

smooth, stir into the other mixture until the dough holds together. Knead briefly on a floured surface; pat into an 8" circle; place on baking sheet. Using a pizza cutter or serrated knife, score circle into 8 wedges. Bake for 15 or 20 minutes (depending on high or low altitude) or until nicely brown. Serve with honey, fruits, jams, or, as the British do, with clotted cream. Best straight from the oven but still great the next day.

Blue Corn Flapjacks

Two eggs

1 1/2 cups milk

1 tablespoon butter

3/4 cup all-purpose flour

3/4 cup blue roasted cornmeal

1 1/2 teaspoons baking soda

2 tablespoons sugar

1 teaspoon salt

Mix all ingredients in a blender. Let stand for 5 minutes. Do not re-mix or stir. Pour serving sized amounts from blender to lightly oiled grill. Wait until bubbles form on top of flapjack then flip artfully with a great flourish and considerable bravado. Remove from grill when second side is cooked. Serve topped with a pat of butter and syrup, marmalade, applesauce, or whatever.

Blue Corn and Flour Tortillas (Modern Style)

1/3 cup sifted all-purpose flour

1 cup water

1 2/3 cups blue cornmeal

Combine flour and cornmeal in bowl. Stir in water and make dough. Shape into twelve balls and roll each between two sheets greased wax paper. (Or pat between palms the old style). Cook in a slightly greased griddle with medium heat until lightly brown on both sides.

Wild Sage Bread

1 package dry yeast

1 cup cottage cheese

1 egg

1 tablespoon melted shortening

1 tablespoon sugar

2 teaspoons crushed dried sage

1/2 teaspoon salt

1/4 teaspoon baking soda

2 1/2 cups flour

Combine sugar, sage, salt, baking

soda and flour. Dissolve yeast in 1/4 cup warm water. Beat egg and cottage cheese together until smooth. Add melted shortening and yeast. Add flour mixture slowly to egg mixture, beating well after each addition until a stiff dough is formed. Cover dough with cloth and put in warm place until double in bulk (about 1 hour). Punch dough down, knead for one minute and place in well-greased pan. Cover and let rise for 40 minutes. Bake in a 350-degree oven for 50 minutes. Brush top with melted shortening and sprinkle with crushed, roasted pine nuts or coarse salt.

Acorn Squash with Wild Mushroom Cranberry Stuffing

1 1 1/2- to 1 3/4-pound acorn squash, halved lengthwise, seeded

1/2 cup dried cranberries or currants

1/4 cup hot water

4 tablespoons (1/2 stick) butter

4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped

1/4 cup chopped onion

1 teaspoon dried rubbed sage

1 cup fresh whole wheat breadcrumbs

Preheat oven to 425°F. Place squash cut side down in 8x8x2-inch glass baking dish. Cover dish tightly with plastic wrap. Microwave on high 10 minutes. Pierce plastic to let steam escape. Uncover and turn squash halves cut side up. Season cavities with salt and pepper. Combine dried cranberries and hot water in small bowl. Melt 3 tablespoons butter in heavy medium skillet over medium heat. Add mushrooms, onion and sage and sauté until beginning to soften, about 5 minutes. Add bread crumbs and stir until crumbs brown lightly, about 3 minutes. Mix in cranberries with soaking liquid. Season to taste with salt and pepper. Mound stuffing into squash halves. Dot with remaining 1 tablespoon butter. Bake until heated through and crisp on top, about 10 minutes.

BEEF, PORK, AND HOMINY STEW

1 1/2 lb lean pork ribs, cut into 1-inch pieces

1 lb cured bacon

1 lb flank steak, cut into 1-inch pieces

1 lb beef short ribs, cut between bones

3 sweet Italian sausage links, cut into 1 1/2-inch lengths

2 Spicy dried pork sausage links, cut into 1 1/2-inch lengths

3 quarts water

6 carrots, cut into 1/2-inch-thick rounds

1 1/2 lb butternut squash, peeled and cut into 3/4-inch cubes

1 large boiling potato, peeled and cut into 3/4-inch cubes

2 red bell peppers, cut into 3/4-inch pieces

1 tablespoon paprika

3 (15-oz) cans white hominy, rinsed

2 (16- to 19-oz) cans white beans, rinsed

1 tablespoon salt

1 tablespoon black pepper

Stir together meats and water in a 12-quart heavy pot and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, 3 1/2 hours. Add vegetables and paprika, then simmer, partially covered, stirring occasionally, 30 minutes, or until vegetables are tender. Add hominy, beans, salt, and pepper and simmer, stirring occasionally, 15 minutes.

Meatless Chili

1 cup dried pinto or kidney beans

3 cups water

1 tablespoon vegetable oil

2 cups chopped onion

1 green bell pepper, chopped

2 cups chopped tomatoes

1 6-ounce can no-salt added tomato paste

3/4 cup water

3 tablespoons chili powder

1 tablespoon cider vinegar

2 teaspoons minced garlic

1 teaspoon oregano

1 teaspoon cumin

1/2 teaspoon ground pepper

1 bay leaf

Place beans and 3 cups of water in saucepan. Bring to boil and cook 2 minutes. Do not drain. Set aside for 1 hour, then return beans to heat, adding water to cover if necessary. Simmer for 1 hour, or until beans are tender. Drain and set aside. Heat oil in a large, deep skillet or stockpot over medium-high heat. Add onion and bell pepper. Cook until onion is translucent. Add beans and remaining ingredients. Bring to a boil. Reduce heat and simmer 1 1/2 hours, stirring occasionally. Remove bay leaf

Maple Mashed Sweet Potatoes

6 lb sweet potatoes
1 stick (1/2 cup) unsalted butter, melted
1/2 cup heavy cream, warmed
2 tablespoons pure maple syrup
1 teaspoon salt
1/2 teaspoon black pepper
Preheat oven to 400°F. Prick each potato twice with a fork and bake in a foil-lined shallow baking pan in lower third of oven until very tender, about 1 hour. Remove and cool slightly. Halve potatoes lengthwise and scoop out warm flesh into a large bowl. Mash potatoes with a potato masher or, for a smoother purée, force through a potato ricer. Stir in butter, cream, syrup, salt, and pepper.

Succotash

1 lb bag of (large) Lima beans,
1 16 oz can of Cream Corn
1 (small piece) Salt Pork (optional)
1/2 (small) Onion (cut fine)
2 tablespoons Butter
1/2 cup Sugar
Salt & Pepper (season to taste)
Preparation: Wash lima beans and place in a large (5qrt) pot. Add water (4 qrts), salt pork, butter, sugar, salt & pepper. Bring to a boil. Cook till beans are tender. Add cream corn and cook additional 5 minutes. Remove from heat and enjoy.

Baked Pumpkin

1 small pumpkin, peeled and cut into cubes
1 cup sugar
1 teaspoon salt
Cinnamon
Place pumpkin cubes in a baking dish and sprinkle with sugar and salt. Cover pan with foil and bake in 325 degree oven until soft. Sprinkle with cinnamon.

Cherokee Fried Hominy

Several Strips of Bacon
One or two Cans of White Hominy
Onion if desired
Black Pepper to taste
Preparation: Fry bacon crisp. Remove from pan. Drain most of grease. Drain water off hominy. Fry hominy in bacon grease. Crumble bacon & mix in hominy.

Indian Cake

6 cups water
2 cups precooked yellow corn meal
1 cup sprouted wheat
4 cups precooked blue corn meal
1/2 cups raisins
1/2 cup brown sugar
Preparation: Put 6 cups of water in pan and boil. Add 4 cups precooked blue corn meal. Add 2 cups precooked yellow corn meal. Add 1/2 cup raisins. Add 1 cup wheat, sprouted. Add 1/2 cup brown sugar. Blend well; dissolve all lumps. Pour into baking pan that is lined with foil. Cover with foil. Bake at 250 degrees for 4 hours. (Cake needs to cook slowly.)

Indian Tacos

Ingredients for Topping:
1 lb. Fried hamburger
2 cans tomatoes
1 large green pepper
1 large onion
Mushrooms
Cooked rice, about 1/2 cup
1 small can refried beans
1 large can of red kidney beans
1 tsp. Chili spice
A few shakes of Tabasco sauce (to your likeness)
Separate Toppings:
Shredded cheddar cheese
Shredded, 1 head of lettuce
4 diced fresh tomatoes
Note: Use Fried Bread as the base.

Preparation: Mix the first 10 ingredients in a large pot. Simmer on low heat for about 2 hours. While this is simmering make fried bread. Place hot fried bread on a plate, Top with sauce, add some shredded cheese on top, Add lettuce and tomatoes.

Native Frybread

Ingredients: 2 cups flour
3 teaspoons baking powder
1 teaspoon salt
1/2 cup dry milk
1 egg
1 cup warm water
Preparation: Mix the dry ingredients together, mix the egg and the water, add to the dry mixture. Add flour or water to adjust mixture to a very soft dough mixture. Put dough on a well floured board. Roll out to about a 1 inch thickness.

Let set for about 15 minutes. Cut into what ever size you would like. Batter makes about 25 pieces. Deep fry in hot oil, just enough to brown on each side. Put on a paper towel to get some of the top oil off the bread.

Blue Grape Dumplings

Easy to make dumpling and noodle dough. The dough can be used to make noodles for Chicken and Noodles also. 4 egg yolks or 2 eggs
2 half egg shells of cold water
Plain flour
Dash of salt to taste
Beat egg yolks and salt together. Add water and beat well with fork. Add enough flour to make dough you can knead without sticking to your hands. Knead dough a few times, then roll out thin on floured board or counter. Cut into small square pieces. For easier cutting, dip knife in hot water or liquid when dough wants to stick. 1/2 gallon unsweetened grape juice
two cups sugar Mix together juice and sugar in large pan. Bring to a boil and drop in dough pieces a few at a time, keeping the juice mixture boiling. Boil for about 5 minutes, then cover and lower heat to simmer for about 10 minutes. This can be served warm or cold with a little cream (optional).

Cornbread Stuffing

Basic Cornbread
1 c yellow cornmeal
1 c all-purpose flour
1 tsp. baking soda
1/3 c egg substitute
2/3 c skim milk
1/2 c plain nonfat yogurt
1 tbsp. honey
Additional Ingredients
1/4 c minced fresh parsley
1/4 c currants
2 tsps. baking powder
1/4 c chopped pecans
1/4 tsp. pepper
2 tsps. canola oil
1 1/2 c finely chopped fresh mushrooms
1 garlic clove, minced
1/4 tsp. dried thyme
Prepare cornbread first. In medium bowl, mix cornmeal, flour, baking powder, and baking soda. In another bowl, beat egg substitute slightly. Add

skim milk, nonfat yogurt and honey, mix well. Pour liquids over the dry ingredients and stir just until dry ingredients are moistened. Do not overmix. Coat an 8 x 8 inch baking pan with vegetable cooking spray. Pour batter into pan and bake at 400F for 20-25 minutes, or until golden brown. Cool thoroughly, then crumble into a bowl. Heat the canola oil in a large nonstick skillet on medium-high heat. Add mushrooms, onion, garlic and thyme; saute 5 minutes or until vegetables are tender. Stir in crumbled cornbread, parsley, currants, pecans and pepper. Remove from heat. Place in container and keep refrigerated until ready to use.

Pinto Bean Casserole

1 1/2 cups freshly cooked pinto beans, drained
1/2 cup diced green pepper
2 scallions, minced
1 teaspoon olive oil
2/3 cup diced tomato
1 teaspoon chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground coriander
1/2 cup egg substitute
1/4 cup (1-2 ounces) reduced fat sharp cheddar cheese
In a large saucepan over medium heat, saute green pepper and minced scallion in olive oil for 5 minutes, or until soft. Stir in the drained pinto beans, tomato, chili powder, oregano and coriander. Cook, stirring constantly, for 2 minutes. Remove from heat and stir in the egg substitute. Coat a 2 cup casserole with vegetable cooking spray. Add the bean mixture and spread evenly. Sprinkle with shredded cheese. Bake at 375(F for 20 minutes, or until the filling is set.

Green Beans and Peppers

1 cup low-sodium chicken broth
4 cups fresh whole green beans or 16 oz. package frozen green beans
1 tablespoon margarine
1 medium red pepper cut into strips
1/4 teaspoon garlic powder (optional)
salt and pepper to taste (optional)
2 tablespoons chopped parsley
If using fresh green beans, wash in cold water and snap off the ends. In a medium saucepan bring broth to a boil; add beans and cover. Cook over

medium heat for 8-12 minutes. If using frozen beans, time according to package directions. Melt margarine in a small skillet and add the pepper strips. Sprinkle in the garlic powder. Stir and cook until crisp-tender, about 6 minutes. Drain the green beans. In a serving bowl, add the cooked beans and pepper mixture; toss. Season with salt and pepper to taste. Sprinkle chopped parsley over the top.

Chicken, Corn and Potato Stew

1 (3 1/2- to 4-lb) chicken, cut into 8 serving pieces
1 3/4 teaspoons salt
1 1/2 teaspoons black pepper
3 tablespoons unsalted butter
1 large white onion, finely chopped
2 teaspoons dried oregano, crumbled
1 1/2 lb russet (baking) potatoes
6 cups chicken broth
1 cup water
2 lb potatoes, peeled, cut into 1/2-inch cubes, and covered with water in a bowl
3 ears corn, cut crosswise into 1-inch pieces
Accompaniments:
1/2 cup chopped fresh cilantro leaves
1 cup heavy cream
3 tablespoons drained capers

3 avocados, quartered, pitted, peeled, and cut into 1/2-inch cubes. Pat chicken dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat butter in a wide heavy 7- to 8-quart pot over moderately high heat until foam subsides, then brown chicken in 2 batches, skin side down first, turning occasionally, about 10 minutes. Transfer chicken as browned to a plate.

Add onion to pot along with oregano and remaining teaspoon each salt and pepper and sauté, stirring, until light golden, about 5 minutes. Peel and coarsely grate russet potatoes and add to pot with chicken, broth, and water. Simmer, covered, stirring occasionally, until chicken is cooked through, about 25 minutes. Transfer chicken with tongs to a cutting board to cool. Drain cubed yellow potatoes and add to pot. Simmer, covered, stirring occasionally, until cubed potatoes are almost tender, about 10 minutes. Add corn and simmer, covered, until tender, 5 to 10 minutes more. While corn is cooking, remove skin and bones from chicken and coarsely shred meat. Add meat to pot and heat through.



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.

SERVING: AZ, NV & CA

www.yourtrustedpartner.com

Butternut Squash Fries

allrecipes.com



Rated: ★★★★★

Submitted By: CMOYA40

Photo By: sarah

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 35 Minutes

Servings: 4

"These butternut squash fries are nutritious and tasty! They taste like sweet potato fries but better."

INGREDIENTS:

1 (2 pound) butternut squash, halved and seeded
salt to taste

DIRECTIONS:

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Use a sharp knife to carefully cut away the peel from the squash. Cut the squash into sticks like French fries. Arrange squash pieces on a baking sheet and season with salt.
3. Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. Fries are done when they are starting to brown on the edges and become crispy.

2011 Indian Day Horseshoe Tournament

Thursday, Sept. 22, 2011

Rt 66 Park

Will start @ 5:15 pm

2 people per Team

Mens and Womens divisions separate



100.00 ea., 75.00 ea., 50.00 ea

To sign up call the Fitness Center,

769-2644 or stop by.



2011 Indian Day Walk for Wellness

Thursday, Sept. 21, 2011

Time: 5:00 a.m.

Where: Rt. 66 Park

Please Join Us!



For more Information Call the
Hualapai Fitness Center 769-2644

TAI - CHI

WHY?:

- Increases energy, endurance & agility
- Improves balance, flexibility, muscle strength
- Improves sleep quality
- Reduces anxiety & depression



WHEN: September 19 @ 6:00 pm

Dinner included

September 20 @ 6:00 am

Breakfast included

WHERE: Multi-purpose Building

Everyone
Welcome

Sponsored By: Healthy Heart Program

For more information call: 769-1630

School Is Here

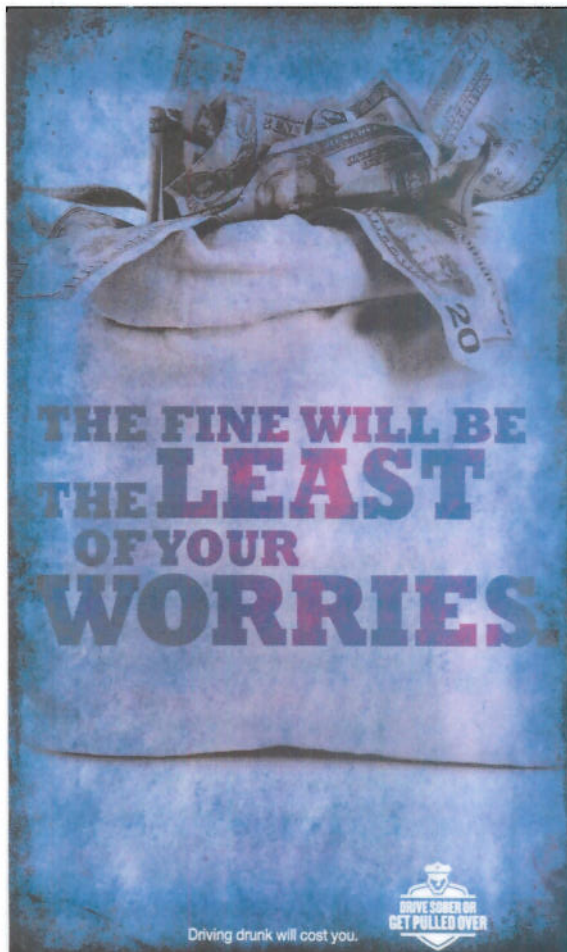
Parents Remember
to Buckle Up
your Children when
taking them
to school
or Picking them up.

Seat Belts Saves Lives



By: Tribal Motor Vehicle Crash Injury Prevention Project

8/10/2011



Hualapai FOOD HANDLER TRAINING - 2011 Multi-Purpose Building

If you have any questions regarding the Food Handler's schedule for the Peach Springs area, feel free to contact -

MONTH	DATE	TIME	INSTRUCTOR
October	Oct 13	5:00 p.m. - 7:00 p.m.	David

Elizabeth Krause, Administrative Assistant; Office of Environmental Health & Engineering, PHS Indian Health Services / Parker Indian Health Center / 12033 Agency Road / Parker, AZ 85344, (928) 669-3180

I Am Moving, I Am Learning

Power point on "Opportunity Knocks" - Obesity and Physical Activity. I am a facilitator for I am moving, I am learning. If anyone is interested, please contact Jessica Powskey at the Training Center, 928-769-2200

Department of Hualapai Education & Training
(928) 769-2200



I am *moving* I am *learning*

A Proactive Approach for Addressing
Childhood Obesity in Head Start Children

Resource Materials

Hualapai Child Care Program
Jessica Powskey
IMIL Facilitator

IMIL Goals

1. Increase the quantity of time spent in moderate to vigorous physical activity (MVPA) during routines to meet national guidelines for physical activity.
2. Improve the quality of structured movement experience intentionally facilitated by adults.
3. Promote healthy nutrition choices every day.

IMIL Learning Outcomes

Participants will be able to:

1. Describe promising practices and developmentally appropriate physical activity guidelines for preschool children.
2. Describe current research related to obesity prevention and rec-

ommended strategies to improve the quality of physical activity and nutrition choices for young children and their families.

3. Describe the key elements, strategies, and resources needed to increase moderate to vigorous physical activity (MVPA) in daily routines and augment high-quality movement and nutrition choices within the Head Start Child Outcomes Framework—Domain #8 (Physical Health and Development).
4. Develop program-specific action steps, using a team approach, to meet the goals of I Am Moving, I Am Learning and achieve successful outcomes for children, staff, parents and communities.



Opportunity Knocks!



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A Commitment to Healthy Preference Development

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The Commitment Continued

OHS Launches IMIL Phase II

May '08 (National Training of Facilitators)

OHS Launches Early Head Start

May '08 Early Head Start's "Little Voices for Healthy Choices" Pilot Project Initiated

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The National Center for Physical Development and Outdoor Play

Resources

- Monthly Physical Activity Calendar
- Body Smart Blog
- Newsletter
- Useful Fact Sheets

Education on Demand

- Webinars on a variety of topics:
- Move, Play & Learn at Home Series
- Movement Across the Curriculum Series
- Nutrition & More!

Grants

- \$5,000 Play Space Enhancement Grants for Head Start Centers

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New Content Components

Birth to Five:

Introduction to Motor Development

Teaching Across Cultural Horizons

Activities for All

Move, Play, Learn at Home

HSBS Resources: MVPA Year Round

Take it Outside

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Goals

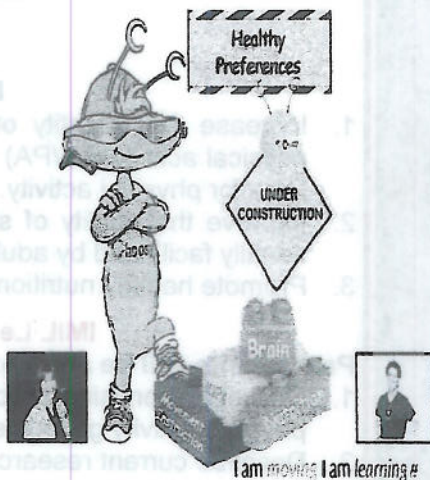
1. Increase M-V-P-A During Daily Routines
2. Improve Quality of Structured Movement Activities Intentionally Facilitated by Adults
3. Promote Healthy Food Choices Each Day

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Learning Outcomes

1. Describe promising practices and developmentally appropriate physical activity guidelines for preschool children.
1. Describe current research related to obesity prevention and recommended strategies to improve the quality of physical activity and nutrition choices for young children and their families.

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I am moving I am learning #

Learning Outcomes

3. Describe the key elements, strategies, and resources needed to increase Moderate to Vigorous Physical Activity (MVPA) in classroom routines and augment high-quality movement and nutrition choices within the Head Start Child Outcomes Framework-Domain #8 (Physical Health and Development).

I am moving I am learning #

**This Is My Body
I'm Going To Treat It Right
My Bones & Muscles
My Heart & My Mind**



**This Is My Body
It's Mine, All Mine
My Arms & My Legs
My Ears & My Eyes**

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From This...



I am moving I am learning #

Learning Outcomes

4. Develop program-specific action steps, using a team approach, to meet the goals of I Am Moving, I Am Learning and achieve successful outcomes for children, staff, parents, and communities.

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Fasten Your Seat Belts



I am moving I am learning #

What Happened?



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I am moving A Proactive Approach for Addressing Childhood Obesity in Head Start Children
I am learning

Opportunity Knocks:

Reversing Current Obesity Trends



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**CARDIOVASCULAR DISEASE
IS A CHILDHOOD DISEASE
THAT BECOMES MOST
EVIDENT IN ADULTHOOD**

I am moving I am learning #



I am moving I am learning #

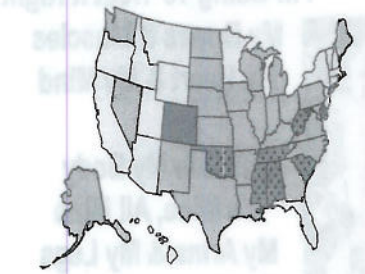


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Obesity Trends* Among U.S. Adults

BRFSS, 2008

(*BMI ≥30, or ~30 lbs. overweight for 5' 4" person)



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At one time, we had to move to stay alive.
Survival of the fittest....

Early humans moved an average of
5-10 miles per day in order to fulfill daily
living tasks.

Whole-Natural Foods were the only
OPTIONS available



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Our Children Inherit
More Than Our Genes

They Inherit Our Lifestyles...

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Childhood Obesity:
A Public Health Threat



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Hunting & Gathering Now



I am moving I am learning #

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥30, or ~30 lbs. overweight for 5' 4" person)



I am moving I am learning #

Our Bodies were designed to....

1. Move
2. Be Nourished
by Fruits and
Vegetables
3. Be Hydrated
by Water



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Drinking Options Then



I am moving I am learning #

Drinking Options Now



I am moving I am learning #

What Will MY Future Be Like?



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Early Childhood Benchmarks of Success



1. More stringent licensing standards that include nutrition, physical activity, and screen time

I Am Moving I Am Learning was one of three examples of innovative, evidenced informed initiatives showcased in the President's Task Force Report!

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Snacks Then



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SOLVING THE PROBLEM OF CHILDHOOD OBESITY WITHIN A GENERATION

May 11, 2010

White House Task Force on Childhood Obesity Report to the President



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Empowering Parents and Care Givers Recommendations



1. Food retailers should avoid in-store marketing that promotes unhealthy products to children.
2. All media and entertainment companies should limit the licensing of their popular characters to food and beverage products that are healthy.
3. All media and entertainment companies should limit the licensing of their popular characters to food and beverage products that are healthy.

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Snacks Now



I am moving I am learning #



Early Childhood Recommendations



1. Improve the quality of child care settings to support healthy development.
2. Increase physical activity, improve nutrition, and reduce screen time in early child care settings.
3. Strengthen licensing standards to support physical activity, and screen time in early education and child care settings.

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Empowering Parents and Care Givers Recommendations



1. Within three years, the majority of food and beverage advertisements directed to children promote healthy foods.
2. Within three years, licensed characters are to promote healthy foods and beverages.
3. All parents and caregivers should receive nutrition and physical activity counseling (health messages) from health care providers by 2012.

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Obesity Prevention Involves A Focus on Energy Balance

INTAKE
Calories From Foods

OUTPUT
Calories Used During Physical Activity

THE ENERGY BALANCE

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Obesity Prevention Should Begin Early in Life When Preferences Are Being Formed



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Three Promising Practices Documents:



Bright Futures in Practice



Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years (NASPE, 2009)



Appropriate Practices in Movement Programs for Young Children Ages 3-5 (NASPE, 2009)

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Obesity Prevention & Intervention Involves a Focus on Energy Balance

Physical Activity & Nutrition



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Obesity Is...



1/3 of U.S. adults
17% (12.5 million) children
2-19 yrs of age

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Bright Futures in Practice
(Maternal and Child Health Bureau)

Promising Practices in Nutrition Education

1. Nutrition must be integrated or woven into all aspects of daily living
2. Good nutrition requires balance
3. Nutrition should be pleasant and FUN!

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Be Choosy Be Healthy

I'm a Healthy Eater (3 x) Every Day

I'm a Busy Player (3 x) Every Day

Be Choosy Be Healthy (3 x) Every Day

I'm a Choosy Snacker (3 x) Every Day

I'm a Body Shaker (3 x) Every Day

Be Choosy Be Healthy (3 x) Every Day

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Promising Practices

Developing Healthy Preferences
in Young Children



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Goal

Promote Healthy Food Choices Each Day



"Nutrition Building Blocks"

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Thank You
Thank You
Thank you



When I Eat My Fruit, My Heart Says Thanks
When I Eat My Veggies, My Heart Says Thanks
When I Drink My Milk, My Heart Says Thanks
When I Rest and Sleep, My Heart Says Thanks
But When I Move—Jump—Hop—Run
My Happy, Healthy Heart Says
Thank You, Thank You, Thank You



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Guidelines for Infants



- Environments that meet or exceed safety standards
- Infants should interact with caregivers in daily physical activities that promote exploring movement and the environment
- Activities should promote skill development and active play short periods of time several times a day
- Teachers and parents need to be informed

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Goal: Increase MVPA During Daily Routines



MVPA Everyday!

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The CDC has concluded that:

- People of all ages benefit from physical activity
- Significant health benefits are obtained by moderate physical activity
- Greater health benefits can be gained through greater amounts of physical activity

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Guidelines for Toddlers



- 30 minutes of accumulated daily **STRUCTURED** physical activity
- At least 60 minutes and up to several hours of daily unstructured PA and not sedentary for more than 60 minutes
- Develop foundational movement skills
- Access to indoor and outdoor areas that meet or exceed safety recommendations
- Teachers and parents need to be informed so they can enhance the child's movement skills.

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Move Beyond the Circle Time Rug



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Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years (NASPE, 2009)



Infants

Toddlers

Preschoolers

I am moving I am learning #



Active Start: Guidelines for Preschoolers

- 60 minutes of accumulated daily **STRUCTURED** physical activity (MVPA)
- At least 60 minutes of daily unstructured (MVPA)
- Develop competence in movement skills
- Safe indoor and outdoor areas
- Teachers and parents need to be informed so they can enhance the child's movement skills



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Appropriate Practices in Movement Programs for Young Children Ages 3–5 (NASPE, 2009)

- Facilitate maximum participation
- Design active learning environments
- Develop movement skills and concepts
- Plan for repetition and variation of practice
- Practice at a high rate of success
- Make fitness a by-product of play
- Children shouldn't be sedentary for long periods of time, except while resting
- Accumulate MVPA in short bursts

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Goal

Improve Quality of Structured Movement
Activities Intentionally Facilitated by Adults



"Body Language" &

"Moving with the Brain in Mind"

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Physical Activity Among Children Attending Preschools

- PA levels were highly variable among preschools
- Educational policies and practices have an important influence on the PA levels of children
- Educational policies and practices have a greater influence on the PA levels of children than do demographics

Pato et al, 2004

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IMIL promotes: Being a Healthy Role Model

- ☐ Messengers
- ☐ Influential
- ☐ Consistent



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Do Preschools Currently Meet the NASPE Guidelines?

How Can I Possibly Meet the NASPE Guidelines?



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I am moving I am learning #

Choose Healthy Options Often and Start Young



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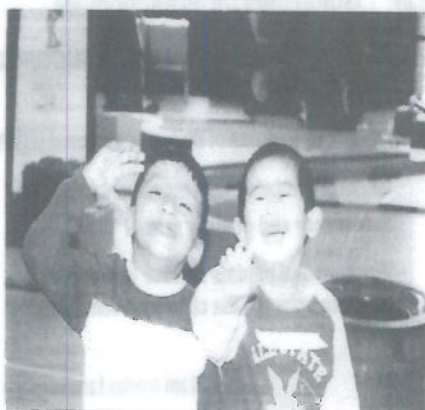
Physical Activity Among Children Attending Preschools

- Most preschools do NOT meet NASPE guidelines for PA
- Boys are engaged in more MVPA
- 4- and 5-year-old children were less active than 3-year-old children

Pato et al, 2004

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MOVE ME!



A Consistent Role Model for Physical Activity & Nutrition



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IMIL promotes: Being a Healthy Role Model

- ☐ Messengers
- ☐ Influential
- ☐ Consistent



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We are all role models for our children, our families, our co-workers and our friends. Whether or not we wear a costume.
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I Am Moving, I Am Learning Framework

WHAT WHAT WHAT (Action Awareness)

HOW HOW HOW (Effort Awareness)

WHERE WHERE WHERE (Space Awareness)

WITH WITH WITH (Relational Awareness)

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Choose
Healthy
Options
Often and
Start
Young



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IMIL: A Comprehensive Framework For Action

IMIL is Not:
a "flavor of the month,"
"cookie-cutter approach"
an "add-on"

IMIL Does:
Increases energy and fun for all
Stimulates creativity in each program
Enhances classroom management
Produces health benefits for staff

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I'm Learning

WHAT WHAT WHAT (Repeat)

What My Body Does (Repeat)

Like Bend and Stretch



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A Consistent Role Model for Physical Activity & Nutrition



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IMIL: A Comprehensive Framework For Action

- Enhances what teachers already do
- Embeds quality movement experiences and healthy nutrition choices within daily routines
- Augments your existing curriculum approach (Creative Curriculum, High Scope, and others)
- Provides a comprehensive movement vocabulary framework



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I am moving I am learning
A Proactive Approach for Addressing
Childhood Obesity in Head Start Children

Opportunity Knocks!

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Summary of NASPE Guidelines for Physical Activity and Promising Practices

Premises of Quality Movement Programs for Children

1. Teachers of young children are guides and facilitators.
2. Children should engage in movement programs designed for their developmental levels.
3. Young children learn through interaction with their environment.
4. Young children learn and develop in an integrated fashion.
5. Planned movement experiences enhance play experiences.

Source: NASPE (2009). Appropriate Practices in Movement Programs for Young Children Ages 3–5.

Physical Activity Guidelines for Children Birth to Five Years

Infant Guidelines

1. Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
2. Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods of time.
3. Infants' physical activity should promote the development of movement skills.
4. Infants should have an environment that meets or exceeds recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of infants should be aware of the importance of physical activity and should facilitate infants' movement skills.

Toddler Guidelines

1. Toddlers should accumulate at least 30 minutes daily of structured physical activity.
2. Toddlers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
3. Toddlers should develop movement skills that are building blocks for more complex movement tasks.
4. Toddlers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of toddlers should be aware of the importance of physical activity and should facilitate toddlers' movement skills.

Preschool Guidelines

1. Preschoolers should accumulate at least 60 minutes daily of structured physical activity.
2. Preschoolers should engage in at least 60 minutes and up to several hours of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.
3. Preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
4. Preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of preschoolers should be aware of the importance of physical activity and should facilitate preschoolers' movement skills.

Source: NASPE (2009). Active Start: Statement of Physical Activity Guidelines for Children Birth to Five Years.

will never get any better, but we just gotta move forward and make the best of what we have and what comes our way.

I want you to keep up the good work in school. Don't give up, no matter how hard things get. You are a smart girl and you can get through anything, not to mention, tough and stubborn. ☺ (When you want to be.)

Daughter, I love you very much and I hope you enjoy your birthday.

Happy 13th Birthday Breezy.

Breanna Sunshine Watahomigie

Love, Mom

Happy 3rd Birthday to my son

Lawrence D. Bennett

September 24th



There's more to hug, we all agree! There's more to love, now that you're three! So it's time to sing! It's time to shout! It's time to blow the candles out! You light up my days with your incredibly silly ways, just don't repeat every-

thing mommy says. ☺ I love you more than you know!

Love, Mom (Danielle Bravo)

AND

A Happy Belated Birthday to Dad/Grandpa Philip Bravo, Jr.

September 3rd

Even though we were THERE to help celebrate your actual birthday we didn't announce it to everyone else so again, we didn't forget your birthday, we just gave you time to digest the fact—that you're a year older!

Love, Danielle & 'Rence'

Pictures from the 2011 Annual Employee Picnic for the Hualapai Tribe





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