

NEWSLETTER OF THE HUALAPAI TRIBE

G.A.M.Y.U



Hi! To all my Hualapai people...

I want to say a big "thank you" to all those who took the time and voted. To those who supported me and put me on top with the most votes. We aren't done yet, we have another round to go. Again, I am asking for your support to win. Come out and vote July 7th, 2011 at the Multi-Purpose Building. If you might not be around on July 7th, you can do absentee voting before July 7th, 2011 at the tribal office with Clara Mahone.

To Protect, Preserve & Growth

Vote for me on July 7, 2011



Cultural is Important.

Vote for me.
Louise Benson



I'm a candidate for the office of the Chairman for the Hualapai Nation. I am full-blood Hualapai. I was born in Valentine, Az., on June 26th 1942 to Ramona Querta Mahone and Sterling Mahone (both deceased, my heroes). I have lived in Peach Springs (Hak'daqwi:va) all my life. I'm from the Big Sandy Band and Mahone Mountain. I'm married to Calvin Benson, Sr. for 45 years. Three children, eight grandchildren & one Great grandson.

Why vote for me?

Experience

I have served the Hualapai Na-

tion as Chairman, Vice-Chairman and Council-Member. You the Hualapai people have had the faith, trust and belief in giving me the honor to serve you in these seats and proudly serve you.

On the local level, is the Administration where we deal with the day to day work activities with all the departments, committees & boards.

We attend meeting & conference on the state level with the Governors office and State Legislatures. On the national level it's the President Office and with the Congressman. Also meeting with the Kingman Council and the Mohave County Board of Supervisors. Other departments just to name a few such as the Indian commission, BIA, I.H.S., NCAI, NIHB, AZ Intertribal Council, AZ Indian Gaming Commission, National Park Service and FAA.

The Chairman seat is less than a year to fulfill. Within this time it is my priority to:

1. To put closure to the issue with David Jin and Skywalk. It is only fair to the new GCRC Board to move on with Skywalk and other business opportunities. It has been four years with this issue.
2. Have a better communication with the Tribal Council and work together. The Eminent Domain, Resolution No. 22-2011. Is this a need? The people have to

understand "the Hualapai Indian Tribe to exercise eminent domain over all property subject to the jurisdiction of the Hualapai Tribe".

You the people should understand and vote "YEA" or "Nay".

FOR YOUR INFORMATION

There are many issue pending that is very important to the Hualapai Nation which we hope to see in our lifetime. To name a few.

1. Securing the Hualapai Tribe's federally reserved water rights.
2. Northern Boundary of the Hualapai Reservation.
3. Western Boundary of the Hualapai Reservation.
4. Negotiation with Dine' Power Authority re: Navajo Transmission Project.
5. Completion of Phase 2 on the Diamond Bar Road.
6. Power and water to Grand Canyon West.

Among day to day work loads; we also have enterprises you the people who work hard from dawn to sunset you are a valuable employee. Thanks!! Hanku!

With my experience I can run the tribal government for the next 12 months.

**VOTE FOR LOUISE
BENSON
JULY 7, 2011**



Issue #12

June 10, 2011

The Fire Department is undergoing changes with their telephone directory and changes will be as follows:

During Office hours
Mon-Fri. 8:00 AM - 5:00 PM

All Emergency & Non Emergencies pertaining to smoke, fire to structure or debris burning, motor vehicle accidents, search & rescue, and all fire related calls, Animal Control emergencies and Natural Disaster assistance will be directed to the 769-2205 number ONLY.

After hours emergencies please contact Law Enforcement Dispatch @ 928-769-2220.

You may reach the Fire department personnel, Animal Control personnel at the following numbers.

**Administration Office
Hours Mon-Fri. 8:00 AM -
5:00 PM**

**Emergency Fire Line
928-769-2205**

**Fire Department & Staff
928-769-2775**

**Chief R. Quasula Sr.
928-769-2806**

**Animal Control & Staff
928-769-2810**

Thank you

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May 24, 2011

Tribal members and community members:

Sobriety will be held during the period of June 13-18, 2011; the committee has worked hard in planning activities for the families and is looking forward to your involvement throughout the week.

The saying goes that it takes the community to all work together to deal with our issues; therefore, this year, we need your help to make the Community Dinner a success, which will be held on June 16, 2011 at 12:00 p.m. We have assigned each home to bring food for the dinner; please bring the food to the tribal gym on June 16, 2011 by 10:00 a.m. Also, please bring your own plates and utensils.

Your contribution is greatly appreciated.

Sobriety Committee

2011 Sobriety Festival

The Healing Spirit of Recovery

Parade

Tuesday June 14, 2011
6:00PM

Line up at the Multi on Hualapai Way
Parade will move south on Diamond
Creek Rd. to Route 66 Park. Judges
stationed mid-way along route.

Entry Deadline:
Friday, June 14, 2011



For Parade information contact:
Sherry Counts, Lyndee Hornell or
Darlene Bender @928.769.2207

2011 Sobriety Festival

The Healing Spirit of Recovery

Community Dinner

Thursday June 16, 2011
12:00PM

The Sobriety Committee realizes that sobriety affects each family and our whole community. We are asking the community to participate and contribute to the Community Dinner. Each Household will be requested to bring a dish or drink to share with the community at the annual sobriety dinner.

The meat will be provided by the Hualapai Sobriety Committee

Please bring your own eating utensils, plates and cups.



For dinner information contact:
Carrie Imus @ 928.769.2383
Lyndee Hornell & Darlene Bender
@928.769.2207



"Big Book" 12 Step Workshop

We will be taking all 12 Steps following the directions from the Big Book in one day!



Sponsored / Hosted by: Hualapai Health Department
 Location: Multi-Purpose Bldg., Peach Springs, AZ
 Date: June 16 & 18, 2011
 Time: 8 am - 6 pm

Presented by: Brian T. – Workshop Moderator

928 202-6098 RecoveredAA@aol.com BigBookExperience.org

Four Absolutes of Honesty, Purity, Unselfishness, and Love.

AA Archives will be displayed all day.

History of the Beginners' Meetings
 Surrender Steps 1, 2, 3
 Sharing Steps 4 and 5
 Restitution Steps 6, 7, 8, 9 + 10
 Guidance Steps 11 + 12

Bring your Big Book, Pen, Highlighter, and a Friend!
 Bring someone to share with, for the day or we will provide you with someone.

We ask the question – **Do you want to be happy, joyous, and free now or later?**

Get "unstuck" on your steps ~ 4th step worksheets.

Expand your spiritual program on the 11th Step two-way communication with God that Dr. Bob and early AA's used.

For more information please contact: Darlene B @ 928.769.2207 x231



BOYCOTT

GAS & GRUB



JUNE 13-19, 2011

In light of the Sobriety Festival we had made a written and formal request to the owners of Gas n' Grub not to sell alcohol to Hualapai community members for one day. However, Gas n' Grub refused to honor this small request to the community of Peach Springs.

DURING SOBRIETY WEEK WE ENCOURAGE ALL HUALAPAI PEOPLE TO ABSTAIN FROM THE USE OF ALCOHOL AND OTHER DRUGS

FACT:

GAS N' GRUB MAKES \$2300-\$2600 IN A DAY

UP TO \$10,000 IN A WEEKEND!

AVERAGING \$23,000 IN A WEEK!

WHICH ADDS UP TO \$137,200 IN A MONTH!

WHICH ADDS UP TO \$1,198,600 IN A YEAR!!

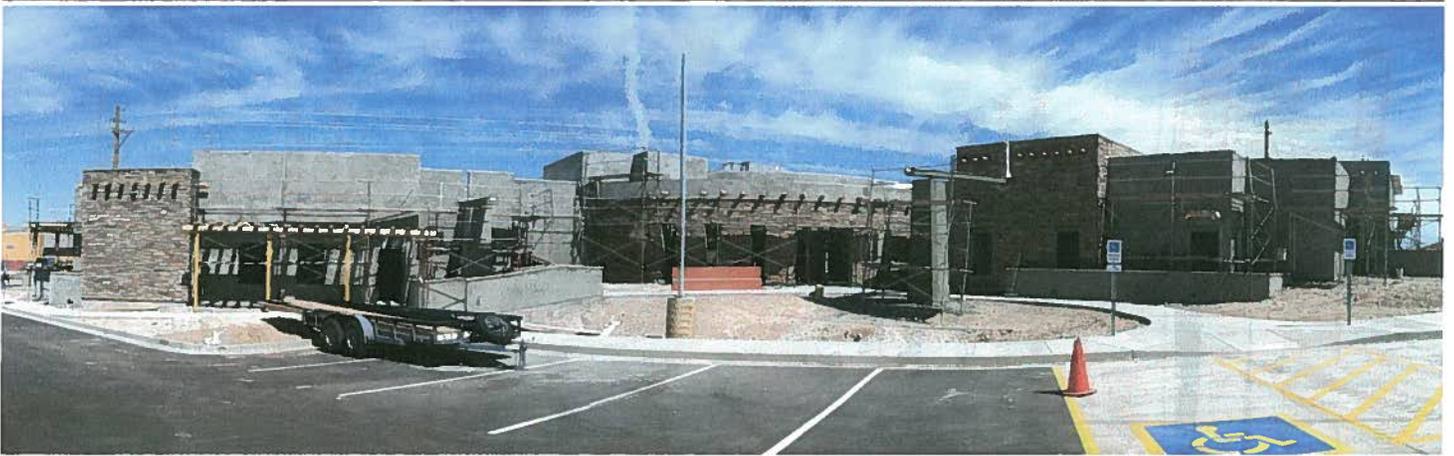
The Community of Peach Springs contributes to 90% of their annual revenue.



Imagine what you could do with your children and family with THAT kind of money. . . .



WE ENCOURAGE EVERYONE TO ENJOY SOBRIETY WEEK AND EVERYDAY WITH YOUR FAMILY AND FRIENDS SOBER



The Hualapai Tribe's new 10,000 sq. ft. Health Department is nearly finished. Hopefully completed within the next month, the new building will serve the community in the uptown area where it is closer to the majority of the Peach Springs community members and the other related health services buildings.

The building committee under the leadership of Director, Sandra Irwin, worked closely with the Planning Department to make sure the building included the best practices of community sustainable urbanism. These design practices melded with native values to create a building that blends well with the community and is also inviting for community members to access, because the building is in the center of town benches were added along the meandering side walk that follows the street creating a friendly streetscape along with the attractive building. The entrance was made in the back courtyard for privacy access giving a friendly feeling for the people that the building is intended to serve. By the entrance there will be a department garden that will be watered by water caught from the roof and stored in a tank to be used for the garden, P.V. Solar energy will power the water pump and a tracker will be installed so the p.v. can follow the sun for more efficiency.

The building itself was designed to be state of the art healthy and energy efficient. Sixty solar sky lights were installed to allow healthy natural light to come in the building and it is estimated that 90% of the building will not need the lights turned on during the daylight working hours, 90% of the light fixtures in the building are led lights that are 70% more energy efficient than florescent lighting. The parking lot lights are solar powered and when we have one of our frequent power outages the light will still be on because they will be running on the solar energy stored in the batteries of the lighting system. I'm sure everyone has noticed the head start facility has the same solar yard-parking lot lights and have seen them lit up when the rest of the community is in the dark during an outage. The building also has the most efficient insulation with spray foam r-60 in the ceiling and r 28 in the walls. The exterior walls are a fire proof aerated autoclave concrete block that is air entrained and literally bullet proof.

No V.O.C. (volatile organic compound) materials were used in the construction making it a super healthy building. This means the glues that would normally be formaldehyde based and toxic chemicals, instead mostly healthy soy based glues. The Health Department will be announcing the grand opening soon for everyone to come see this wonderful new community facility.

Blueprints for the new Day Care facility are 98% complete and we are hoping to go to complete bidding for construction for that project in 30 days. This new building will be built across from the Head Start with a joint comingled drop off entrance and a shared center quad between the two buildings that will include stimulating children's learning activities.

Council Woman Candida Hunter in her leadership position in working with the youth has given valuable oversight to the progress of this interactive early childhood project.

The Tribe has recently been awarded another I.C.D.B.G., Indian Community Development Block Grant along with tribal government funds to build a new Elderly Assisted facility. Architectural Services for this will be announced soon and the N.E.P.A. scoping will begin with the Tribal Planning Commission, T.E.R.C.

Hualapai Tribal Council approved the selection of a architectural firm to design the first new building at Youth Camp. This long awaited project has had its area master planned and then the Tribal Council selected a bunk house style building that will have kitchen, eating, meeting area included.

Also approved was the submission of a grant to refurbish the old gas station. There was a study plan done 2 years ago that explored the highest and best use for the building that is on Rt. 66 business district. The grant followed the format of the study which included making it a gas station with pumps and also having a Artesian Guild inside where Native Hualapai traditional art and crafts could be made and sold. The Hualapai Cultural Department will manage the development of this new Guild for the local artesian community.

Respectfully; the Planning Office.

JUNE 2011

SUN	MON	TUE	WED	THU	FRI	SAT
			1 3 SOFT TACOS WITH RICE AND BEANS	2 RAOST BEEF FLAT BREAD SANDWICH	3 CRACKLIN' TILAPIA	4 BBQ BEEF SANDWICH ON A BUN
5 CHICKEN FRIED STEAK SANDWICH	6 FIRE BURGER	7 MEATBALL SUB SANDWICH	8 CARNE ASADA BURRITO	9 BAKED 1/2 CHICKEN DINNER	10 FISH N CHIPS	11 HOT TURKEY SANDWICH
12 BUFFALO CHICKEN STRIP SANDWICH ON A	13 BEEF TIPS AND NOODLES	14 BAKED RAVIOLI	15 CHICKEN QUESADILLA	16 BEEF AND BROCCOLI	17 CRACKLIN' TILAPIA	18 CHICKEN PHILLY
19 HAPPY FATHER'S DAY 	20 SPRING MIX SALAD WITH RASPBERRY VINAIGRETTE	21 PEPPERONI-FRENCH BREAD	22 SHREDDED BEEF CHIMI	23 GREEN CHILI CHICKEN CASSEROLE	24 FISH N CHIPS	25 CHILI DOGS
26 SPRING ROLLS WITH RICE	27 HOMEMADE MEATLOAF	28 CHICKEN FETTUCCINI ALFREDO	29 CHEESE ENCHILADAS	30 PORK GREEN CHILI TACO (ON FRY BREAD)		



Diamond Creek Restaurant

**Hours of Operation
6:30am -9pm**

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

**Specials subject to
change without notice.**



Hualapai Tourism Makes a Splash at the International Pow Wow Travel Convention



NATURAL WONDER: Ruby Steele (left) of Grand Canyon Resort Corporation and Ziva Werber of Hualapai Tourism chat about the beauty of the Grand Canyon with Stefano Gnerucci, Universal Turismo, Florence, Italy.



From left to right: Wilfred Whatoname Jr., Ziva Werber, Ruby Steele, Allison Raskansky, Camille Nighthorse, Sue Sinyella, Colin Daviau and Idel Raskansky. Taking photo is Robert Bravo Jr.



The Hualapai Tourism team was definitely noticed. As you see to the left, the convention publication picked up on a couple of our team members in the booth. To the right, a group shot at the end of four days full of one-on-one appointments with hundreds of international and domestic companies learning about how they can include Hualapai Tourism in their programs and request contracts. International Pow Wow is held once a year in a different U.S. city and is by far the most important tourism trade shows and takes over six months of preparation.



This has been submitted by Best American Destinations, marketing and public relations for Hualapai Tourism

GRAND CANYON RESORT CORPORATION
P.O. Box 359
Peach Springs, AZ 86434
Hmelton44@aol.com
702.521.4638

To: Gamyu
From: Henry Melton, GCRC Board of Directors
Date: June 7, 2011
Subject: POW WOW May 2011



Allison Raskansky, Ruby Steele, Sue Sinyella, Carmille Nighthorse, and Ziva Werber discuss strategies to attract more business to Grand Canyon Resorts Corporation properties at the 2011 POW WOW. Photo and article by Henry Melton, Chairman of the Marketing Committee, GCRC Board of Directors

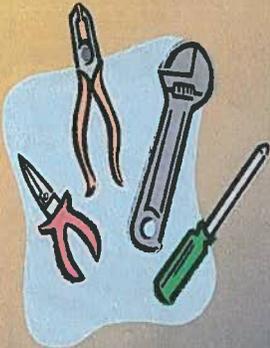
Allison Raskansky, Marketing and Public Relations Executive for GCRC Hospitality and Tourism, prepares the GCRC Marketing and Sales Team for five tough exciting days of sales at the 2011 POW-WOW Convention, held in San Francisco, CA in May. The convention offered a unique opportunity for Hospitality, Travel and Tourism Intermediaries and Suppliers from around the world to get together in one location and aggressively market and sell their products and services for the upcoming year. Grand Canyon Resorts Corporation (GCRC) has positioned itself as a "Must See" destination location for National and International travelers alike. POW WOW provide us and extensive opportunity for us to inform, persuade, and remind more than 1500 active Intermediaries of the benefits and features of a one day visit to Grand Canyon West, Skywalk, River Rafting, the Ranch, and the Hualapai Lodge. Our strategic location between Las Vegas, NV and Phoenix, AZ continues to contribute significantly to growth and development in Northwestern Mohave County. In addition, GCRC and its supporting properties, provides 100's of jobs for the surrounding area. POW WOW allows for the potential introduction of many possible Tie-In and Co-op programs with well established and very well financed Intermediaries, Wholesalers, Retailers, Destination Planners, Tour Operators, End Users, Suppliers, Jobbers and many others Travel Industry related networks. POW WOW also helps fine tune the skills of the Marketing and Sales Team with direct contact with high end, decision makers in the industry.

Finally, it enhances the group’s overall awareness of the issues and opportunities that may exist for GCRG.

GCRC Board of Directors: Derrick Penney, Chairman of the Legal Committee and Henry Melton, Chairman of the Marketing Committee also attended POW WOW to support the continuous successful efforts of GCRC to position its products and services among the “Must See” destinations in the Hospitality and Tourism Industry.

Henry Melton, Chairman of the Marketing Committee, GCRC Board of Directors.

Hualapai Housing Fair



TIME: 9 A.M. ~ 6 P.M.
DATE: WED, JUNE 29, 2011
PLACE: TRIBAL GYM

Want to Learn About:

- Housekeeping Tips
- Fire Safety
- Tribal Assistance
- Neighborhood Watch
- Higher Education
- Inspections

- How grease fires start and how to prevent them.
- Budgeting your Finances.
- Operate a Fire Extinguisher.
- Properly cleaning your cooking stove and/or refrigerator.
- Renters and Homebuyers Insurance
- Land Leases
- Other Household Tips.

- Updates on New Homes
- Pest Control
- Animal Control
- Behavior Health
- 184 Loan
- Maintenance

Come Join Us!

~Raffle ~ Gift Cards ~ Door Prizes ~ Food~

ALL CURRENT TENANTS AND APPLICANTS ARE ENCOURAGED TO COME

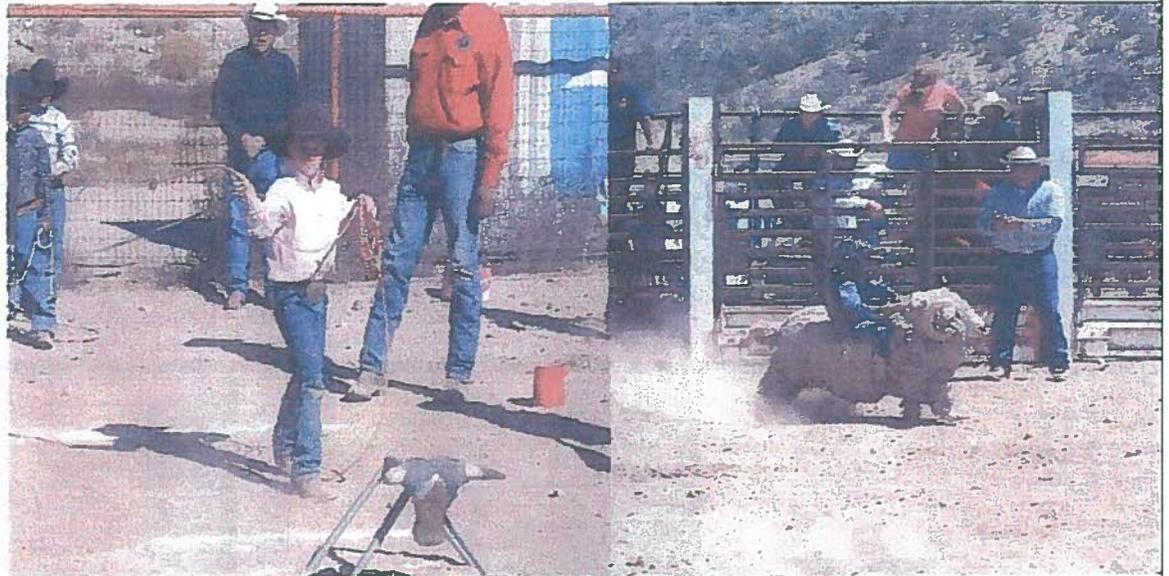


WORKSHOPS WILL BE FROM 9AM - 11AM ~ CERTIFICATES & GIFTS FOR THOSE WHO ATTEND

4th Annual Hualapai Jr. Rodeo Series and Finals

SERIES APRIL 16, MAY 14, AND JUNE 11, 2011
FINALS JULY 16, 2011

REGISTRATION 8-9 A.M.
EVENT STARTS 10 A.M.



Its that time of the year again for the Hualapai Jr.
Rodeo, so come out and joins us for a fun day of
rodeo action.

**Rodeo held at the Hualapai Nation Rodeo
Grounds**

Rodeo Events

- ◆ Mutton bustin
- ◆ Calf, steer and bull riding
- ◆ Dummy roping
- ◆ Goat ribbon pull and goat

Age Categories

- 0-5 years**
- 6-9 years**
- 10-12 years**
- 13-15 years**

Contact: Winkie Crook or Annette Bravo at (928)769-2254



DNA People's Legal Services, Inc.

will be offering

free legal aid services

to low income people,

at Peach Springs, throughout the summer months.

When: Every Second and Fourth Tuesday through the end of September, starting May 24, 2011

- May 24
- June 14 and June 28
- July 12 and July 26
- August 9 and August 23
- September 13 and September 27

What time: From 9 am – 12 pm, and 1 pm – 3 pm

Where: Hualapai Tribal Offices; sign-in at front desk

~first come, first served~

Please note: All potential clients will first complete an eligibility interview and conflict check to determine whether they qualify for our services. After the eligibility interview and conflict check, if they do qualify for our services, they can meet with the legal aid attorney to discuss their legal issue(s). Please allow enough time for waiting, for the eligibility interview, and for the meeting with the attorney.

Please note: we will not be serving clients who have a legal issue where the other party (opposing party) is another Hualapai tribal member.

Questions? Call DNA People's Legal Services, Inc. in Flagstaff, at 928.774.0653



CUSTOM CASKETS



Light Tan



Tan and Brown



Turquoise and Black



Tan and Black

CASKETS SHOWN ARE LINED WITH AUTHENTIC PENDLETON BLANKETS

CUSTOM NATIVE RUG INSPIRED DESIGNS

AVAILABLE FOR PICK-UP OR DELIVERY.
MODERATELY PRICED FROM \$1,200 and up



CALL FOR YOUR CONSULTATION

TODAY (928) 864-9380

PRINTED BY:
CREATIVE INK
(928) 488-8851

Employment Opportunities



Grand Canyon Resort Corporation Available Openings

The Grand Canyon Resort Corporation (GCRC) is a wholly owned subsidiary of the Hualapai Tribe located in Peach Springs, Arizona. GCRC manages Grand Canyon West, Hualapai River Running and the Hualapai Lodge. GCRC offers competitive wages, medical/dental insurance, vision plan, 401K, performance increases and other incentives to full time employees.

Currently seeking to fill the following positions

Chief Executive Officer

A minimum of an Undergraduate degree in business or a related field (Masters Degree preferred) and 5 years progressively responsible experience in hospitality or tourism management.

Director of Human Resources

A Bachelors degree in Human Resources and 4 years experience.

How to apply for the above positions

To receive a complete job description and employment application, please contact, Diva Hale via e-mail at diva_hale@grandcanyonresort.com Applications or resumes may be submitted electronically to Ms. Hale or they may be mailed to Ms. Hale's attention at Grand Canyon Resort Corporation, PO Box 359 Peach Springs, Arizona 86434. Application and/or resume must be received by 5:00 p.m. on June 30, 2011. After employment offer, applicant must submit to a drug screen and an extensive background check. The background check will include inquiries into the applicant's criminal, civil and financial histories.

Security

To insure the security of GCRW resources through monitoring of visitors and guests. Good oral communication skills are preferred and must be able to work cohesively as a team. Must be able to participate in Direct Deposit. 21 years of age, valid driver license with clean driving record. High School diploma.

GCW - Operations Manager - Support Services

Closing June 10, 2011

At the minimum the Operations Manager of support services at GCW shall have completed an Associate's Degree or Undergraduate Degree in Business Administration, Management or Tourism and have five years successful supervisory experience. Demonstrates professional written and verbal communication and interpersonal skills. Must have excellent organizational skills and be able to control workflow and simultaneously manage multiple projects. Ability to work effectively with a wide range of tourists from a diverse global community.

GCW - Operations Manager - Revenue Departments

Closing June 10, 2011

Associates Degree in Accounting, Business Administration or related field or two years of experience in supervising general accounting functions of; Accounts Receivable, Accounts Payable, Payroll and strong knowledge of accounting software is required. Incumbent must have good oral and written communication skills and be able to work well as part of a team.

HRR Office Manager

An Associate Degree in Business Management or related field or a combination of training and experience in the tourism industry. Experience must include day to day management of tour operations. Must have excellent communication skills to organize, manage and control workflow. Be familiar with accounting software and computer literate with knowledge of business software.

For complete details on these and other job listings please visit one of our various posting sites located at the Tribal Office, Hualapai Lodge, the local post office and the Music Mountain Human Resource Office.

To apply for these positions or apply in person and submit an application to the Music Mountain Human Resources Department or fax resume to 928-769-2410.

Hualapai Preference

Education & Training Information

Once again, the Hualapai Tribe will be hosting a Graduation Dinner to honor all graduates of 2011. You, as the graduate will be invited, turn in a copy of your diploma and CIB or Tribal ID to the Hualapai Education Office, ASAP - (928) 769-2200.

This will include the following: College, Vocational School, High School, General Equivalency Diploma & Junior High.

Ga Nyum: July 14, 2011
 Nya gal wim: 5:30 p.m.
 Ge'e: Multi-Purpose Building

Stipends will be handed out at this time, if you haven't already received one, provided you turn in a copy of your diploma and tribal ID.

Han ky! Di nyud u:k mi wi:d me',
 Helen J. Watahomigie
 Gwe Spo:ja Yiwo
 P.O. Box 179, Peach Springs, AZ. 86434

GRADUATE STIPEND

FY 2008

Doctorate (PhD)	\$3,000.00 x 2	\$6,000.00
Master's Degree	\$2,000.00 x 4	\$8,000.00
Bachelor's Degree	\$1,500.00 x 4	\$6,000.00
Associate's Degree	\$1,000.00 x 8	\$8,000.00
Vocational School	\$300.00 x 16	\$5,000.00
High School Diploma	\$100.00 x 25	\$2,500.00
General Equivalency Diploma	\$75.00 x 25	\$1,875.00
Jr. High	\$50.00 x 30	\$1,500.00
Graduate Dinner		\$3,000.00
Total		\$41,875.00

Requirements for Graduate Stipend

To be eligible for a stipend, the candidate must be:

1. An enrolled Hualapai tribal member
2. Award recipient will be decided upon by the Hualapai Education Committee
3. Stipend will be awarded to each student only once at each level
4. Stipend will be awarded for current school year only
5. Enrolled in an accredited school/training
6. Recommendations will be made by the Hualapai Education Program Coordinator 45 days from time of graduation or completion of the school/training
7. Awards will be presented to all recipients at the completion of the school year. This will occur during the annual Graduate Dinner hosted by the Department of Hualapai Education & Training/Education Committee on July 14, 2011 (tentative date).

Definition

Vocational school, provide vocation education, also referred to as trade school or career college, and are operated for the purpose of giving students skills needed to perform a certain job or jobs. Vocation schools job-specific skills, devoted to training, not education.

HEALTH & SAFETY INFORMATION

5 Worst Drive-Thru Foods

By David Zinczenko with Matt Goulding /
Apr 08, 2011 / Menshealth

How much time did you spend in your car last week? Ten hours? Fifteen maybe? Wow, that sounds like a lot. But it's still probably an underestimate: As it turns out, the average American now spends 21 hours per week stuck inside a mobile metal box.

No wonder the drive-thru is so appealing. All those hours spent in traffic leaves scarcely any time to sit and eat. Add to that the stress of daily life and the desire to feel like you're accomplishing something while you drive, and you've got a pretty good case for turning the center console into a dining table.

But that convenience comes at a cost. A 15-year study published in the British journal *Lancet* found that those who ate fast food two or more times per week gained an average of 10 more pounds than those who ate fast food less than once a week. But it doesn't have to be this way. In my latest book, *The Eat This, Not That! No-Diet Diet*, I teach you how to navigate fast-food menus and make sure the meal coming at you through your car window won't necessitate a loosening of your seatbelt. The first step: Avoid the 5 foods on this list.

1. WORST SIDE DISH

Taco John's Potato Ole's (Large)
770 calories
46 g fat (6 g saturated, 1 g trans)
2,200 mg sodium



Interspersed throughout the menu in various permutations, these glorified tater tots pack a serious one-two punch. The combination of saturated fat and sodium puts a heavy strain on your heart, and the 770 calories test the durability of your belt buckle. Not even the indulgent Meat and Potato Burrito tots numbers this abysmal. Instead, opt for a side of Refried Beans. Order it without cheese and you'll cut 60 calories, but you'll hold on to the amazing 11 grams of fiber and 15 grams of protein.

Eat This Instead!

Taco John's Refried Beans (w/ cheese)
260 calories
1.5 g fat (0.5 trans)

940 mg sodium

2. WORST DESSERT

Dairy Queen Double Fudge Cookie Dough Blizzard (Large)
1,350 calories
58 g fat (28 g saturated, 1.5 g trans)
133 g sugars



This dessert ought to be served with a life insurance application. The problem is, the rest of the Blizzards aren't much better—even the smalls tend to hover around 500 calories. Splitting one of those isn't so bad, but if you prefer to have your own treat, go for a sundae instead. The best approach is to pick the ice-cream flavor of the Blizzard you wanted, and then ask to have that topping added to your sundae. That way you get all the flavor, none of the belly.

Eat This Instead!

Dairy Queen Chocolate Sundae with Cookie Dough Topping (Small size)
360 calories
14 g fat (10.5 g saturated)
45 g sugars

3. WORST BURGER

Hardee's 2/3 lb. Monster Thickburger
1,320 calories
95 g fat (36 g saturated)
3,020 mg sodium



At one-third pound of beef, the original Thickburger offers plenty by way of glutony, but compared to this thing it appears positively conservative. Mashed between beef and bun are 4 strips of bacon, 3 slices of cheese, and a big gob of mayonnaise. That's how it earns nearly twice the saturated fat you should consume in an entire day! Go with the Little Thick Cheeseburger to you'll eliminate 65 percent of the calories.

Eat This Instead!

Hardee's Little Thick Cheeseburger
450 calories
23 g fat (9 g saturated)
1,180 mg sodium

4. WORST BREAKFAST

McDonald's Big Breakfast with Large Biscuit, Hotcakes, and syrup
1,330 calories
60 g fat (20 g saturated)



2,280 mg sodium
49 g sugars
This is the every-thing-but-the-

kitchen-sink breakfast made popular by diners such as Denny's and IHOP. Consider these stats: This meal has as much saturated fat as 2 Sausage McGriddles, more sodium than 6.5 large orders of french fries, more sugar than 3.5 Hot Apple Pies, and more calories than 3 Double Cheeseburgers. We're all for eggs at breakfast, but not when they come flanked with pancakes, sausage, hash browns, and an oversized buttermilk biscuit. Pair a Parfait with an Egg McMuffin for 22 grams of belly-filling protein in fewer than 500 calories. Now that's a great way to start the day.

Eat This Instead!

McDonald's Egg McMuffin with Fruit 'n Yogurt Parfait
460 calories
14 g fat (6 g saturated)
905 mg sodium
24 g sugars

5. WORST SANDWICH

Quizno's Large Tuna Melt
1,450 calories
98 g fat (20 g saturated, 1 g trans)
1,910 mg sodium



Tuna ought to be a healthy source of lean protein, but Quizno's suffocates its with so much mayonnaise that the original fish has been relegated to a mere texturing agent amid a wet slurry of fat and calories. We've called Quizno's out for this sandwich before, and we'll keep at it until they decide trim back on the excesses. In the meantime, go with the Honey Bourbon Chicken Sub. For the regular-size sandwich, you could eat a dozen without hitting the fat load of the Large Tuna Melt.

Eat This Instead!

Quizno's Regular Honey Bourbon Chicken
520 calories
8 g fat (3 g saturated)
1,470 mg sodium

Out Front in the Fight on Fat

By BETSY MCKAY / www.wsj.com

Portland, Maine—At first, it seems obvious: Recess and fruit keep kids trimmer and healthier than videogames and cookies. But there isn't much that's obvious about moving the needle on childhood obesity rates in the U.S. Nine year-old Ayub Mohamud was gaining weight rapidly when he went to see his doctor at a pediatric clinic here in September. At home, Ayub and his four siblings snacked regularly on candy, chips and soda; a younger brother also was overweight. Ayub ate two breakfasts, one at home and one at school, and got little exercise during the long Maine winters. He had a dark skin coloring on the back of his neck called "acanthosis nigricans," which can be a sign of being prediabetic.

By the end of January, after implementing some of Portland's 5-2-1-0 principles, Ayub had lost three pounds. His mother stopped buying a lot of candy, soda, and chips, and Ayub started eating carrots and broccoli. He and his 7-year-old brother were competing to do push-ups and sit-ups or try new foods. "I like it," Ayub says of his healthier new life. Portland's program, called "Let's Go!," is one of just a handful of community childhood-obesity programs studying how much change in behavior or weight loss they bring about. Such studies are expensive. Plus, measuring effects of environmental change is difficult, says Bill Dietz, director of the Division of Nutrition, Physical Activity, and Obesity at the Centers for Disease Control and Prevention. More programs are starting to measure results, he says.

The U.S. childhood obesity rate appears to have leveled off in recent years, after more than tripling since the early 1980s. Still, nearly a third of children and teens are overweight, and 12.5 million children and teens, or 16.9% of that age group, remain obese. For reasons that aren't clear, the heaviest boys are becoming heavier, Dr. Dietz says. "We may be at a turning point, but we haven't yet begun to reverse the epidemic," he says.

With the idea of providing a road map, the CDC recently awarded 39 U.S. communities \$257 million to make environmental and policy changes and evaluate the impact of some on behavior. The Robert Wood Johnson Foundation also funds evaluation efforts, with the goal of reversing the childhood obesity epidemic by 2015. Portland says it has seen hopeful signs. Over nearly five years, a group of health-care experts and local businesses have invested about \$3.7 million to promote the daily 5-2-1-0 message to children. The idea is to change the home and school environments so that fatty, sugary foods aren't close at hand and getting lots of exercise doesn't take special planning, says Victoria Rogers, a founder and the director of Let's Go! and a pediatrician at the Barbara Bush Children's Hospital in Portland. "We want kids to see 5-2-1-0 everywhere they learn, work and play."

In an independent telephone survey of 800 parents in the Portland area who were familiar with the program, respondents reported 28% of children had adopted 5-2-1-0 behaviors in 2009 compared with 22% in 2007. The CDC says adopting healthier habits is a sign that the program is effective and may be a precursor to an eventual reduction in obesity rates.

Let's Go! began in 2004, when Dr. Rogers, working at the clinic where Ayub is a patient, saw "more kids popping on the growth curve." Hoping to encourage them but not turn them off with lectures, Dr. Rogers says she put up a "5-2-1" logo from another childhood obesity effort in her exam room and penciled in a "0" for sugary drinks (since evidence suggests they also play a role in childhood obesity). In 2006, seven local organizations and businesses joined to help expand her effort from pediatricians' offices to schools, day-care centers and elsewhere in the community.

It took grit and determination for 17-year-old Sean Speckin to lose 80 pounds last year, after a doctor warned him he had high blood pressure and might have to go on medication. "I was angry," says Sean, who was 5'10" and 260 pounds. "Pretty much all I did was eat junk food" and watch TV, he says. He and his father, with whom he lives most of the time, would often eat burgers or pizza.

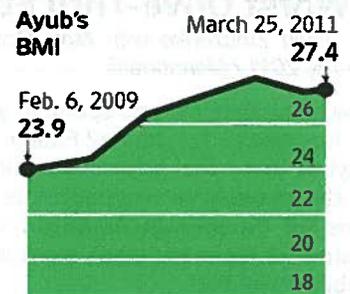
Acting on his own, he ditched burgers and fries in favor of chicken, vegetables and fruit. He asked Dr. Rogers, whose son is a good friend, for advice. She suggested granola bars and yogurt instead of cookies, and walking. Sean also started riding a bike and checked his blood pressure regularly. Nine months after he started, he had slimmed down to 180 pounds, and his blood pressure was normal.

It's been more difficult for Ayub. His parents, immigrants from Somalia, were turned off by badgering about Ayub's weight, when they saw in him a strong-looking son, recalls their pediatrician, Amy Seery. Fahan Abdi, Ayub's father, refused a referral to a dietitian in late 2009, and the family were no-shows for Ayub's next two checkups.

When they finally returned with Ayub, in September, Dr. Seery took a gentler approach. Rather than talk about weight, she focused on healthy habits. She stopped "nagging," she says, and instead encouraged Ayub and his mother to set goals. "It's easier when you pick what you want to change," Dr. Seery told Ayub. He learned to think of ice cream and cookies as "sometimes" foods.

MOVING THE NEEDLE

Ayub Mohamud, a 9-year-old patient at the Maine Medical Center Pediatric Ambulatory Clinic, has been part of the Let's Go! program since February 2009.



Feb. 6, 2009: At a checkup with a new pediatrician, Amy Seery, Ayub's body mass index indicates he is above the 95th percentile, which is defined as obese. Dr. Seery tells Ayub and his mother, Fatima Mohamed, to remove all soda, candy and junk food from the home and Ayub should be more physically active.

July 20, 2009: Ayub has been playing outside and riding a bike, but his BMI has climbed. The family is having trouble finding and affording healthy foods that Ayub will eat.

Dec. 11, 2009: Ayub's BMI rises sharply. Dr. Seery tells Ayub's father, Fahan Abdi, that he has to find ways for Ayub to exercise more and eat better. Mr. Abdi refuses a referral to a dietitian.

Over the next several months, Ayub is a no-show for two appointments. When contacted by office staff his parents are reluctant to reschedule. When examining Ayub's siblings, Dr. Seery shifts the emphasis to 'healthy' rather than 'weight' and advises less juice for all the children, not just the heavy ones. Ms. Mohamed agrees the family drinks too much soda. She and Dr. Seery brainstorm about healthier options.

Sept. 24, 2010: Still gaining weight, Ayub shows signs of being prediabetic. His mother reports soda is gone from the home. She and Dr. Seery discover that Ayub often eats breakfast both at home and school. Ms. Mohamed agrees to give him just a piece of fruit in the morning. Ayub decides on his own to try more fruits and vegetables.

Jan. 28, 2011: Ayub's BMI and weight both decline. His mother has stopped buying candy and chips. Ayub likes carrots and broccoli. Still, his hemoglobin A1C is high, meaning he could still develop diabetes. Ayub says he wants to swim every week. His mother says she will fill out an application at the YMCA.

March 28, 2011: Ayub is proud to have tried asparagus, even though he didn't like it. But he has gained some weight, and his BMI climbed slightly. He and his mother are frustrated and out of sorts. Ms. Mohamed has been struggling with the YMCA application because she doesn't understand some sections. She agrees to bring the application to the clinic for some help.

At his March checkup, Ayub was discouraged that he had gained more weight after having lost a few pounds in the fall and early winter. Dr. Seery would have liked no weight gain, or a loss of just a fraction of a pound—indicating that the rapid weight gain had plateaued and he might be starting to grow into his weight. Let's Go! grants in the Portland area have gone to a day nursery to buy new pots and pans as well as a food processor, for making meals like pumpkin pancakes or oven-baked chicken with quinoa. Elementary schools have set up activity rooms with fitness equipment and bought snowshoes and exercise balls, for kids to sit on at their desks instead of chairs. Let's Go! also convened a working group of school nutrition directors, who share ideas for making meals healthier within tight budgets.

"When you have a unified message, you have some movement," says Ron Adams, director of food services for Portland's 18 public schools, where a recent lunch was ziti with homemade pasta sauce, spinach salad and whole-grain breadsticks. Let's Go! has expanded to at least 345 schools, as well as child-care centers, medical practices and after-school programs across Maine. Communities and medical practices in other states have adopted it. Dr. Rogers and her team hope to drill deeper with a study of 1,500 children participating in Let's Go! programs, to see whether they really adopt healthy habits and lose weight. Maine Health, a nonprofit hospital group that helped form the Let's Go! partnership, has invested \$500,000 and committed another \$500,000 over the next five years. Bill Caron, president, says he has told other business leaders, "There are no quick returns."

Peach Springs Sobriety Checkpoint

On Monday, May 30, 2011 a Sobriety Checkpoint was conducted at mile post 97.5 on Route 66 from 4:20 p.m. to 7:33 p.m. by the Hualapai Nation Police Department in collaboration with Tribal Motor Vehicle Crash Injury Prevention Project.

During the checkpoint there was 2 DUI's found, 1 arrest, 1 just below legal limit, 3 arrested for open container, 1 arrest for other violation, 2 citations for child restraints and numerous verbal warnings for seat belts over the Memorial Day Weekend.

There were a total of 199 vehicles that were stopped, 62.1% male drivers and 37.9% female, in these vehicles 180 drivers were wearing seat belts, 5 were not wearing seat belts and 14 were motorcycles. As for the passengers 132 were wearing seat belts, 8 were not, let's not forget there were also children in some of these vehicles, 73.3% of children were in a car seat or booster and 36.7% were NOT in any restraint.

Remember Seat Belts Saves Lives!

The purpose of this DUI Checkpoint is to aid officers in identifying and removing impaired drivers from the roadway. Impaired drivers cause 48% of the approximately 50,000 traffic deaths that occur in the United States each year according to the National Highway Safety Administration. In Arizona, nearly 500 lives are lost to alcohol related crashes, and another 8,000 people are injured because of impaired drivers.

Everyone must do their part to make our Nation's streets safer. Even under the best circumstances, there's always the chance that some people will drink too much. When that happens, they become potential dangers to themselves and others. If some you are with has been drinking excessively, you should see to it that he or she does not drive. Here are a number of things you might do;

- 1. Drive them home**
- 2. Have them stay overnight**
- 3. Try to take their car keys away**
- 4. Walk the home**
- 5. Call the Police to take action before they get behind the wheel**

Remember, it is a matter of life and death. When a person has had too much to drink and tries to drive they become a threat not only to themselves but also to others like you and your family.

There will be 2 more Check points conducted in June in honor of the Annual Sobriety Festival.

(During the checkpoint there were also brochures passed out to every vehicle with a short survey inside, if you have filled out the survey please return to Hualapai Nation Police Department. Thank you!)

By: Tribal Motor Vehicle Crash Injury Prevention Project

Task force makes 17 DUI arrests

6/2/11 / kadminer.com

KINGMAN - The Western Arizona DUI Task Force made 17 arrests for drunken driving over the Memorial Day weekend. The Western Arizona DUI Task Force is one of 17 that operates across the state and is comprised of officers and deputies in Mohave, La Paz and Yuma counties. They made more than 500 stops as part of their special holiday weekend enforcement.

The average blood alcohol level of those arrested was .133 percent, said Kingman Police Cpl. Dan Spivey. That's a little less than double the legal limit. Spivey said that on a good note, however, officers made contact with 37 individuals serving as designated drivers for their friends and family.

No fatal crashes in the area were reported over the weekend. The task force also arrested 17 people under the age of 21 for being in possession of alcohol. Over the four-day holiday weekend more than 12,000 traffic stops were made across the state. Those stops resulted in 3,705 citations being issued and 531 DUI-related arrests. "The Kingman Police Department, Mohave County Sheriff's Office and the Arizona Department of Public Safety would like to extend a thank you for those concerned motorists who called in to report suspected drunk drivers," Spivey said. "Several of these subjects were located and arrested."

The next planned operation for the task force will be for the weekend of June 11.

3-time DUI offender gets 6 months, \$15,000 in fines

Native American defense goes for naught

Erin Taylor / June 02, 2011 / Kdminer.com



KINGMAN - A second and third conviction for drunken driving will cost a Kingman man six **months** of freedom and \$15,000 in fines. Rex Sagely, **62**, was previously found guilty by a jury last summer of one count of aggravated driving under the influence after he was stopped by a Mohave County Sheriff's deputy at Stockton Hill Road and Northern Avenue in Aug. 2008.

In that case, Sagely received a sentence of four **months** in prison, eight years probation and \$4,600 in fines. Sagely was back in court Wednesday to be sentenced for two other aggravated drunken driving charges following separate traffic stops in Sept. 2008 and January 2009.

Sagely, who joined the Little Shell Band of Chippewa Indians seven years ago, has long maintained that he is not subject to Arizona laws, including those covering drunken driving. He had filed multiple motions to dismiss all three charges based on this premise and other case law that prosecutors and judges have described as archaic.

The state maintained it has jurisdiction in cases that occur on non-tribal land regardless of the defendant's heritage and often replied to Sagely's multiple-page motions with a few sentences saying prosecutors can't respond because his arguments don't make sense.

Sagely was able to strike a deal with prosecutors in the latest case that guaranteed seven years probation but left the option for additional jail or prison time at the discretion of Judge Derek Carlisle.

Prosecutor Jace Zack said the probation department has characterized Sagely's cooperation with his probation from his first conviction as "ornery but compliant." Zack said he tried to treat Sagely's case independent of his "crackpot legal ideas." Carlisle said Sagely caught a significant break in the deal with prosecutors, but the defendant may have had other notions after the judge finished reading the list of fines imposed in the case.

In addition to the six-months prison sentence, Sagely was ordered to pay a \$2,500 fine for each count; a \$4,200 surcharge; \$500 to the **DUI** abatement fund; \$3,000 for a prison construction fee, which is required for those convicted of drunken driving; \$3,000 for a **DUI** assessment fee and a \$20 probation surcharge, for a total \$15,720. He's also ordered to pay a monthly probation fee of \$65 for the seven years he is on probation.

The fees are to be paid off at a rate of \$200 a month after his release from prison. Before the sentence was handed down, Sagely remarked that he quit drinking in 2009 but that he still felt no crime had been committed because no one was injured.

"It's not like I'm a meth-making person," he said. "I'm an executive of an aerospace company."

In all three instances, Sagely refused a Breathalyzer and deputies had to do a blood draw. According to the Sheriff's Office, his blood alcohol levels measured .131 percent following the Aug. 2008 stop, .128 following the Sept. 2008 stop and .147 following the Jan. 2009 stop. ■

Hualapai Nation



Children under 4 years old must be securely fastened in a child safety seat.



Children between 4 years old and 7 years old must be in a booster seat.



Children taller than 4'9" must wear a seat belt.



The driver and passenger in the front seat must wear a seat belt.

Remember Seat Belts Saves Lives

By:
Tribal Motor Vehicle Crash Project

Hualapai Nation



Remember to always wear a seat belt when getting into any vehicle, whether you're driving to Kingman or driving home.

Remember Seat Belts Saves Lives

By:
Tribal Motor Vehicle Crash Project

Dr. Robyn Purdum
Chiropractor



June 21st, 22nd & 23rd,
2011 Tuesday, Wednesday
& Thursday

Call Dr. Purdum today at
480 285-9541

to set up your appointment
in Peach Springs!

Robyn is an enrolled member of the Loyal Shawnee tribe of Oklahoma. She has been practicing the science, art and philosophy of Chiropractic and natural healing for over 15 years. She has now lived in Arizona for 4 years. Robyn has donated her time and services, at numerous Native American events all across the state since she arrived. Robyn has a deep belief in the traditional Native ways of healing and has a sincere passion to serve her Native peoples in a good way.

- Chiropractic care is not just for relief of back, neck, arm or leg pain. It can help you live a healthier life.
- Chiropractic care can help you reduce and often times eliminate the need for over-the-counter and prescription drugs, all of which have side effects whether you feel those side effects or not.



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LOW COST VET CLINIC SPAY/NEUTER & VACCINES



Hosted by Plateauland Mobile Veterinary Clinic
A division of Second Chance Center for Animals

When: June 27-28, 2011

Where: Peach Springs, AZ (Hualapai Reservation)

Park across from the Hualapai Lodge

Time: Surgery drop off: 9 AM (Mon) 8am (Tues)
(please have your animals on leash or carrier)

Surgery Prices: Spay/Neuter (dog or cat) - \$60.00*
Cat Neuters - \$40.00

** Contact Hualapai Animal Control for SPAY/NEUTER GRANT Application *

VACCINE CLINIC: June 28, 2011 1pm- 4pm

* Animals in heat/pregnant, or over 60 lbs subject to additional fee

SURGERY SPACE LIMITED: CALL 1-888-241-9731 (TOLL FREE)

Or call Hualapai Animal Control for information at 928-769-2810

Vaccine Prices:

Rabies (cat/dog) - FREE -- Restrictions Apply\

Parasite control - price varies

Rez-special (4-1)- \$12.00* includes Free Rabies Vaccine

4 in 1 (cat/dog) - \$15.00

Bordatella (dog) - \$10.00

Other Services:

Microchip - \$15.00

Felv/FIV test - \$20.00



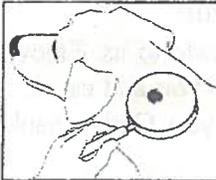
Surgery Requirements:

- ✓ No food or water 12 hours prior to surgery
 - ✓ At least 2 months, but under 5 years of age
 - ✓ At least 2 lbs, but under 90 lbs.
 - ✓ No more than 2 animals per household
 - ✓ Current Rabies shot or given at time of surgery
 - ✓ All animals are examined for surgical acceptance.
- Appointment not a guarantee of surgery

Sponsored by: Hualapai Animal Control & I H S Environmental Health



Protect Your Family From Rocky Mountain Spotted Fever



Get Rid of Ticks on Dogs

Dogs carry ticks. Ticks can spread Rocky Mountain spotted fever. You can get ticks from your dog. A tick bite can make you sick. To help you and your family stay healthy, get rid of ticks on dogs.



Two of the ways to get rid of ticks on dogs are by using a tick collar or putting on tick medicine.

Place tick collars on all of the dogs that are in your yard. Get each dog a new collar every 3 months or as often as directed on the package.



Put tick medicine onto the back of all of the dogs in your yard. Put another dose of medicine on each dog every month.

OR



Hualapai Animal Control
P.O. Box 179 Peach Springs, Az
Office: (928) 769-2205

Protect Your Family From Rocky Mountain Spotted Fever!



Get Rid of Ticks on People

When you are outside or touching dogs you might get a tick. After you come inside check your body and your child's body for ticks and take them off.



Get Rid of Ticks in Your Yard

Ticks live in the things you leave outside such as old mattresses. Don't give ticks a home. Take trash and old mattresses from your yard to the landfill. Some yards may also need treatment with a chemical that kills ticks.

Contact a Doctor or Nurse

Rocky Mountain spotted fever is a disease that is spread by ticks. A person who has Rocky Mountain spotted fever would have a fever and sometimes a rash.

Call your doctor or public health nurse if you or your child:

- Get a fever or rash
- AND
- Have been outside or touching dogs



For more information on Rocky Mountain spotted fever:
Arizona Department of Health Services
Tel: (602) 364-4552
<http://www.azdhs.gov/phs/okds/vector/>



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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Community Members

DEAR COMMUNITY MEMBERS, I wanted to express my feelings and views about our wonderful tribe and the future I see for us and our future generations. I have been privileged to work for our tribal government in the Planning and Economic Development Office for 3 years and have learned how our tribal government works. What I have learned and seen is that a strong bright future for us depends on leadership that sees the future and knows how to guide us there. Never with degrading our people and the workers, but with positive up lifting support to make everyone feel their potential and then be able to contribute more by being energized. I love and respect our Elders, always knowing they are so important to help us understand our culture and the past. Without that we cannot have a strong future. What I have seen and witnessed is that our leadership needs to understand and respect the past but know the new world and the changes that are happening right now and coming at us fast in the future. This prepared perspective is learned and takes hard work to keep up the knowledge. In the many activities I have seen Council woman Candida Hunter perform in our community, I can honestly say I have seen those qualities. I am always thrilled and inspired to be a better Hualapai person and a stronger working tribal employee when I see her working, giving on the many projects she does in the community and her humble action in the tribal council meetings. I am convinced that under her leadership we can move ahead faster with creating a better standard of living for all Hualapai families and solve our ongoing tribal government challenges.

I am encouraging everyone to look to the future with me and see that new strong leadership is what we need and CANDIDA HUNTER is that person to lead us there. Thanks for trusting your true feelings and considering what I have to say.

Michelle Zephier



Happy Birthday Cedric Cardy

Enjoy your party, but don't overdo it, haha. Hope you get what you wanted for your birthday.

Shongo Family



Happy 2nd Birthday Estella Walema

June 05, 2011

OMG! Girl, you're already terrible two! Enjoy your day we love you. Hope you get lot of presents.



Love, Auntie Naomi, Krissy, Tawnya, Ali, Onawa, Gwe Wal Vasuw, Riley and Hezekiah, and Angel



Happy Birthday Goda

June 07, 2011

To our Goda, who means the world to us. Enjoy your day we will be there to celebrate with you and eat all your cake and ice cream. Haha. We love you Goda, thank you for everything you do!!

Love your grandchildren, Gwe Wal Vasuw, Riley, Hezekiah & Angel



Happy Birthday Mom!!

June 07, 2011



There are times when only a Mother's love can understand our tears and soothe our disappointments and calm away our fears. There are times when only a mother's love can share the joy we feel when something we have dreamed about suddenly is real. There are times when only a mother's love can help us on life's way and inspire in us, the confidence we need from day to day. Mother, thank you for your heart, faith, and hope and all your steadfast love. You were fashioned by the Angels and sent from God above...if we have forgotten to thank you, we're thanking you now. You taught us right from wrong, we hope you know how much you're loved and appreciated. We hope you knew all along. We're so happy you're our mom and so we want to say we love you mom and wish you a soooo very best birthday ever.

Love your daughters, Onawa, Krissy, Ali and Tawnya



I would like to wish the 3 best men in my life a Happy Birthday!

LJ - 6/25

Cody - 6/30

And David 6/6

We love you boys and we are proud to be your parents.

Love, Mom & Dad



Happy Birthday Baby Hoyt

June 16

Well not such a baby anymore haah?! Enjoy your day, we love you!

Your cousins, Billie & DarWon.

