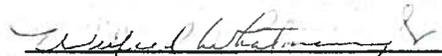
GAMYU

JANUARY 07, 2011

ISSUE #01

NOTICE

**PLEASE NOTE THAT THE
HUALAPAI TRIBAL COUNCIL
HAS PLACED A MORATORIUM
ON ALL COMMUNITY LOAN
REQUESTS EFFECTIVE 01/05/11
UNTIL FURTHER NOTICE.
THANK YOU.**


Wilfred Whatoname, Sr., Chairman

Posted: 01/06/11

**Regular
Council
Meeting on
Saturday,
January 8,
2011 at 8:00
a.m.**



Christmas Vandalism to Peach Springs Clinic



The holidays are supposed to be a time of JOY and HAPPINESS, and gifts to share with those we love and care for in remembrance of our Savior. The Christmas presents we received for the Peach Springs Clinic was TWO BROKEN WINDOWS. The Hualapai Tribal Police discovered the damage early Sunday morning (12/26/10). These windows will cost

over \$500 each to replace. If anyone has any information regarding these broken windows, please contact the Police Department @ 769-1024 or Mo-have Silent Witness Program @ (928) 753-1234.



Please RESPECT other people's property and have a safe and Happy New Year.

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Tuesday, December 28, 2010

Dear Hualapai Tourism Team Members and Shareholders:

As 2010 ends and the start of a new year begins, I look back and recognize our accomplishments and see obstacles that arose as lessons to be learned. It is exciting to see the endless possibilities for the future of Hualapai Tourism.

This year at Grand Canyon West, the Welcome Center and Airport Terminal were completed. With the completion of these structures, all GCW departments were moved and are now housed with new facilities, making their operations more functional and in a more professional setting.

We worked diligently with the City of Kingman and signed a Proclamation of Goodwill which will benefit both the City of Kingman and the Hualapai Tribe. As a result of the Proclamation, the City of Kingman will now be officially known as "America's Route to Grand Canyon West, Home of the Skywalk". A Hualapai Tourism retail outlet will be opening in the near future, furthering our reach to the public.

We have lost some team members and added new members of Management, creating a very diverse environment, but through it all, the dedication of our team has never ceased. Reaching and exceeding over a 20% increase didn't just happen on its own.

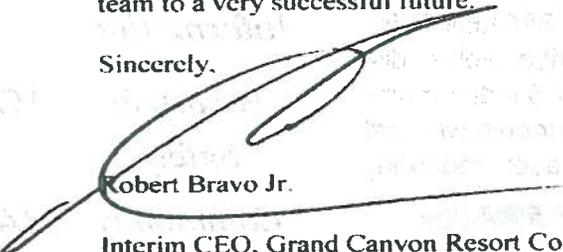
In 2011, we will complete the first phase of construction of the main Skywalk building and establish sole ownership and operation of the pontoon boats, taking yet one more step to self-reliance.

Those of you that have been with the corporation for some time have seen the reward of this dedication and in the coming year, new team members will see the benefits as well. We all have learned how important the "Customer" is and that it is the customer that gives us the opportunity to grow. We must continue to provide the visitors with an unforgettable experience which will result in more visitation, bringing us to self-sufficiency. My vision, like that of our forefathers, is to see the business prosper, along with all those making this vision a reality. Opportunities will grow at GCRC, leading to individual growth as well. Leadership, Training, Customer Service programs and promotions will be just some of the tools provided to ensure that all team members have the chance to excel.

No strong business can be successful without a strong foundation. This foundation is made up by all of you. Together, the strength and dedication of our team will propel Hualapai Tourism to great SUCCESS!

A special thanks goes to our respected Elders and the Hualapai Tribe for this opportunity to lead our team to a very successful future.

Sincerely,



Robert Bravo Jr.

Interim CEO, Grand Canyon Resort Corporation

Buck-N-Doe 4-H Club
Peach Springs, Arizona

Welcome returning and new members to our 2010-2011 4-H year! We are still recruiting for this year, so if you are between the ages of 5-19, you can still sign up and join. We have planned our first meeting for:

January 9th, 2011 @ 3pm
Multi-purpose Building, Peach Springs, AZ.

I will have applications available at this meeting or you can go online: cals.arizona.edu/Mohave and fill out the application, print it and bring it to the meeting. I will need to verify birthdates, so please bring your child's birth certificate or tribal ID. There is also the \$10 Program Development Fee for each member; we have waiver forms if needed. Any questions, please call Rosemary Sullivan, Key Leader @ 769-2369/2909 or Teola Lewis, Co-Key Leader @ 769-1909 or Elizabeth Alden, Peach Springs Extension Office @ 769-1284.

Please sign up if you are interested in taking a class in exploring and documenting your family history (or other aspects of local/tribal/personal history). There is **No obligation at this time**. Right now we are just trying to see if there is interest in the community for a class such as this. If there is enough interest, we would likely try to set up a 3 credit class through MCC, to be taught by Peter Bungart (Hualapai Dept. of Cultural Resources), at one of the Hualapai Cultural Center classrooms. Thanks!



BOYS & GIRLS CLUB OF PEACH SPRINGS *charles* SCHWAB FOUNDATION



MONEY MATTERS
MAKE IT COUNT

Adult classes every Thursday in January at the Boys and Girls Club. Learn about credit, savings, debt, and more!

Time: 6:30-7:30

Location: Peach Springs Boys and Girls Club

Dates: January 6th, 13th, 20th, and 27th

Cost: Free to public, stop by the Boys and Girls Club to sign up.



December 20, 2010

On November 6, 2010, the Hualapai Tribal Council adopted a new Section 10.10 of the Law and Order Code, directing the Justices of the Hualapai Court of Appeals to select from within their membership a Chief Justice. The Chief Justice's powers and duties are largely administrative: working with the Chief Judge of the Tribal Court to ensure proper staffing for the Court of Appeals; applying for grants, managing the assignment of Justices to individual cases; filling vacancies on panels; ensuring proper distribution of files and documents for each case; and arranging for the publication of decisions of the Court of Appeals.

We are pleased to announce that the Justices of the Hualapai Court of Appeals have selected Justice Wes Williams Jr. to serve as the first Chief Justice. Justice Williams has served on the Hualapai Court of Appeals since 2007, and previously served as Chief Judge for the St. Regis Mohawk Tribe and the Bishop Paiute Tribe. A member of the Walker River Paiute Tribe, Justice Williams graduated in 1994 from UC Davis Law School, where he was a Senior Research Editor of the UC Davis Law Review. He is currently in private practice in Schurz, Nevada.

Justice Robert N. Clinton
Justice Pat Sekaquaptewa

Justice Carole Goldberg
Justice Wes Williams, Jr.

Happy New Year!

The Hualapai Tribe Regional Partnership Council has a **vacancy for a Parent Representative**. Regional Council Members are volunteers who provide guidance and leadership in our work to support children and families on the Hualapai reservation. They help create a statewide early childhood system that is truly responsive at the local level.

The Parent Representative must be a community member (live or work on the reservation) and must be the parent, or guardian, of a child age five or younger at the time of their appointment to the Regional Partnership Council. Applicants must be available to attend the Regular Council Meetings on the 2nd Wednesday of every month at 9:00am in Peach Springs. Additional time may be needed for committee meetings as determined by the Regional Partnership Council.

If you are interested in serving as a Regional Partnership Council Member, please follow the link below to submit your application online:

<http://www.azftf.gov/WhatWeDo/Volunteer/pages/RpcAppInstructions.aspx>

The following additional information is attached to this email:

- Council Member Job Description
- Council Member Application Guide
- Regional Council Application (paper)- if you prefer the paper application, you may complete and fax to our office at 928-854-8732

Please forward this email to parents who may be interested, and feel free to contact me with any questions you may have.

Getting children ready for school means more than packing their lunches, filling their backpacks, and getting them to the bus on time. In fact, the job of helping children succeed in school starts before they're born.

ASHLEY PASCUAL

First Things First Regional Coordinator
Cocopah Tribe Regional Partnership Council
Hualapai Tribe Regional Partnership Council

apascual@azftf.gov

JANUARY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Baked Ham Dinner
2 Sourdough Beef Griller	3 Steak Fajita Pita	4 Chicken Fettuccini Alfredo	5 Shredded Beef Chimi	6 Spring Rolls with Fried Rice	7 Cracklin' Pan Fried Tilapia	8 BBQ Chicken Wings
9 Indian Burgers	10 Beef Tips and Noodles	11 Homemade Lasagna	12 Green Chile Chicken Enchiladas	13 Hot Dogs with Macaroni and cheese	14 Fish n Chips	15 Spicy Chicken Sandwich
16 Chicken Pot Pie	17 Chicken Salad on a Croissant	18 Baked Ravioli	19 Ground Beef Hard Shell Tacos	20 Reuben Sandwich	21 Fish n Chips	22 Frito Pie
23 Egg Salad Sandwich	24 Homemade Meatloaf	25 Meatball Sub	26 Carne Asada Burritos	27 BBQ Beef Sandwich on a Bun	28 Cracklin' Pan Fried Tilapia	29 Wimpy Burgers
30 Stuffed Bell Peppers	31 Turkey Bacon Griller					



Diamond Creek Restaurant

Hours of Operation
6:30am – 8:30pm

Specials available
11:00am until
Sold Out

Specials subject to
change without notice.

769-2800



Diamond Creek Restaurant
Still Available!
19 inch color TVs with remote
\$30.00 each



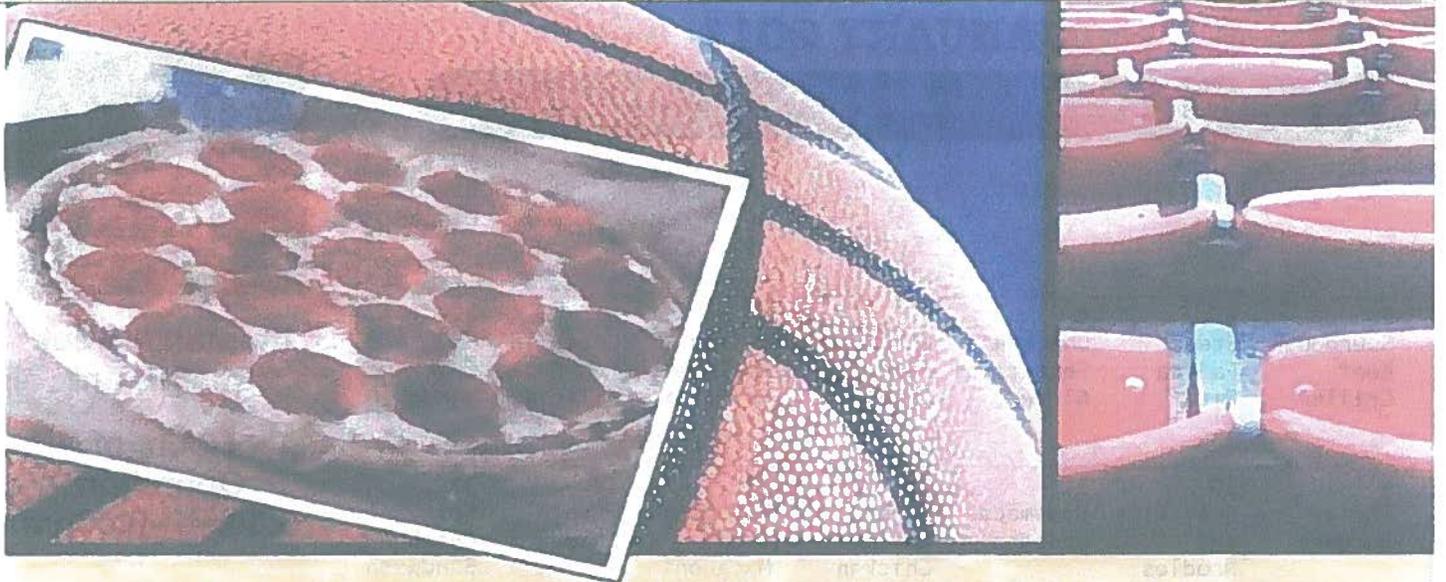
TRANSITION COMMITTEE

The Transition Committee is a committee of parents with 4 year old graduating Head Start students. We have been trying to raise funds to have a graduation ceremony and possibly a graduation trip. Thanks to those who been involved. Parents we have about 8 active parents and 25 graduating children.

More involvement is needed.

Our next meeting is January 10th and January 24th. You may contact me if you have questions or ideas at 769-1257, Tinisha.

P.S. THIS IS A PARENT COMMITTEE, NOT A HEAD START STAFF.



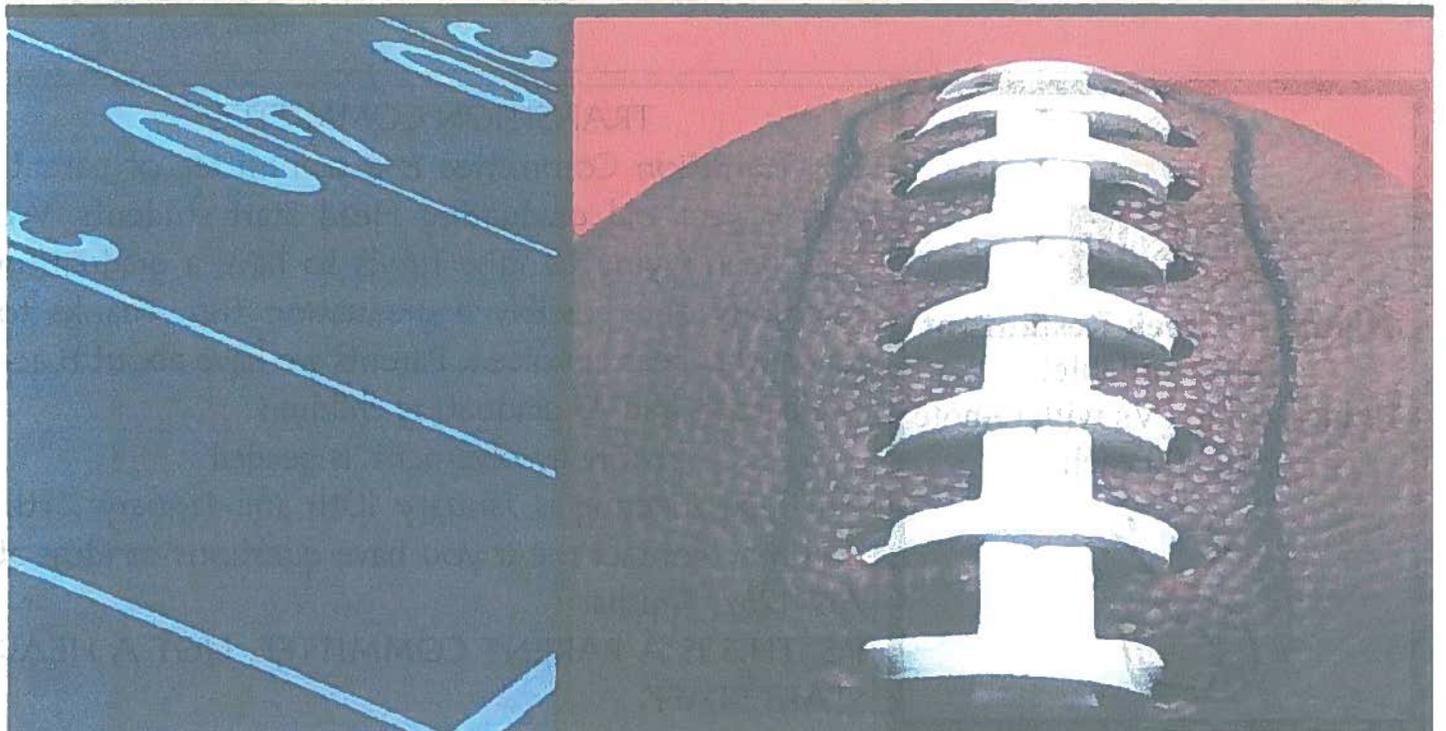
FOOTBALL SPECIALS!!

SUNDAY 11AM-CLOSE

BUY ONE LARGE PIZZA GET A MEDIUM ONE TOPPING PIZZA FREE!

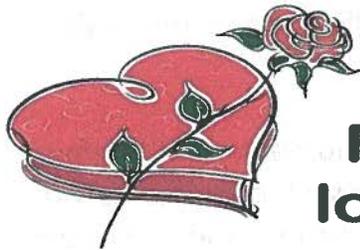
MONDAY 5PM-CLOSE

BUY ONE LARGE PIZZA AND RECEIVE 2 FREE LARGE SODAS!



Valentine Bazaar

Monday Feb. 14, 2010
10:00 am — 4:00 pm
Hualapai Tribal Gym
Peach Springs, AZ



Find that unique gift for your loved one, friend or co-worker

**Any Interested Vendors
 MUST register for a table!
 = First Come, First Serve basis =**

**For Vendor Info contact:
 Charlene, 928-925-0770 or Monique, 928-853-6201**

**10% OFF PENDANTS
 -IN JANUARY-
 BEADS HAS MOVED TO 4TH STREET (OLD KINGMAN) BETWEEN BEALE &
 ROUTE 66!
 MONDAY-SATURDAY
 11AM-7PM**



GWE SPO:JA YIWO

Department of Hualapai Education & Training

P.O. Box 179
Peach Springs, AZ 86434
(928) 769-2200
FAX (928) 769-1101

December 28, 2010

Dear Hualapai Tribal Council Members,

We are planning to offer the Pre-Apprenticeship Program in early Spring, 2011 in collaboration with Mohave Community College and Arizona Department of Transportation. This is a free program for 20 individuals and will be successful when 12 individuals complete the training.

This will be the 4th Pre-Apprenticeship Program that we have hosted. Instructors travel to Peach Springs, AZ and the class is in the Multipurpose Building and in the Training Center.

The course covers Job skills, Carpentry, Electrical, Heavy Equipment, and Highway Construction, and Flagging. Individuals will receive certificates of completion from Mohave Community College and AZ Department of Transportation and a Flagging Certificate.

This Pre-Apprenticeship Program is a 6 week program, 240 hours at 8 hours per day.

Some of the individuals may qualify for the Workforce Investment Act (WIA) and be enrolled and receive a stipend. We hope that TERO could pay a stipend to those who do not qualify for WIA.

We have begun a signup at the Hualapai Education and Training Center and will be contacting individuals on January 3, 2011.

If you need any more information, please contact Lucille Watahomigie or Ryan Cassutt at the Hualapai Education and Training Department.


Lucille J. Watahomigie, Director

**PRE-APPRENTICE PROGRAM
IN PARTNERSHIP WITH
MOHAVE COMMUNITY COLLEGE**

A. Information:

Coordinator/ Brandon Warner
Telephone (928)757-0849 office (928)716-7139 cell
E-Mail: bwarnar@mohave.edu
6 Week Program, -240 hours, 8 hours each day

B. Methodology:

This program will include lectures, laboratory training and field trips to a variety of construction sites; Morning- Class, Afternoon-Labs

C. Instructional Materials:

The following texts from the National Center for Construction Education and Research will be utilized:

- 1) Tools for Success
- 2) Core Curriculum
- 3) Carpentry
- 4) Electrical
- 5) Heavy Equipment
- 6) Highway/Heavy Construction

D. Course Goals:

Overview of various construction fields to provide students with experience to make an informed choice concerning which construction area to pursue.

E. Program Content:

- 1) Tools for Success-Soft skills or human relation skills
 - A) Interpersonal Relationship
 - B) Team work
 - C) Conflict Management
 - D) Communication Skills
 - E) Application/ Resume/ Interview Techniques

- 2) Carpentry

<ol style="list-style-type: none"> A) Estimation/Materials B) Blueprints-Drawing/Reading C) Hand and Power Tools D) Safety Awareness E) Building Materials/Terminology F) Framing/Layout G) Finish Work-Base Trim, Crown, Window and Door, Extension Jams, Chair rail, Stool 	<ol style="list-style-type: none"> H) Stair Construction-rails, Balusters, Newels, Fillet, Rosette, Cutting Stringers, and Treads I) Doors, Windows, Hardware Installation J) Installation of Cabinets, Kitchen Layout K) Insulation, Weather Stripping L) Bathroom Lay-out M) Siding, Soffit, Coil Stock
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HEALTH & SAFETY INFORMATION



What to Tell Your Patients About Smoking

A Report of the Surgeon General: How Tobacco Smoke Causes Disease



Quitting Will Save Your Patients' Lives

Tobacco use remains the leading preventable cause of death and disease in the United States. Recent studies show that brief advice from a clinician about smoking cessation yielded a 66% increase in successful quit rates. Talk to your patients. Tell them that quitting smoking is the most important step they can take to improve their health. They will listen to you.

How to Help Patients Quit*

Assist the tobacco user to:

- Set a quit date, ideally within 2 weeks.
- Remove tobacco products from the environment.
- Get support from family, friends, and coworkers.
- Review past quit attempts—what helped, what led to relapse.
- Anticipate challenges, particularly during the critical first few weeks, including nicotine withdrawal.
- Identify reasons for quitting and benefits of quitting.

Give advice on successful quitting:

- Total abstinence is essential—not even a single puff.
- Drinking alcohol is strongly associated with relapse.
- Allowing others to smoke in the household hinders successful quitting.

Encourage use of medication:

- Recommend use of over-the-counter nicotine patch, gum, or lozenge; or give prescription for varenicline, bupropion SR, nicotine inhaler, or nasal spray, unless contraindicated.

Provide resources:

- Recommend 1-800-QUIT NOW (784-8669), the national access number to state-based quitline services.
- Refer to Web sites for free materials (www.smokefree.gov and www.ahrq.gov/path/tobacco.htm).

*Excerpted from *Helping Smokers Quit: A Guide for Clinicians* (Treating Tobacco Use and Dependence: 2008 Update, A Clinical Practice Guideline) found at www.ahrq.gov/path/tobacco.htm



Summary of Findings from the 2010 Report of the Surgeon General

1. There is no safe level of exposure to tobacco smoke. Any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke – is harmful.
2. Damage from tobacco smoke is immediate. Tobacco smoke contains more than 7,000 chemicals and chemical compounds, which reach your lungs every time you inhale. Your blood then carries the poisons to all parts of your body. These poisons damage DNA, which can lead to cancer; damage blood vessels and cause clotting, which can cause heart attacks and strokes; and damage the lungs, which can cause asthma attacks, emphysema, and chronic bronchitis.
3. Smoking longer means more damage. Both the risk and the severity of many diseases caused by smoking are directly related to how long the smoker has smoked and the number of cigarettes smoked per day.
4. Cigarettes are designed for addiction. The design and contents of tobacco products make them more attractive and addictive than ever before. Nicotine addiction keeps people smoking even when they want to quit.
5. Even low levels of exposure, including exposure to secondhand tobacco smoke, are dangerous. You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or asthma attack triggered by smoke.
6. There is no safe cigarette.

“ You can quit, and I can help. ”

What to Tell Your Patients About Smoking and Chronic Diseases



High Blood Pressure and Heart Disease

Smoking causes dangerous plaque buildup inside your arteries. Plaque clogs and narrows your arteries. Poisons from tobacco smoke also quickly damage blood vessels and make blood more likely to clot. This can block blood flow and lead to heart attack, stroke, or even sudden death.

Quitting smoking will improve your heart health. After just one year your risk for a heart attack drops sharply, and *even if you've already had a heart attack, you cut your risk of having another one by a third to a half if you quit smoking.* Two to four years after you quit, your risk for stroke falls to about the same as a nonsmoker's.



Diabetes

If you have diabetes and smoke, your risk for kidney disease is 2 to 3 times higher than if you don't smoke. Smokers with diabetes also have higher risk for heart disease and eye disease that can cause blindness; nerve damage that causes numbness, pain, weakness, and poor circulation; and amputations. You will also have more difficulty recovering from surgery.

After you quit smoking, you will have better control over your blood sugar levels. When you quit, you will be less likely to have heart or kidney disease, blindness, or amputations.



Cancer

Tobacco smoke contains toxic chemicals that can damage your DNA and lead to cancer. *Nearly one-third of all cancer deaths are directly linked to smoking.* Continuing to smoke weakens the cancer-fighting systems of your body. It can also interfere with your cancer treatment.

Fertility and Pregnancy

Smoking reduces a woman's chance of getting pregnant and damages DNA in sperm. Damage to sperm could decrease fertility and lead to miscarriage or birth defects. Women who smoke during pregnancy have a higher risk for pregnancy complications, delivering their babies early, and stillbirth. Their babies are more likely to have low birth weight or to die from sudden infant death syndrome, or SIDS. Tobacco smoke also damages the tissues of your unborn baby's growing brain and lungs and could interfere with the growth of the placenta, the organ that feeds the baby in the womb. This could lead to miscarriage, premature delivery, or low birth weight.

Men and women who are planning to have children should not smoke. Pregnant women should avoid exposure to secondhand smoke.



Resources for Quitting

- Call 1-800-QUIT-NOW
- Nicotine replacement or prescription drugs (www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm)
- www.smokefree.gov
- www.women.smokefree.gov

Most people find a combination of resources works best. Many people do not quit on their first attempt. Many smokers need several tries to successfully quit. But the benefits are well worth it. Keep trying.



New Guidelines for Exercise in Type 2 Diabetes

Fran Lowry, is a freelance writer for Medscape

December 10, 2010 – New guidelines issued jointly by the American Diabetes Association and the American College of Sports Medicine stress the crucial role that physical activity plays in the management of type 2 diabetes.

They replace recommendations made in the American College of Sports Medicine Position Stand, "Exercise and Type 2 Diabetes," issued in 2000. Developed by a panel of 9 experts, the new guidelines are published concurrently in the December issue of *Medicine & Science in Sports & Exercise* and *Diabetes Care*.

"High-quality studies establishing the importance of exercise and fitness in diabetes were lacking until recently," the expert panel writes, "but it is now well established that participation in regular physical activity improves blood glucose control and can prevent or delay Type 2 diabetes mellitus, along with positively affecting lipids, blood pressure, cardiovascular events, mortality, and quality of life." Most of the benefits of exercise are realized through acute and long-term improvements in insulin action, accomplished with both aerobic and resistance training, the experts write.

For people who already have Type 2 diabetes, the new guidelines recommend at least 150 minutes per week of moderate to vigorous aerobic exercise spread out at least 3 days during the week, with no more than 2 consecutive days between bouts of aerobic activity. These recommendations take into account the needs of those whose diabetes may limit vigorous exercise.

Sheri R. Colberg, PhD, writing chair, professor of exercise science at Old Dominion University, adjunct professor of internal medicine at Eastern Virginia Medical School, Norfolk, Virginia, and regular *Diabetes In Control* contributor, stated that, "Most people with Type 2 diabetes do not have sufficient aerobic capacity to undertake sustained vigorous activity for that weekly duration, and they may have orthopedic or other health limitations." "For this reason, the ADA [American Diabetes Association] and ACSM [American College of Sports Medicine] call for a regimen of moderate-to-vigorous activity and make no recommendation for a lesser amount of vigorous activity."

The panel specifically recommends that such moderate exercise correspond to approximately 40% to 60% of maximal aerobic capacity and states that for most people with Type 2 diabetes, brisk walking is a moderate-intensity exercise.

The expert panel also recommends that resistance training be part of the exercise regimen. This should be done at least twice a week – ideally 3 times a week – on nonconsecutive days. The panel also recommends that people just beginning to do weight training be supervised by a qualified exercise trainer "to ensure optimal benefits to blood glucose control, blood pressure, lipids, and cardiovascular risk and to minimize injury risk."

Regular use of a pedometer is also encouraged. In a meta-analysis of 8 randomized controlled trials and 18 observational studies, people who used pedometers increased their physical activity by 27% over baseline. Having a goal, such as taking 10,000 steps per day, was an important predictor of increased physical activity, according to the expert panel.

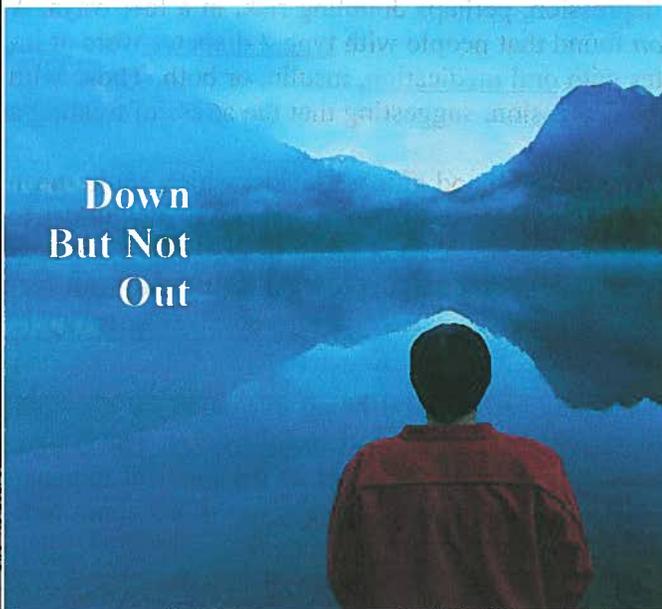
Finally, the new guidelines emphasize that exercise must be done regularly to have continued benefits and should include regular training of varying types.

Physicians should prescribe exercise, Dr. Colberg said in a statement. "Many physicians appear unwilling or cautious about prescribing exercise to individuals with Type 2 diabetes for a variety of reasons, such as excessive body weight or the presence of health-related complications. However, the majority of people with Type 2 diabetes can exercise safely, as long as certain precautions are taken. The presence of diabetes complications should not be used as an excuse to avoid participation in physical activity."

Med Sci Sports Exerc. 2010;2282-2303.

The Link Between Depression and Diabetes

By Erika Gebel, PhD / Diabetes Forecast / December 2010



Down
But Not
Out

It's hard to imagine what could be worse than an affliction that takes the joy out of living, and yet depression is achingly common, affecting 1 in 6 American adults. The rate is even higher among people with diabetes.

Recent research has discovered that diabetes may serve as both a trigger and a consequence of depression, a destructive cycle that isn't fully understood. Other studies have found that people who are depressed are less likely to take good care of themselves, which can lead to worsening blood glucose control and diabetes complications like diseases of the heart, kidneys, eyes, and nerves.

This is why it is so important to be able to recognize the symptoms of depression (sidebar, p. 31) and seek help when it's needed.

Sad's Story

Depression—otherwise known as clinical depression, major depressive disorder, or major depression—is much more than just a funk or a bad day. It is a chronic disease, like diabetes, and long-term treatment is often needed. The exact cause of depression hasn't been entirely worked out, though it's likely that genetics, life experiences, and brain abnormalities all play a role.

Certain characteristics are more common in people with depression. Having diabetes, or any chronic illness, puts someone at a higher risk for depression. People with a family history of depression or who have had traumatic life experiences are also more susceptible. Women are more likely to develop depression than men, particularly in the year after giving birth (gestational or preexisting diabetes in pregnancy increases this risk further). Emotional and physical problems can stem from depression, severely damaging quality of life. People with depression, in addition to feeling sad, anxious, or isolated, are more likely to abuse drugs and alcohol, perform poorly at school or work, and fight with loved ones. Some may even conclude that life isn't worth living, making suicide a real danger. Anxiety disorders, such as post-traumatic stress disorder, and depression can sometimes coexist. Depression may take a real physical toll, too. In addition to its association with diabetes, depression has also been linked to heart disease, stroke, HIV/AIDS, cancer, and Parkinson's disease.

Double Trouble

Diabetes and depression are in cahoots, but the nature of their relationship remains the subject of scientific inquiry. Many, but not all, researchers agree that depression boosts the risk for type 2 diabetes to some degree. There are several potential reasons behind the connection. Lifestyle issues may be at play; depression may cause increases in appetite and decreases in physical activity that lead to being overweight or obese, which may in turn promote diabetes. Another the-

Symptoms of Depression

Symptoms of depression may include the following. Keep in mind that these symptoms and their severity can vary from person to person.

Sleep

- difficulty falling asleep (insomnia)
- waking up at night and not being able to go back to sleep
- excessive sleep or sleepiness

Feelings

- sadness that does not go away after a day or two
- overwhelming guilt
- sadness that is worst in the morning
- anxiety or nervousness
- irritability

Thoughts

- inability to concentrate, remember, or make decisions
- suicidal thoughts or attempts
- loss of interest in previously fun activities, including sex

Body

- increase or decrease in appetite
- aches, pains, and digestive disturbances that don't respond to treatment
- slowed speech or body movements
- crying for no apparent reason

ory places the blame on inflammation in the body, which can be caused by emotional distress and may also lay the groundwork for diabetes. Others suspect that changes in the brain are the bond between the diseases. Researchers have tried to explain the observation that diabetes instigates depression, perhaps doubling risk, in a few ways. A 2008 study in the *Journal of the American Medical Association* found that people with type 2 diabetes were at increased risk of depression, but only if they treated their diabetes with oral medication, insulin, or both. Those with untreated type 2 or prediabetes were not at an increased risk for depression, suggesting that the stress of treating a chronic disease may set a person up for depression.

Another study showed that depressive symptoms worsen with increasing blood glucose levels, which could mean that the physical effects of diabetes are behind depression. Then again, depression may make diabetes harder to treat and manage, leading to higher blood glucose levels and poorer health. A 2008 study in *Diabetes Care* analyzed 47 previous studies of people with type 1 or type 2 diabetes, and found that depression kept them from seeing their doctors, following a diet, and taking medication as directed.

Help Is Out There

The first step to treating depression is seeing your doctor, who may recommend being evaluated by a mental health professional, such as a therapist, counselor, psychologist, psychiatrist, or clinical social worker. The American Diabetes Association recommends that psychological assessments be a routine part of the medical management of diabetes. Diagnosis of depression usually involves a thorough evaluation, including questions about family history and symptoms.

The most common forms of treatment for depression are psychotherapy and medication. Psychotherapy, which involves talking with a therapist, is often prescribed for milder cases of depression. The therapist may try to teach a depressed person to think or behave differently, shutting down negative thoughts and actions. Another approach may be to help a person work through and improve relationships that may be contributing to depression. For those with more severe forms of depression, psychotherapy may not be enough.

A therapist may refer a patient to a medical doctor, like a psychiatrist, who can prescribe antidepressant medications. These drugs work by altering the chemistry in the brain to alleviate the symptoms of depression. There are several different types of antidepressants, and it may take trial and error to find the one that works best for any particular patient. Only 6 out of 10 people will feel better with their first antidepressant. The most widely used antidepressants are SSRIs (selective serotonin reuptake inhibitors), such as fluoxetine (Prozac) and sertraline (Zoloft). These drugs work on the premise that depression is caused by a shortage of serotonin in the brain, an imbalance that SSRIs aim to fix. Different people can have a variety of responses to each antidepressant, so it is difficult to predict how any particular medication will affect a person. A 2009 review in *Current Opinion in Psychiatry* found no evidence that any single treatment for depression leads to consistently better outcomes than any other in people with diabetes.

According to the Agency for Healthcare Research and Quality, the most common side effects of antidepressants are constipation, daytime sleepiness, diarrhea, dizziness, dry mouth, headache, nausea, sexual problems, shakiness, trouble sleeping, and weight gain. Side effects can go away within a few weeks or remain until the medication is discontinued. However, some medications are more likely to cause certain side effects than others. Since weight is a particularly important factor for people with type 2 diabetes, a doctor may be inclined to choose antidepressants that are less likely to cause weight gain. Another important factor to consider is drug interactions. Doctors, psychiatrists, and pharmacists need to be in close contact so that treatments don't collide and create a dangerous health situation for a patient. Furthermore, patients must be up front about any medications and supplements they are taking. For example, an over-the-counter herbal supplement, St.-John's-wort, is sometimes used to alleviate depression but may be dangerous if used with certain drugs. Something that people with diabetes, or anyone, can do to help themselves with depression is exercise. Many studies link physical activity to improved mood. And, of course, not only can exercise boost spirits, but it can also improve health in other ways.

Depression can make life with diabetes a harrowing experience. As scientists continue to research the link between these two diseases, there is reason for hope. Treatment for depression is just as effective in people with diabetes as in those without. Finding the right combination of medication, exercise, and therapy to defeat depression is not always easy or fast. But in most cases, a solution is out there that can help make each day a bit more joyful.

How to Craft a Healthy Casserole

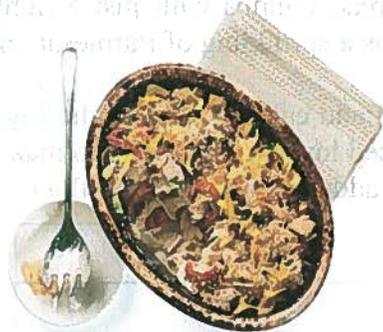
Turning a Retro Favorite Into a Modern Meal

By Robyn Webb, MS, LN

1. Pack It In

One serious issue with old-fashioned casseroles is their reliance on fatty meats. You can get just as much flavor and far less saturated fat with 93 to 96 percent lean ground beef, lean cuts of poultry, or canned fish packed in water. (If you're sautéing meat, don't forget to drain off any fat before adding the other ingredients.) Or try subbing out half the meat for beans, which up the fiber and lower the overall fat content.

Casseroles traditionally combine that protein with a starch. Too often, however, that means white rice or white noodles. A simple switch to brown rice can give your dish a major nutritional boost. Or try different kinds of grains (below). For your vegetables, the classics work best: mild veggies like potatoes, green beans, broccoli, peas, onions, and carrots.



At A Glance: Go with the Grain

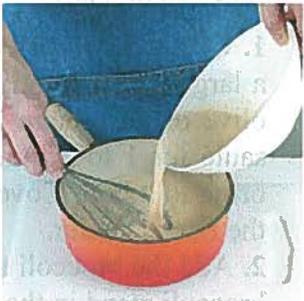
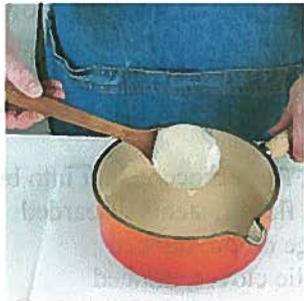
			
Whole Wheat Pasta	Wild Rice	Barley	Red Quinoa



2. Sauce It Up

A casserole's sauce is what binds together the protein and starch. Usually, that means making a roux: butter and flour cooked with whole milk or cream, which adds a lot of unnecessary fat. Instead, you can use just a little flour with fat-free milk or low-fat or fat-free evaporated milk. Or no flour at all: In the [Cheesy Broccoli and Rice Casserole](#), the starch released from the brown rice is what thickens the milk. Or, for something completely different, you can go fat free, as with the [barbecue sauce in our Biscuit and Hamburger Pie](#).

Technique: Special Sauce

		
1. Instead of whole milk or cream, whisk low-fat or fat-free evaporated milk into a small amount of flour.	2. Combine the flour mixture with hot chicken broth. (This can be done on or off the stove.)	3. Heat until the sauce thickens.

The other treacherous casserole staple is cheese: plenty of it, and usually the nasty processed variety. Our recipes instead use small amounts of finely grated, lower-fat real cheese to make a sauce that's just as smooth. A sharper cheese will give you more flavor, as will the addition of herbs and spices.



3. Top It Off

A casserole's topping is typically made of gobs of cheese (yep, more cheese), with heavily buttered bread crumbs or biscuits, or those infamous canned fried onions. In other words, it's a horror show for the arteries. Update your topping by moistening bread crumbs with just a light amount of olive oil instead of the butter, plus a sprinkling of Parmesan or Romano.

A biscuit topping can be made lighter in fat and calories, too. In the [Biscuit and Hamburger Pie](#), for example, we used low-fat buttermilk to make it fluffy, substituted olive oil for butter, and added in whole wheat flour.

Technique: Whole-Grain Bread Crumbs



1. Day-old bread is best for making crumbs. Start by tearing the bread into small pieces. You can trim the crusts off or leave them on for a more rustic crumb.



2. Using a food processor or blender, grind the bread into crumbs.



3. At this point you can mix in herbs and spices—dried oregano, thyme, and basil are typical, but feel free to experiment. Use about 1/2 tsp. per cup of crumbs. You can also add freshly ground pepper, a little kosher salt, and even a sprinkling of Parmesan. Bread crumbs can be frozen in a sealed plastic bag for up to six months.

RECIPES

Cheesy Broccoli and Rice Casserole

ingredients

2 1/2 tsp. olive oil, divided
 1 1/4 cups quick-cooking brown rice
 4 cups low-fat, reduced-sodium chicken broth
 1 can (12 oz.) low-fat evaporated milk
 3 lbs. fresh broccoli, cut into bite-sized florets, stems discarded
 1 large onion, minced
 2 garlic cloves, minced
 2/3 cup shredded 50% light cheddar cheese (such as Cabot)
 Pinch cayenne pepper
 1/4 tsp. dry mustard
 Kosher salt and fresh-ground black pepper to taste
 3 Tbsp. freshly grated Parmesan or Romano cheese

preparation

8 servings / **Serving size:** 1 cup / **Preparation time:** 20 minutes / **Cooking time:** 40 minutes

1. Coat a 9x13-inch casserole dish with cooking spray and set aside. Bring a large pot of lightly salted water to a boil. Meanwhile, heat 1 tsp. of the olive oil in a large Dutch oven over medium heat. Add the dry rice and sauté for 1 to 2 minutes. Add in the broth and the evaporated milk, and bring to a boil. Cover and simmer on low heat for about 20 minutes, until the rice is tender.
2. Add the broccoli to the pot of boiling water, turn off the heat, and let the broccoli stand in the water for 2 minutes. Drain.
3. Preheat the oven to 400°F. Heat the remaining olive oil in a large skillet. Add the onion, and sauté for 3 minutes. Add in the garlic and broccoli, and sauté for 2 minutes.
4. When the rice is cooked, add in the broccoli-onion mixture, cheddar cheese, cayenne pepper, dry mustard, salt, and pepper. Pour the mixture into the prepared casserole dish. Sprinkle with Parmesan or Romano cheese. Bake for 15 minutes, or until the casserole is bubbly.

Biscuit and Hamburger Pie

preparation

8 servings

Serving size: 1 wedge (1/8 of pie)

Preparation time: 15 minutes

Cooking time: 40 minutes

1. Add the ground beef to a large skillet over medium-high heat, and cook until browned, about 3 to 4 minutes. Add to a colander to drain off excess juices.
2. Meanwhile, add the olive oil to the skillet. Sauté the onion, celery, and red pepper for about 8 to 9 minutes, until soft and lightly browned. Add the flour, and sauté for 1 minute. Add the broth, barbecue sauce, Worcestershire sauce, and beef. Cook over medium heat for 10 minutes, or until thickened. Season with salt and pepper. Add the mixture to a 9-inch deep-dish pie pan. Set aside.
3. Preheat the oven to 450°F.
4. To make the crust: In a medium bowl, combine the flours, baking powder, baking soda, salt, and parsley. In a small cup, mix together the buttermilk and olive oil. Make a well in the center of the flour mixture, and pour in the buttermilk-oil mixture. Stir with a fork. Turn the dough out onto a floured surface, and knead about 7 to 8 times. Using a floured rolling pin, roll the dough out into a large circle. Cut the dough into 8 triangles.
5. Lay the biscuit dough on top of the hamburger mixture. Bake the casserole for about 20 to 25 minutes until the biscuits are brown and the casserole is bubbly.

Creamy Tuna Noodle Casserole

preparation

8 servings / **Serving size:** 1 cup / **Preparation time:** 20 minutes / **Cooking time:** 30 minutes

1. Preheat the oven to 350°F. Remove the crusts from the slices of whole wheat bread. Add the bread to a food processor or blender, and pulse until medium crumbs form. Add the crumbs to a bowl, and add 1a tsp. of the olive oil and Parmesan cheese; set aside. Coat a 3-quart casserole dish with cooking spray; set aside.
2. Cook the noodles in boiling water until al dente, about 6 minutes. Drain and set aside. Meanwhile, heat the remaining olive oil in a large skillet over medium heat. Sauté the onion, celery, red pepper, and garlic for about 5 minutes. Add in the flour, and cook for about 1 minute. Add in the milk, and bring to a boil. Cook for about 4 to 5 minutes until thickened. Remove from the heat. Stir in the mustard powder, mayonnaise, tuna, cheese, and basil. Season with salt and pepper.
3. Add in the noodles and mix well. Add the tuna-noodle mixture into the prepared pan. Sprinkle the bread crumb mixture over the casserole. Bake for about 20 to 30 minutes until topping is browned and casserole is bubbling.

ingredients

Filling

- 1/2 lb. (93%) lean ground beef
 - 2 tsp. olive oil
 - 1 large onion, chopped
 - 2 celery stalks, diced
 - 1 medium red bell pepper, seeded, cored, and diced
 - 1 Tbsp. all-purpose flour
 - 1 can (14 oz.) low-fat, reduced-sodium beef broth
 - 1/2 cup prepared barbecue sauce
 - 1/2 tsp. Worcestershire sauce
 - Kosher salt and fresh-ground black pepper to taste
- ### Biscuit Crust
- 1/2 cup all-purpose flour
 - 1/2 cup whole wheat pastry flour
 - 1 tsp. baking powder
 - 1/2 tsp. baking soda
 - 1/4 tsp. salt
 - 2 Tbsp. minced fresh parsley

ingredients

- 2 slices whole wheat bread
- 3 tsp. olive oil, divided
- 1 Tbsp. grated fresh Parmesan cheese
- 6 oz. dried wide egg noodles
- 1 large onion, chopped
- 2 celery stalks, diced
- 1 medium red bell pepper, cored, seeded, and diced
- 2 garlic cloves, minced
- 2 Tbsp. all-purpose flour
- 2 cups 1% milk
- 1/2 tsp. mustard powder
- 1/2 cup nonfat mayonnaise
- 7 oz. white tuna in water, drained
- 1/2 cup grated 50% light extra sharp cheddar cheese (such as Cabot)
- 2 Tbsp. minced fresh basil
- Kosher salt and fresh-ground black pepper to taste

HUALAPAI ANIMAL CONTROL

Office Number: (928) 769-2205 Fax Number (928) 769-2883 E Mail Address: hualapai_animalcontrol@hotmail.com

IMPORTANT INFORMATION FOR PET OWNERS AND FOR THE COMMUNITY

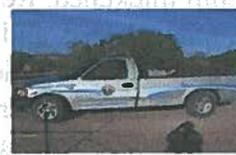
CONTACT ANIMAL CONTROL: Animal Control office is located at the Department of Emergency Services; to contact Animal Control you may call the Emergency Services Office at 769-2205. After hours or weekends you may contact 769-2220, law enforcement dispatch.

ENFORCEMENT: As pet owners of the Hualapai Nation, the Tribal Council passed strict ordinances regarding Animal Care, all dogs must be confined to your yard at all times, pet owners should never allow their dog to roam free. Pet owners who allow their pet to run at large will be cited for violations according to Chapter 15 of the Hualapai Law and Order Code. A maximum penalty of **FIVE HUNDRED DOLLARS** for every violation cited maybe imposed upon pet owners who violate the ordinance. Animals picked up in serious incidents i.e.: dog bite incidences will be held for a mandatory **10 days** observation in accordance to the ordinance with fees applied for observation, transportation, and vaccinations.

SPAY or NEUTER: You are asked to help control the pet population on the Hualapai Nation by having your pet spayed or neutered, this will help with the over population of unwanted pets and decrease the Public Nuisance complaints of pack of male dogs chasing after a female dog that is in heat. **It is also a reminder according to the Hualapai Housing Policy, you are only allowed two (2) dogs a residence, this is being enforced by the Housing Department, the Law and Order Code also has and ordinance that prohibits the owning of no more than two dogs per residence, owners who violate the code with multiple dogs are being referred to the Hualapai Tribal Courts.**

ANIMAL ABUSE: If you witness or have any information of an animal owner who is teaching their animal to fight or provoke any such action against another person or animal or conduct such illegal business of animal gaming, **REPORT** such incidents to the HUALAPAI NATION POLICE DEPARTMENT at 769-2220, referrals will be made to our program regarding the investigation(s) with further action brought against the violators in the HUALAPAI NATION TRIBAL COURTS.

REGISTRATION: According to the Animal Care and Control Ordinance, all pets must be registered through the HUALAPAI ANIMAL CONTROL program, the registration process is currently **FREE**, only for animal that a currently vaccinated with Rabies vaccine. You are encouraged to take advantage of this great incentive program for your pet. Canines that are randomly caged without a tag are held until the owner claims their pet, any animal held over seventy hours is considered stray or abandoned.



ANIMAL CONTROL 769-2205 AFTERHOURS/WEEKENDS: 769-2220 (Police Dispatch)

HUALAPAI ANIMAL CONTROL

Office Number: (928) 769-2205 Fax Number (928) 769- 2883 E Mail Address: hualapai_animalcontrol@hotmail.com

MISSING ANIMALS: To report your animal missing, you may contact the Emergency Services Office, after hours you may contact Animal Control on the next day of business at 769-2205, with complete description of your pet.

****DISEASE CONTROL:** A high number of canine deaths have been reported to animal control, most have been young dogs contracting the Parvo virus. Parvo virus is a viral disease of dogs, it affects puppies more frequently than it affects adult dogs, and in young puppies it can infect the heart muscle and lead to "sudden" death. Parvo virus is probably the most common viral illness of dogs. Veterinarians recommend vaccinating puppies every three to four weeks for this virus, starting at 6 weeks of age, until they are at least 20 weeks of age. The parvo virus attacks the lining of the digestive system. It causes dogs and puppies to not be able to absorb nutrients or liquids. Puppies are especially prone to it because they have an immature immune system. When dogs and puppies contract parvo, they usually stop eating and develop a bloody, foul-smelling, liquid stool, symptoms include high fever, depression, loss of appetite, vomiting and bloody diarrhea, in many case dehydration, shock, followed by death. More information contact your veterinarian and vaccination information for your pet.

SCHOOL and WORK: Animal Control reminds pet owners, please keep your pet at home, Also remind your children not to walk their dog to school, keep all pets at home, properly confined with food and water.

DOG BITE REPORTS: Animal Control has witnessed a decrease of Dog Bite Reports, It is our goal to be **dog bite free**, but this is not always the case, about half of all children are bitten by a dog, before their 18th birthday, here are some tried-and-true tips that all children should keep in mind when man best friend is near. **MOTHER, may I? Rule number one:** ALWAYS ask permission before petting someone's dog, approach slowly and quietly, and allow the dog to sniff the back of your hand. Pet the dog's sides or back gently. **THEY THINK THEY OWN EVERYTHING** Stay away from any dog that may be protecting something. That means not petting a dog that's eating, playing with a toy, tied up, behind a fence or in a car. **PREPARE FOR THE WORST:** If a dog growls at you or chases you, be still and quiet. Avoid eye contact with dogs; dogs often see this as a threat. Protect yourself with a backpack or bikes as a shield.

REPORT ANY DOG BITE INCIDENT TO ANIMAL CONTROL OR HUALAPAI NATION POLICE AS SOON POSSIBLE.



ANIMAL CONTROL 769-2205 AFTERHOURS/WEEKENDS: 769-2220 (Police Dispatch)

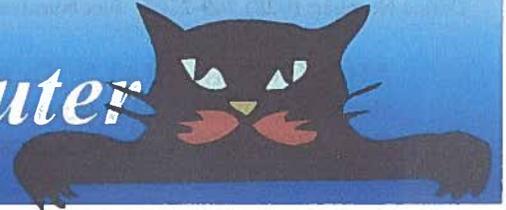
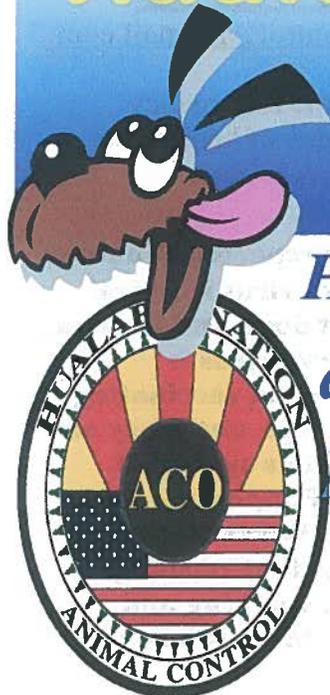
Local Veterinarian listings

Manzanita Animal Hospital (928) 7536138

Kingman Animal Hospital (928) 7574011

Hualapai Animal Control

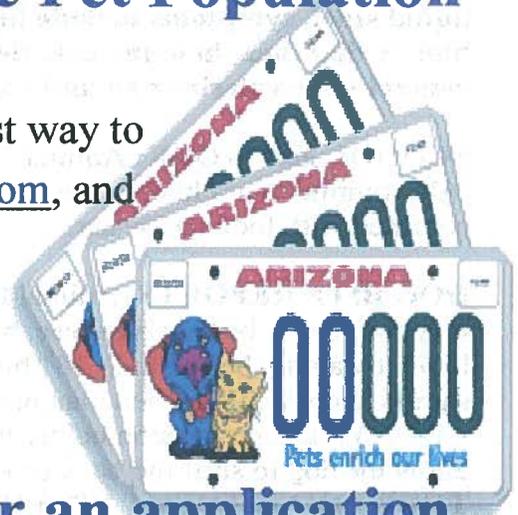
2011 Spay-Neuter



Hualapai Animal Control has received a GRANT from the Arizona Spay and Neuter License Plate program.

Help Control the Pet Population

Order your pet-friendly plate today. The easiest way to get your plate is to visit www.servicearizona.com, and click on "personalized / specialized plates," or call the *ADOT Motor Vehicles Division*



Contact Animal Control for an application

Have your pet receive a *FREE Spay-Neuter**

Surgery

*Restrictions do apply

Hualapai Animal Control

P.O. Box 179

Peach Springs, Arizona 86434

(928) 769-2205



Help control the pet population on the Hualapai Nation

Nation

Study: 31 million drove after drinking

But alcohol-impaired rates show decline

By Larry Copeland
USA TODAY

Nearly one in eight drivers 16 and older drove under the influence of alcohol in the past year, and more than 4% drove under the influence of illicit drugs, says a federal government report that sheds alarming light on the problem of impaired driving in the USA.

An estimated 30.6 million people (13.2%) drove under the influence of alcohol, and an estimated 10.1 million (4.3%) drove under the influence of illicit drugs in the past year, according to the National Survey on Drug Use and Health. The estimates are based

on surveys of 213,350 people 16 and older from 2006 through 2009 by the Substance Abuse and Mental Health Services Administration (SAMSHA).

The survey did find some good news: Alcohol-impaired driving rates for the period 2006-09 compared with 2002-05 fell from 14.6% to 13.2%. Drugged-driving rates over the same periods fell from 4.8% to 4.3%.

"We can be pleasantly surprised that the numbers are going down," says Peter Delany, director of the Center for Behavioral Health Statistics and Quality. "That doesn't mean that they're great, but the numbers are going in the right direction. But it's not where we can rest on our laurels."

The survey found that younger drivers were more likely to admit getting behind the wheel after drinking or taking illicit drugs.

Rates of alcohol-impaired driving were 19.5% for people ages 16-25 compared with 11.8% for those 26 and older. Drugged-driving rates were about four times as high among the younger group, 11.4% compared with 2.8%.

Last year, 10,839 people died in drunken-driving crashes, 32% of all road deaths, the National Highway Traffic Safety Administration says. No such statistic is available for drugged driving; a survey of studies found that 18% of motor vehicle driver deaths involved drugs, SAMSHA says.

The findings mirror an AAA Foundation for Traffic Safety survey of

2,000 drivers in which 11% reported that they'd driven when they felt they were close to or over the legal alcohol limit; 50% said they'd done it more than once, says foundation CEO Peter Kissinger. "This is another instance of 'Do as I say, not as I do,'" he says. "In that same survey, 87% felt that drunk driving was a serious threat to their personal safety, and 98% said it was socially unacceptable to drink and drive. But we still have one in 10 drivers that are still doing it."

Five of the 10 states with the highest rates of impaired driving were in the Midwest: Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin. Four of the nine states with the lowest rates were in the South: Alabama, Kentucky, Mississippi and West Virginia.

Hualapai
FOOD HANDLER TRAINING - 2011
Multi-Purpose Building

MONTH	DATE	TIME	INSTRUCTOR
January	Jan 14	10:00 a.m.-12:00 p.m.	David
April	Apr 14	5:00 p.m. - 7:00 p.m.	David
June	Jun 9	10:00 a.m. - 12:00 p.m.	David
August	Aug 11	10:00 a.m. - 12:00 p.m.	David
October	Oct 13	5:00 p.m. - 7:00 p.m.	David

If you have any questions regarding the Food Handler's schedule for the Peach Springs area, feel free to contact - Elizabeth Krause, Administrative Assistant; Office of Environmental Health & Engineering; PHS Indian Health Services; Parker Indian Health Center, 12033 Agency Road, Parker, Arizona 85344; (928) 669-3180



New Hope Hospice

Philosophy of Hospice Care

Despite all the advances in diagnosis and treatment, a cure is not always possible. Continued treatment, even if available may compromise a patient's quality of life. After discussion with your physician and consideration of treatment options and the potential outcomes, it may be appropriate to consider palliative (comfort) care. Some patients and families are frightened by the word hospice, believing that all treatments will be discontinued. But many kinds of treatment may be continued to provide comfort and relief of pain.

The hospice philosophy embraces a holistic approach that encompasses physical, emotional and spiritual concerns. The hospice philosophy:

- Affirms Life
- Promotes self determination, as patients and families participate in their plan of care
- Provides education to help patients and families provide appropriate care
- Promotes understanding and accepting of the journey of life
- Emphasizes palliation, which includes physical, psychological and spiritual

When medical treatments have been exhausted or the burden of the treatment outweighs the benefits, it may be time to consider hospice care.

Most people would like to be surrounded by friends and family. By bringing services into the home, the hospice team can help patients and families provide the care needed.

For more information please contact: Candice San Filippo at (702) 420-0515 or toll free at (866) 335-4673

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DUI Task Force issues annual holiday advice

Erin Taylor / Miner Staff Reporter / Dec. 23, 2010



KINGMAN - The Western Arizona **DUI Task Force** has made 20 arrests for driving under the influence since Thanksgiving, with authorities stepping up enforcement through the New Year.

The **task force**, made up of officers from the Mohave County Sheriff's Office and the Kingman Police Department, as well as officers from La Paz and Yuma counties, has made 361 traffic stops since Nov. 19.

Of the 20 drivers arrested for drunken driving, five had a blood alcohol level of .15 percent or above, almost twice the legal limit of .08 percent. Fifteen of those stops also resulted in minor in consumption citations.

Sgt. Don Bischoff said there were more than 240 alcohol-related crashes last year. Thir-



teen people were killed and 175 were injured. Statewide, 261 people were killed in 2009 and 4,100 injured in crashes involving alcohol.

Those arrested for **DUI** face an administrative hearing before the Motor Vehicle Department, which could include a suspension of driving privileges.

At the time of arrest, police will take the driver's Arizona license and issue a 15-day temporary license. Most first-time offenders receive a 90-day suspension of their license. The driver is also stuck with towing and impound fees, and even first-time offenders can be **forced** to install an ignition interlock device in their vehicle.

Criminal penalties can range from jail time, a minimum fine of \$250 plus surcharges and an additional \$250 assessment to the Arizona **DUI** abatement fund.

Those who refuse the BAC test almost always lose their license for a year.

Holiday tips

The Western Arizona **DUI Task Force** recommends these simple tips for a safe holiday season:

- Plan a safe way home before the festivities begin.
- Before drinking, designate a sober driver.
- If you're impaired, use a taxi or call a sober friend or family member.
- If you happen to see a drunken driver on the road, call 911.





Happy Birthday Shout Out!
 Shout out to Rametrious Suathojame! Happy belated 4th birthday son, 12/21/10. You are getting so big so fast. I hope you enjoy everything you got for your birthday & Christmas. Have a good year this year in 2011 and hope to see you doing better in school. Love you!

Much love always, Mom, Dad & Brothers

Happy Birthday
Romy Renee Holmes
January 09

Pretty girl! You're the center of our lives, the love of our home. Have a special 4th birthday baby!

Love, Mom, Dad, Auntie, Shady, Nan and Orion



Happy Belated Birthday...December 29th

Happy Birthday to our Special Girl!

Shady Littleone Pickayviatt

Thank you for being perfect! We love you so much! You're the most beautiful zoo in the whole zoo. Happy birthday girl!

Love, Mom, Dad, Auntie Savannah, Orion, Romy and Brother

Reward for Lost Motorcycle Bag

On Friday, August 20 around 10am, I dropped a bag leaving the Shell Station on I-40 in Seligman. A witness



saw an approximately 1980 Silver Chevrolet Pickup with camper shell stop and pick up the bag. I am offering a substantial reward, as some of the contents have sentimental value, and none of the contents are any good to anyone else. (Camera is no good without charger, etc.) No questions asked.

Please help. If you have any information, please call Bobby Burke at 757-652-6337 or email Bobby-

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