



NEWSLETTER OF THE HUALAPAI TRIBE

GAMYU

August 5, 2011
Issue #16

Inside this Issue:

Community Events & Information	2
Education & Training	13
Health & Safety	16
Community Messages	29

Tribal judge dismisses Grand Canyon Skywalk lawsuit

BY FELICIA FONSECA | THE ASSOCIATED PRESS | LAS VEGAS REVIEW-JOURNAL

FLAGSTAFF, Ariz. -- Las Vegas developer David Jin plans to return to federal court to try to resolve a dispute over the Grand Canyon Skywalk after a tribal court judge dismissed a lawsuit he filed seeking to force arbitration.

Hualapai Judge Ida Wilber said in an order released Tuesday that she does not have jurisdiction over the case because tribal officials named as defendants did not waive sovereign immunity.

"A sovereign nation has the right and power to state when it may be sued and must be free from interference and unconsented to litigation," Wilber said.

Wilber's decision allows Jin to return to federal court, where a judge ruled that he first must exhaust tribal court remedies.

While the tribe did not agree to be sued in tribal court, it "simply delays the inevitable" because its contract with Jin provides a limited waiver of sovereign immunity for mandatory arbitration in federal court, Wilber said.

Jin sued a business arm of the tribe earlier this year in an effort to recoup what he is owed for his \$30 million investment in the Skywalk, a horseshoe-shaped glass bridge that juts 70 feet from the Grand Canyon on the Hualapai reservation. The Skywalk has lured visitors worldwide, who get a picturesque view of the canyon as they stand 4,000 feet above the Colorado River.

Tribal spokesman Dave Cieslak said Wednesday that the tribe is pleased with Wilber's legal analysis but disappointed by Jin's behavior. The tribe contends the dispute is not about money but Jin's failure to complete a visitor center that tourists must walk through before stepping onto the Skywalk.

"Now that his lawsuits have failed in both federal and tribal court, the next step is clear: Mr. Jin must stop his barrage of disparagement against the Hualapai people and start honoring his contract," Cieslak said.

But the concern that the tribe will sever Jin's contract through an eminent domain ordinance has only intensified now that no court is overseeing the dispute, Jin spokeswoman Aimee Romero said. She said Jin's attorneys plan to file a new action in federal court as early as today seeking arbitration.

The defendants "simply have not allowed any court to have the authority to order them to arbitrate," Romero said.

The Tribal Council unanimously approved the ordinance in April, but its members dispute that it was aimed at Jin. Cieslak said the tribe is reviewing all available remedies in the dispute. Tribal officials have said they would pay Jin fair market value for his investment should they enforce the ordinance.



*Representing the Past, Present & Future
for the Hualapai People*

2011 Miss Hualapai Pageant



Hualapai Royalty Titles

Little Miss
Ages 6-11

Miss Teen
Ages 12-16

Miss Hualapai
Ages 17-25

Hualapai Tribal Members

Saturday October 15, 2011
6:30PM

Music Mountain Campus
16500 E. Route 66, Peach
Springs, AZ

Admission: \$5.00 Adults, \$2.00 Children

Entry Deadline:
September 30, 2011

Contestant Application Packets
Available at the Hualapai Health
Department After
August 1, 2011

For information contact: Darlene Bender,
Sherlene Susanyatame or Pete Imus,
Hualapai Health Department 928-769-2207



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

- **Then come join the PTFP grant committee!**
- **Meetings are about bi-weekly at the EPCH youth internet radio station.**
- **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!**
- **Community members may complete the survey and drop it off at Healthy Heart or the station to get a raffle ticket to win an internet radio and other prizes.**
- **For more information about the committee and upcoming meetings contact Terri Hutchens at (928) 769-1630 or (928) 769-1110.**

**HUALAPAI TRIBE HEALTH DEPARTMENT-PTFP ADVISORY COMMITTEE
RADIO STATION COMMUNITY INTEREST SURVEY DECEMBER 2010**

PLEASE TAKE A MINUTE TO COMPLETE THIS SURVEY. IT WILL HELP DETERMINE WHETHER THE COMMUNITY MIGHT GET A COMMUNITY RADIO STATION AND WHAT TYPE OF STATION IT MIGHT BE.

*Do you have a radio in your home? ☐ yes ☐ no

*Do you have a radio in your vehicle? ☐ yes ☐ no

*Do you listen to the radio? ☐ yes ☐ no

*Do family members listen to radio? ☐ yes ☐ no

*If yes to any above, to what stations do you listen?

<input type="checkbox"/> Native Voice One	<input type="checkbox"/> KILI
<input type="checkbox"/> NPR	<input type="checkbox"/> AIROS
<input type="checkbox"/> KFLG Country	<input type="checkbox"/> KNNK Rock
<input type="checkbox"/> KZZZ Talk	<input type="checkbox"/> Other
<input type="checkbox"/> KNBL Christian	

- If other, please identify:

*If yes, during what times of the day do you listen?

<input type="checkbox"/> Morning	<input type="checkbox"/> Evening
<input type="checkbox"/> Afternoon	<input type="checkbox"/> Late Night

*If there were a local regular, community radio station you could listen to on a radio, would you listen to it?

☐ yes ☐ no

*If yes, what type of programming would you like?

<input type="checkbox"/> national	<input type="checkbox"/> community
<input type="checkbox"/> native music	<input type="checkbox"/> native talk
<input type="checkbox"/> native theater	<input type="checkbox"/> reggae
<input type="checkbox"/> old country	<input type="checkbox"/> rock
<input type="checkbox"/> new country	<input type="checkbox"/> gospel
<input type="checkbox"/> rap	<input type="checkbox"/> news
<input type="checkbox"/> hip hop	<input type="checkbox"/> alternative
<input type="checkbox"/> sports	<input type="checkbox"/> heavy metal
<input type="checkbox"/> language	<input type="checkbox"/> oldies
<input type="checkbox"/> local talk	<input type="checkbox"/> reality/soaps
<input type="checkbox"/> other: please specify: _____	

*Your age is:

<input type="checkbox"/> under 18	<input type="checkbox"/> 18-25	<input type="checkbox"/> 25-40
<input type="checkbox"/> 40-55	<input type="checkbox"/> 55-65	<input type="checkbox"/> 65+

*If there were a local Hualapai radio station, what do you think the broadcast signal should include:

<input type="checkbox"/> Peach Springs only	<input type="checkbox"/> Supai/Hilltop
<input type="checkbox"/> Truxton	<input type="checkbox"/> Kingman
<input type="checkbox"/> Seligman	<input type="checkbox"/> Valentine
<input type="checkbox"/> GCW	<input type="checkbox"/> Other

If other, please specify: _____

*If there were a local Hualapai radio station would you like to listen on

☐ the radio

☐ the Internet/IPOD applications

☐ both

*If there were a local Hualapai radio station would you be interested in volunteering to help run it?

☐ yes ☐ no

- If yes, what would you be willing to do/interested in doing?

*If there were a local Hualapai radio station would you be interested in working for the station?

☐ yes ☐ no

- If yes, what type of jobs would you be interested in?

<input type="checkbox"/> d.j./announcer	<input type="checkbox"/> administrative
<input type="checkbox"/> promotions/ads	<input type="checkbox"/> office/clerical
<input type="checkbox"/> technical/engineering	<input type="checkbox"/> computers
<input type="checkbox"/> writing/directing	<input type="checkbox"/> maintenance
<input type="checkbox"/> other: please specify: _____	

*If there were a local Hualapai radio station would you support the Tribe paying for all or part of it?

☐ yes ☐ no

Please explain your answer: _____

The PTFP committee meets every other Thursday at 1:00 at the EPCH radio station studio in the old dialysis building. If you are interested in participating or providing input please attend. Contact Terri at 769-1630/769-1110 for more information.

THE SCHOLARSHIP HUNT NEEDS YOUR HELP



WE NEED A COOK, WHO LIKES THE OUT-DOORS, TO COOK DURING THE SCHOLARSHIP HUNT.

ABOUT THE SCHOLARSHIP HUNT: THIS HUNT WAS STARTED BY TRIBAL COUNCIL IN 1997. THE PROCEEDS FROM THE SALE

OF ONE TROPHY BULL ELK TAG WILL GO INTO A SCHOLARSHIP FUND TO SEND TRIBAL MEMBERS TO COLLEGE WHO ARE IN NATURAL RESOURCES RELATED FIELDS. WHICH MEANS ANYTHING RELATED TO FIRE, WATER, AIR, CULTURAL RESOURCES, AND AGRICULTURE. THIS YEARS HUNT WILL BE AUGUST 26 - SEPTEMBER 4, 2011.

WHAT TO EXPECT DURING THE HUNT: TYPICALLY, THE DAY BEGINS AT O'DARK THIRTY, WITH HOT COFFEE, PASTRIES, SOMETHING QUICK TO EAT, OR WHATEVER THEY WANT TO EAT BEFORE THEIR HUNT FOR THE DAY. AROUND MID MORNING, THE HUNTERS LIKE TO EAT A HEARTY BREAKFAST. THEN EVERYONE HANGS AROUND CAMP OR TAKES A NAP. AROUND MID-AFTERNOON, THE HUNTERS MIGHT LIKE A SANDWICH OR SOMETHING TO GO FOR THE AFTERNOON HUNT. AFTER DARK, THE HUNTERS LIKE TO EAT A BIG HEARTY MEAL. THE WILL BE STAGED OUT OF OUR NATIVE FISH REARING FACILITY. THERE WE HAVE A NICE 3 BEDROOM 1 BATH SINGLEWIDE TRAILER. THE COOK MUST BRING OWN PERSONAL ITEMS AND TOILETRIES.

SCOPE OF WORK: THE COOK WILL BE RESPONSIBLE TO CATER TO THE HUNTER, GUIDE, AND UP TO 5 OTHER PEOPLE WHO MIGHT DROP BY. KEEPING IN MIND THAT THIS HUNT IS FOR THE KIDS.

PRIOR TO HUNT, WE WILL DEVELOP A MENU WITH THE COOK. NATURAL RESOURCES WILL SUPPLY ALL FOOD AND COOKING EQUIPMENT.

WHO: ANYONE CAN SUBMIT A BID

WHAT: BID SHOULD INCLUDE LABOR COST AND COOKING/CATERING EXPERIENCE.

WHEN: BID DEADLINE IS AUGUST 12, 2011 4:00PM

WHERE: TURN IN BID TO HDNR IN A SEALED ENVELOPE WITH "SCHOLARSHIP HUNT COOK BID" WRITTEN ON OUTSIDE OF ENVELOPE. WE WILL NOT ACCEPT BIDS VIA FAX.



July 16, 2011 Hualapai Jr. Rodeo Event Winners

5 and under

Stick Pony
1st : Taliyah Crook
2nd: Terrell Majenty
3rd: Abilene Wells

Dummy Roping
1st: Abilene Wells

Ribbon Pull
1st: Taliyah Crook
2nd: Terrel Majenty
3rd: Abilene Wells
4th: Baliegh Crook
5th: Amery Crook

Mutton Bustin
1st: Terrell Majenty
2nd: Taliyah Crook
3rd: Baliegh Crook
4th: Amery Crook

Calf Scramble
1st: Taliyah Crook

6-9 years old

Stick Pony
1st : Dante Bravo
2nd: Kailor Charley
3rd: Weezy K.
4th: A'Treal Crook
5th: Tate Wells

Dummy Roping
1st: Dante Bravo
2nd: Weezy K.
3rd: Kailor Charley
4th: A'Treal Crook
5th: Tate Wells

Ribbon Pull
1st: Dante Bravo
2nd: Tate Wells
3rd: Angel Bravo
4th: Weezy K.
5th: A'Treal Crook

Calf Riding
1st: Kailor Charley
2nd: Dante Bravo
3rd: A'Treal Crook
4th: Weezy K.
5th: Angel Bravo

Calf Scramble
1st: Dante Bravo

Dummy Team Roping
A'Treal Crook / Tate Wells

10-12 years old

Dummy Roping
1st: Justine Kelly
2nd: Chisolm Wells

Goat Tie Down
1st: Chisolm Wells
2nd: Justine Kelly

Steer Riding
1st: Nathaniel Bravo

13-15 years old

Dummy Roping
1st: Dallas Morgan

Goat Tie Down
1st: Dallas Morgan

Steer Riding
1st: Dallas Morgan

2011 Hualapai Jr. Rodeo High Point winners and All-Around winners

0-5 years old

Dummy Roping
Terrell Majenty

Stick Pony
Terrel Majenty

Goat Ribbon Pull
Terrell Majenty

Mutton Bustin
Terrel Majenty

All-Around
Terrell Majenty

6-9 years old

Dummy Roping
Weezy Koyayesva

Stick Pony
Weezy Koyayesva

Goat Ribbon Pull
Weezy Koyayesva

Calf Riding
Weezy Koyayesva

Team Roping
Tate Wells
A'Treal Crook

All-Around
Weezy Koyayesva

10-12 years old

Dummy Roping
Justine Kelly

Goat Tie Down
Justine Kelly

Team Roping

Steer Riding
Nathaniel Bravo

All-Around
Justine Kelly

13-15 years old

Dummy Roping
Dallas Morgan

Goat Tie Down
Dallas Morgan

Team Roping

Bull Riding
Dallas Morgan

All-Around
Dallas Morgan

The Hualapai Jr. Rodeo staff would like to thank everyone that came out to support the Jr Rodeo events this year.
Special thanks to all the Sponsors:

The Hualapai Tribe
Yavapai Prescott Indian Tribe
Colorado River Indian Tribes
Cocopah Indian Tribe
Grand Canyon Resort Corp.
Joe Kelly and Family

Pinesprings Livestock Ass.
The Crook Family
Bravo and Son, LLC Company
Will Wells and Family
Gas and Grub

COUNTRY WESTERN DANCE

August 12 & 13, 2011— 9:00 PM to 1:00 AM

Come dance to the music of the Pueblo Country Band
from Laguna, New Mexico.

To be held at the Gathering Site in Supai, Arizona



Come dance your hearts out to the music of this
great Band.



For Information contact:
Carla Uqualla
928.448.2188

Junior Rodeo

Come watch our budding Cowboys and Cowgirls

At the Roping arena in Supai Village- Supai, Arizona

Ages: Toddlers to 13 years

Friday and Saturday, August 12, 13, 2011

Showtimes: 12th—3:00 PM 13th—10:00 AM

Final show Grand Entry will be at 10 AM on the 13th.

All Cowboys & Cowgirls must enter at Sinyella yard
beginning at 2 PM on August 12 and 8:00 on August 13.

Entry Fee is 5.00 each day

All contestants must wear Western attire

Events will Be:

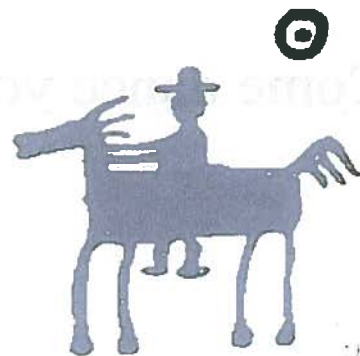
Wooley Riding

Calf Riding

Dummy Roping

Ribbon Race

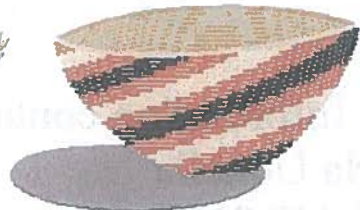
Barrel Race



Bring your own Chairs and shade. Don't forget your cameras.

For questions and further information contact: Gloria Susanyatame
928.769.1983

Operated by:
Winkie Crook and Crew, Peach
Springs, AZ



NATIVE VOICES at THE AUTRY

America's Leading Native American Theatre Company

Annual Call for Scripts **Submissions due September 15, 2011**

Native Voices at the Autry is the nation's premiere Equity theatre company dedicated to the development and production of new works for the stage by Native American and First Nations artists. We accept submissions year round but to be considered for the specific events listed below all submissions must be received between **September 1 - 15**.

1st Annual Short Play Festival

An all new event! Selected short plays and one acts will be presented during the Autry National Center American Indian Arts Market in Los Angeles. This year's theme is *Indians in America: What You See is What You Get* inviting a wide range of short scripts. Selected plays will be given a staged reading on November 5, 2011. Of the plays presented, one will be selected by a panel of judges for the **2011 Award for Excellence in Playwriting**, a **\$1,000** cash prize.

Selection Process: Short plays and one acts (10-30 minutes) received between **September 1 - 15** will be read and evaluated by a reading panel comprised of Native American theater artists and community members who will select plays for the festival based on originality, theatricality, execution, and the creative use of the theme. 4 characters maximum. Limited decor. Selected playwrights will be notified in October.

2012 Playwrights Retreat and Festival of New Plays

The retreat and festival brings artists together from across the globe to continue work on a select number of plays through a rigorous directorial and dramaturgical commitment for this week-long retreat in June at San Diego State University with public presentations at the Tony award-winning La Jolla Playhouse and the Autry National Center. Selected playwrights receive directorial and dramaturgical support as well as an honorarium; out-of-town artists receive round trip airfare plus lodging in Southern California.

Selection Process: Full-length plays (60+ pages) received between **September 1 – 15** will be read and evaluated for each event. A select number of playwrights will be invited to submit Formal Proposals detailing their developmental goals should their play be chosen. Scripts will then be sent to a committee of nationally recognized theatre artists for further evaluation. With their help, Native Voices selects up to five plays for the Playwrights Retreat & Festival of New Plays. Playwrights will be notified in December.

2012 First Look Series

Selected plays receive a 10-hour workshop and public presentation at the Autry National Center. Selected playwrights receive directorial and dramaturgical support as well as an honorarium; out-of-town artists receive round trip airfare plus lodging in Southern California.

Selection Process: Full-length plays (60+ pages) received between **September 1 – 15** will be read and evaluated. Select scripts will then be sent to a committee of nationally recognized theatre artists for further evaluation. With their help, Native Voices selects up to five plays for workshops and readings. Playwrights will be notified in May.

A note about Native Voices' developmental process:

Months prior to residencies at the Playwrights Retreat and Festival of New Plays or The First Look Series selected playwrights participate in dramaturgical conversations with an assigned director and dramaturg. Workshops with these creative teams and a cast of professional actors commence once the playwright arrives on site at either San Diego State University or the Autry National Center. It is important to note that these conversations and workshops are playwright-driven allowing the writer to shape his/ her own developmental path.

Checklist for Submission

1. If submitted by email - label script attachment:
PlayTitle_Author's Last Name, First Initial (Example: MyNewPlay_Scott, J.doc)
2. Use a standard play-script format (1 inch margins, Times or Courier #12 font, number all pages)
3. Include a title page with full contact information (mailing address, phone number, email address)
4. Include a character breakdown
5. Provide a 75-100 word biography including tribal affiliation. If submitted by email - label attachment: Bio_Author's Last Name, First Initial
6. Provide development history for the play. If submitted by email - label attachment: DevHistory/PlayTitle_Author's Last Name, First Initial

DO NOT send treatments or outlines. Previously submitted plays should only be re-submitted if the play has undergone significant dramatic changes. Plays that are not selected are kept on file for consideration for future opportunities. Include a self-addressed stamped envelope if you would like your materials returned. Playwrights are encouraged to make multiple submissions (up to three per event) but selection will be limited to only one play per playwright per event.

Send Submissions to:

Electronic Submissions (in PDF or Word format)

nvliteraryassociate@gmail.com

Type: SUBMISSION in the subject line

Hard Copy Submissions

Native Voices at the Autry
Attn: SUBMISSION ENCLOSED
4700 Western Heritage Way
Los Angeles, CA 90027

For more information:

nvliteraryassociate@gmail.com

www.NativeVoices.blogspot.com

Plays are evaluated on originality, theme, theatricality, and execution.

Plays workshopped at Native Voices at the Autry have gone on to productions and/or readings at The Public Theater, La Jolla Playhouse, VSA North Fourth Art Center, Workshop West in Canada, Pennsylvania Center Stage, Trinity Repertory Company, Montana Rep; and have been featured at the Kennedy Center's New Visions/New Voices Theatre for Young Audiences in Washington D.C.; the Two Worlds Native American Theater and Film Festival in New Mexico; the City University of New York Indigenous World Theatre Reading Series; Idyllwild Native Arts Week; the Originals Festival in Brisbane, Australia; the ASSITEJ 16th World Congress and Performing Arts Festival; the Origins Festival in London; among others.



This has been submitted courtesy of Best American Destinations

Marketing & PR for Hualapai Tourism

Historic Route 66 Passport honored with Governor's Tourism Awards Route 66 marketing tool a success at Williams Visitor Center

Clara Beard
Williams-Grand Canyon News Reporter

WILLIAMS - The Historic Route 66 Passport was recently awarded the prestigious Governor's Tourism Award during the 2011 Governor's Conference on Tourism held July 13-15 in Phoenix. For about a year, the passport has been available for fans of the historic landmark at the Williams-Forest Service Visitors Center. Route 66 communities from throughout the state are featured in the promotional tool, including Williams.

The passports are available for free at participating visitor's centers along Route 66, and for those traveling on the Mother Road can have their passport stamped at each location along the Route. Acquiring all Route 66 stamps qualifies participants for a prize.

Besides having their passports stamped in various Route 66 communities, coupons may also be added to the passports, which can be slipped inside the pages to help draw visitors to particular area businesses.

Williams Main Street Coordinator Sue Atkinson said the passports have been very popular and it has been difficult to keep up with the demand.

Mary Barbee, visitor's use assistant at the Williams Visitors Center agreed with Atkinson and said the public has had a positive response to the passports.

"They are really liking them," she said. "We went through them like that."

The Arizona Historic Route 66 Passport, spearheaded by the Historic Route 66 Association of Arizona (Association) on behalf of the Route 66 communities, received the distinguished Cooperative Marketing Award at a luncheon, which recognized 10 individuals and organizations for their best practices, accomplishments, and contributions to the Arizona tourism industry.

The Cooperative Marketing Award is presented to the project that best exemplifies creative partnerships to develop and execute a cooperative marketing initiative. The criteria used by the panel of judges to select the winner included demonstrating an exceptional effort, innovation, uniqueness, effective use of resources, measurable results, and its overall contribution to the tourism industry of Arizona.

According to the Association's press release, The Historic Route 66 Passport is the first joint marketing effort between all the communities across Arizona's stretch of Route 66. The Association said while the overall goal for the Passport Program is to increase visitation to the Route 66 communities, attractions, and businesses across northern Arizona, a major objective has been to demonstrate the power of working together.

The Historic Route 66 Association of Arizona, founded in 1987 to preserve, protect, and promote Arizona's Route 66, oversees the Passport Program, however, according to the Association's press release, it was the financial contributions of so many that made this project a reality.

All communities across the Route were represented in this marketing tool thanks to a grant from the Arizona Office of Tourism, and generous contributions from **the Hualapai Lodge in Peach Springs, Hualapai Tourism**, the Historic Route 66 Association of Arizona, Kingman Chamber of Commerce, Flagstaff Convention and Visitor's Bureau, Winslow Chamber of Commerce, Williams' Main Street Association, and the Holbrook Chamber of Commerce.



Mary Barbee stamps a visitor's passport at the Williams-Forest Service Visitors Center. Clara Beard/WGCN

Strengthening Our Commitment to Indian Country

Tom Perrelli / Associate Attorney General, United States Dept. of Justice / www.huffingtonpost.com

This week marks the one year anniversary of the Tribal Law & Order Act (TLOA), an historic piece of legislation signed into law by President Obama on July 29, 2010. That anniversary represents an important moment to reflect on the work that has been done to grapple with the public safety crisis in tribal communities and to recognize how much work remains to be done. To offer just a snapshot of what's at stake, studies show that nearly three out of five Native American women had been assaulted by their spouses or intimate partners and one third of all American Indian women will be raped during their lifetimes. We also know that, on some reservations, Native women are murdered at a rate more than ten times the national average. Tribal leaders, police officers, and prosecutors tell us of an all-too-familiar pattern of escalating violence that goes unaddressed, with beating after beating, each more severe than the last, ultimately leading to death or severe physical injury.

With these sobering statistics in mind, soon after he came into office, Attorney General Eric Holder identified building and sustaining safe and secure tribal communities as one of the Department of Justice's top priorities. In June of 2009, the Department launched a wide-ranging initiative to strengthen public safety in Indian Country. Since that time, the Department has taken a number of steps to deepen its commitment to tribal communities and to develop more effective partnership with tribal leaders, police, prosecutors, courts, and advocates to combat crime in tribal communities.

All U.S. Attorneys with Indian Country jurisdiction were directed to consult with tribes and develop specific operational plans to address public safety in tribal communities, and to ensure that the prosecution of crimes against Indian women and children is a priority. They were also directed to increase communication and develop new partnerships with tribal prosecutors and courts. The Attorney General created a Violence Against Women Federal and Tribal Prosecution Task Force to better coordinate efforts between the Department and tribal governments and to recommend best practices in ending the scourge of domestic violence. And this week, Attorney General Holder, 30 U.S. Attorneys, and other administration officials met in Rapid City and on the Pine Ridge Reservation in South Dakota to engage in listening sessions with tribal leaders and hear from advocates in the fields of tribal safety and domestic violence.

The Justice Department has also directed an unprecedented increase in personnel to fight Indian Country crime. Today there are more federal prosecutors and victim specialists working in Indian Country than ever before. In the past two years, in addition to the dedicated professionals already working in Indian Country, the Department has deployed 28 new Assistant U.S. Attorneys to prosecute violent crimes in Indian Country, and the FBI has deployed 9 new investigators and 12 new victim advocates into areas where victim services are needed most. Finally, the Department is engaging tribal youth in the areas of healthy relationships and lifestyles, education, substance and alcohol abuse, cultural preservation, community development and protecting the environment--in an effort to have lasting effects on families and communities. This week, the Department is hosting the National Intertribal Youth Summit in Santa Fe, NM to provide an opportunity for Obama administration officials to hear directly from 175 young men and women from nearly 50 tribes in Indian Country.

Without question, however, enactment of the TLOA has been a major step in our efforts to combat crime in Indian Country. The TLOA brought long overdue reforms that will over time further empower tribal governments, and strengthen their ability to keep neighborhoods safe and hold criminals accountable. At the same time, the law placed new obligations on the federal government to work in partnership with tribal authorities to address public safety for American Indians and Alaska Natives.

The Department of Justice embraces those responsibilities and is working hard to implement all of the TLOA's provisions. But even after the TLOA is fully implemented, we must recognize that there is and will remain much work left to be done to make tribal communities safe and secure. The TLOA was landmark legislation, but it cannot be the end of our efforts. For that reason, in addition to all of the many investments that the Department is making in Indian Country, it is also advocating for more tools to address a problem that tribal leaders across the country have identified as a top priority - ending the scourge of domestic violence.

Last week, the Obama Administration unveiled a new proposal for legislation to combat the epidemic rates of violence against Native women in Indian Country. The proposed legislation offers a broader set of tools for Federal and tribal law enforcement agencies to hold perpetrators of domestic violence accountable for their crimes. It builds on the philosophy of the TLOA by recognizing that tribal authorities, in collaboration with their federal partners, are best able to address crime in their communities if they are given the tools and resources needed to do it. We look forward to working with tribal leaders and Congress on this legislation. In spite of the work of many dedicated people in the law enforcement and support services communities, there are still victims of crime who are afraid to raise their voices, and many law enforcement agencies without sufficient resources to meet existing challenges. As we celebrate this first year since TLOA's passage, we are reminded of the great need that still remains, and we renew our commitment to finally end the public safety crisis facing American Indians and Alaska Natives.



AUGUST 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 MEATLOAF	2 BAKED RAVIOLI	3 CHICKEN QUESADILLA	4 SPINGROLLS W/ FIRED RICE	5 FISH N CHIPS	6 NACHO SUPREME
7 HONEY BBQ CHICKEN NUGGETS	8 BEEF TIPS AND NOODLES	9 CHICKEN FETTUCINI	10 CARNE ASADA BURRITO	11 BAKED CHICKEN DINNER	12 CRACKLIN' TILAPIA	13 CHILI DOGS
14 BBQ BEEF ON A BUN	15 RED BEANS	16 LASAGNA	17 PORK GREEN CHILI TACO ON FRY BREAD	18 PORK CHOP DINNER	19 FISH N CHIPS	20 INDIAN BURGERS
21 CHICKEN FRIED STEAK SANDWICH	22 CHICKEN SALAD ON CROISANNT	23 CHICKEN PARMESAN	24 PORK CARNITA TACOS	25 CORN BEEF DINNER	26 CRACKLIN' TILAPIA	27 CHICKEN PHILLY
28 BBQ CHICKEN WINGS	29 PORK ROAST	30 ITALIAN SUB SANDWICH	31 GREEN CHILE CHICKEN ENCHILADAS			

DIAMOND CREEK RESTAURANT

HOURS OF OPERATION
6:30 AM-9:00PM DAILY

SPECIALS AVAILABLE
11AM UNTIL SOLD OUT

SPECIALS SUBJECT TO CHANGE
WITHOUT NOTICE

769-2800



GED CLASSES

Monday to Thursday

4:30 pm - 5:30 pm

Peach Springs School



For more information, you may call the
Hualapai Education & Training at 769-2200

KHS NORTH CAMPUS

2011-2012 REGISTRATION DATES
ALL DATES 8AM-1PM & 2PM-5PM

July 29—Seniors

Aug 1—Juniors

Aug 2—Sophomores A-K

Aug 3—Sophomores L-Z

Aug 4—Freshman A-K

Aug 5—Freshman L-Z

Important Numbers

Guidance Office

692-6446

Student Assistance Office

681-6494

BACK TO SCHOOL

School

Starts

Peach Springs Elementary

August 1

Valentine Elementary

August 22

Kingman

August 11

Head Start

September 1

Seligman School

August 17

*(*Must Enroll Prior to 1st week of school)*

**Seniors- Filled/*Juniors- 2 slots left/*Soph.- Filled/*Fresh.- 4 slots left)- Seligman School*

Boarding Schools

School

Traveling Dates

Starts

*Flandreau Indian School
Flandreau, South Dakota*

September 6

September 8

*Sherman Indian School
Riverside, California*

August 15

August 18

*Riverside Indian School
Anadarko, Oklahoma*

August 18th-19th

August 22

*Chemawa Indian School
Salem, Oregon*

September 4th-5th

September 6

*Theodore Roosevelt
Fort Apache, Arizona*

August 3

August 4

*(*August 3, 12-1 Pick Up at Training Center)- Theodore Roosevelt School Only*

The following students received a certificate for completing school and incentives from the Hualapai Tribe, a dinner was in their honor on July 14, 2011.

2011 HUALAPAI TRIBAL GRADUATES

Peach Springs School

1. Alanna Bender
2. Clara Bravo
3. Joshua Flelding
4. Carmella Fuentes
5. Philena Gene
6. Star Herrera
7. Kenya Honga
8. Forrest Hunter
9. Shlynee Jackson
10. Tyleen Manuel
11. Shyralyn Marshall
12. Dieah Parker
13. Sharae Paya
14. Diago Querta
15. Sedale Sinyella
16. Bronson Smith
17. Kristin Strawbuck-non member
18. Samantha Vaughn
19. Lovenna Watahomigie

Sherman Indian School-Riverside, CA

1. Andre' Hunter
2. Colleen Mack
3. Sharea Russell- non member
4. Nuce Marshall- non member

Chemawa Indian School-Portland, OR

1. Amelida Powskey

COLLEGE

1. Katrina Cavanaugh -Bachelors
2. Manny Siyuja- Associate Arts
3. Sharae Tunney- Bachelor of Science
4. RoseMarie Wilder-Associate Arts

MARCO DE NIZA SCHOOL-TEMPE, AZ

1. Sharmaine Jackson

SPRINGSTOWNE MIDDLE SCHOOL-VALLEJO, CA

1. Keo Elgarico
2. Cody Elgarico

Valentine School

1. Johnathan Goldenstein
2. April Mapatis

Kingman School North

1. Rohann Jones-non member
2. Brandon Havatone
3. Sunshine Matuck

Seligman School

1. Sashay Alvarez
2. Judd Bravo
3. Shadoww Benson
4. Rochone Quasula
5. Luelsha Siyuja
6. Samantha Sullivan
7. Tavian Tapija Jr. High- non member
8. Shauni Leist Jr. High

Riverside Indian School- Anadarko, OK

1. Wendell Havatone, Jr
2. Raquel Tapija

AZ State School for the Deaf & Blind

1. Cindy Mack
2. Sean Mack

GED

1. Salvador Whatoname
2. Kasana Querta
3. Denisha Siyuja
4. Sharita Querta

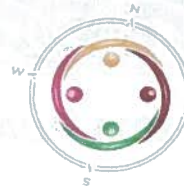
TUBA CITY BOARDING SCHOOL-TUBA, AZ

1. Shaydreanna Jackson

HAVASUPAI ELEMENTARY SCHOOL

1. Isaac Two Bulls

Health & Safety Information



A PROGRAM FROM MERCK
JOURNEY FOR CONTROL
Advancing Diabetes Education

JourneyForControl.com **01**

How to Change Habits Successfully

For most people, changing long-held habits is extremely hard to do. Just think of the people you know who have tried to quit smoking, cut down on their alcohol consumption, or stop overeating.

When you have type 2 diabetes, it is important to develop healthy eating and exercise habits that can help you keep your blood sugar within a healthy range. According to the Centers for Disease Control and Prevention (CDC), people go through 5 stages when modifying their lifestyle habits:

1. **Nonawareness**—You haven't even thought about changing your habits.
2. **Realization**—You've realized that there may be benefits to changing your habits.
3. **Ready**—You're ready for action.
4. **Action**—You take steps to change your behaviors.
5. **Maintenance**—You work toward maintaining your accomplishments.

When it comes to learning healthy habits to manage your type 2 diabetes, which stage are you in?

Your action plan for adopting healthy habits

- **Set specific weight and exercise goals** that you can reach. Talk with your doctor to make sure the goals are realistic.
- **Break a big goal into smaller steps**—for instance, start out with a 5- to 10-minute walk 3 times a week, then walk longer and more frequently.
- **Make lifestyle changes you can live with** for the rest of your life, such as the correct portion sizes.
- **Recognize triggers** that prompt unhealthy behavior and plan how you will handle those situations in the future.
- **Reward yourself** for special milestones and progress toward healthy habits.
- **Don't go it alone**—let friends and family know about your plan to take better care of your type 2 diabetes. Talk with them when you need support. You can also find support online from programs such as Journey for Control.
- **Expect obstacles and setbacks**—then learn to deal with them and move on.
- **Go easy on yourself**—type 2 diabetes is a challenging disease to live with. Give yourself some credit for putting the effort into making healthy changes. By doing so, you are taking positive steps to control your blood sugar and live a healthy life.

For more information about diabetes, please **contact the Healthy Heart Program at (928) 769-1630**



The Journey for Control logo is a registered trademark of Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc.
Copyright © 2010 Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc. All rights reserved.
21051248(1)-06/10-JAN

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other, in doing, so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be treated at all times.

The reservation is pictured to represent the land that is ours, treat it well.



The reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

HUALAPAI HEALTHY HEART PROGRAM

Post Office Box 397 • Peach Springs, Arizona 86434 • Tel: (928) 769-1630 • Fax: (928) 769-2588

Newsletter 07/26/2011

"Time to Feel Fine" challenge will start August 22,2011 and end October 17,2011

Bring a buddy to sign up . Work on YOUR goal....start to move more, make healthy food choices, lose some weight and keep it off!!!

Sign up incentives, fabulous midway luncheon ,create HEALTHY HABITS.

SAVE THE DATE!!!!!! September 19 & 20 TAI CHI IN THE PARK. AND Fall Prevention workshop. Details to follow at later date. One evening session with meal and one morning session with breakfast. EASY MOVES FOR ALL AGES, IMPROVE FLEXIBILITY . TRAIN THE TRAINER, need volunteers

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$ Healthy Heart Bucks\$

Those who have met with Karen for Case Management are eligible for HH Bucks Redeem for Heart Healthy Items such as non-stick pans, grills, workout clothes, Nike N7 shoes, blood pressure monitor, crockpot.

HOW DO I EARN HH BUCKS, YOU ASK

- **JUST MOVE IT...AIM FOR 30 MINUTES DAILY**
- **EAT FRUIT AND VEGETABLES...AIM FOR 3-5 DAILY**
- **Call 769-1630 or email khays52@hotmail.com for details.**

ALUMNI/SUPPORT GROUP CAMPOUT. Need planning meeting ASAP

Have you joined healthy heart yet????? Take the 1st step today, call or stop by....Behind new Hualapai Health, Education and Wellness building site.
Phone: 769-1630, 769-1630- That's 769-1630. (lines open, no waiting!!)
Karen Hays, RN,BSN Case Manager.

It's a Family Affair



Loraine

Loraine, 33, watched her father lose limbs to diabetes and lose his life to heart disease.

"I was determined to make changes and take care of my heart."

**CONTACT HEALTHY HEART PROGRAM FOR
MORE INFORMATION AT 928-769-1630**

James Cenedella, a much-loved father and grandfather, was hard on his heart.

"My father was stubborn," said Loraine Morgan, a 33-year-old mother of two. Her dad didn't listen when doctors told him to change his lifestyle. "He had high blood pressure, high cholesterol and type 2 diabetes. But he never exercised or changed his diet."

The day he had a toe amputated due to complications from his diabetes, Loraine made a vow to get healthier. Loraine was about 15 pounds overweight and had barely run a day in her life. The next day, she started.

Loraine's father got sicker. "After his toe was amputated, it was his foot. Then his other foot. Then it was both of his legs."

Loraine's dad was sick for 12 years. He died of heart failure in 2005.

"Watching my father go through that changed my family's life," Loraine said. "Nothing is more important to me than my health. Everyone in my little world is doing what they can to prolong their lives, including exercising and eating right. I've encouraged at least 20 people to run marathons and get in shape."

Loraine is passionate about taking action to ensure good heart health. Spreading the word helps too: "If you can make a difference in your own life, you make a difference in the lives of others."

Does heart disease run in your family?

Start the Conversation about Family History

Read Loraine's story and use these questions to discuss the topic with attendees.

1. What type of health issues do your family members suffer from?
2. What are some bad habits that your family can change to help reduce individual risk?
3. What would trigger you to make changes in the way my family eats?
4. What can you do to be a heart healthy role model for your family members?
5. Family history cannot be changed, but it can be managed by having information. Find out your family history. What did Aunt Mildred really die from – old age or congestive heart failure?

Are You a Caregiver?

It's very difficult to focus on yourself when someone you love needs so much, but it's important to understand the value of putting yourself first and staying healthy.

To do the best for your loved one, you must be in the best possible health yourself. That means getting professional help and following doctors' orders for your mental and physical health. It also means keeping your energy level up and reducing your risks by eating a balanced, nutritious diet, getting regular physical activity, avoiding tobacco and doing things you enjoy. That's not selfish, it's smart.

Find more resources to help you better care for someone who has heart disease or who has had a heart attack, heart surgery or a stroke at www.americanheart.org/caregiver.

JMI Launch Events Celebrating Let's Move in Indian Country

Hello, JUST MOVE IT Partners!

You are organized a total of 19 events celebrating the launch of the First Lady's Let's Move in Indian Country during the May 25 to June 22 timeframe. (See list below). Thank you!

Date—Event Name, City & State

1. 5/24-26/11 — JMI at the Medical Provider's Best Practice & GPRA Measures Conference, Sacramento, CA.
2. 5/26/11 — Boxing Aerobics, Oakland, CA
3. 5/26/11 — The Challenger, Acoma, NM
4. 5/28/11 — Walking The Rez, Kenel, SD
5. 5/31/11 — Walking Group Farm Tour, Portland, OR
6. 5/31/11 — Walking Along The River, Porterville, CA
7. 6/1/11 — Native Fitness Cardio Mix Summer 2011, Sacramento, CA
8. 6/6/11 — The San Carlos Apache Tribe Joining the First Lady in "Let's Move It" in Indian Country, San Carlos, AZ
9. 6/7/11 — Elders Water Fitness, Maricopa, AZ
10. 6/7/11 — Rezrobics, Porterville, CA
11. 6/8/11 — Aqua Fitness, Maricopa, AZ
12. 6/9/11 — Him-Dak Summer Kids Swimming Classes, Maricopa, AZ
13. 6/11/11 — 4th Annual Pueblo Crossroads Fun Run/Walk 2011, Cochiti Pueblo, NM
14. 6/11/11 — Walking the Rez, Cannon Ball, ND
15. 6/11/11 — Oklahoma City Indian Clinic Walk for Wellness 2011, Oklahoma City, OK
16. 6/18/11 — Walking the Rez, Porcupine, ND
17. 6/18/11 — 4th Annual Native American 5K National Championships & Open Community 5K run, Albuquerque, NM
18. 6/18/11 — Sobriety Week Fun walk/run, Peach Springs, AZ
19. 6/20/11 — Just Move It Walk/Run, Red Valley, AZ

I was asked to write a blog that will be featured on the First Lady's Let's Move website about what the JMI Partners did to celebrate the launch. They asked if I could include pictures with the blog. So...if you have any pictures from your event that you would like to include on the blog, please email the to me by Monday, July 11th.

I'm attaching the blog so you can see what I submitted. Thank you again for doing this important work in your community and for sharing your stories on the Just Move It website.

Shelley M. Frazier, MPH

National Just Move It Coordinator

www.justmoveit.org



Let's Move! in Indian Country is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Sure, this is an ambitious goal. But with your help, we can do it.

Elected Tribal leaders in rural and reservation communities and other community leaders such as school officials and Urban Indian Center coordinators have the ability to spur action in the areas of health, wellness, nutrition and physical activity. Throughout our country's history, Native communities have provided some of the best examples of healthy food and sustainable community-based practices. Many groups in Indian Country are continuing to lead by example by following traditional paths that have existed for thousands of years.

To build on the strength of this tradition, and to address the obesity health crisis that young American Indians and Alaska Natives are facing, the Obama Administration has formed the interagency collaboration, Let's Move! in Indian

Country. Participants include representatives from the First Lady's Let's Move! initiative, the White House Domestic Policy Council, the Departments of the Interior, Agriculture, Health and Human Services, and Education. Informed by research and recommendations in the President's Childhood Obesity Task Force Report, we have set four main goals for Let's Move! in Indian Country:

1. Creating a healthy start on life
2. Developing Healthy Learning
3. Communities Increasing Physical Activity
4. Increasing Access to Affordable, Healthy and Traditional Foods

The Let's Move! initiative recognizes we will be building upon many important efforts that are already being made in Indian Country to address the crisis of childhood obesity. And government alone cannot solve the obesity problem and reach the goal of ending the epidemic of obesity in a generation. We want to support and leverage Indian Country's help, expertise, and commitment on the ground. We want to support public/private sector partnerships that will further support and expand upon the great work happening throughout Indian Country. Each tribe is unique and tribal leaders must be involved in order for Let's Move! in Indian Country to succeed. We want to work with you to reduce childhood obesity and related conditions in your tribe so that Native youth can grow, thrive and meet their full potential in life.

Mobilizing Native Youth at 2011 United National Indian Tribal Youth (UNITY) Conference ~ July 9, 2011

The First Lady's, *Let's Move! in Indian Country* partnered with the United Indian Nation Tribal (UNITY) youth council and the Center for American Indian Youth at the Aspen Institute at the 2011 UNITY National Conference to promote ending childhood obesity within a generation to approximately 1,000 American Indian/Alaska Native youth from around the nation.



Youth learned and participated in the Beyonce's "Move Your Body" dance as a fun and exciting way to engage in physical activity. Native youth added their own twist to the dance honoring tribal nations by wearing traditional regalia. Approximately, 1,000 Native youth from tribes across the nation participated in the training. The largest Native youth engagement effort taken to date by *Let's Move! in Indian Country*. Over 300 hundred Native youth participated in a recording of the "Move Your Body" dance with Twilight actor and activist Chaske Spenser.

Students also participated in a *Let's Move! in Indian Country* fun run promoting physical activity and improved health. Native youth engaged in three *Let's Move! in Indian Country* workshops providing them with tools to stay motivated and to mobilize local efforts to get health among their peers, families, schools and communities. During this time youth had the opportunity to advise the *Let's Move! in Indian Country* team on ways to make the initiative more effective for Native youth.

Charles Galbraith, a member of the Navajo Tribe, *Associate Director of the White House Office of Intergovernmental Affairs and Public Engagement*, presented the Native Youth Challenge by President Obama to help win the future by out-educating, out-innovating, and out-building our competitors in the 21st century. A handful of exceptional American Indian and Alaskan Native youth doing extraordinary things to make a difference for their tribe, village or community will be invited to the White House this fall in conjunction with the activities of Native American heritage month.

Launch of IHS Baby Friendly Hospital Initiative ~ June 22, 2011 ~ By Yvette Roubideaux, M.D., M.P.H., Director, Indian Health Service

Today, the Indian Health Service (IHS) is officially launching its Baby-Friendly Hospital Initiative at the Northern Navajo Medical Center in Shiprock, NM. This breastfeeding initiative is designed to create a healthy start on life and help prevent childhood obesity. It is a part of the Let's Move! in Indian Country (LMIC) initiative, which is a part of the First Lady Michelle Obama's Let's Move! campaign. The LMIC brings together federal agencies, communities, non-



profits, corporate partners, and tribes with the goal of ending the epidemic of childhood obesity in Indian Country within a generation.

This initiative will use quality improvement processes to improve breastfeeding rates through new maternity care and infant feeding practices. Our goal for the IHS Baby-Friendly Hospital Initiative is to certify 14 federal IHS obstetric facilities as baby-friendly hospitals by 2012 and to encourage 12 Tribal obstetric facilities to adopt this initiative. By promoting breastfeeding, the IHS will reduce current and future medical problems and decrease health care costs. A baby-friendly hospital is one that supports breastfeeding and offers breastfeeding mothers the information, confidence and skills need to start and continue breastfeeding their babies. Breastfeeding is critical for both baby and mother as it supports infant growth and development and it protects both the infant's and mother's health.

Northern Navajo Medical Center is the site of our IHS launch of this initiative because they already support breastfeeding mothers and work closely with the Navajo Nation Breastfeeding Coalition to support this traditional practice. The launch included representatives from the Navajo Nation and its Breastfeeding Coalition, as well as local women and families who shared their personal stories about breastfeeding.



The Baby-Friendly® Hospital Initiative is a series of maternity care practices that were created in 1991 by the United Nations Children's Fund and World Health Organization as the gold standard for significantly increasing breastfeeding initiation and duration rates. In the 20 years since the initiative started, more than 200,000 hospitals in 156 countries have joined the program. The program offers ten steps to successful breastfeeding that enable facilities and communities to support women who breastfeed.

First Lady and American Indian Youth Plant at White House Kitchen Garden ~ June 3, 2011

Today, First Lady Michelle Obama participated in a Three Sister's Planting with American Indian youth at the White House Garden! The kids also had a surprise visit from President Obama, who encouraged them to be active and eat healthy!



Transcript

- Growing up in a state deeply rooted in Native American culture and traditions, I know we have a long and rich history to live up to.
- A history of leaders... heroes... innovators... doctors... athletes.
- What will the books our children read say about us?
- What beliefs will they hold?
- We have to tell them the truth.
- That everything is possible through hard work and determination.
- Today, Childhood Obesity affects American Indian and Alaska Native Youth more than any other race. To change this, together we must eat healthy, be active and empower our youth to transform their lives and their communities.
- That's why I've joined the First Lady to launch *Let's Move! in Indian Country*.
- Send a message to the future.
- Let's write a story together. A story where all of us do everything possible to improve the health and lives of Native American Youth.
- Make a promise to honor those who came before us and help build future generations of Native leaders, heroes, innovators, and athletes. Visit "Let's Move in Indian Country" to find out more.



June 2011 E-Newsletter

The First Lady's Let's Move! in Indian Country (LMIC) Initiative brings together federal agencies, communities, nonprofits, and corporate partners to support and advance the work that tribal leaders and community members are already doing to improve the health of American Indian and Alaska Native children.

Spotlights

Let's Move! in Indian Country Launch

On May 25th, the Office of the First Lady's Let's Move! Initiative and four federal agencies launched Let's Move! in Indian Country (LMIC) on the Menominee Reservation. Chairman Chevalier said "becoming a healthier community starts with our children, so I am delighted that we can address these issues in such a comprehensive way." The Menominee Nation committed to Let's Move! in Indian Country through the Call to Action.



"Three Sisters" Planting Event

First Lady Mrs. Obama and American Indian children spent the afternoon on June 3rd, in the White House kitchen garden using the "three sisters" traditional Native American planting technique which grows corns, beans, and squash crops in a mutually beneficial manner. Mrs. Obama said "we're all pretty excited to continue this tradition. This is another example of a fun, easy way that we all can work together to be healthier."



NativeVision Camp

The annual NativeVision Camp was held in New Mexico, as part of an ongoing partnership between the NFL Players Association and the Johns Hopkins Center for American Indian Health. More than 800 campers were teamed with professional and collegiate athlete-mentor volunteers. Ernie Conwell, a former NFL player said "It was eye-opening to see how some children in Native American communities are at a significant disadvantage."



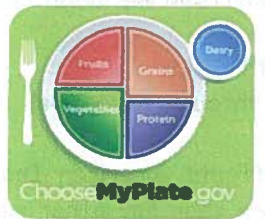
Breastfeeding Initiative Launch

The Indian Health Service (IHS) visited the Northern Navajo Medical Center in Shiprock, NM on June 22nd to launch the IHS Baby-Friendly Hospital Initiative. The goal is to certify 14 federal IHS obstetric facilities as baby-friendly hospitals by 2012 and to encourage 12 Tribal obstetric facilities to adopt this initiative. This breastfeeding initiative is designed to create a healthy start on life and help prevent childhood obesity.



MyPlate Icon

On June 2nd, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. Eat healthy and watch the video announcing the new food icon, MyPlate.



Upcoming

June 29th
PALA Training
July 5-9th
NABJ Basketball Tournament
July 8-12th
UNITY Conference
July 10-14th
The U.S. Indigenous Games
July 20-23rd
World Eskimo-Indian Olympics

Check Out the Website!

www.letsmove.gov/indiancountry

Watch Our Videos!

First Lady Michelle Obama



NFL's Sam Bradford



Beyoncé's "Move Your Body"



Full Workout Routine



Resources

[Learn the Facts](#)

[Toolkit and Resource Guide](#)

What Can You Do?

[PALA Challenge](#)

Commit to Our [Call to Action](#)

Follow Let's Move!

[Blog](#)

[Facebook](#)

Contact Us

letsmoveinindiancountry@doi.gov

Positive Parenting Tips for Healthy Child Development



Infants (0-1 year old)

Developmental Milestones

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

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

Positive Parenting

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



Read to your child every day.

 **FIRST THINGS FIRST**
azftf.gov

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

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities



Child Safety First



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

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

Read to your child every day.

 **FIRST THINGS FIRST**
aztf.gov

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

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities



Newborn Screening: For Your Baby's Health



Arizona
Newborn Screening Program



Why Is My Baby Tested? All babies in Arizona receive a Newborn Screening Test to identify those few babies who have some types of serious medical conditions. Finding these babies and giving them early treatment can prevent serious problems, such as mental retardation or even death.

The Newborn Screening Program Test Your Baby for the Following Conditions:

Hypothyroidism: (hi-po-thigh-royd-izm) Not enough of the thyroid hormone can lead to mental retardation and growth delay. Hypothyroidism is treated with medicine. Occurs in 1 of every 2,000 babies.

Congenital Adrenal Hyperplasia (CAH): (con-gen-a-tall uh-dree-nol hi-per-play-sha) The body may not make enough of the hormone, cortisol and aldosterone. The lack of these hormones can lead to the body not being able to handle stress and sometimes losing large amounts of salt. CAH can also result in the body making too much androgen, a male sex hormone. CAH

can be controlled with medicine. Occurs in 1 of every 15,000 babies.

Phenylketonuria (PKU): (fee-nil-kee-toe-nu-ree-ah) A part of food protein cannot be broken down by the body. A special diet prevents mental retardation. Occurs in 1 of every 14,000 babies.

Galactosemia: (gah-lak-toe-see-mah) A sugar found in milk products cannot be broken down in the body. A special diet low in milk products prevents serious problems. Occurs in 1 of every 60,000 babies.

Biotinidase Deficiency: (bi-o-tin-i-days de-fish-in-see) One of the vitamins cannot be properly recycled in the body. Giving this vitamin can prevent seizures and mental retardation. Occurs in 1 of every 60,000 babies.

Maple Syrup Urine Disease (MSUD): A part of food protein cannot be broken down by the body. A special diet can prevent mental retardation and other serious problems. Occurs in 1 of every 200,000 babies.

Homocystinuria (HCU): (hoe-moe-sis-tin-nu-ree-ah) A part of food protein cannot be broken down by the body. A certain vitamin and a special diet may prevent mental retardation and eye problems. Occurs in 1 of every 100,000 babies.

Sickle Cell Anemia: Red blood cells become sickle shaped because of a defect in the cells that carry oxygen in the blood. The sickle shaped cells can clog blood vessels and cause severe pain. Certain infections occur more easily and must be controlled with antibiotics. Occurs in 1 of every 375 African American babies, but also occurs in other races.

If My Baby Has One Of These Disorders, Can It Be Cured? These conditions cannot be cured, just as eye color or hair color cannot be permanently changed. However, early treatment may prevent or control the serious effects of these disorders.

How Is My Baby Tested? All of these tests are done with tiny samples of blood taken from your baby's heel when he or she is about two days old or when your baby leaves the hospital. The Arizona Department of Health Services tests the sample. Some test may not give accurate results if the sample is taken too soon after birth. It is important that a **second test be done at 1 to 2 weeks of age**. If your baby had a transfusion he or she should be retested 3 to 4 months later.

If a Retest is Needed, Does that Mean My Baby Has One of These Birth Defects? The laboratory retests babies for many reasons. If your doctor requests retesting, it does **not** mean there is anything wrong with your baby. It just means that another sample is needed to make sure there are no problems.

If the first test shows a possible problem, a new blood sample is requested and the tests are repeated. When a child's test is unusual for a second time, the doctor will talk with the parents about more testing. For some of the conditions, the doctor may start treating the baby first and then request extra tests.

If your doctor asks you to bring your baby in for **retesting**, do so as soon as possible! If your child

has a disorder, quick action can be very important.

How Can I Help? Make sure your baby is tested before he or she leaves the hospital.

Be sure to give your correct address and phone number to the hospital or doctor. If you don't have a phone, leave the number of a friend or neighbor with the doctor or hospital.

If you move soon after your baby is born, let your doctor know your new address and phone number. Then, if your baby needs retesting, your doctor will know where to reach you.

Take your baby to your doctor or clinic for a **second Newborn Screening test at 1 to 2 weeks of age.**

Since My Baby Seems Very Healthy, Are the Tests Still Needed? YES. Most babies with these conditions appear healthy at birth. These children have an unseen problem that can cause mental retardation, sickness or death. With special tests, the Newborn Screening Program identifies babies who may have a problem. The Program alerts the doctor to start special care for these babies.

But We've Never Had Any Birth Defects In Our Family...Most of the children born with these condition are from families who do not have a history of these conditions. Parents who have already had healthy children may still have a child with one of these conditions. These conditions are not very common. The chances are good that your child will not have one of these conditions. By testing every baby, we can be sure to find those

babies who have a disorder and start treating them early.

Who Is Tested? Every baby born in Arizona, including your baby.

What is My Baby Tested For? Testing is done for some rare conditions in body chemistry.

When is My Baby Tested? Normally, babies are tested when they go home from the hospital and again at 1 to 2 weeks of age.

Where is My Baby Tested? The hospital or clinic takes a tiny amount of blood from your baby's heel and sends it to the Arizona Department of Health Services in Phoenix, for special needs.

Why is My Baby Tested? Finding and treating these serious conditions early prevents mental retardation and even early death.

How Will I Know the Results of the Test? You will not be contacted if your baby's test result is normal. Your doctor or the Newborn Screening Program Follow-Up Coordinator will contact you if your baby's test result is not normal.



For additional information, call your baby's doctor.

Janet Napolitano, Governor
State of Arizona

Catherine R. Eden, Director
Arizona Department of Health Services



For more information about the Newborn Screening Program or alternative formats, please contact:

Arizona Department of Health Services
Office of Women's and Children's Health
Newborn Screening Program
150 N. 18th Ave., Suite 320
Phoenix, Arizona 85007-3242
Phone: 602-364-1409 TDD: 602-256-7577
Outside Maricopa County: 1-800-548-8381

Read to your child every day.



FIRST THINGS FIRST

aztf.gov

Permission to quote from or reproduce materials from the publication is granted when due acknowledgment is made.

HUALAPAI ANIMAL CONTROL

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

IMPORTANT INFORMATION FOR PET OWNERS AND FOR THE COMMUNITY

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

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

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

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

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



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

HUALAPAI ANIMAL CONTROL

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

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

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

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

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

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



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

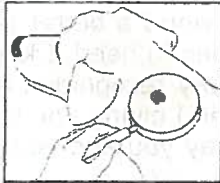
Local Veterinarian listings

Manzanita Animal Hospital (928) 7536138

Kingman Animal Hospital (928) 7574011



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.



OR

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



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) 364-4582
<http://www.azdhs.gov/piz/old/vector/>



community Messages

Dear Friends,

It has been my pleasure and honor over the last few years to serve here at the Peach Springs Health Center Pharmacy. My family has grown and our lives have been enriched by the people and the land here. As I move to work in Whiteriver, I wish to tell the communities both here in Peach Springs and in Supai, thank you for your hospitality. Thank you to the clinic who gifted me a beautiful Pendleton Blanket. "The Spirit of the People". I will never forget my time and experiences here.

I hope you all know you can trust the care given by the clinic. I feel the pharmacy is better today than before. I know it is only going to get better in the coming years.

Hank'yu!
Rob Boyle

In Memory of

Nanette J. Powskey
March 01, 1971-August 01, 2007

Warren J. Powskey
May 03, 1972-August 14, 2009

Beloved..

Sister, brother, son, daughter, grand child, father, mother, friend.

A CHEERFUL GIVER

I send this letter because I want to give a special Thank You to Mr. Michael Whatoname for taking the time out of his own life to help in a time of need. I told him of the F-4 tornado that hit Oklahoma and how it affected our family. He could have kept my cry for help to himself but He said let me see what I can do. It was with his caring for other human life that help began. We will always be forever grateful to Mr. Whatoname and all of you who gave out of the kindness of your hearts. This is what makes this world a better place to live in. As a spiritual person I was taught to help your neighbor, family and friends when in need I know you don't often get the recognition you deserve and what you do. I know he don't want any recognition but you are a person that cares for your Hualapai people. The Hualapai people are very kind and giving and that you are. My family and I would like to say Thank You from the center of our heart and pray you and your family will always be blessed.

Natural disasters are everywhere in Indian Country. The natural disasters are on the internet and world news stations. Our Native leaders need to be informed on current events happening with the disasters in Indian country. Oklahoma is not the only state with natural disasters of tornadoes and ice storms, floods, fires and exploding temperatures. As I write this letter Oklahoma is in a state of Emergency right now. People in Oklahoma are dying because of record heat temperatures. The state of Nebraska was having a flood, the floods in the Dakota states and fires in numerous states. Are any of our Hualapai people in those states? And do they have food and shelter? I attended the National Congress of American Indians Conference in Milwaukee, Wisconsin in June 2011. The general session spoke about the services set aside for the disasters in Indian Country. The Hualapai Tribal Government should implement a disaster plan if there is not one ready and available.

In closing the scripture in 2 Corinthians chapter 9 verse 7 states: **"SO LET EACH ONE GIVE AS HE PURPOSES IN HIS HEART NOT GRUDGINGLY OR OF NECESSITY FOR GOD LOVES A CHEERFUL GIVER"**

Han-ku
Carmen Thompson

Vitamin Challenge

I started taking vitamins in October 2010 and my potassium was 4.6 at that time. I had a normal potassium, lab report. But, after taking vitamins, my potassium went two points above normal 5.2, and now I have to take a low potassium diet and take another blood test to see if it goes down. I think I will be ok because it is only 2 points above normal. Being on low potassium diet is a challenge - no potatoes, no milk, no beans, no meat, etc. I would not want to put the people in this situation. I would not have known if my doctor didn't call for my six months physical checkup. Now I have to stop taking vitamins. Doctors usually say it is only a supplement and will not hurt you, but it is above and beyond what you eat in your daily foods, and I know that people in Peach eat a lot of meat, beans and potatoes so the potassium will be o.k. I thought that since I am allergic to many foods it will go right out of my system and that I might be lacking vitamins but I am not. I hope the people will contact their doctors to take their blood work before taking on this vitamin study. I would just say be cautious. Look up on the internet what will happen when your blood shows low or high potassium.

Charlene Hardridge

Happy Birthday

Malinda Powskey

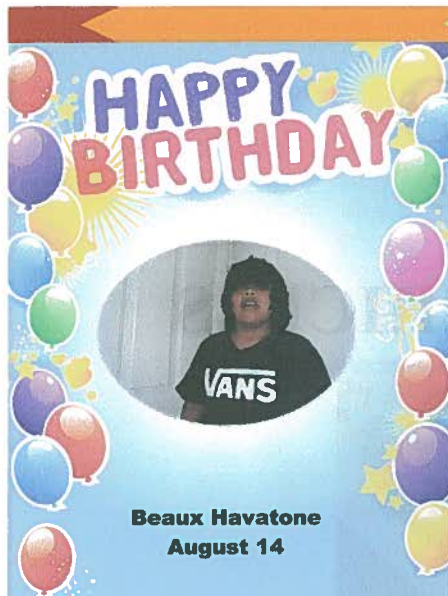


August 25



Majenta Powskey

August 06



Happy Happy Big Birthday to our Poppa Hube.

Love your grandkids, Ines, Iris, Renz, Anthony & Darwon

To our precious Grandson, Renz

Dear precious Grandson, today you're ten years old and every day you've brought all the joy that life could hold. You're such a special boy from the day that you were born. For even when it's raining on cold and cloudy days, you bring so many smiles with your funny little ways and sayings, and when your birthday been and gone, it will have brought so much happiness now that you are ten.

With loads of love, Poppa Hube & Grandma Mary

Happy Birthday to the Cowboy Guya Imus

Sorry, we didn't put the candles on your cake - too many to count. Aye!

Hube & Mary

Happy Birthday to Gloria Susan-yatame, cowgirl up! Girlfriend -

Birthday Wishes

To my hubby, we've weathered changes, acquired more patience and have even learned to laugh when life doesn't turn out exactly as we've planned. Sharing everything that comes our way has given us something that people never knew and had. And on your birthday, I'm looking forward to all the beautiful tomorrows we have yet to share.

Happy Birthday "with all my love", Chalo

To my Dad, Hubert

What you mean to me, is something I can never express with words. I can never thank you enough for your love, care, support you showered over me. May God bless you with care and health. May you have a wonderful year. Happy Birthday Day!

From Nell



To our dad Hubert, When we look back on the time we spent together and how much you taught us no matter what the weather. We always admired all the things you were able to do for us. We feel so lucky to have a dad like you. Happy Birthday! Thank you for everything.

Love you! Mylette & Juno



To Nisha:

Let your happiest birthday wishes fly on the wings of the hope of your heart...and have a year filled with those wishes coming true in every way. Happy Birthday Niece!

From: Uncle & Auntie Imus



Happy Birthday to Guya 07/14 & Hubert Imus, Sr. 07/15 on their 60th Birthday!

A party was held in their honor where adults played bingo and musical chairs. The birthday brothers went after the piñata blindfolded, adults along with the children scrambled after the candy when Hubert finally broke the piñata. Bingo was exciting 'cause I could hear the calling letters and numbers. Biggy Boy

called out bingo several times but each time he missed a number or two, Biggy Boy insists he had bingo. There was a crasher during the musical chairs but that got straightened out. The birthday brothers creamed each other with one cake, slid on the frosting and rolled each other in it. What a sight to see, they both smelled very sweet as they naturally are, all in all, we had fun and thank God for seeing the brothers through it all to their 60th birthday! Bingo winners were Goldie, Cisco, Boy Walker, Mary Grace, Iris Siyuja, Lenora Bigrope & Dallas Torivio. Carissa Cook, our winner at musical chairs.



AIRWAY AUTO

2389 Airway Ave, Kingman AZ

CALL WILL : 928 279-9813

FEATURED IN-HOUSE VEHICLES



Easy In-house Financing!
Get More Car For Your Money!
THANK YOU!

APPLIANCE CLINIC

IN HOME REPAIRS - SAME DAY SERVICE

Reconditioned Washers, Dryers, Refrigerators & Stoves • Quality Clean Appliances



Chris Dement
Owner

**Fast
Dependable
Service**

Family Owned
Since 1984

**Whirlpool &
Kenmore Specialists**
Roper, Kitchen Aid & Estate
Most Major Brands

APPLIANCE
PICK-UP
AVAILABLE

Serving Kingman, Valle Vista, Golden Valley
Bullhead City, Laughlin & Fort Mohave

928-692-3743

**SENIOR
DISCOUNT**

**THE NEXT DEADLINE
FOR GAMYU ARTI-
CLES WILL BE ON:**

**FRIDAY, AUGUST 12,
2011 BY 5:00 P.M.**

**Remember to attach a
signed information
sheet with your sub-
mitted articles.**

Thank you!