

GAMYU



NEWSLETTER OF THE HUALAPAI TRIBE

Issue #03

February 04, 2011



2011 HUALAPAI LIVESTOCK ASSOCIATION'S ANNUAL MEETING WEDNESDAY-FEBRUARY 16, 2011

HUALAPAI TRIBAL GYM

AGENDA

- 8:00-8:30 REGISTRATION - COFFEE & DONUTS (Provided by HDNR)
(Moderator-Robinson Honani, Range Specialist, Ag Program)
- 8:30-8:45 INTRODUCTIONS: JOEL J. QUERTA, Manager-Agriculture Program
WELCOME: CHAIRMAN WILFRED WHATANOME (invited)
INVOCATION- DARWIN HONGA-Rancher-Coyote Springs
- 9:00-10:00 Bull Selection Criteria/Breeding Soundness Exams-Pam Komalestewa-Vet Tech-
Hopi Veterinary Services & Dr. Scott, DVM, Winslow, AZ
- Reasons for changing bulls-blood lines
 - Different Breeds
- 10:00-10:30 BULL BREEDERS-Invited - Bob Prosser, -T-, Winslow, AZ; Duane Coleman,
Three Canyon Ranches-Hopi; Las Vegas Ranches, Chino Valley, AZ; Norris
Brown, Utah
- 10:30-10:45 BREAK- COFFEE & DONUTS (Provided by HDNR)
- 10:45-11:45 RANGE VEGETATION INVENTORY PRELIMINARY REPORTS-
DISTRICTS TWO & THREE-Robinson Honani, Range Specialist, Ag Program
- 11:45-1:00 LUNCH-PROVIDED BY: TO BE DETERMINED LATER
- 1:00-2:00 RECORD KEEPING: TERRI HONGA-INCA REP



Inside this issue:

EVENTS & INFORMATION	2
HEALTH & SAFETY	19
COMMUNITY MESSAGES	28

Join us at an Open House for the new offices of the Hualapai Planning Department!

We would like to invite YOU, our friends and neighbors to join US the Hualapai Planning Department to an Open House on Friday, February 18 to and to visit our NEW OFFICES located on W Highway 66 in Peach Springs.

Bring your questions AND your appetites as you hear more about the Wind and Solar projects proposed for Clay Springs and dine on burgers and hotdogs care of our own Hualapai Lodge.

We'll have games for the kids, a free gift* for the adults, AND a chance to win a twenty five dollar gift certificate to the Diamond Creek Restaurant care of the Hualapai Lodge!

The raffle drawing will be held at 4:00 sharp but the activities start at 12:00 and runs until 6:00 so come on down to the Planning Departments new offices located at 887 W Highway 66 Friday, February 18.

Questions? Give us a call at 928-769-1310

*While supplies last

Hualapai Wind and Solar



EPCH

CHECK US OUT! HOW TO LISTEN:

- Go to kidstar.org on the Internet
- Select Network Stations
- Select **EPCH**
- Select play/listen



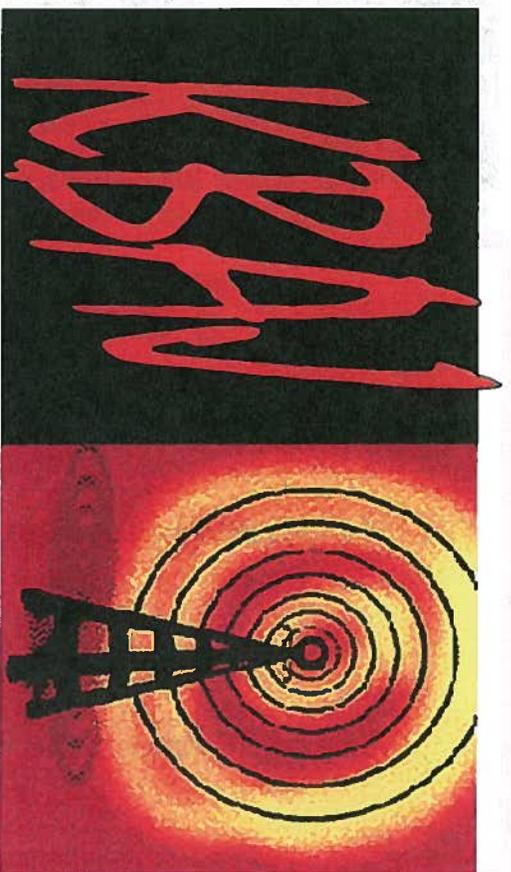
Check out our FACEBOOK page
EPCH
 Become a fan!

See photos of the youth broadcasters in action and receive updates about scheduling and programs and notices about special events and special guests.

PEACH SPRINGS YOUTH RADIO

- Local Youth broadcasters live Monday through Thursday 3:00pm to 7:00pm
- Local Youth broadcasters live Friday 10:00am to 3:00pm
- Special guest performers and talk show interviews with Tribe department staff and community members on Fridays, including traditional songs and stories
- Native Voice One programs rebroadcast regularly
- Hundreds of new songs, including traditional, rasta, blues, country and classic and alternative rock

Contact Terri Hutchens or Elson Bender with questions and suggestions or if you want to be a youth broadcaster at 769-1630 or 769-1110.
 Bring us music you would like to hear played on the station on CD or MP3.



Are you interested in having a real, local community radio station you can listen to in your car while you drive around Peach Springs?

- Then come join the PTFP grant committee!
- Meetings are bi-weekly at the 1:00 at the EPCH youth internet radio station in the Dialysis building.
- The next meeting is Thursday 10, 2010. Refreshments will be provided. Participant raffle.
- PTFP stands for Public Telecommunications Facilities Program. It is a federal grant for 2010-2011 funding development and planning for a regular radio station in Peach Springs.
- We need more community involvement and input!
- For more information contact Terri Hutchens at (928) 769-1630 or (928) 769-1110.



BOYS & GIRLS CLUB
OF PEACH SPRINGS

The Club

On Monday, January 17th The Boys and Girls Club partnered with the Training Center and the Hualapai Police Department to participate in a Nationwide Day of Service in honor of Martin Luther King Jr. Day. Over 25 club members, staff, community members, and parents spent the day picking up litter and recyclables around the community. The day concluded with a barbecue sponsored by the Hualapai Police Department and a presentation by VISTA volunteer Ryan Cassutt who educated the children on the process of recycling and the importance of serving the community.



The Boys and Girls Club would like to recognize Kersten Smith as Staff of the Month for her hard work and dedication to the community. Thanks Kersten!



The Club would like to give a big **THANK YOU** to:

Ryan Cassutt of the Hualapai Training Center

And

Officer Andrew Rivera of the Hualapai

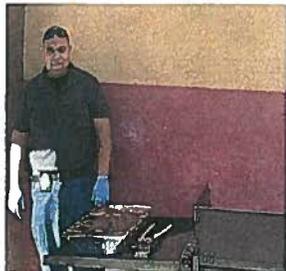
Our Mission...

To enable all young people, especially 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.

Hours of operation:
Monday-Thursday:
Youth 2:00pm-6:00pm
Teens 2:00pm-8:00pm
Friday 8:00am-5:00pm
Upcoming Events:
Wellbriety on Wednesday
Evenings, 6-7. All teens and parents welcome.



Art Work provided by the Peach Springs Branch club members

Frontier Restaurant

Valentine's Day

Hand-dipped chocolate covered cherries, packed in heart shaped boxes.

\$15.00 each

****Limited quantity****

Pick up available after February 7th

Come to the Frontier Restaurant to prepay your order

For information call 769-2237



FRONTIER RESTAURANT

Take out winter special's

8 AM - 11 AM

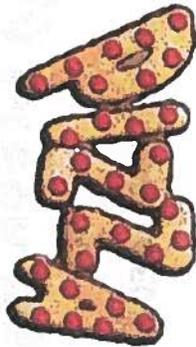
Breakfast Sandwich & Coffee

(Bacon or sausage, egg & cheese)

Just **\$3.50**

2 PM - 6 PM

1 Large 1 Topping



ONLY **\$9.99**

Offer valid during Special hours, on take out order's only.

Call Today 769-2237

FEBRUARY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Chicken Fettuccini Alfredo	2 Shredded Beef and Cheese Enchiladas	3 Spring Rolls with Fried Rice	4 Fish n Chips	5 Grilled Chicken Club on a bun
6 Super bowl	7 Red Beans and Rice with Kielbasa Sausage	8 Homemade Lasagna	9 Chicken Quesadilla	10 Homemade Chili Beans and Cornbread	11 Cracklin' Pan Fried Tilapia	12 Nacho Supreme
13 Egg Salad Sandwich on a Croissant	14 Pork Roast Dinner Includes Drink and Dessert	15 Chicken Parmesan	16 Shredded Beef Tacos	17 Hot Stuffed Potatoes	18 Fish n Chips	19 Meatloaf Dinner
20 Hot Dogs With Homemade Mac n Cheese	21 Beef Tips and Noodles	22 French Bread Pizza	23 Green Chile Chicken Enchiladas	24 Indian Burgers	25 Fish Tacos	26 Baked 1/2 Chicken Dinner
27 Sloppy Joes	28 Chicken Salad Pita					



Diamond Creek Restaurant

**Hours of Operation
6:30am - 8:30pm**

**Specials available
11:00am until Sold Out**

Specials subject to change without notice.

769-2800





Diamond Creek Restaurant

SUPER BOWL SPECIALS

**SUNDAY, FEBRUARY 6TH
SPECIALS START AT 3:30PM**

DINE IN ONLY

2 FOR 1 APPETIZERS

* ONION RINGS * POPPERS * WINGS * ZUCCHINI
* BOTTLE CAPS * MAC N CHEESE BITES

1 DOZEN BBQ CHICKEN THIGHS--\$9.95

*****NO DISCOUNTS APPLIED TO SPECIALS**



2nd Annual Kualapai Tribal

Court Valentine's Wedding Day

When: Monday, February 14, 2011

Where: Kualapai Lodge Conf. Room 2nd Floor

Time: 10am to 3pm

** Marriage Applications can be picked up at the Tribal Court.
Last day to submit applications will be on Feb. 11 2011*



Also please bring two witnesses of your choice.



Valentine Bazaar



Monday Feb. 14, 2011

10:00 am - 4:00 pm

Hualapai Multi Purpose

Peach Springs, AZ

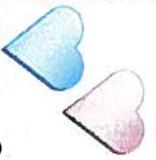


Find that unique gift
for your loved one,
friend, co-worker or just
your favorite person!

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



Valentine's Candy Gram

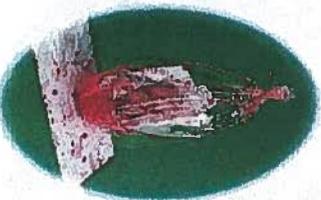
Orders are currently being taken for Valentine's Candy Grams.

\$10.00 per Gram

Includes the following: valentine decorated wrapped basket

with 1 teddy bear, 1 mylar balloon, 1 box of candy.

All orders and payments must be received 3 days before Feb. 14th no later.



Please see one of the following to place your order: Allison Shongo, Randi Mahone and Rachelle Walema.

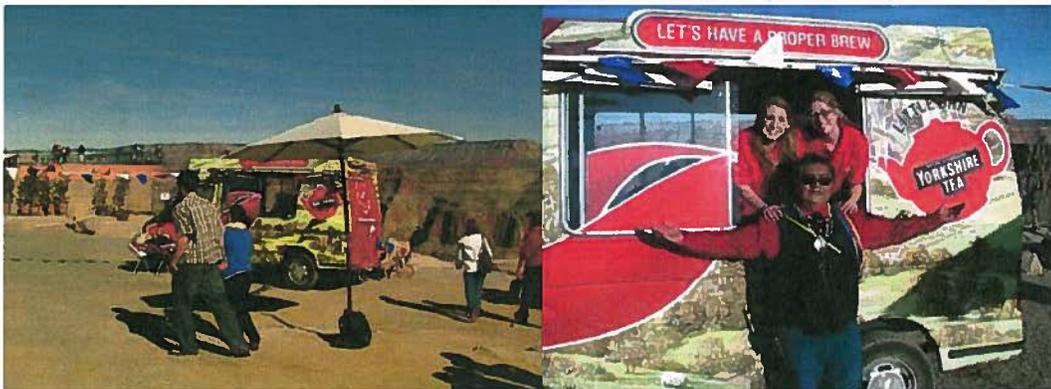
This has been provided by Best American Destinations. Marketing and PR for Hualapai Tourism.



A “Proper” Cup of Tea at Grand Canyon West!

Yorkshire Tea, a leading British tea brand, has been documenting its travels across America in "Little Urn," a van outfitted with a tea brewing system. The van is stopping at some of America's most iconic locations such as Central Park, Santa Monica Pier, and the Hoover Dam, to name a few. “Little Urn” stopped at the Eagle Point at Grand Canyon West, home of the Skywalk, on Tuesday, January 18. Hualapai Native American ambassadors including Wilfred Whatoname Jr. hosted several employees of Yorkshire Tea Company as they document bringing a proper (English) cup of tea to the visitors of Grand Canyon West.

The documentary will be on YouTube at soon!



Marketing Contact: Allison Raskansky – 702-889-9378 – marketing@bestamericandestinations.com

This has been provided by Best American Destinations. Marketing and PR for Hualapai Tourism.



Down Under Meets High Over: Australian Barbershop Quartet and Hualapai Tribal Member Sing Their Countries Respective National Anthems at Grand Canyon West

This week, “Advance Australia Fair” and the “Star Spangled Banner” echoed in the vast canyon as the Australian “Benchmark Quartet” sang the Australian National Anthem and soon after Heather Yellowhawk, a Hualapai Tribal Member, sang the American National Anthem at Eagle Point at Grand Canyon West.



The quartet and Yellowhawk’s songs diplomatically highlighted one of the United States’ most breathtaking landmarks, but more so, showed mutual respect and pride for their cultures as well as their shared appreciation of the beauty in

both sight and sound. Also present during the performance was Tribal Ambassador, Wilfred Whatoname Jr. The Australian quartet is competing in the World Barbershop Championship, which is the premier quartet singing competition being held on February 28th in Las Vegas. "Benchmark" is seeded second in this championship, if they win a medal it'll be the first time in history that a quartet other than an American quartet has done so. The performance will be available on YouTube after the competition.

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

Kingman Little League South

Registration - TBall/Instructional/Minors/Majors/JR's

Date: Saturday, February 5, 2011
 Time: 10:00 A.M. - 2:00 P.M.

Late Registration

Date: Saturday, February 12, 2011
 Time: 9:00 A.M. - 11:00 A.M.
 Followed by tryouts

Registration Fees

TBall & Instructional: \$50.00 Minors/Majors: \$55.00 JR's: \$65.00

Items needed for registration: Birth certificate & 3 Proofs of Residency confirming address (Examples: Vehicle Registration, Vehicle Insurance, Drivers License, Utility Bills (Only one of electric, gas, Phone and/or Water) Cable or Satellite Bill).

Kingman Little League South: Locations

Fire Station Corner of Andy Devine & Harrison (rear of bldg)

Kiddie Korral - Hilltop

(Corner of Stockton Hill Rd. & Robinson)
 1906 Robinson Ave.
 Kingman, Arizona 86401

Police Station/Front Meeting Room

2730 E. Andy Devine Ave.
 Kingman, Arizona 86401



Important Dates to Remember

January - Registration

February 6th - Try outs at South Park
 Minors- 12:00 p.m.,
 players (ages 8, 9, 10)
 Majors- 1:00 p.m.,
 player (ages 11-12)

February 8th - Late tryouts 5:30p.m. at South Park

February 8th - The Draft, Coaches only, 7:00 p.m. Majors
 8:00 p.m. Minors

February 9th - Mandatory Coaches Meeting 6:00 p.m.
 Tball/Instructional

February 10th - Mandatory Coaches Meeting 6:00 p.m.
 Minor/Majors

March 6th - Opening Ceremonies - Time to be announced
Hit-a-thon Fundraiser, immediately following
 Opening Ceremonies

April 10th - Team Pictures- Time to be announced.

June - Closing Ceremonies to be announced

LEAGUE SPONSOR
JUST FOR KIDS DENTISTRY
 2401 STOCKTON HILL RD. Ste. 1
 KINGMAN, AZ 86401 928-718-7188



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 2401 STOCKTON HILL RD. Ste. 1
 KINGMAN, AZ 86401 928-718-7188



**KINGMAN LITTLE LEAGUE
Player Registration Form**

League Use Only:	New Player	Returning Player
Amount Received: _____ Cash _____ Check Number: _____ Date: _____		
Birth Certificate: Y N 3 Proofs of Residency copied: Y N Registration verified by: _____		
Medial Release: Y N Parent Code of Conduct: Y N Uniform Sizes: Y N		

Player's Last Name: _____ Player's First Name: _____ MI: _____

Address: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Email _____

Gender: M F Date of Birth: _____ Age as of April 30th : _____

Siblings in League: Y N Name(s)/Age(s) _____

Parent #1	Parent #2
Name: _____	Name: _____
Address: (if different) _____	Address: (if different) _____
Phone Number: _____	Phone Number: _____
Cell Phone Number: _____	Cell Phone Number: _____

Emergency Contact: _____ Phone Number: _____
Relationship to Player: _____

Uniforms

Please circle your player's uniform size:

SHIRT: **YOUTH** S M L
 ADULT: S M L XL

PANTS: **YOUTH** S M L
 ADULT: S M L XL

Parental Support

Parental Support: We ask for active participation of all parents in our program. Circle all areas in which you would be willing to help:

Coach Asst. Coach Team Parent Board
Member Umpire Score keeping Fundraising

All parent volunteers will be required to fill out a volunteer form.

1. I/We, the parents/guardians of the above-named candidate for a position on a Little League team, hereby give my/our approval to participate in any and all Little League activities, including transportation to and from the activities.
2. I/We know that participation in baseball or softball may result in serious injuries and protective equipment does not prevent all injuries to players, and do hereby waive, release, absolve, indemnify, and agree to hold harmless the local Little League, Little League Baseball, Incorporated, the organizers, sponsors, supervisors, participants, and persons transporting my/our child to and from activities from any claim arising out of any injury to my/our child whether the result of negligence or for any other cause.
3. I/We agree to return upon request the uniform and other equipment issued to my/our child in as good conditions as when received except for normal wear and tear.
4. I/We agree that our child (candidate) may be required to try out for a team. If such does not attend at least 50 percent of the tryouts, local Board-of-Directors' approval is required for such candidate to be placed on a team.
5. I/We understand that our child (candidate) may be chosen at anytime to play on a Major Division team, if he or she is of the correct age for such division as determined by the local league and Little League Baseball. Declining to move up to such Major Division team will result in forfeiture of eligibility for the Major Division for the current season, and may be subject to further restrictions by the local league.
6. I/We agree to provide proof of legal residence (as defined by Little League Baseball, Incorporated) and age. I/We understand that our child (candidate) must be eligible under the residence and age regulations of Little League Baseball, Incorporated, to participate in this Local League, and that if any controversies arises regarding residence and/or age, the decision of the Charter Committee in Williamsport shall be final and binding. I/We further understand that if any participant on a Little League team does not qualify for participation in the league based on residence (as defined by Little League Baseball, Incorporated) and/or age, such participant and/or team on which he/she participates be found ineligible, and forfeit(s) and/or suspension of Tournament privileges may be decreed by action of the Charter Committee or Tournament Committee.
7. I/We will furnish a certified birth certificate of the above-named candidate to League Officials.

SIGNATURE: _____ DATE: _____



Little League® Baseball and Softball Medical Release



NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or eligibility affidavit.

Player: _____

Date of Birth: _____

League Name: _____

I.D. Number: _____

Parent or Guardian Authorization:

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____

Hospital Preference: _____

In case of emergency contact:

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Date of last Tetanus Toxoid Booster: _____

Mr./Mrs./Ms. _____

Authorized Parent/Guardian Signature

WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball/Softball.

Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

Sport Parent Code of Conduct

We, the _____ Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

**2009 KINGMAN LITTLE LEAGUE
MANAGER / COACH APPLICATION**

Division you would like to Manage or Coach? Tee Ball Instructional Major Minor Major Junior

NAME: _____ AGE: _____
(LAST) (FIRST) (M.I.)

ADDRESS: _____
(CITY) (ZIP)

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ E-MAIL: _____

OCCUPATION: _____ EMPLOYER: _____

Do you have children playing in Kingman Little League? If so what divisions? _____

Have you previously managed or coached a team for Kingman Little League? Yes No

If yes, what team and division and how many years? _____

If no, have you ever managed or coached baseball or any other youth sport elsewhere? If yes, please provide details and the number of years of experience. _____

Are you planning to manage or coach another baseball team outside Kingman Little League during the 2009 season? If yes, please describe. _____

Are you CPR Certified? Yes No

If you are appointed by the League President and approved by the Board of Directors to manage or coach a team, will you agree to: Attend a coaching clinic? Yes No

Attend an Umpire clinic? Yes No Volunteer to help in other league activities? Yes No

Attend a CPR class? Yes No Turn in all equipment at the end of the season? Yes No

Team Managers & Coaches will be required to attend all practice sessions and games or have a designated substitute that is pre-approved by the Board of Directors.

Please Note: All team managers, assistants or anyone instructing or working with a team must have this form filled out, a current Volunteer Application, and a Code Of Conduct form on file with Kingman Little League.

I, _____, hereby apply to manage or coach in Kingman South Little League. _____

Signature Date

ALL managerial, coaching and umpiring positions are annual. As such, a president and/or board of directors does not need to give a reason to a person if that person is not re-appointed or re-approved as a manager, coach or umpire for the coming season.

IMPORTANT: No manager, coach or umpire has any tenure whatsoever, regardless of the years of service

Kingman Little League

Coaches Code of Conduct 2009 Season

Kingman Little League expects the following standards of conduct and behavior for its managers and coaches. All managers and coaches in Kingman Little League must sign and adhere to this code of conduct.

- Encourage your players to play by the rules. Children learn best by the examples set by their coaches, so applaud play by both teams.
- Be a positive role model by showing good sportsmanship, a positive attitude and remembering the real reason for the game – To have fun!
- DO NOT ridicule or yell at players, coaches, umpires or parents.
- Always show a positive attitude, on and off the field.
- Remember that all rulings by an umpire on the field are final. If there is a question on an umpire's ruling you should call time out and get with the umpire and the opposing coach out of earshot of players, parents and spectators. Once the conversation is finished, get back to the game. **Do not continue to discuss the matter.**
- Emphasize skill development at all practices and continually work to develop less skilled players.
- No smoking while coaching. No alcohol before a game or practice. Absolutely NO alcohol at the field before, during or after a game or practice.
- Verbal abuse of an official, coach, player, or spectator, including obscene gestures, will not be tolerated. The offender may be removed from the KLL fields at the discretion of an umpire or KLL Board Member.
- Baseball is a game of interpretations, and as a result, disputes will occur from time to time. However, it is important that players learn respect. All disputes that are taken up with the umpire will be handled in a civil manner. Only coaches may initiate such discussions with an umpire. The coach(es) will conduct themselves with decorum and once the umpire has made his/her final ruling, the coach(es) will make no further field protest. Off-field protests may be lodged with the Board of Directors per league policy.
- Coaches will refrain from complaining about perceived bad calls to players and fans.
- All discussions will be held in conversational tones. Under no circumstances will a coach, fan, or player yell at an umpire, coach, fan, or player. The lone exception to this rule is when a coach or player shouts to another coach or teammate during the course of a play as part of that play.
- Profanity is expressly forbidden at all times at the Kingman Little League complex, this includes coaches, players and spectators.

Anyone removed from the KLL fields must leave all fields and the access roads to the fields. Such persons may remain in the KLL parking lot. Ejection from the KLL fields may result in a one game suspension.

Any infraction of the above rules will result in a report being delivered to the Kingman Little League Board for consideration of further action, as appropriate.

I have read, understand, and agree to the above stated Code of Conduct of the Kingman Little League. I agree to be bound by its provisions.

Print Name

Signature

Date

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/>

...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

U.S. Department of State's 2011 Fall Student Internship Program

We are pleased to inform you that we are accepting applications for the U.S. Department of State's **2011 Fall Student Internship Program**. Click here (<http://careers.state.gov/students/programs>), and click on **Student Internships** under Undergraduate or Graduate/Post-Graduate) for more information, and to start the Gateway to State online application process via USAJobs.

Please note that the deadline to submit completed applications is March 01, 2011. You must be a U.S. Citizen and a student (a full- or part-time continuing college or university junior, or graduate student - including graduating seniors intending to go on to graduate school) to be eligible. **Please read the program description and vacancy announcement for more information and all qualification requirements.** We appreciate your interest in a career with the U.S. Department of State. U.S. citizenship is required. An equal opportunity employer.

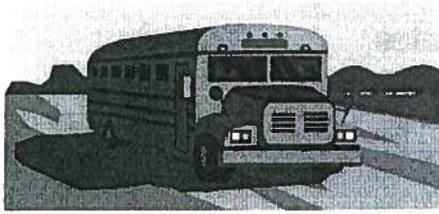
Mae Franklin

Navajo Tribal Liaison- Kaibab National Forest &
Grand Canyon National Park

SEPM -American Indian
Box 863 Cameron, AZ 86020

Phone: 928-679-2037 / Fax: 928-679-2036

mfranklin@fs.fed.us



PEACH SPRINGS SCHOOL

P.O. Box 360

Peach Springs, AZ 86434

928 769 2613

Mr. S. Dunsmore, Superintendent

January 28, 2011

Helpful Hints for Helping Your Child Excel in School

- ▶ Let your child know that you think school is important.
- ▶ Encourage excellent attendance. We want to see your children in school because we can't teach them if they're not with us!
- ▶ Set a bedtime and try to stick to it so that your children will be up in time to get ready for school.
- ▶ Have a Plan B when it comes to transportation and getting your child to school on time.
- ▶ Make sure your child gets a good night's rest every night.
- ▶ Work some reading time into your child's day! Reading stimulates the brain and helps kids be more prepared and alert in school.
- ▶ Tell your child something positive about who they are and what they do.
- ▶ Recognize and thank your child for participating in school or church events and for helping others. This will help your child become a productive citizen.

Reading

"The more you read, the more things you will know. The more that you learn, the more places you'll go."

- Dr. Seuss, "I Can Read With My Eyes Shut!"

"Children are made readers on the laps of their parents." - Emilie Buchwald

Art Students of the Week

The following students were recognized for their artistic work the week of January 17, 2011.

Tino Cordova, 5th Gr. Ms. Morrison

Shady Pickayviet, 2nd Gr. Ms. Imus

Valance Smith, 3rd Gr. Ms. Tinhorn

Nakita Lewis, 3rd Gr. Ms. Tinhorn

Emerial Gonzales, 3rd Gr. Ms. Tinhorn

Taylariesa Siyuja, 1st Gr. Ms. Rich

Marvin Majenty, 5th Gr. Ms. Morrison

Congratulations!

Character Corner

Every month at Peach Springs Elementary School our students participate in character education. We focus on a different character trait each month. We announce it each morning and talk about what it means. The teachers also reinforce the trait and give out reward tickets and praise to students "caught" displaying this trait. We will be sharing the word of the month so that families can also talk about and teach this trait at home.

February's character word is SAFETY.

Safety means being secure from harm, danger, or risk of injury, both physical and emotional.

Here at Peach Springs Elementary we want all of our students to feel safe and their families to be secure in the knowledge that SAFETY is one of our top priorities.



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 scholarship 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

DUI vs DWI

What's the Difference Between DUI and DWI

It can happen to almost anyone. You are driving at night thinking everything is fine. Then, out of nowhere, you hear the siren and see the red lights flashing. You are being pulled over by the police or highway patrol.

After asking to see your driver's license and proof of insurance, the officer asks you to step out of your car. He then asks you to perform one or more field sobriety exercises. He asks you to breathe into a breathalyzer.

He puts handcuffs on you and places you in the back of a squad car. He says that you are being arrested for DUI (Driving Under the Influence). You overhear another officer say, "DWI." (Driving While Intoxicated)

So, which is it? Are you being arrested for DUI or DWI? Are these the same? Do they mean the same thing? Are they synonyms for the same thing? Are they used interchangeably? Or, is there a difference between DUI and DWI?

Degree of Intoxication

Both **DUI** and **DWI** are terms that are used in reference to operating a motor vehicle while you are impaired by alcohol or illegal drugs. The largest difference between DUI and DWI is in what the letters stand for. DWI is an acronym for "driving while intoxicated" or "impaired" and DUI stands for "driving under the influence". It varies from state to state throughout the United States, as to the laws regarding how a DUI or DWI is to be dealt with or prosecuted.

In some states, the drunk driving laws are different for a DUI and a DWI. In these states, the DUI is a lesser charge and indicates a lesser degree of intoxication than a DWI. This is determined by your Blood Alcohol Level at the time of arrest. Sometimes, these states will allow the charges of a DWI to be reduced to a DUI with the help of a DWI Lawyer.

Reducing DWI to DUI

There are certain conditions that usually must be met in order for a case of DWI to be reduced to a DUI. Some of these mitigating conditions are:

- If this incident was your first offense
- If there is a genuine display of remorse on your part for the action you did
- If your blood alcohol level was not considerably over the legal limit.

For example, the state of New York does distinguish between DWI and DUI. This is done by establishing a blood alcohol level of .08 as the legal limit for DWI. If a person has a blood alcohol level of .07, the charges may be reduced to a DUI. In this case, there is a difference between a DWI and a DUI. The DUI carries a lesser punishment.

However, some states throughout the United States have developed a "zero tolerance" policy. As a result, these states do not recognize any difference between a DUI and a DWI. Any blood alcohol level over the specified limit, which varies from state to state from .08 to .10, is considered to be a crime that will be punished in the same way, as far as the laws of these states are concerned.

In some states, the terms DUI and DWI are used to specify whether a person was driving impaired under the influence of alcohol. In this case, DUI is reserved for charges relating to illegal drugs.

Sometimes, DWI and DUI are looked at differently by the state and the federal government. As already mentioned, some states make a distinction between the two terms and some do not. For the federal government, the difference is based on severity. A DWI is given when your blood alcohol content (BAC) is over the .08 limit. On the other hand, a DUI is issued when your blood alcohol content is under .08. It is then considered a lesser charge.

As a country, the United States has cracked down on driving under the influence of drugs and/or alcohol. This is regardless of how a particular state may look at DUI and DWI as two separate charges.

DWI and DUI Laws

DWI and DUI Laws are constantly changing. Even though an individual state may still make a difference between DUI and DWI, that distinction, other than in the actual wording, is quickly becoming less and less.

In fact, many authorities look at these terms as merely a matter of preference in the way of describing the same crime. More recently, other terms beside the two, DWI and DUI are also being used. Two of these are OUI and OWI. Here the "O" replaces the "D". In this case, the "O" stands for operating as opposed to the "D" standing for driving.

This information about DUI and DWI is presented for your benefit. It is given to help you in the event that you face either of these charges. Do not kid yourself. Do not take this lightly. Facing DUI or DWI charges is a serious matter. As already stated, both the state and the federal government are coming down hard on DUI and DWI.

California city considers DUI mug shots on Facebook

Jan. 18, 2011 06:45 AM

Associated Press

LOS ANGELES - Police in a city ranked top in the state for alcohol-related traffic fatalities might soon be trying a new tactic to keep drunken drivers off the road: Electronic shaming on Facebook.

In a contentious move that has raised the hackles of privacy advocates and been met with resistance from a police department fearful of alienating residents, a councilman in Huntington Beach wants police to begin posting the mug shots of everyone who is arrested more than once for driving while under the influence.

"If it takes shaming people to save lives, I am willing to do it," said Devin Dwyer, the councilman behind the proposal. "I'm hoping it prevents others from getting behind the wheel and getting inebriated."

Dwyer initially wanted the police department to post on Facebook photographs of everyone arrested for DUI in the bar-laden beach town just south of Los Angeles. He has watered down his proposal - now only repeat offenders would be featured on the virtual wall of shame - in hopes of winning support from the rest of the seven-member council, which is set to vote on the issue Tuesday.

Huntington Beach, a city of about 200,000 famed for its Surf City alias, an off-leash dog beach and a downtown packed with bars, is ranked top out of 56 California cities of similar size for the number of alcohol-related traffic fatalities. In 2009, 195 people were killed or injured.

Drunken driving laws are aggressively enforced, and in 2009, there were 1,687 DUI arrests.

"There is a saying: Come to Huntington Beach on vacation, leave on probation," said attorney Randall Bertz, who specializes in DUI cases.

Bertz, a former police officer who has been defending such cases for 23 years, said uploading DUI suspects' photos onto Facebook violates their right to privacy and would likely not be a deterrent to habitual drunken drivers.

"It will have a negative impact on relations with the community, the police department and city officials," he said. "What's next, will they have drunk drivers walk around with sandwich boards? Will it be public flogging?"

For its part, the Huntington Beach police department is pushing back against Dwyer's proposal. Police spokesman Lt. Russell Reinhart said that since launching its Facebook page in November, officers have found it to be a valuable way of getting information to the public and soliciting tips on tough cases.

A couple of DUI suspect mug shots have been posted, but they were from egregious cases where police thought the public could be at immediate risk from the suspect. Reinhart fears Facebook fans could be turned off by the routine public shaming of all repeat DUI offenders.

"We see no value in doing that," he said. "Law enforcement is not about public shaming."

Dwyer said he has received wide support from residents for his proposal, including from a woman whose husband and three children were killed in an alcohol-related crash. He decided to push his plan forward after the local newspaper had a change in editorial policy and ceased publishing arrest logs.

Connie Boardman, a Huntington Beach councilwoman who opposes Dwyer's idea, said posting the photos would have little effect on behavior.

"People who habitually drink and drive are alcoholics and are not going to be shamed by this," she said. "But their parents and their spouses would be mortified."

She added that children might be bullied if peers see their parents on a Facebook wall of shame.

"That is going to result in tremendous humiliation for a kid who has no hope of controlling his parent's behavior," she said.

Other police departments have already tried putting up a rogue's gallery of DUI arrestees, though some of these attempts have been short lived.

In Evesham Township, N.J., the 75-officer police force maintains an active Facebook page and initially posted every DUI arrest mug shot. Within four months, the county prosecutor told police to stop the practice because it was unclear whether it was allowed under rules about what information police can release.

"It wasn't our intention to shame people," police Chief Mike Barth said. "But it did cause a stir."

In March, the Honolulu police department abruptly stopped posting DUI mug shots on its website under a pilot project. The site had developed a significant following and spawned a Facebook fan page, but no reason was given why the project was cut short. Many police agencies have set up Facebook accounts where they routinely disseminate suspect photographs, often for individuals wanted for serious crimes.

The Oconee County sheriff's office in Georgia maintains a Facebook page that includes a photograph of a suspected child molester.

Chief Deputy Lee Weems said typically, only photos of people who are convicted are posted on Facebook. A tabloid newspaper called "Bad and Busted" prints photos of all arrestees.

In California, nothing can prevent a police department from releasing photographs of people who've been arrested, and state law compels police agencies to make certain information available, including the full name and occupation of everyone arrested, along with a physical description.

Clare Pastore, a civil rights and poverty law professor at the University of Southern California, said she was troubled by the idea of publicizing photos of a suspect before they have been convicted.

"There's a little bit of a presumption of innocence problem," she said. "It's not really appropriate to shame someone before they are found guilty."

**Not everyone who gets hit
by a drunk driver dies.**



Acqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put her life back together.

Learn more at www.900call1199.org

DON'T DRINK & DRIVE

One Size Fits All

New Year, New You Tip: Read the Label

Get Healthy With Cynthia Sass' Tips

Abcnews.com / Jan. 27, 2011

Food coach: Cynthia Sass is a registered dietitian, health educator and author of the new book *CINCH!: Conquer Cravings, Drop Pounds and Lose Inches* who can help you keep your diet resolutions with these simple tips.

TIP: Make the ingredient list the first thing you look at on a food label. The label should read like a recipe, not a science experiment.

Eat breakfast. Breakfast skippers are 4.5 times more likely to be overweight, and studies have found that people who eat breakfast eat fewer calories throughout the day.

Skip the salt shaker and flavor you food with black pepper or herbs. Excess sodium ups blood pressure, and animal research shows it may affect the activity of fat cells, making them larger.

Swap half of your grams for spinach at lunch or dinner. One cup, the size of a baseball, provides five calories – 20 times fewer than a half cup of cooked rice or pasta and it's loaded with antioxidants.

Go nuts at snack time. More than 97 percent of women lack adequate intake of Vitamin E, a major anti-aging disease-fighting antioxidant. Almonds are one of the best sources.

Trade meat for beans in one meal today. Beans are loaded with filling fiber and every gram of fiber you eat cancels out about seven calories.

Like bubbles? Upgrade from regular or diet cola to seltzer, sparkling water or club soda. All three are fizzy forms of good old H2O.

Seventy five percent of Americans do not meet the recommended minimum of three servings of veggies a day. Don't make vegetables an afterthought. Think veggies first, and build the rest of your meals.

Trade that second cup of coffee for medicine in a mug – tea! Research shows the cells of regular tea drinkers have a younger biological age than those non-tea drinkers, and that tea drinkers experience lower levels of psychological stress.

Put down your fork between bites. Speedy eaters are three times more likely to be overweight than their slower-paced counterparts.

Saute veggies in extra virgin olive oil instead of butter. Not only is it better for your heart, studies show it's more satiating, even for the same number of calories.

Add snack time to your daily schedule to prevent late-night overeating. Among people with a 40 hour work week, an eight-hour stretch between meals led a 40 percent jump in calorie intake.

Strap a pedometer on your belt and gauge your speed. At least 100 steps per minute is the right amount to count as moderately intense exercise.

Sprinkle some cinnamon into your cereal or your coffee. Give teaspoon packs as much antioxidant power as a half cup of blueberries.

CDC: Nearly 26 Million Americans Have Diabetes, Third of Adults at Risk

Published January 26, 2011 | NewsCore | Foxnews.com

The number of Americans with diabetes has grown to nearly 26 million and an estimated one-third of all U.S. adults over 20 now have prediabetes, according to figures released Wednesday by the Centers for Disease Control and Prevention (CDC).

Prediabetes is a condition in which blood sugar levels are above normal, but not high enough to be declared diabetes. It indicates that the person is at high risk of developing type 2 diabetes, heart disease and stroke.

The findings show an increase from a 2008 CDC report on diabetes. Then, the CDC estimated that 23.6 million Americans had the disease and another 57 million adults had prediabetes. If the trend continues, the CDC projected that as many as one in three US adults will have diabetes by 2050. The vast majority, more than 90 percent of all cases of diabetes are type 2 diabetes, which can be mitigated through lifestyle changes.

"These distressing numbers show how important it is to prevent type 2 diabetes and to help those who have diabetes manage the disease to prevent serious complications such as kidney failure and blindness," said Ann Albright, director of the CDC's Division of Diabetes Translation. "We know that a structured lifestyle program that includes losing weight and increasing physical activity can prevent or delay type 2 diabetes."

The CDC warns the disease is both deadly and costly. Diabetes is the seventh leading cause of death in the US. The disease raises the risk of heart attack, stroke, high blood pressure, kidney failure, blindness and amputations. Diabetes costs the U.S. more than \$174 billion a year, according to CDC estimates.

Reversing diabetes is possible

By Val Willingham, CNN

Bethesda, Maryland (CNN) – When Jonathan Legg of Bethesda, Maryland, got a diagnosis of type 2 diabetes at 39, he was shocked.

"I had always been pretty active," said Legg. "But it was a big wake-up call, that what I was doing and my current weight were not OK." That was two years ago. Since that time, the Morgan Stanley executive decided to make some changes and reverse his diabetes. Although his doctor recommended he go on medication to control his illness, Legg took a different approach. Instead of meds, he began to exercise every day and changed his diet, cutting out alcohol, fatty foods and watching his carbs.

"I wanted to be able to know the changes I was making were making a difference, and it wasn't the drug," said Legg.

According to new statistics just out from the Centers for Disease Control and Prevention, 25.8 million people, or

8.3% of the U.S. population, are affected by either type 1 or type 2 diabetes. Most, like Legg, have type 2 diabetes, which in many people develops later in life. Caused primarily by genetic makeup, a sedentary lifestyle and poor eating habits, type 2 diabetes can be reversed in some cases. By making changes to their lives such as adding exercise and improving their diets, many type 2 diabetics can drop their glucose or sugar numbers back to the normal range, reversing their condition.

"We have seen numerous people reverse their condition," says Dr. Michelle Magee, director of the MedStar Diabetes Institute in Washington. "But it takes a real dedication for the rest of their lives," she notes.

So why do exercise and diet help reverse diabetes? To answer that question, we first need to know why people get diabetes in the first place.

Diabetes is caused when there is too much glucose or sugar in the body. We get sugar from the things we eat. The body is designed to process sugar so it can enter our cells and provide energy. But glucose can't enter our cells without insulin, which is a hormone produced by the pancreas.

If you have diabetes, your body isn't making any or is not making enough insulin -- or it can't properly use the insulin it is producing. As a result, too much sugar stays in the blood. If this occurs for a long time, it can lead to serious problems.

Type 1 diabetes was once known as juvenile diabetes because it's usually diagnosed in children and young adults. About 5% to 10% of all people with diabetes have this type, which is not reversible because the person's pancreas is not producing insulin at all.

The remainder have type 2 diabetes. For these people, their body can no longer process insulin correctly. Although genetics plays a part, obesity is a major reason people develop type 2 diabetes.

"We know that excess body weight adversely affects every organ system in the body," says Dr. Gary Foster, director of Temple University's Center for Obesity Research and Education in Philadelphia. "So it shouldn't be surprising that as obesity increases, as it has over the past 30 years, that medical conditions, especially conditions like type 2 diabetes, will also increase."

People who carry excess weight, especially in their midsection, are more likely to develop type 2 diabetes because the fat in their tissues causes an imbalance of insulin in the body. The condition is called insulin resistance. If they can eliminate that fat by exercising and limiting carbohydrates and alcohol, then many can drop their glucose levels. And for some, they can drop them back into the normal range. This is also true for people who are prediabetic. According to the CDC, 79 million Americans are prediabetic, which means their glucose readings fall between 100 and 125 while fasting. According to the American Diabetes Association, normal glucose readings are 100 and below when a person has not eaten anything. Numbers above 125 while fasting are considered to be in the diabetic range. So when you're prediabetic, it's easier to turn those numbers around. And that's important, because once you become a diabetic, even if you drop your numbers, you will always be classified as a diabetic, making it difficult to acquire good insurance.

"Once you fall into that glucose range, you are considered at high risk for developing the condition again," says Magee. "That's why we are working on a program right now that goes into the community and reaches those who are at risk of being prediabetic or diabetic," Magee said. "The results have been so positive, the CDC is looking at the program as a possible protocol for other hospitals to follow." As for Jonathan Legg, his numbers are no longer in the diabetic range. He's lost 40 pounds and watches everything he eats.

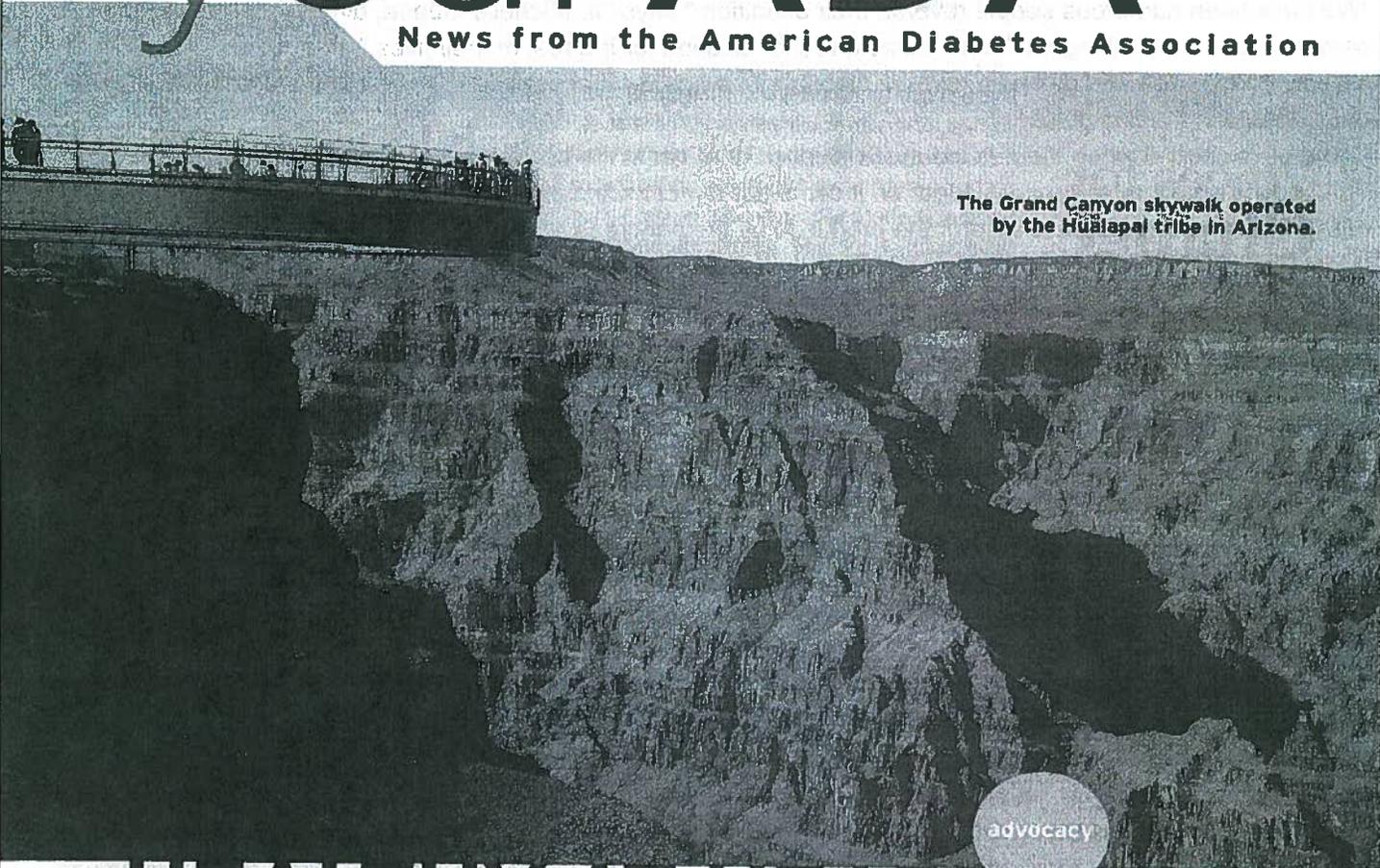
"I educated myself, I read the labels," said Legg. "I enjoy what I eat. I met with nutritionists, and they helped me build a game plan." His physician, Dr. Lucy McBride of Foxhall Internists in Washington, D.C., says it's more than just diet; it's also the types of foods that Legg eats. "He cut out significant amounts of sugar and carbs in his diet, really changed how he ate," says McBride. "He's increased fiber, increased protein, cut back on alcohol, which is really sugar." But McBride notes Legg needs to be tenacious.

"I told him, encouraged as I was, and proud and pleased [but] he's got to keep up those lifestyle habits for things to stay in the right direction," McBride said. "Without exercise, without diet and without weight control, the diabetes will come back. It's something he will need to manage his whole life." That's something Legg says he would rather do than live as a diabetic.

EDITED BY KATIE BUNKER

yourADA

News from the American Diabetes Association



The Grand Canyon skywalk operated by the Hualapai tribe in Arizona.

advocacy

HEALTHY AT HEART

ADA HONORS DIABETES PROGRAMS BENEFITING NATIVE AMERICANS



Kirby Suathojame always rushed headlong into the roughest rapids on the Colorado River. The daredevils in each tourist group rode with Suathojame, knowing he'd hit the whitewater full force to intensify the rafting experience.

Later, he'd strum his guitar and tell stories of the history of the Hualapai Indians, his voice echoing inside the walls of the Grand Canyon. More than anything, he remembers the smell of the mud and the river, and the sight of desert bighorns coming to the water to drink.

Suathojame loved his experience guiding river tours several years ago, but his first season was also his last. By the time he turned 33, he was completely blind. Today, Suathojame, 37, a member of the Hualapai tribe, uses a white cane to navigate his surroundings on the reservation in Peach Springs, Ariz. If not for a wellness and prevention program called Hualapai Healthy Heart, Suathojame says he would most likely have lost more than his eyesight: He'd probably be on dialysis for kidney failure. The initiative, which received an American Diabetes Association John Pipe Voices for Change Award this year, helped Suathojame reduce his A1C of 11 percent to the 6-to-7 range. The program's education classes and one-on-one counseling helped him develop

yourADA

Voices for Change

The American Diabetes Association's awards honoring diabetes programs for Native Americans were renamed this year in memory of John Pipe, an Assiniboine Sioux from Wolf Point, Mont., and a longtime ADA advocate, who died in January. John Pipe Voices for Change Awards are presented in the categories of advocacy, outcomes, and innovation. Besides the Hualapai Healthy Heart program, this year's winners include:

OUTCOMES AWARD:
The Bristol Bay Area Health Corp. in Dillingham, Alaska, which provides health services to 34 villages of Alaska Natives throughout the Bristol Bay region.

INNOVATION AWARD:
The Tuba City Regional Health Care Corp. in Tuba City, Ariz., which provides diabetes treatment and prevention services for the area's Navajo and Hopi Indians.

For more information, visit diabetes.org/2010voicesforchange.

a positive attitude and commit to an intensive exercise routine, which includes stretching in the morning and weight lifting and cardio in the afternoon.

Three diabetes programs serving Native Americans were presented with John Pipe Voices for Change Awards (left) at the National Indian Health Board's 27th Annual Consumer Conference in Sioux Falls, S.D., in September. The awards recognize effective initiatives under the Special Diabetes Program for Indians (SDPI), which includes efforts managed on the local level and supported with federal funds administered by the Indian Health Service. The American Diabetes Association has urged Congress to renew SDPI, which otherwise will expire in September 2011, for five years and to increase its annual commitment of \$150 million to \$200 million. Diabetes affects Native Americans more than any other racial or ethnic group in the United States:

Nearly 17 percent of all American Indians and Alaska Natives have the disease, compared with 8 percent of the total U.S. population.

The Hualapai effort, which began five years ago and is part of a network of Healthy Heart programs on 30 reservations, received the advocacy award for reaching out to get tribal leaders and elected officials involved in the fight to stop diabetes. Of the 1,600 tribal members living on the Hualapai reservation, 322 have been diagnosed with type 2 diabetes, says Nicolette Teufel-Shone, PhD, a project coordinator for Hualapai Healthy Heart and an associate professor of health promotion sciences at the University of Arizona. The program enrolls Native Americans who already have diabetes and aims to prevent complications like cardiovascular disease, she says. (The tribe has a separate Hualapai Diabetes Prevention Program, also supported with SDPI funds, for youth and others who are at risk for diabetes.)

Life on the reservation presents its own challenges. Because Peach Springs is so far from the closest city—it's 60 miles to Kingman, Ariz.—the clinic serving the Hualapai has trouble keeping a primary care doctor on staff, let alone attracting diabetes specialists. And healthy foods aren't readily available: For a substantial selection of fruit and vegetables, the Hualapai have to drive to Kingman, Teufel-Shone says. Nor is exercise as easy as it might seem. A number of factors "end up getting translated into: People don't walk," she adds. "You just have to see a pack of dogs or a snake, or fall down because of uneven footing, and you get discouraged."

In recent years, health services and tribal leaders have helped the Hualapai reduce these obstacles. Sandra Irwin, director of the Hualapai's health department, worked to put up street lamps and hire additional dog catchers to keep walkers safe. The tribe matched Indian Health Service funds with its own in order to come up with enough money to build a fitness center four years ago. "Hualapai is a really good example of a small, isolated tribal community that is doing something [to stop diabetes]," says Teufel-Shone.



Kirby Suathojame lifts weights at the fitness center on the Hualapai Indian reservation in Peach Springs, Ariz.

One member of the tribe who has taken the lessons he learned at Healthy Heart and applied them in the workplace is Rudy Clark, the Hualapai's director of human resources. He has rolled out a wellness program for tribe employees that includes free health screenings, nutrition education, and time off each day to exercise. Clark's friends call him the "poster boy" for good health, but that wasn't always the case. In 1977, his doctor told him he was on the verge of a type 2 diagnosis. A decade later, he started taking insulin. Over the next several years, he developed severe neuropathy. Yet none of these developments inspired Clark to really take control of his health. Then, five years ago, he needed surgery to save his feet, and his doctor told him that he would have to dramatically lower his blood glucose level and keep it low for three months before the operation. At the time, his A1C was a whopping 12.3 percent. Clark signed up with Healthy Heart and, in just a year, brought his A1C down to 7.4 and no longer had to take insulin. Today, he walks 3 miles a day and says he doesn't require any medication to control his diabetes.

Clark says that Hualapai values are at the core of the fight against diabetes. Central to the tribe's beliefs, he says, is the idea that the Creator calls on the Hualapai to help one another and to give freely of themselves. Good health is the gift Clark is working to share today. "When I went to the meetings with Healthy Heart, [the others] were talking to me, and they helped me heal," Clark says. "I look at . . . what I should do to maintain that healing." ▲

● **TO LEARN MORE** about ADA's programs for Native Americans, go to diabetes.org/nativeamericans.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Power Hour 3-4 Recorder Club 4-5	2 Power Hour 3-4	3 Power Hour 3-4 Recorder Club 4-5 Programs 4-5	4 Seasonal Change Field Trip with BIA Forestry Ages 8 and up	5 
6	7 Power Hour 3-4	8 Power Hour 3-4 Recorder Club 4-5	9 Power Hour 3-4	10 Power Hour 3-4 Recorder Club 4-5 Programs 4-5	11 Club open 8-5 Bring a healthy lunch! Healthy Heart Walk	12
13	14 Healthy Valentines Day Party! 	15 Power Hour 3-4 Recorder Club 4-5	16 Power Hour 3-4	17 Power Hour 3-4 Recorder Club 4-5 Programs 4-5	18 Club open 8-5 Bring a healthy lunch!	19
20 	21 Presidents Day Contest 	22 Power Hour 3-4 Recorder Club 4-5 Washington's Birthday 	23 Power Hour 3-4	24 Power Hour 3-4 Recorder Club 4-5 Programs 4-5	25 Bowling Field Trip	26
27 	28 Power Hour 3-4					



Thursday Programs:
Image Makers- Kersten
Immersion- Emmeline
Triple Play-Andrea

February 2011

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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