

GAMYU

Hualapai
Tribe

> Gamyu articles are due by Friday, January 28, 2011 at 5:00 p.m.

> Please attach an Information Sheet with your articles.

> Thank you!

2011 Annual Share Holders Meeting
Monday, January 31
2:00 PM to 7:00 PM
Gym

OPEN REMARKS BY CHAIRMAN WHATONAME

Visit the booths and see what's new at Grand Canyon Resort

- **Grand Canyon West Booth** - (Security, Maintenance, Ambassadors, Kitchen/Deli, Tour Counter, Gift Shop, Fire/EMS, Janitorial & Power House)
- **Hualapai River Runners Booth**
- **Hualapai Lodge Booth**
- **HR Booth**
- **Accounting/IT Booth**
- **Ranch Booth**
- **Skywalk Booth**
- **Best American Destinations Marketing**

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REQUEST FOR PROPOSAL

The Hualapai Health Department, PTFP terrestrial radio station planning and development grant committee is accepting proposals from radio engineering professionals /consultants to attend and participate in monthly or bi-monthly committee meetings, usually via telephone conference; performing assigned tasks related to participation in the committee; and providing professional consulting services to the committee in accordance with the designated tasks of the PTFP planning and development grant, including but not limited to terrain information, cost estimates and recommendations and opinion letters regarding applications for FCC licensing costs and options and frequency information. The term of the applicable grant is October 1, 2010 through September 30, 2011.

Proposals may be submitted stated as an hourly rate and/or a lump sum fee.

Proposals will be evaluated based upon the proposer's past experience and qualifications and cost effectiveness of the proposal.

The most qualified proponent will be contacted to enter negotiations. The selected proponent will be an Independent Contractor and as such must abide by any applicable requirements of the Hualapai Tribe.

THE DEADLINE FOR SUBMITTING PROPOSALS IS January 28, 2011 at noon.

Proposals should be submitted in writing to Terri Hutchens, PO Box 397, Peach Springs, AZ 86434 or via email at terrihutchens@hotmail.com.

For more information contact Terri Hutchens at (928) 769-1630.



WANTED

A reward is being offered for information leading to the successful arrest of Vincelia Irene Smith. Anyone with information to provide should contact Detective R. Felker or Senior Sergeant Sam Tsosie at the Hualapai **Police Department**. The reward will only be granted if the information provided results in the immediate successful arrest of Vincelia Irene Smith.

Detective R. Felker, Criminal Investigator

(928)769-1024 / (928)607-0974

Hualapai Nation Police / P.O. Box 490 / Peach Springs AZ, 86434

President Obama Announces More Key Administration Posts

The White House / Office of the Press Secretary / January 18, 2011 / For Immediate Release

WASHINGTON – Today, President Barack Obama announced his intent to appoint the following individuals to key Administration posts:

- **Michael B. Coleman**, Member, Advisory Council on Historic Preservation
- **Horace Henry Foxall, Jr.**, Member, Advisory Council on Historic Preservation
- **Bradford J. White**, Member, Advisory Council on Historic Preservation
- **Carole E. Goldberg**, Member, Indian Law and Order Commission
- **Theresa M. Pouley**, Member, Indian Law and Order Commission
- **Ted Quasula**, Member, Indian Law and Order Commission

President Obama said, "I am proud to appoint such impressive men and women to these important roles, and I am grateful they have agreed to lend their considerable talents to this Administration. I look forward to working with them in the months and years ahead." Mayor Michael B. Coleman will be appointed to the Advisory Council on Historic Preservation in addition to his duties as Mayor of Columbus, Ohio.

President Obama announced his intent to appoint the following individuals to key Administration posts:

Michael B. Coleman, Appointee for Member, Advisory Council on Historic Preservation: Michael B. Coleman was elected mayor of Columbus, Ohio in 1999 and was reelected in 2003 and 2007. As mayor, he has focused on rejuvenating downtown Columbus by initiating Neighborhood Pride, a proactive effort to engage residents and businesses to fix up thousands of homes and clean up their neighborhoods. Mayor Coleman also created the Affordable Housing Trust Corporation to provide more housing options to inner-city residents and led the restoration of the historic Lincoln Theatre and the landmark Lazarus Department Store building in downtown Columbus. He received his B.A. from the University of Cincinnati and his J.D. from the University of Dayton Law School.

Horace Henry Foxall, Jr., Appointee for Member, Advisory Council on Historic Preservation: Horace Henry Foxall, Jr. recently retired as Manager of the Army Corps of Engineers' Center of Expertise for Preservation of Historic Structures and Buildings. For more than three decades, Mr. Foxall assisted the Army Corps of Engineers, Department of Defense, and other Federal agencies in developing historic preservation projects and programs, advising staff, architects, engineers, and outside consultants in the execution of historic building preservation. Mr. Foxall currently serves on the Board of Advisors of the National Trust for Historic Preservation. He received his M.Arch. in Architectural Design and Urban Design from the University of Washington and his B.S. in Urban Development and B.Arch. in Architectural Design from the University of Oregon.

Bradford J. White, Appointee for Member, Advisory Council on Historic Preservation: Bradford J. White is a Principal of Brad White & Associates in Evanston, Illinois, providing development consulting on affordable housing and historic resources. He is the former Senior Vice President of Acquisitions and Development at The Habitat Company LLC. Prior to joining Habitat, Mr. White was Vice President of Related Midwest LLC, where he was responsible for the acquisition, financing and development of affordable and market-rate housing. He serves on the board of the Illinois Housing Council and is past chair of the Landmarks Preservation Council of Illinois and Preservation Action. Mr. White received a B.A. in economics from the University of Michigan and a J.D. from DePaul University.

Carole E. Goldberg, Appointee for Member, Indian Law and Order Commission: Carole E. Goldberg is currently the Jonathan D. Varat Professor of Law at UCLA School of Law, where she directs the Joint Degree Program in Law and American Indian Studies and serves as faculty chair of the Native Nations Law and Policy Center. She is also a Justice of the Court of Appeals of the Hualapai Tribe in Arizona. Ms. Goldberg is author of numerous books and articles in the fields of Federal Indian Law and Tribal Law, and has been the Principal Investigator on major grants from the National Institute of Justice to study the administration of criminal justice in Indian country. In 2006, she was the Oneida Indian Nation Visiting Professor of Law at Harvard Law School. Previously, Ms. Goldberg served as an Associate Dean of UCLA Law School. Ms. Goldberg holds a B.A., magna cum laude, from Smith College and a J.D. from Stanford Law School.

Theresa M. Pouley, Appointee for Member, Indian Law and Order Commission: Theresa M. Pouley is currently the Chief Judge of the Tulalip Tribal Court. She is also an Associate Justice of the Colville Tribal Court of Appeals, and a member of the Colville Confederated Tribes in Northeast Washington. Judge Pouley has served as the President of the Northwest Tribal Court Judges Association since 2005, and on the Board of Directors for the National Tribal Court Judges Association from 2003 to 2004. From 1999 to 2005, Judge Pouley was the Chief Judge of the Lummi Nation. In 2009, she worked with the Department of Justice as a facilitator for the "Tribal Nations Listening Session", and in 2010 she facilitated a "Focus Group on Human Trafficking of American Indian and Alaska Native Women and Children" developed by the Office for Victims of Crime. She has also worked and lectured with the Washington State Administrative Office of the Courts on domestic violence and Indian law issues for the last several years. Judge Pouley frequently lectures at local, state and national conferences on Tribal Courts and Indian law issues, and makes regular presentations at the University of Washington's Indian Law Symposium. In 2005, The National Tribal Child Support Association named her Outstanding Judge. Previously, Judge Pouley practiced law in Michigan and Washington until her appointment to the bench in 1999. She continues to teach Indian law at Edmonds Community College, and previously taught at Northwest Indian College. Judge Pouley holds a B.A. from Gonzaga University and a J.D. from Wayne State University Law School.

Ted Quasula, Appointee for Member, Indian Law and Order Commission: Ted Quasula is currently the General Manager of the Grand Canyon Skywalk located on the Hualapai Indian Reservation. He is a member of the Hualapai Tribe in northern Arizona. Previously, Mr. Quasula served as chief of police for the Las Vegas Paiute Tribe from 2003 to 2007. He also served for 26 years in the U.S. Department of the Interior's Office of Law Enforcement Services within the Bureau of Indian Affairs, where he worked his way up from field criminal investigator to Director of the national program from 1990 to 2000. Mr. Quasula started his law enforcement career with the Flagstaff, Arizona, Police Department in 1972. Currently, he serves as Chairman of the Nevada Indian Commission and Vice-President of the Board of Directors for the Northern Arizona University Alumni Association. Mr. Quasula is a graduate of the Government Program for Senior Executives at Harvard's John F. Kennedy School of Government, and the Federal Bureau of Investigation's National Academy. He holds a bachelor's degree and a master's degree in police science and administration from Northern Arizona University.

Norma Lee Funger, Appointee for General Trustee, Board of Trustees of the John F. Kennedy Center for the Performing Arts: Norma Lee Funger has been in the real estate business for more than 27 years. She has served the arts in many roles, including as a member of the Board and Nominating Committee of the National Symphony Orchestra, the National and International Committees for the Performing Arts at the Kennedy Center, the Leadership Benefactors and Laureates Circle of the Kennedy Center, as a Commissioner for the Smithsonian American Art Museum, the Trustees Council for the National Gallery of Art and its Collectors' Committee, and as a board member of the Washington Performing Arts Society, serving on the Society's Impresarios and Nominating Committees. Ms. Funger also serves on the Foundation Board of the Children's Hospital National Medical Center.

The Hualapai Education Committee has two open seats. If you would like more information and/or are interested in being a member of the committee please contact Helen Watahomigie at helen-jwata@yahoo.com; 928-769-2200 or Candida Hunter at chunter@hualapai-nsn.gov; 928-769-1625.

Gamyu,

My name is Leroy Talayumtewa; I am the new program coordinator at the Hualapai Juvenile Detention and Rehabilitation Center.

I am writing this article to inform you all of the new programming in 2011. Scheduling has been tough but with a few concerned and dedicated professionals and individuals we were able to bring programs such as powersource, anger management, various lifeskills, talking circles, sweat lodge,, and the medicine wheel and 12 steps for youth. Cultural Resources has also been providing a well needed arts and crafts program. The youth council also comes in once a month to share a meal and give the youth that are detained here exposure to the monthly youth council meeting, we also have the boys and girls club coming in also. As you can see we have quite a bit to offer BUT we would like to see more volunteers from community members to share stories, life lessons or arts and crafts. If you have any questions or would like to volunteer you may contact me at HJDRC by phone or come in and talk with me.

Thank you!

Leroy Talayumtewa
Program Coordinator
Work: 928-769-1611
Cell: 928-864-9666



Students Perform at Hualapai Elderly Center

Peach Springs Elementary students celebrate the holidays by singing at the Hualapai Elderly Center. Nine students practiced Christmas carols and over their lunch break from school, attended the center's December Christmas party. The students sang traditional Christmas songs and performed a short skit.

Two 5th graders, DeMichael Bender & Quana Quasula and one 6th grader, Jubren Siyuja performed the Alvin Song and the audience had a chuckle or two when our student Quana Quasula performed as the silly chipmunk "Alvin". The students were delighted to be offered the opportunity to celebrate in the community and they appreciated the welcome they received and the generous sharing of stories and good cheer from their elders.

Ms. Fink
Behavior Coach
Peach Springs Elementary

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.

**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 03-2011
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION
PEACH SPRINGS, ARIZONA**

(Tribal Membership Enrollment – 10)

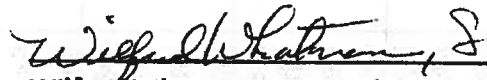
WHEREAS, the Hualapai Tribal Council has the responsibility of enrolling members pursuant to the Ordinance of the Hualapai Tribe of Peach Springs, Arizona, Enrollment Procedures Act.

NOW THEREFORE BE IT RESOLVED, that the following applicants are approved:

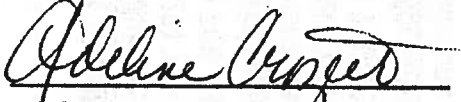
1. CAVANAUGH, Gwi Thaw Hylee JennLu
2. DINI, Junior Allen Reed
3. DINI, Ozias Jaymz
4. KASKA, Theodore Malakai Daniel
5. POWSKEY, Chyla Rayven
6. QUERTA, Labrado Joell Esquerre
7. SINYELLA, Omri Xavier
8. SMITH, Brittanya Jinessa
9. SUMATZKUKU, Joy Reyna
10. WATAHOMIGIE, Christina Sedillo

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom (8) constituting a quorum were present at a Regular Council Meeting held on this 8th day of January 2011; and that the foregoing resolution was duly adopted by a vote of (8) in favor, (0) opposed, (0) not voting, (1) excused, pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.

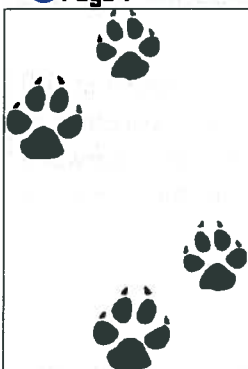

Wilfred Whatoname, Sr., Chairman
HUALAPAI TRIBAL COUNCIL

ATTEST:


Adeline Crozier, Assist. Secretary

Truxton Canon Agency Training Schedule | 2011

| Course Number: | Course Title: | Nomination Due: | Course Date: | Location: | Time: | Coordinator Phone / Fax / Email: |
|----------------|----------------------------|-----------------|-----------------|-------------------------|---------------|--|
| WCT | Work Capacity Test | N/A | Feb. 2 | Peach Springs | 0830 | Maynard Mahone Phone: (928) 769-3310 Fax: (928) 769-2326 Maynard.Mahone@bia.gov |
| WCT | Work Capacity Test | N/A | Feb. 9 | Peach Springs | 0830 | Josesito Montana Phone: (928) 769-2279 Fax: (928) 769-2326 Josesito.Montana@bia.gov |
| WCT | Work Capacity Test | N/A | Feb. 16 | Peach Springs | 0830 and 1430 | Maynard Mahone Phone: (928) 769-3310 Fax: (928) 769-2326 Maynard.Mahone@bia.gov |
| RT-130 | Annual fireline refresher | Feb. 14 | Feb. 21 | Peach Springs | 0830-1630 | Melvin Hunter Jr. Phone: (928) 769-3305 Fax: (928) 769-2326 Melvin.Hunter2@bia.gov |
| RT-130 | Annual fireline refresher | Feb. 18 | Feb. 25 | Peach Springs | 0830-1630 | Maynard Mahone Phone: (928) 769-3310 Fax: (928) 769-2326 Maynard.Mahone@bia.gov |
| RT-130 | Annual fireline refresher | Feb. 26 | Mar. 2 | Peach Springs | 0830-1630 | Melvin Hunter Jr. Phone: (928) 769-3305 Fax: (928) 769-2326 Melvin.Hunter2@bia.gov |
| RT-130 | Annual fireline refresher | Mar. 16 | Mar. 23 | Middle Verde Fire Dept. | 0830-1630 | Maynard Mahone Phone: (928) 769-3310 Fax: (928) 769-2326 Maynard.Mahone@bia.gov |
| S130/190 | Basic firefighter training | Mar. 21 | Mar. 28-April 1 | Peach Springs | 0830-1630 | Melvin Hunter Jr. Phone: (928) 769-3305 Fax: (928) 769-2326 Melvin.Hunter2@bia.gov |



TRIBAL BOUNTY PROGRAM

2011 HUALAPAI RESERVATION TRIBAL BOUNTY PRICES

COYOTE: \$65
MOUNTAIN LION: \$450



Please keep safety in mind:

To reduce possible exposure to rabies, when handling a coyote, wear rubber gloves and a mask. Have a trash bag handy too. You can turn the trash bag inside out take bottom outside part of bag with one hand and grab coyote, then work entire trash bag over coyote to encase the coyote in bag without touching it.

If the coyote or mountain lion is behaving strangely, (is walking toward you, acting tame, acting mad, is hostile, foaming at the mouth, etc.) it may have rabies. If you shoot this coyote, DO NOT BRING IT INTO THE COMMUNITY. Contact the Natural Resources Department or Animal Control with the location of the animal, so that we can remove it.

Please contact Annette Morgan or Garwain Sinyella, Wildlife Fisheries and Parks Program at 769-2255, if you have any questions.

The Club would like to give
a big **THANK YOU** to:
Much Appreciation & Love
Boys & Girls Club Staff

All of the Club Parents
Thank you for making 2010 a
wonderful year for the club and the
children. We had many fun events
and hope to see you at many more in
2011.

Santa Claus
Thank you Santa for coming down
from the North Pole and bringing us
gifts at our Club Christmas Dinner.

Hualapai Community
Thank you to all of the departments
that have supported the club and of-
fered your services and expertise this
past year to enrich the lives of our
children.

Our Mission...

To enable all young people, espe-
cially those who need us most, to
reach their fullest potential as
productive, caring, responsible
citizens.

Core Beliefs

A Boys and Girls Club Provides:
A safe place to learn and grow....
Ongoing relationships with caring,
adult professionals.....
Life-enhancing programs and
character development
experiences.....
Hope and Opportunity.



The Boys and Girls Club
of Peach Springs would
like to announce that
Darren Hudak who was
working as the Teen
Coordinator is now the
Youth Development
Supervisor. Darren has
been working for the
Boys and Girls Club
since February.



Hualapai Lodge News

Over the past year we have been attentively revamping the interior of our guest rooms. We are almost at full completion, only a few finishing touches remain. Comments have been very positive! We are expecting to attain a 3 diamond rating from AAA soon! By doing this we will be the only 3 diamond property between Kingman and Williams. This will be a big plus in building our business and assuring travelers that we are a great place to stay!

Our old televisions are still for sale! See Tammy at the front desk!

A Fantastic Celebration!

The employees of the Lodge and Hualapai Tourism Reservation Center have been treated to a monthly Employee Pow Wow. We celebrate employee birthdays and employment anniversaries. This past month Aurelia Sinyella celebrated her 10th anniversary! Congrats Aurelia, we appreciate you! Enjoy the pictures!

Free Wi-Fi!

Many local community members have been enjoying wireless internet service at the lodge. Please enjoy a meal or beverage in our dining room while surfing the net!

Hualapai Tourism Reservation Center News

The staff is gearing up for a busy 2011 season! New systems have been implemented and the staff is preparing all the tools they will need for another record breaking year! We are averaging approximately 70 calls a day.



Congratulations!

◀ Michelle Matice, Nikki Raymond and Shanna Salazar recently received their Serv-Safe Certification! Congratulations Girls, we are very proud of you!



Employee Pow Wow in December! ▲

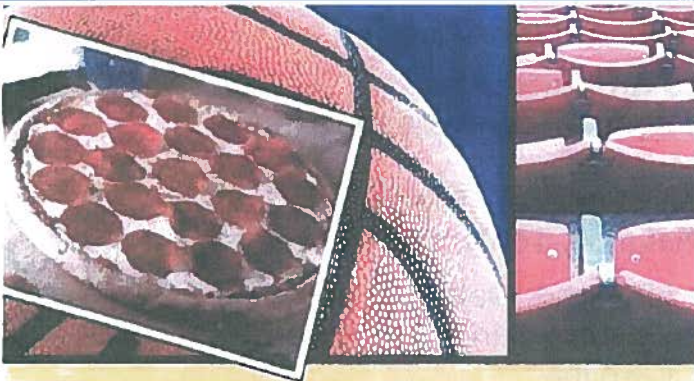


◀13 year veterans!

Debbie Goldenstein and Christy Case



◀ Our team! Everyone pictured has celebrated at least one year or more at the Lodge and Reservation Center!



FOOTBALL SPECIALS!!

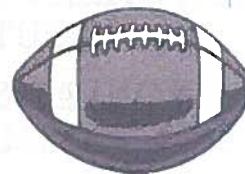
SUNDAY 11AM-CLOSE
BUY ONE LARGE PIZZA GET A MEDIUM ONE TOPPING PIZZA FREE!

MONDAY 5PM-CLOSE
BUY ONE LARGE PIZZA AND RECEIVE 2 FREE LARGE SODAS!

Diamond Creek Restaurant Playoff Specials

Come in on Saturday or Sunday to watch the NFL games on our new 47" flat screen TVs and enjoy our NFL football playoff specials!

- 2 Hot wings for the price of 1!!
- 2 hotdogs for \$4.25!!
- And don't forget about our pizza specials!!



21st Annual World Championship Hoop Dance Contest

Saturday & Sunday – February 5 & 6, 2011

9:30 a.m. – 5:00 p.m.

Heard Museum Amphitheater / 2301 North Central Avenue / Phoenix, Arizona

Prize Money:

Senior Division (40 years and older)

1st - \$2,000 2nd - \$1,500 3rd - \$1,000

Adult Division (18-39 years)

1st - \$3,500 2nd - \$2,500 3rd - \$2,000 4th - \$1,500 5th - \$1,000
6th - \$750

Teen Division (13-17years)

Sponsored by the Jeff Kahn Family

1st - \$500 2nd - \$250 3rd - \$100

Youth Division (6-12 years)

1st - \$300 2nd - \$150 3rd - \$75

Tiny Tots (5 years and under)

\$200 cash prize to split among all contestants

Master of Ceremonies:

Dennis Bowen, Sr. (Seneca), Tuba City, Arizona

Arena Director:

Eric Manuelito (Navajo), Tohatchi, NM

Judges:

Jocy Bird (Three Affiliated, Dakota), Brookings, SD

James Pheasant (Eastern Band Cherokee),

Cherokee, North Carolina

Bruce LeClaire (Rosebud Sioux), Durango, Colorado

Kevin Connywerdy (Comanche), Norman, Oklahoma

Victor Bob (Navajo), Gallup, New Mexico

Northern Drum:

Mandaree Singers – Head singer, Sidrick Baker

Southern Drum:

Bad Medicine – Head singer, Phil "Joe Fish" Dupoint

*This contest is open to Native dancers only. **Tribal enrollment card or CIB required.** For more information call 602.251.0212 or email: dbegay@heard.org*

...B...E...A...D...S...

10% OFF PENDANTS

-IN JANUARY-

**BEADS HAS MOVED TO 4TH STREET (OLD KINGMAN) BETWEEN BEALE &
ROUTE 66!**

MONDAY-SATURDAY

11AM-7PM

1 7 T H A N N U A L Avi Kwa Ame Pow Wow F E B R U A R Y 1 9 & 2 0 2 0 1 1

POW WOW WILL BE HELD IN THE EVENT CENTER LOCATED DIRECTLY ACROSS THE RIVER FROM THE AVI CASINO

ADMISSION

\$ 5.00/DAY OR \$ 8.00/2 DAY PASS

BIRD SINGING & DANCING

FRIDAY 6:00 P.M. (AZ TIME AT EVENT CENTER)

BIRD SINGING & DANCING CONTEST

SATURDAY 5:00 P.M.

GOURD DANCING

SATURDAY 12:00 P.M.

SUNDAY 12:00 P.M.

GRAND ENTRY

SATURDAY - 1:00 P.M. & 7:00 P.M.

SUNDAY - 1:00 P.M.

DANCER REGISTRATION

SATURDAY 9:00 A.M.

DRUM SIGN-UP

FRIDAY 12:00 P.M. - ??

**HOST DRUMS TO BE SELECTED
AT EACH SESSION.**

**- ALL DRUMS WELCOME -
DAILY PAY FOR DRUMS**

**HEAD STAFF WILL BE
SELECTED AT EACH SESSION**

**VENDORS CONTACT DEBBIE BRICKER
AT (760) 629-4591**

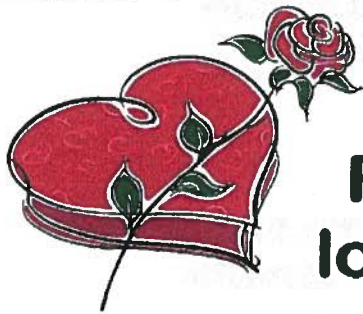
ALL EVENTS ARE ON ARIZONA TIME
LODGING IS AVAILABLE AT THE AVI HOTEL & CASINO
(702) 535-5555 (POW WOW BLOCK)

"NO ALCOHOL, DRUGS, FIREARMS OR FIREWORKS ALLOWED"
POW WOW COMMITTEE IS NOT RESPONSIBLE
FOR DAMAGES TO PROPERTY OR INJURY.



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

Below are the Rules and Regulations that the Seligman Cemetery Committee will be presenting to the public on:

Wednesday, February 2nd at 6:30pm

Seligman Schools Cafetorium

Please plan on attending the meeting if you would like to comment or ask questions regarding the new rules and regulations for the Seligman Cemetery.

Seligman Chamber of Commerce Cemetery Rules and Regulations

All property owners and visitors within the cemetery and all spaces sold shall be subject to rules and regulations, amendments or alterations as shall be adopted. Visitors and lot owners are reminded that the cemetery grounds are sacredly devoted to the interment of the dead and that the provisions and penalties of the law, as provided by statute will be strictly enforced in cases of wanton injury, disturbance and disregard of the rules.

FUNERAL REGULATIONS:

No lot or grave shall be used for any purposes other than the burial of human dead.

At least 72 hours notice is required for any interment and at least one-week notice prior to any exhumation or removal. Proof of ownership must be presented at the time of request. In case of a family plot, a family representative must authorize use of each burial plot.

Opening/closing of gravesite will be done by a Chamber approved contractor(s).

A detailed plan must be provided to Chamber in writing regarding any burial site work or improvements that will be done at the cemetery. This helps to prevent mistakes.

If a gravesite is inaccessible for a machine dig, it will be the responsibility of the family to hand dig the grave.

Vaults are not authorized.

Unless immediate burial is ordered by the Board of Health, funerals will not be permitted on the following holidays: New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, or Christmas Day.

The burial of two bodies in one grave will not be permitted, except where one occupies a space less than three feet in length or a companion burial right is purchased. "Companion" graves are only permitted when the request of compaction burial is made prior to the first interment. All regular fees apply.

Urns of cremated remains may be buried in existing occupied family plots. No grave space may contain more than two urns. All cremated remains shall be buried at a minimum depth of two feet.

State law requires that all out of town or out of State burials have a signed Burial Permit which allows for transfer of the body.

SALE AND PURCHASE OF INTERMENT RIGHTS:

The sale or transfer of any interment right by any owner or purchaser shall not be binding upon the Chamber unless the same shall first be duly approved in writing by the properly authorized officer or their designee, and then such interment right must be reconvened to the Chamber, the Chamber shall thereupon issue a conveyance to the new owner. The same rule shall apply in all cases of assignment or purchase of contracts for interment rights. This procedure is required in order that the Chamber may at all times have a complete and accurate record of all owners and purchases. All transfers of ownership shall be subject to a charge of \$25.00

administrative fee, which must be paid the Chamber when the transfer is recorded.

Any and all transfers of any internment right, whether the same by conveyance or assignment of purchase contract, are subject to all rules and regulations of the cemetery which are now in full force and effect or which hereafter may be enacted.

The subdivision of internment rights is not allowed without written consent of the Chamber and no one shall be buried in any lot not having an interest therein, except by written consent of all parties interested in such lot and the Chamber.

The Chamber reserves the right to enlarge, reduce, replot, and change the boundaries of the Cemetery.

GENERAL REGULATIONS:

Persons within the cemetery grounds shall use only the avenues, walkways and roads.

Automobiles will only be allowed on the cemetery grounds when preparing a gravesite or during the attendance of a funeral. Automobiles shall not be driven through the grounds at a greater speed than 10 miles per hour and must always be kept on the right side of the cemetery roads. Automobiles will be allowed when assisting handicapped or senior citizen persons to a gravesite.

Animals shall not be allowed on the cemetery grounds unless they are a service animal.

The Chamber will not be responsible for vases, urns, or anything of a movable character that may be lost, misplaced or damaged.

Persons are prohibited from planting live flowers, trees, shrubs or plants on the graves. The Chamber, or its agents, has authority to enter upon any lot and remove any dead or damaged tree, shrub or vine as soon as, in the judgment of the Chamber, they become unsightly, dangerous, oversized, detrimental, or diseased. Please understand there is currently no water available to maintain vegetation at the cemetery.

All persons are prohibited from writing upon, defacing or damaging walls, and monuments or any other property within the cemetery grounds.

Special cases may arise in which the literal enforcement of rules may impose unnecessary hardship. The Chamber, therefore, reserves the right without notice, to make exceptions, suspensions, or modifications in any of the Rules and Regulations when, in its judgment, the same appear advisable and such temporary exceptions, suspension or modifications shall in no way be construed as affecting the general application of such.

The Chamber claims the right to protect the property within the cemetery limits, but disclaims all responsibility for individual gravesites. The family is responsible for the upkeep of graves. It is unlawful to place trash or debris cleaned from one lot unto another lot. All trash and debris must be removed from the cemetery and taken off the premises.

CEMETERY FEES AND CHARGES:

Resident plots are \$50.00 per plot. (Plot is 5x10.5)

Non-resident plots are \$100.00 per plot. (Plot is 5x10.5)

Residency will be determined by the zip code of the person(s) physical address that is requesting to purchase a plot or by their previous affiliation with the town of Seligman.

Opening/closing will be done by a Chamber approved contractor(s) and the price of the opening and closing will be set by the contractor(s). Grave sites must be leveled and cleaned within 3 months of burial. Permanent marker must be placed on plot within one year of burial.

NATIONAL IRON WORKERS TRAINING PROGRAM FOR AMERICAN INDIANS



DON'T PASS UP THIS OPPORTUNITY!

- If you like working outside...
- If you're serious minded...
- If you like moving around, not staying in one place...
- If you like the idea of completing a job and being sent on a new challenge right away...
- If you like work that is physical and exciting...
- If you like above average wages with health and pension benefits...

Then you should become an

IRONWORKER

The trade that has ore Native American Indian members than any other building trades union in the United States.

This program is located in Broadview, Illinois. They are currently accepting applications for their February 28, 2011, start date, but are almost full! Come into the Education and Training office for more information!

<http://ironworkersindianprogram.com/>



Position: **HRR Maintenance Supervisor and Lead Mechanic**
 Department: **Hualapai River Runners**
 Classification: **Exempt**
 Salary: **DOE**
 Supervisor: **Operations Manager**

Closing date: **Open Until Filled**

Duties & Responsibilities:

1. Provides oversight over the small engines mechanics.
2. Analyzes and repairs engines, transmissions and other features of power train.
3. Analyzes and repairs breaks, front-end and other features of the front-end suspension.
4. Repairs starters, alternators and other electrical items.
5. Interprets operating, maintenance and or repair manuals.
6. Welding is a frequent part of job duties.
7. Supervises additional repairmen.
8. Maintains shop parts inventory and seeks out authorization for ordering shop supplies.
9. Schedules and oversees regular vehicle maintenance.
10. Completes all relevant reports.
11. Other work related duties as assigned.

Qualifications:

Individual with a CDL is preferred, auto mechanic work history and supervisory experience is required. ASE certification preferred. Must work independently and able to handle multiple tasks simultaneously.

Minimum Qualifications:

1. At least 18 years old.
2. Valid Driver's license with a clean driving record.
3. High School Diploma or GED.
4. Auto mechanic work history.

Hualapai preference

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status or physical disability. However, preference may be given to persons of Indian decent, in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B.



HUALAPAI PREFERENCE

POSITION: Small Engines Mechanic
 DEPARTMENT: Hualapai River Runners
 CLASSIFICATION: Hourly/Non-Exempt
 SALARY: \$10.00 to \$18.00 Hourly
 SUPERVISOR: Operations Manager

DUTIES & RESPONSIBILITIES:

1. Responsible for the repair and maintenance of the outboard motors.
2. Analyzes and repairs motors.

3. Schedules and oversees regular motor maintenance on outboard motors.
4. Provides inventory reports as needed to the immediate supervisor.
5. Maintains shop parts inventory and seeks out authorization for ordering shop supplies.
6. Assist with regular vehicle maintenance.
7. Provides assistance to the River Running shop activities and guides.
8. Other work related duties as assigned.

QUALIFICATIONS:

Incumbent must possess a valid Driver License (individual with CDL is preferred). Must possess a high school diploma/GED and be at least 21 years of age. Auto mechanic work history or a combination of training, education or experience in repairs and maintenance of diesel and gas powered vehicles and machinery; engine transmissions, tires, brakes, front-end, electrical, etc is required. Must work independently and be able to handle multiple tasks simultaneously.

MINIMUM QUALIFICATIONS:

1. At least 21 years old
2. Valid Driver License
3. High School Diploma or GED
4. Auto mechanic work history

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status or physical disability. However, preference may be extended to persons of Indian decent, in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B.



HUALAPAI PREFERENCE

Position: Security Guard
 Department: Security Grand Canyon West
 Classification: Non-Exempt
 Salary: \$10.00
 Supervisor: Security Supervisor
 Closing: Until Filled

Primary Functions:

To insure the security of GCRW resources through monitoring of visitors and guest.

Duties & Responsibilities:

1. Manning entry point stations; ensures visitors have paid in order to proceed toward parking area. Patrols Guano Point, Eagle Point and Quartermaster to insure visitors have paid appropriate entrance fee. Also insure any person under the influence of alcohol or illegal drugs are escorted off the premises.
2. Utilizing customer service skills answers visitor/tourists questions, gives directions, shares information about GCW, the Hualapai people, etc.
3. Through shift, monitors areas for trash/debris by foot and/or vehicle.

4. Monitors vehicle fluid levels; oils, transmission; brake etc. as needed to prevent vehicle failure, keeps vehicle clean; wipes seat, cleans windows, empties trash after each shift and washes vehicle as needed.
5. Fuels vehicle as needed and insures tire-changing tools/equipment are aboard vehicle.
6. Maintains log of vehicle maintenance practices.
7. Other work-related duties as assigned.

Qualifications:

- Good oral communication skills are preferred and must be able to work cohesively as a team.
- 21 years of age
- Drivers License with clean driving record no DUI or Reckless
- High School Diploma
- **Hualapai preference**

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status or physical disability. However, preference may be given to persons of Indian decent, in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B.



Hualapai Preference

JOB TITLE: Janitorial Person
SCHEDULED HOURS: Sunday - Thursday - Days will rotate
REPORTS TO: Janitorial Manager
STARTING SALARY: \$10.00
DATE POSTED:
CLOSED:

JOB SUMMARY:

Under the direction of the Janitorial Manager, this position is responsible for performing janitorial duties in related areas. Quality customer services will be provided at all times. Knowledge or willingness to learn proper cleaning techniques is essential.

ESSENTIAL FUNCTIONS:

Daily job responsibilities/functions to include, but not limited to:
 Vacuuming, sweeping, and mopping of flooring and stairs. Clean and sanitize bathrooms, sinks, countertops, microwaves and refrigerators in break rooms. Restock supplies in bathrooms, break rooms and common areas. Empty all trash cans and replace liners, clean receptacles as necessary. Dusting and cleaning office desks and furniture that are not cluttered. Cleaning windowsills and windows. Maintain janitor closets in a clean, organized and safe manner. Maintain janitorial equipment in a clean, safe and operable condition. Proper labeling, dilution and use of all chemicals. Wearing proper Personal Protective Equipment at all times. General maintenance of ground, other routine maintenance duties as assigned. Detailing Fleet vehicles.

KNOWLEDGE, SKILLS & ABILITIES:

Good communication and interpersonal skills. Good client/customer service skills, able to follow oral and written instructions. Prioritize multiple tasks, work effectively with a team, work independently as needed to support the group effort. Basic knowledge of cleaning products or willing to learn.

QUALIFICATIONS:

High School Diploma or GED, six months or more related experience, Valid Arizona drivers license required. 21 years of age.

WORKING ENVIRONMENT:

The work is performed in the elements in extreme weather conditions.

PHYSICAL DEMANDS:

The work requires routine walking, standing, bending and carrying items weighing less than fifty pounds. Moving items over fifty pounds utilizes a team lift this job description is not an employment agreement or contract. Management has the exclusive right to alter the scope of work within the framework of this job description at any time without prior notice. Employee meets essential functions and accepts job responsibilities as outlined in this job description.

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status or physical disability. However, preference may be given to persons of Indian decent, in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B.



HUALAPAI PREFERENCE

| | |
|-----------------|-------------------------|
| POSITION: | Crew Supervisor |
| DEPARTMENT: | Hualapai River Runners |
| CLASSIFICATION: | Exempt seasonal |
| SUPERVISOR: | Operations Manager |
| SALARY: | Depending on Experience |
| CLOSING DATE: | Until Filled |

DUTIES & RESPONSIBILITIES:

1. Supervises the loading of equipment at launch point, rigs pontoons, frames and motors, and insures all equipment necessary is provided for each trip.
2. Observing sound sanitation practices insures all meals are properly prepared and packed. Coordinates orders and maintain food/drink stock for river trips.
3. Supervises daily inspections of all equipment prior, during and upon conclusion of each raft trip for defects, damage and general safety precautions.
4. Preparation of purchase orders and check request for necessary vendors and equipment needs.
5. Provides oversight of shop personnel and submits written reports, directs new and current river guides, schedules daily river runs and monitors over/under staffing.
6. When necessary issues disciplinary actions and submission of employee documentation to Human Resources. Also maintains documented information in HRR employee files.
7. Mentors River guides by observing and interacting with daily tasks.
8. Assists with employee orientation of job responsibilities . Scheduling staff, ordering meals and preparing for daily river trips.
9. Assists with HRR Training Program.
10. Supervisors must maintain a higher standard of performance and provide leadership qualities.
11. Other work related duties as assigned.

QUALIFICATIONS:

Must possess a valid CPR/First Aid Certificate, or be able to obtain one prior to employment. Must be in good physical condition and provide a physical examination document to insure ability to perform the strenuous activities of the job. Ability to go on river and drive equipment truck when necessary. A former river guide in good standing is preferred.

MINIMUM QUALIFICATIONS:

1. At least 21 years old.
2. Valid Driver License with clean driving record.
3. High School Diploma or GED.
4. Attend and complete HRR River Guide Training.
5. Must have valid food handlers card and be computer literate.

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status or physical disability. However, preference may be extended to persons of Indian decent, in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B.

Walk the Sky

Grand Canyon Skywalk *The Glass Bridge*

January, 2011

Photo/Retail/Ticket Sales

Position located at the Grand Canyon Skywalk, Arizona. Employee shuttle service provided from the Las Vegas, Peach Springs, Dolan Springs and Kingman areas. The retail/photo/tickets sales staff is responsible for maintaining the retail and photo sales area. Customer service skills are essential in all sales position. As the first point of contact for visitors, sales agents are responsible for conveying the story of the glass bridge to customers. Employees are asked to be friendly and exhibit a high level of customer service and still focus on increasing sales. Must be able to operate all systems in the sales department to include photo stations, cash registers for gift and ticket areas. Good communication skills are a must. Ability to work extended periods on your feet and maintain a good attitude. High School Diploma, GED or equivalent required. Must be able to work under extreme weather conditions and be able to lift 50 pounds. Must be able to pass a drug test and thorough background check. Qualified candidates can send applications to employment@grandcanyonskywalk.com or fax to 702-220-8517.

January, 2011

Food Handler

Position located at the Grand Canyon Skywalk, Arizona. Employee shuttle service provided from the Last Vegas, Peach Springs, Dolan Springs and Kingman areas. Food Handlers are responsible for production of food product as instructed by the shift supervisor. Food Handlers are required to keep a clean and safe work environment. As a key part of the Skywalk team, the food handlers are expected to comply with all policies and procedures of the organization. All employees must come to work prepared and in complete uniform. Due to the nature of our business, a positive attitude is essential. High School Diploma, GED or equivalent required. Two years' experience preferred in the restaurant or fast food industry and a valid health card is required. Must be able to pass a drug test and a thorough background check. Ability to work extended periods on your feet and maintain a good attitude. Qualified candidates can send applications to Employment@grandcanyonskywalk.com or fax to 702-220-8517.

the Glass Bridge

Grand Canyon Skywalk Development, LLC

5985 W. Wigwam Ave, Las Vegas, NV 89139 USA Tel: (702)220-8372 Fax: (702)220-8517

www.grandcanyonskywalk.com



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.

A handwritten signature in cursive script, reading "Lucille Watahomigie".

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: bwarner@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.

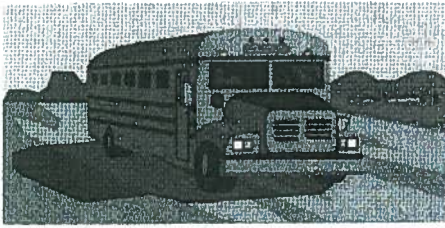
E. Program Content:

1) Tools for Success-Soft skills or human relation skills

- | | |
|-------------------------------|--|
| A) Interpersonal Relationship | D) Communication Skills |
| B) Team work | E) Application/ Resume/ Interview Techniques |
| C) Conflict Management | |

2) Carpentry

- | | |
|---|--|
| A) Estimation/Materials | H) Stair Construction-rails, Balusters, Newels, Fillet, Rosette, Cutting Stringers, and Treads |
| B) Blueprints-Drawing/Reading | I) Doors, Windows, Hardware Installation |
| C) Hand and Power Tools | J) Installation of Cabinets, Kitchen Layout |
| D) Safety Awareness | K) Insulation, Weather Stripping |
| E) Building Materials/Terminology | L) Bathroom Lay-out |
| F) Framing/Layout | M) Siding, Soffit, Coil Stock |
| G) Finish Work-Base Trim, Crown, Window and Door, Extension Jams, Chair rail, Stool | |



PEACH SPRINGS SCHOOL

P.O. Box 360

Peach Springs, AZ 86434

928 769 2613

Mr. S. Dunsmore, Superintendent

January 14, 2011

PEACH SPRINGS SCHOOL AWARDS ASSEMBLY

It has been a very busy year for everyone here at Peach Springs School. We have successfully completed our second quarter which means half the school year is gone and we are headed toward the finish line for the 2010-2011 school year.

We will have report cards completed by Tuesday, January 18, and will send a copy home with your child on that day. Some teachers may want to have parents come in to pick up report cards so a conference between the teacher and the parent/guardian can be held.

We will have an awards assembly on Wednesday, January 26, at 1:00 PM. in the cafeteria. Awards will be for first quarter honor roll students, second quarter honor roll students and those students who have perfect attendance. Your child's teacher will send out notices to parents/guardians for those who are receiving these honors.

I want to be the first to congratulate all these hard working, dedicated students for making the correct decisions and for understanding that effort is rewarded, not just by receiving a certificate, but by knowing in their heart of hearts that they did the work that made them successful.

Just a reminder - students need to be at school on time and attend every day so they can be as successful as the students receiving the above mentioned honors.

Scott Dunsmore, Superintendent
Peach Springs USD

What a Great Way to Learn!

The 4th and 5th grade classes would like to thank the Hualapai Youth Programs and all the wonderful chaperones for making our field trip to the Heard Museum and the Arizona Science Center, a great success! Teachers from all over the school have heard students exclaim that going to the Arizona Science Center was one of the greatest days of their lives!

THANK YOU

For Helping Us Make a Difference!

Warriors or Tigers?

It's up to you to help us decide!

On January 24, 2011, the school will be welcoming all parents, family, and community members to take a brief survey on whether or not the community believes we should change the Peach Springs Elementary School mascot back to the Tigers. Right now, grades K - 5 are the Tigers and grades 6 - 8 are the Warriors. A suggestion has been made to have the whole school, K-8, change back to being the Tigers, as it was before the high school was created. If you would like to have your opinion count, then come on out to Peach Springs Elementary School between 7:30am - 4:30pm on Monday, January 24, to make your opinion known at the window by the front office.

This survey will help us find out what the community would like, but the final decision will be up to the Administration.

Congratulations!

The following students were recognized for their artistic work for the week of January 6, 2011.

- **Sonwai Jackson** 5th Grade Ms. Morrison
- **Johnson Whatoname** 2nd Grade, Ms. Appleby
- **Meia Watahomogie** 2nd Grade, Ms. Appleby
- **Ricardo Granados** 6th Grade, Ms. Medina
- **Lewis Gene** 4th Grade, Ms. Bivins
- **Brett Bender** 3rd Grade Ms. Tinhorn
- **Beaux Havatone** 5th Grade Ms. Morrison

Potential Peach Springs GED student,

Hualapai members may have their GED tests funded by the Training Center if qualified. Contact Helen at 769-2200. She may also be able to arrange transportation depending on qualifications and available transportation. Those who are under 18 need parent permission. There are other documents needed – such as a birth certificate or other proof of age; contact the Training Center for more information.

The test takes a full day. If you do not pass a certain section, you can take that part again after 30 days. Don't tell anyone I said so, but the test is easier than you might think. Some who have taken it are surprised when they pass certain sections; the passing scores are pretty low. On the writing section, write about what they tell you to write about – if it happens to be a question about your life or your opinion about something, it doesn't have to be true. They don't know you; they just want to see if you can write. After you take the test and receive the results, you will know what you need to study.

You can find practice tests at www.GEDWriting.com, www.GEDSocialstudies.com, www.GEDScience.com, www.GEDReading.com, and www.GEDMath.com; these sites can give you a GED equivalent score so you can see if you are ready for the actual test. I also have practice pretests and practice work for each section, and can offer a place to study Monday through Thursday, 4:30 to 5:30 PM at Peach Springs School, room 1.

Ms. Deswood

GED Test Dates for 2011 at Mohave Community College, Kingman, 928.692.3040

| Date | Day | What | Time | Room |
|-------------|----------|--------------|-------------------|------|
| February 17 | Thursday | Registration | 6:00 PM - 8:00 PM | 200 |
| February 19 | Saturday | Test | 8:30 AM - 5:00 PM | 200 |
| March 10 | Thursday | Registration | 6:00 PM - 8:00 PM | 200 |
| March 12 | Saturday | Test | 8:30 AM - 5:00 PM | 200 |
| April 14 | Thursday | Registration | 6:00 PM - 8:00 PM | 200 |
| April 16 | Saturday | Test | 8:30 AM - 5:00 PM | 200 |
| May 19 | Thursday | Registration | 6:00 PM - 8:00 PM | 200 |
| May 21 | Saturday | Test | 8:30 AM - 5:00 PM | 200 |
| June 16 | Thursday | Registration | 6:00 PM - 8:00 PM | 200 |
| June 18 | Saturday | Test | 8:30 AM - 5:00 PM | 200 |



GED Registration and Test Dates Kingman 2011 Schedule

| Event | Date | Time | Room | Comments |
|------------------|-------------------|-------------------|------|------------------------|
| GED Registration | January 13, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | January 15, 2011 | 8:30 am - 5:00 pm | 200 | |
| GED Registration | February 17, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | February 19, 2011 | 8:30 am - 5:00 pm | 200 | |
| GED Registration | March 10, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | March 12, 2011 | 8:30 am - 5:00 pm | 200 | |
| GED Registration | April 14, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | April 16, 2011 | 8:30 am - 5:00 pm | 200 | |
| GED Registration | May 19, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | May 21, 2011 | 8:30 am - 5:00 pm | 200 | |
| GED Registration | June 16, 2011 | 6:00 pm - 8:00 pm | 200 | Seating may be limited |
| GED Test | June 18, 2011 | 8:30 am - 5:00 pm | 200 | |

TEST DATES ARE SUBJECT TO CHANGE AND ARE ADMINISTERED ONCE A MONTH.

COST: \$70.00 cash or money order, which is payable at time of registration. \$15.00 re-test fee for each section repeated. Thirty day wait requirement before re-testing.

- **IDENTIFICATION:** Two forms of ID are required for both registration and test taking.
 - 1 A state issued photo ID (driver's license), and
 - 2 ID must be an original and official document (SS card, Birth Certificate).
- **AGE:** You must be a minimum of 16 years of age to register for the GED test. If you are under 18 years of age, the AZ Department of Education requires that you bring the following to registration:
 - 1 A notarized statement from their parent or legal guardian giving permission to take the test.
 - 2 A withdrawal slip from the last school attended.
 - A. If the student is home-schooled, they must provide a letter from the County Superintendent's Office (700 West Beale Street, 928-753-0747).
- **TIMING:** The GED exam is 7 hours and 5 minutes in length.
- **EATING:** You may bring your own snacks or purchase them from the vending machines.
- **PERSONAL ITEMS:** Leave all personal items at home the day of testing. Cell phones must be turned off upon entering the testing room. Personal items brought from home will also be checked in upon arrival for testing. All testing supplies are provided by the GED Examiner for testing (example: calculator, pen, scratch paper, eraser, etc.).
- **CONTENT:** five subject areas: Math, Science, Social Studies, Reading, and Writing.
- **TEST RESULTS:** Unofficial test results will be mailed within two weeks of the test date.
- **EARLY START SCHOLARSHIP:** After you earn your GED diploma you are eligible for an Early Start scholar- for seven credit hours of free tuition at MCC.
- **GED TEST ACCOMMODATIONS:** are made for candidates who have diagnosed physical, mental, sensory, or learning disabilities and can provide appropriate documentation from a qualified professional of their impairment and its effect on their ability to take the GED Tests under standard conditions. To make arrangements contact Disability Services 928-757-0858 necessary guidelines and paperwork in advance of the testing date. Allow up to 3 months for processing accommodation paperwork.
- **ADDITIONAL INFORMATION:**
 - 1 GED Registration and Testing call Jane House 928-692-3005 or email janehouseosu@yahoo.com
 - 2 Regarding GED test preparation call 928-692-3040 or email MCCGED@mohave.edu

CALL HUALAPAI EDUCATION & TRAINING FOR INFORMATION @ 769-2200

Health & Safety Information



DIABETES AWARENESS CONFERENCE 2011

Monday, January 31, 2011

We will be kicking off the
Conference with a Walk starting
at Rt. 66 Park at 11:30 am
Booths, demonstrations & Guest
Speaker to follow at the Multi.
Lunch & Dinner will be served
Participate in Activities &
receive a Nike duffel bag.

Hosted by: The Hualapai Fitness Center/Diabetes Program
and Healthy Heart Program

Walk-in limitation

Peach Spring Health Center clinic will sometimes experience Medical staff shortage to one (1) doctor during contract physician assignment. We have one full time physician and two contract physicians.

It is during this time, when we have two physicians that changes occur regarding clinic schedules. We do not have 'same day' appointments and walk-in is limited to ten in the morning and ten in the afternoon. Appointments can be made as requested if you wish to be seen on another day. Patients with emergent conditions will be triaged and treated as needed.

When we are fully staffed with three (3) physicians, the morning sign-in will be until 11:00 A.M. and afternoon will be until 3:00 P.M. or until determined by medical staff to pull the sign-in board due to large influx of patients. Appointments will be seen as scheduled.

We ask for your patience and cooperation as we will work to accommodate you to ensure you are provided health care in a timely manner. There will be some wait time as we each come with different concerns that may take longer consultation than others. Your patience is appreciated

For appointments please call medical records reception area at: 769-2921/2920

Thank you,

Medical Records

Eating the Heart-Healthy Way

Learning a few basics can lead to a lifetime of healthy eating follow these tried-and-true heart smart eating guidelines:

- ♥ **Start with portion control.** Even healthy foods can cause you to gain weight if you eat too much of them. Measure out a single serving of your food. Pay attention to what that looks like so you can "eyeball" it from then on.
- ♥ **Eat more fiber-rich fruits, vegetables and grains.** Eating recommended amount of fruits and vegetables each day reduces your risk of heart disease. Fruits and vegetables add heart-healthy fiber, vitamins and minerals to your diet. Whole grains are another rich source of fiber that can help lower cholesterol levels and control weight.
- ♥ **Be conscious of your fat intake.** Fat occurs naturally in foods such as meat, dairy products, oils and nuts. Most of the fat in your diet should come from heart-healthy sources—fish, peanut butter, sunflower seeds, olive and canola oil instead of butter, mayonnaise and lard. Remember that all fat, regardless of the source, contains calories. The American Heart Association recommends that 30% or less of daily calories come from fat, including 7% or less of daily calories from saturated fats and less than 1% from trans fat.
- ♥ **Choose heart-smart fats.** Fats are not all the same. Saturated fats and trans fats need to be lim-

ited because they raise LDL ("bad") cholesterol level; trans fats do further harm by lowering HDL ("good") cholesterol levels. This increases the risk of heart disease. Monounsaturated and polyunsaturated fats have the opposite effect. They lower LDL and raise HDL cholesterol levels. Consuming them instead of saturated fats and trans fats lower the risk of heart disease and stroke.

♥ **Drink more water.** This is especially important when you add more fiber to your diet. Water is filling and has no calories.

♥ **Read food labels.** That's where you'll find information on calories, fats, cholesterol, sodium, fiber, protein, carbohydrates, sugar and other clues to a food's nutrients.

♥ **Cut back on refined sugars.** Sugar lurks in many foods you might not suspect—such as cereals, breads, crackers, cured meats, peanut butter, frozen dinners, ketchup and other processed foods. "Fat-free" foods are often loaded with sugar. Check labels for the many names for sugar. These include molasses, corn syrup, fructose, dextrose, maltose, honey and maple

syrup.

♥ **Watch the salt.** Sodium (salt) may increase blood pressure in some people. Canned foods, meal mixes and frozen meals are often loaded with sodium. Watch out for colas and other sodas too.

♥ **Look for AHA approval.** Keep your eyes open for a heart-check mark on food packages. The mark indicates that the item has been certified by the American Heart Association (AHA) as a heart-healthy food.

♥ **Know the source of your calories.** Proteins and carbohydrates each have 4 calories per gram. Fat has 9 calories per gram. Alcohol has 7 calories per gram-and no nutrients.

♥ **Shop smart.** Buy fresh fruits and vegetables, whole grains, low-fat dairy products and lean meats. Processed foods often contain more fat, sodium and sugar-and fewer nutrients.

♥ **Be flexible.** If you want chocolate mousse at dinner, cut back on something else earlier in the day. If you crave a few potato chips, go ahead—once in a while. Moderation is the key to lasting success.

6 cancer-fighting Superfoods

by Health.com, on Mon Dec 13, 2010 8:55am PST / By Leslie Barrie

To reduce your risk of cancer, look no further than your fridge. "All the studies on cancer and nutrition point to eating plant-based foods for their phytonutrients and other special compounds," says Richard Béliveau, PhD, chair in the prevention and treatment of cancer at the University of Québec at Montreal and author of *Foods to Fight Cancer*. Aim for five to nine daily servings of all kinds of fruits and vegetables—especially these six superstars



Broccoli. All cruciferous veggies (think cauliflower, cabbage, kale) contain cancer-fighting properties, but broccoli is the only one with a sizable amount of sulforaphane, a particularly potent compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals, says Jed Fahey, ScD. A recent University of Michigan study on mice found that sulforaphane also targets cancer stem cells—those that aid in tumor growth.

Helps fight: breast, liver, lung, prostate, skin, stomach, and bladder cancers

Your Rx: The more broccoli, the better, research suggests—so add it wherever you can, from salads to omelets to the top of your pizza.

Berries. All berries are packed with cancer-fighting phytonutrients. But black raspberries, in particular, contain very high concentrations of phytochemicals called anthocyanins, which slow down the growth of prema-

lignant cells and keep new blood vessels from forming (and potentially feeding a cancerous tumor), according to Gary D. Stoner, PhD, a professor of internal medicine at The Ohio State University College of Medicine.

Helps fight: colon, esophageal, oral, and skin cancers

Your Rx: Stoner uses a concentrated berry powder in his studies but says a half-cup serving of berries a day may help your health, too.

Tomatoes. This juicy fruit is the best dietary source of lycopene, a carotenoid that gives tomatoes their red hue, Béliveau says. And that's good news, because lycopene was found to stop endometrial cancer cell growth in a study in *Nutrition and Cancer*. Endometrial cancer causes nearly 8,000 deaths a year.

Helps fight: endometrial, lung, prostate, and stomach cancers

Your Rx: The biggest benefits come from cooked tomatoes (think pasta sauce!), since the heating process increases the amount of lycopene your body is able to absorb.

Walnuts. Their phytosterols (cholesterol-like molecules found in plants) have been shown to block estrogen receptors in breast cancer cells, possibly slowing the cells' growth, says Elaine Hardman, PhD, associate professor at Marshall University School of Medicine in Huntington, West Virginia.

Helps fight: breast and prostate cancers

Your Rx: Munching on an ounce of walnuts a day may yield the best benefits, Hardman's research found.

Garlic. Phytochemicals in garlic have been found to halt the formation of nitrosamines, carcinogens formed in the stomach (and in the intestines, in certain conditions) when you consume nitrates, a common food preservative, Béliveau says. In fact, the Iowa Women's Health Study found that women with the highest amounts of garlic in their diets had a 50 percent lower risk of certain colon cancers than women who ate the least.

Helps fight: breast, colon, esophageal, and stomach cancers

Your Rx: Chop a clove of fresh, crushed garlic (crushing helps release beneficial enzymes), and sprinkle it into that lycopene-rich tomato sauce while it simmers.

Beans. A study out of Michigan State University found that black and navy beans significantly reduced colon cancer incidence in rats, in part because a diet rich in the legumes increased levels of the fatty acid butyrate, which in high concentrations has protective effects against cancer growth. Another study, in the journal *Crop Science*, found dried beans particularly effective in preventing breast cancer in rats.

Helps fight: breast and colon cancers

Your Rx: Add a serving—a half-cup—of legumes a few times a week (either from a can or dry beans that've been soaked and cooked) to your usual rotation of greens or other veggies.

A FAMILY AFFAIR

Battling diabetes is far less difficult when you don't have to do it alone. Many families with more than one member living with diabetes are banding together and becoming closer in the process.

Marc Onigman and his wife, Maureen, were waiting for a flight to Ireland at Boston's Logan Airport when March looked up at the departure board and found he couldn't read it. His vision was too blurry. "My dad had diabetes, so I knew that blurred vision couldn't be good," he says. He and Maureen took their bags off the plane, and March went to the doctor. He

blames himself for his diabetes. "It's my fault," says the 57-year-old businessman. Overweight since sixth grade, March had dieted off and on for years but always regained what he lost. He had exercised off and on too; but that never lasted long either.

A dramatic change. Marc was diagnosed with type 2 diabetes in 1999 and has been on medication to control his blood sugar ever since. But he's still overweight and until recently hadn't been getting the exercise he knows he needs. Still, things have changed in the Onigman family since that day at the airport.

In 2000, his daughter Julies, now 31, was diagnosed with type 1 diabetes, and the next year his son Michael, now 33, learned that he, too, has type 1. The Onigman's other son, David, now 26, is unaffected. There is a strong family history: Marc's grandmother, his father, and Maureen's grandmother all had the disease. Because their diabetes is insulin dependent, both Julie and Michael require daily injections. "This has brought us closer together," says Julies. "I've been able to help Michael and answer his questions." Julie checks her blood sugar four to six times daily and injects insulin four times a day. She's considering an insulin

pump—a device that delivers insulin 24 hours a day. The pump itself about the size of a beeper is attached to a waistband or other article of clothing. Michael already has one, so now he can answer Julie's questions about the device.

Walking the walk. Julie, a systems administrator for a consulting company in the Boston area, has been the driving force behind the family's efforts to raise money for diabetes research. Six years ago, she joined the annual American Diabetes Association fund-raising walk, Step Out to Fight Diabetes (formerly America's Walk for Diabetes) and began urging others to join her. "There are now about 30 of us, my father, my brothers, three uncles, two cousins and friends," says Julie. "Last year, we raised about \$20,000 and were the No. 1 team in the Northeast for the second year in a row." Her mom, Maureen, hasn't joined the walk because someone has to stay at home preparing for the party the Onigmans throw afterward. In addition to the walk, David, who leads a band called AM Dial, organizes an annual benefit concert for diabetes at the Hatch Shell, an outdoor stage on the south bank of the Charles River. Julie, a singer, performs with the band. As for their dad, Marc, is determined to lose weight so he can get off his medication and manage his diabetes better with diet and exercise. He is now eating six small, healthy meals a day and trying to exercise more. His resolution coincided with the birth of Michael's son, Kieran, and the New Year. "I realized that if I continued as I was, I wasn't going to see this kid grow up," he says. "And I want to."

www.healthmonitor.com

What's News Now

DRIVING AND DIABETES: SHOULD YOU BE BEHIND THE WHEEL?

Rapid heartbeat, cold hands, blurred vision, sweating, dry mouth, and difficulty concentrating are symptoms of low blood sugar (hypoglycemia). Driving with such symptoms surely isn't safe. Would people with diabetes who are experiencing these symptoms get behind the wheel of a car and drive?

According to researchers at the TNO Human Factors Research Institute, the answer, all too often, is yes. In fact,

"Quick Fixes" for Your Glove Compartment

If you're driving and think your blood glucose may be too low, pull over immediately and check it. If it's 70 mg/dL or below, have one of these "quick fixes" right away. Keep them in your glove compartment at all times.

- Glucose tablets—take two or three.
- Can or bottle of fruit juice—drink 4 ounces.
- Can or bottle of regular (not diet) soda—drink 4 ounces.
- Hard candy—eat five or six pieces.
- Glucose gel.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

their most alarming finding was that 25% of people with type 2 diabetes chose to drive despite being aware that their blood sugar was probably or definitely low. Given the increasing number of people with type 2 diabetes, this may well be a cause for concern. Driving while you have low blood sugar makes you a danger not only to yourself but to others.

Researchers studied 65 experienced drivers aged 20 to 65 who had diabetes. All of them completed a questionnaire to test their ability to tell whether they were experiencing low blood sugar. Under doctors' supervision, these subjects had their blood sugar levels controlled and monitored over a period of time while they took part in simulated driving sessions. Before each session, participants were asked whether they felt as if their blood sugar levels were low and, given how they felt, whether they would drive in everyday life.

Some participants were better able than others to tell when their blood sugar was low. The study found that many of the patients with type 1 diabetes who were not aware of their low blood sugar levels would have made the decision to drive. Any hint of diminished awareness of hypoglycemia means that a blood glucose should be taken before getting behind the wheel.

Source: Diabetes Care



WANT TO WALK MORE? GET A GOAL!

What would it take to get you walking? If you're like participants in a recent study, it might be as simple as strapping on a pedometer and setting a goal.

Researchers at the University of Michigan wanted to find out what kind of goal-setting would motivate people with type 2 diabetes to participate in a pedometer-based walking program. So they separated 35 participants into two groups. One group got "lifestyle goals," and was told that every step they took counted toward their goal. The other group got "structured goals," and was told the only steps that



counted were those taken during walks lasting at least 10 minutes. All participants wore pedometers to count their steps throughout the day, and each got a weekly walking goal based on the previous week's walking.

Both groups significantly increased

their walking during the program, by an average of 1,938 steps a day—about the length of five football fields. The two groups did equally well with increasing their walking. But those who received the lifestyle goals were more satisfied with the program and wore their pedometers more often. And even though a quick trip to the mailbox counted for the lifestyle group, they still got most of their step increases from activities like half-hour walks. Even if you don't have time for a regular exercise program, just being active and walking rather than sitting or riding can help.

Source: *International Journal of Behavioral Nutrition and Physical Activity*

Asperger Syndrome

FACT SHEET

What is Asperger syndrome?

Asperger syndrome is one of the autism spectrum disorders (ASDs). Although symptoms are present early in life, Asperger syndrome is usually diagnosed when a child is school aged. As with other ASDs, scientists do not know exactly what causes Asperger syndrome, but it is known that the brain of someone with this condition functions differently than that of someone without Asperger syndrome.

What are the signs of Asperger syndrome?

People with Asperger syndrome have problems with social, emotional, and communication skills, as well as unusual behaviors and interests.

Children and adults with Asperger syndrome might:

- Have trouble understanding other people's feelings or talking about their own feelings.
- Have a hard time understanding body language.
- Avoid eye contact.
- Want to be alone; or want to interact, but not know how.
- Have narrow, sometimes obsessive, interests.
- Talk only about themselves and their interests.
- Speak in unusual ways or with an odd tone of voice.
- Have a hard time making friends.
- Seem nervous in large social groups.
- Be clumsy or awkward.
- Have rituals that they refuse to change, such as a very rigid bedtime routine.
- Develop odd or repetitive movements.
- Have unusual sensory reactions.

With appropriate services and support, people with Asperger syndrome can make progress in managing or overcoming these challenges and can learn to emphasize their strengths.

How is Asperger syndrome different from other autism spectrum disorders?

Children with Asperger syndrome do not have a language delay and, by definition, must have an average or above average IQ (measure of intelligence). Children with other autism spectrum disorders may have a language delay and can have an IQ at any level.

What can I do if I think my child has Asperger syndrome?

Talk with your child's doctor or nurse. If you or your doctor thinks there could be a problem, ask for a referral to see a specialist such as a developmental pediatrician or psychologist. Talk with your child's teacher or school counselor, too.

Your child might benefit from intensive social skills training at school or in the community. Your child also might need speech therapy to learn how to talk with other people, or medicine to help with anxiety and attention problems. Other therapies including physical and occupational therapy also might be helpful depending on your child's needs. To find out whom to call in your area about these services, contact the National Information Center for Children and Youth with Disabilities at www.nichcy.org/states.htm or call the Centers for Disease Control and Prevention (CDC) at 1-800-232-4636. CDC also has links to resources for families at www.cdc.gov/autism.

It is very important to begin this intervention as early as possible in order to help your child reach his or her full potential. Acting early can make a real difference!

Read to your child every day.

www.cdc.gov/actearly



FIRST THINGS FIRST

azftf.gov



Learn the Signs. Act Early.

Positive Parenting Tips for Healthy Child Development



Infants (0-1 year old)

Developmental Milestones

Cognitive development for your baby means the learning process of memory, language, thinking and reasoning. Your baby is learning to recognize the sound of your voice. She is also learning to focus her vision from the periphery or the corner of her eyes to the center. Language development is more than uttering sounds ("babble"), or mama/dada. Listening, understanding, and knowing the names of people and things are all components of language development. During this stage, your baby is also developing bonds of love and trust with you. The way you cuddle, hold, and play with your baby will set the basis for how he will interact with you and others.

*For more information on developmental milestones and warning signs of possible developmental delays, visit **Learn the Signs. Act Early.** (<http://www.cdc.gov/ncbddd/autism/ActEarly>)*

Positive Parenting

- Talk to your baby. It is soothing to hear your voice.
- When your baby makes sounds, answer him by repeating and adding words. This will help him learn to use language.
- Read to your baby. This helps her develop and understand language and sounds.
- Sing to your baby.
- Play music. This helps your baby develop a love for music and math.
- Praise your baby and give him lots of loving attention.
- Spend time cuddling and holding your baby. This helps her feel cared for and secure.
- The best time to play with your baby is when he's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that you can take a break.
- Parenting can be hard work! Take care of yourself physically, mentally, and emotionally. It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



Read to your child every day.

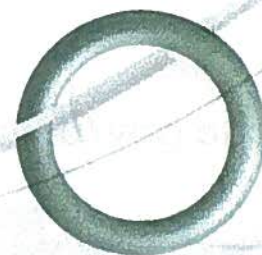
FIRST THINGS FIRST
aztf.gov

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities





Child Safety First

Now that your newborn is at home, it is time to make sure that your home is a safe place. Look around your home for household items that might present a possible danger to your baby. As a parent, it is your responsibility to ensure that you create a safe environment for your baby. It is also important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby. Here are a few tips to keep your baby safe during her first year of life.

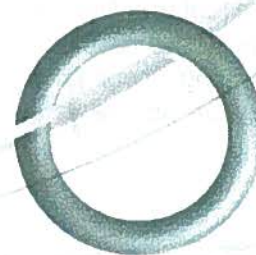
- It is important that you never shake your newborn baby. Newborn babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby you can damage his brain and delay normal development.
- To prevent SIDS (Sudden Infant Death Syndrome), it is recommended that you always put your baby to sleep on her back. For more information on SIDS, visit National Institute of Child Health and Human Development (<http://www.nichd.nih.gov/sids/sids.cfm>).
- Place your baby in a car safety seat every time he rides in the car. The safest place for his safety seat is in the back seat of the car. Children who are less than one year OR are less than 20 pounds should be placed in a rear-facing car seat.
- To prevent your baby from choking, cut her food into small bites. Don't allow your baby to play with anything that may cover her face or is easy for her to swallow.
- Never carry hot liquids or food near your baby or while holding him.
- Immunizations (shots) are important to protect your child's health and safety. Because children are susceptible to many potentially serious diseases, it is important that your child receive the proper immunizations. Please consult your local health care provider to ensure that your child is up-to-date on her childhood immunizations. You may visit the CDC immunization website (<http://www.cdc.gov/nip/recs/child-schedule.htm>) to obtain a copy of the recommended immunization schedule for U.S. children

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living

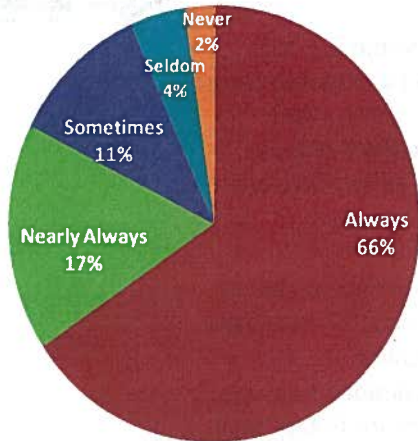
www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities



How often do you make sure that children riding with you are using a seat belt or are in a car seat?



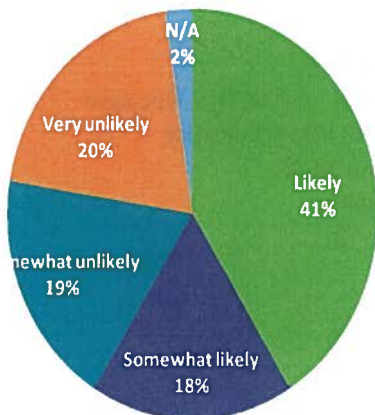
In December on the 22nd of 2010, the Community Christmas Dinner was held at the Tribal Gym. The Hualapai Health Department sponsored a "Safe Driving Survey" there were 165 surveys completed. The following is the percentage rates from 5 questions on the survey.

It is important that when you get into a vehicle that you have access to a seat belt restraint for your own protection. It is just as important that children that are riding in a vehicle are securely seat belted in or that a car seat is available for their use. Car seats should be used for all children 3 ft. 9 in. tall or 40 pounds or less.

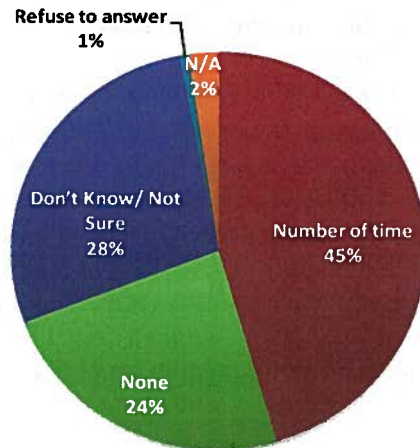
Of the 165 community members surveyed 66% make sure that the children are seat belted in or are secure in a car seat. This is a good indicator that community members are aware of the importance of wearing a seat belt of using a car seat.

Only 41% think that they will get a ticket if they do not wear a seat belt that is less than half of those surveyed. While 18% say they may get a ticket or stopped, 19% say it could happen but not likely and 20% say no I won't get stopped or ticketed.

What is the likelihood of getting a ticket if you are not wearing a seat belt or if a child is not using a car seat while driving on or near the reservation?



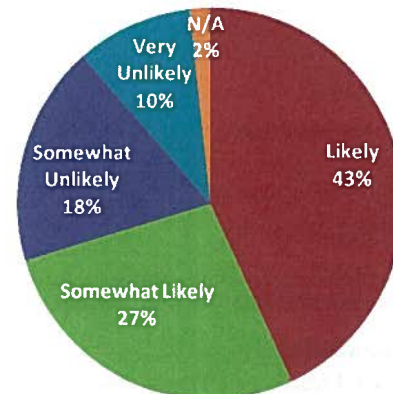
During the past 30 days, how many times have you witnessed someone drinking and driving?



As we look at the chart it indicates that a little less than half of those surveyed have witnessed someone drinking and driving within the last 30 days. The 45% is a high percentage rate and should be a big concern to the community.

What is the likelihood of someone getting arrested on or near the reservation if he/she drives after drinking?

It shows that 43% believe that someone will likely get arrested if they drink and drive on the reservation while 27% believe it is possible to be arrested and 10% say it is very unlikely for them to drink and drive without being arrested. The 165 surveys that were collected represent a snapshot of the community's perception on the issue of drinking and driving on the Hualapai Reservation. Additional surveys will be done to verify the results or and to see if drinking and driving is changing. Your participation is very important in order to get a true picture of our community's drinking and driving status.





Oklahoma State University

Seatbelts: Why You Should Use Them

ROOM TO LIVE



Being thrown from a moving vehicle is the number one cause of death in car crashes. Staying inside the vehicle is your best chance of survival. Safety belts are designed to keep you inside the vehicle, where there's room to live.

The figures are familiar: 40,000 people die each year in car accidents, the leading cause of death for people under the age of 35. Safety belts can prevent death in about half of these accidents. If you know this and are still not wearing a safety belt, you may need to ask yourself why not. But first, let's look at what happens when a car crashes.

The Human Collision

Imagine running as fast as you can - into a wall. You'd expect to get pretty banged up. Do you think you could stop yourself if the wall suddenly loomed up when you were two feet away from it? This is exactly the situation you face when the front of your car hits something at only 15 miles an hour. The car stops in the first tenth of a second, but you keep on at the same rate you were going in the car until something stops you - the steering wheel, dashboard or windshield - if you're not wearing your safety belt. Bad enough at 15 miles an hour, but a 30 miles you hit "the wall" four times as hard as you would at 15. Or to put it another way, **with the same impact you'd feel as if you fell three stories.**

A properly worn safety belt keeps that second collision - the human collision - from happening.

Wear It Right

"Properly worn" means with both straps snugly fitted to transfer the impact of the collision to the parts of your body that can take it - your hipbones and shoulder bones. With just the shoulder strap on, you can still slide out from under it and be strangled, while the lap belt alone doesn't keep your face from hitting the steering wheel.

What's Your Reason For Not Wearing One?

"I'm only going to the shopping center." Actually, this is the best time to wear a safety belt, since 80% of traffic fatalities occur within 25 miles of home and under 40 miles an hour.

"I won't be in an accident: I'm a good driver." Your good driving record will certainly help you avoid accidents. But even if you're a good driver, a bad driver may still hit you.

"I'll just brace myself." Even if you had the split-second timing to do this, the force of the impact would shatter the arm or leg you used to brace yourself.

"I'm afraid the belt will trap me in the car." Statistically, the best place to be during an accident is in your car. If you're thrown out of the car, you're 25 times more likely to die. And if you need to get out of the car in a hurry - as in the extremely tiny percent of accidents involving fire or submergence - you can get out a lot faster if you haven't been knocked unconscious inside your car.

"They're uncomfortable." Actually, modern safety belts can be made so comfortable that you may wonder if they really work. Most of them give when you move - a device locks them in place only when the car stops suddenly. You can put a little bit of slack in most belts simply by pulling on the shoulder strap. Others come with comfort clips, which hold the belt in a slightly slackened position. If the belt won't fit around you, you can get a belt extender at most car dealerships.

"I don't need a belt - I've got an airbag." Lucky you! An air bag increases the effectiveness of a safety belt by 40 percent. But air bags were never meant to be used in place of safety belts, since they don't protect against side impacts at all.



Lowering Drinking Age

Jan 06, 2011

A group of researchers have successfully debunked the myth that lowering the drinking age would reduce underage drinking, at least amongst college students.

Prompted by speculation by the two-year-old Amethyst Initiative—a group of more than 100 college presidents and other high-ranking administrators who want to reduce the Minimum Legal Drinking Age from 21 to 18, claiming that reducing the legal drinking age could result in less alcohol use on college campuses—researchers at BioMedware Corporation in Ann Arbor, Mich. extended the model previously developed by Dr. Richard Scribner of the Louisiana State University School of Public Health to conclude that lowering the drinking age would not cause students to drink less.

The study, "Heavy Episodic Drinking on College Campuses: Does Changing the Legal Drinking Age Make a Difference?" published this month in *the Journal of Studies on Alcohol and Drugs*, used data available from 32 U.S. campuses nationwide. Researchers took a cross-section geographically, some were primarily commuter campuses, some students lived in dorms and some campuses and even the surrounding communities were "dry," researcher Robert G. Rommel says.

Lead author, Jawail Rasul, Ph.D., says, "Our goal was to reduce binge or 'heavy episodic drinking' among college students." Since 2006, the group of epidemiologists and mathematicians has been working on modeling student drinking in terms of drinking types (abstainers, social, "heavy episodic" and problem) and reasons students transition between these types—processes of individual risk, social interactions and social norms. The group had built up a model where campuses are characterized by alcohol availability, which they call "wetness."

The team, including Dr. Scribner, who returned for the new analysis, organized the underage students from the legal-age students on campus and assigned them different "wetnesses" (higher for legal age). They also altered the social interactions between social and "heavy episodic drinkers" for underage drinkers to model the misperception effect emphasized by the Amethyst Initiative. They then measured the effects of policy change by focusing on total "heavy episodic drinkers."

Researchers discovered that the wetness increase on the campuses for the expanded legal age drinkers always outweighed the effects of misperceptions.

"The imbalance became even worse for drier campuses with strong enforcement of underage restrictions, where the Amethyst initiative says the misperceptions are the strongest," Dr. Rasul says.

Authors say other alcohol-related problems such as impaired driving, tend to increase as access increases, as well.

Rasul concluded, "Since there was no evidence that high misperceptions of peer drinking are the norm, it was highly unlikely that lowering the drinking age would reduce student 'heavy episodic' or binge drinking."

By Roy York

The alcohol debate has come to the heart of the Bluegrass.

On Thursday, James Fell, senior program director with the Pacific Institute for Research and Evaluation, and John McCardell, founder of Choose Responsibility and former Middlebury College President, squared off in Worsham Theatre in a debate concerning lowering the national drinking age and the effectiveness of the current under-21 law.

McCardell cited shortcomings and unexpected consequences of the current system, while Fell cited statistics and argued the minimum drinking age has saved lives and reduced alcohol-related incidents across the board.

McCardell said states have the power to lower the drinking age below 21, but if states do, they forfeit 10 percent of their federal highway appropriations under the Uniform Drinking Age Act, passed in 1984. McCardell said no state is going to risk the loss, and therefore no data can be gained from younger drinking age experiments in the U.S.

He said today's problems have shifted to another issue prevalent on college campuses.

"The problem of 2009 is binge drinking," McCardell said. "The law has been effective at reducing drinking in public venues, but drinking is still taking place behind closed doors."

He said between 1993 and 2001, there has been a 56 percent increase in binge drinking, and today 90 percent of alcohol consumed by underage drinkers is done so while binge drinking.

"Our current approach to binge drinking is as effective as a parachute that opens on the second bounce," McCardell said.

"Alcohol is a reality in the lives of young adults. We have tried valiantly for the past 25 years to impose prohibition on that age group. It hasn't worked."

Refuting points asserted by McCardell, Fell said there is no data to suggest that binge drinking is increasing.

He said raising the drinking age has no effect on binge drinking, but rather young people learn binge drinking from parents.

Fell cited statistics celebrating the successes of the current drinking law. He says the under-21 drinking age saves lives and reduces all alcohol-related incidents for those under and over 21.

Fell said after the Uniform Drinking Age Act was passed, the U.S. saw a 13 percent decline in 30-day alcohol consumption. He said between 1982 and 2004, alcohol-related automobile fatalities decreased by 33 percent for persons over 21, and decreased by 62 percent for persons under 21.

To rebut those who say 18-year-olds are considered adults in other facets of life, Fell said many rights have different ages of initiation, such as renting a hotel room, renting a car or being elected president.

Fell proposed strengthening drinking laws and better enforcement of current laws as solutions to keep students from drinking illegally. Fell said an increase in the tax on alcohol would also reduce underage alcohol consumption.

"When the drinking age is lowered, problems increase," Fell said. "The drinking age saves lives."

SUBMITTED BY THE: HUALAPAI UNDERAGE DRINKING PROJECT

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:

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.

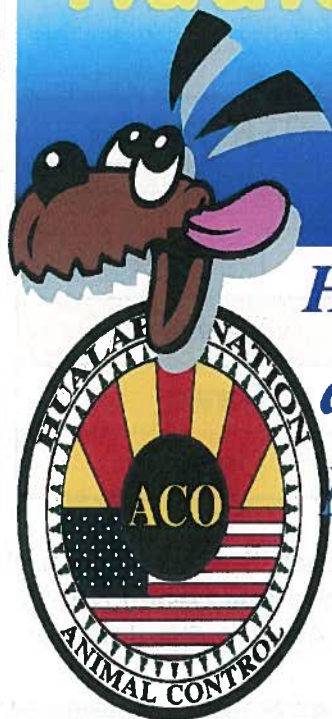
For more information, please contact: Candice San Filippo at (702) 420-0515 or toll free at (866) 335-4673.

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Hualapai Animal Control

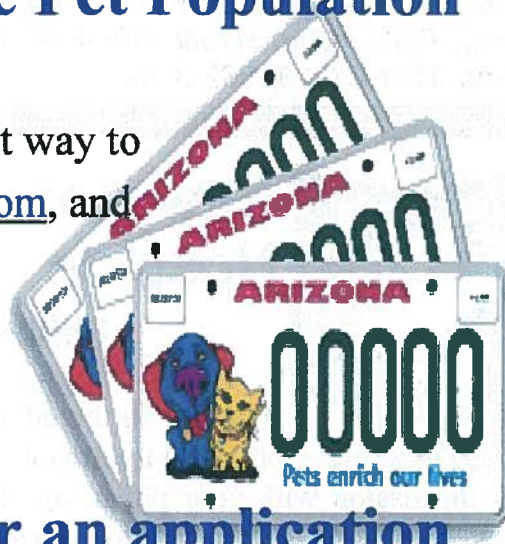
2011 Spay-Neuter



*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

Hualapai Animal Control

P.O. Box 179

Peach Springs, Arizona 86434

(928) 769-2205

*Restrictions do apply



Help control the pet population on the Hualapai Nation

COMMUNITY MESSAGES



Best American Destinations, Marketing and PR for Hualapai Tourism congratulates GCRC !



Highest paid visitation in history of GCW on December 27th



4,013 people visited!

Chris Novak. Hualapai tribal member and son of Melanie Nunez (Bravo), grandson of Robert & Marilyn Bravo of Peach Springs, has recently traveled to Calgary, Canada with a group of young athletes to further his training in the Winter Olympic sport of Skeleton. Skeleton, which was added to the Olympic program in 2002, is a sport in which the athlete launches himself headfirst on a sled, down a narrow ice track, reaching speeds of up to 80 mph. The run takes less than a minute to complete.

Chris, age 16, took Skeleton in April 2010, when he attended a driving school in Lake Placid, NY, where he learned the basics of the sport. From there he continued his development at Park City, UT. The site of the 2002 Winter Olympics. He began training

at Park City in November, and quickly progressed to the highest start level at the top of the mountain.

His coach, Pat Brown, Utah Olympic Park Lead Development Coach, was impressed enough by Chris' overall performance and potential that he invited him to train in Calgary, site of the 1988 Winter Olympics, from Dec. 13-19. After successfully navigating the tricky Calgary track, Chris plans to return to Park City several times this winter to continue to refine his sliding skills. As he begins the long climb up the ladder in his sport, he hopes that all the hard work will culminate one day in a position on the US National Team and the chance to compete in the Olympics. Having already reached speeds of over 73 mph, Chris is off to a great start.

By Father, Lee Novak

Happy Birthday!

Nathaniel Davis

January 20

Happy Birthday HB. On this day I will play all your favorite tunes. I hope that whatever you do, and wherever you go - Have a great time! Just letting you know that I remembered your birthday - wishing you the best!

LYB! Jess

**Happy Belated Birthday
"Chaz Vaughn"
January 11th**

**We hope there are many
more to come.**

From the Vaughn Boyz

The last words I spoke to you were "I will see you later." You have now left this Earth and are in Heaven. When I really think about it, I will see you again. God will call me home someday too. You are probably dancing with grandpa, grandma; my mother is probably there too. I hope you tell her I say Hi. All the sickness and illnesses and worries are all gone. Is it true that you are finally happy? I wish to still be able to hear your voice.

There is so much I didn't know. I guess it is meant to be that way. Here, left on Earth it is hard to accept that you are gone. It seemed too soon to be your time. God wanted you home and so you went when he called. So many people you left behind are wondering why. It is very hard to understand Gods timing. But it is what it is and we have to live with it. I have learned a hard lesson from all this sadness; I have learned to not take anyone for granted. When a member of my family tells me to visit whenever I am in town, you can bet I will be there. To all my family know that I love you and that I will not be a stranger.

Katrina Cavanaugh



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-Burke@hotmail.com or see my

Facebook, search "Writing on Two Wheels".



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