

Radio serves vital purpose on reservations

The Associated Press | Rapid City Journal | Posted: Sunday, October 23, 2011

PEACH SPRINGS, Ariz. -- When a massive snowstorm hit the Navajo Nation, leaving hundreds of people stranded in deep snow and mud, there was no question about how to get emergency information to them immediately. In fact, there was only one way: Broadcast radio.



In this April 19, 2011 photo, Georgetta Russell broadcasts over the Internet from the Hualapai reservation in Peach Springs, Ariz. The tribe has its sights set on a terrestrial radio station. (AP Photo/Felicia Fonseca)

Elderly residents across the vast reservation tuned in to the tribe's AM station to find out what color to display outside their homes if they needed water, food, hay, coal or medical attention. Messages went out in Navajo and English on what do to with ready-to-eat meals that were being dropped from the air. Younger Navajos were encouraged to check on their parents and grandparents living in remote areas. "All the elderly, they're very much aware," Lori Lee Sekayumptewa, who coordinated messages from the tribal government to KTNN-AM. "They get their little radios and batteries and make sure they have that equipment all the time. You go to a hogan, you go to a sheep camp, there's a little radio there and KTNN."

Under the vast skies in the great isolated reaches of Indian Country - from the high plains to the deserts to rugged mountain ranges - radio still rules. Battery, electric and solar-powered radios sit atop tractors and in the hands of shepherds, blare from atop kitchen tables and have become travel companions for tribal members setting out on long, rugged drives. Across Indian Country, only one in three families own a landline telephone and broadband penetration is estimated at only 10 percent, according to the Federal Communications Commission.

"With infrastructure the way it is now, radio will always be the backbone, the failsafe," said Richard Davis, station manager at KUYI-FM on the Hopi reservation.

"It's a very stable platform and it will always remain so. I envision a time when terrestrial radio probably no longer will be needed on the reservations countrywide, but that's a few decades out." Tribal members on the Pine Ridge reservation in South Dakota tune in to KILI-FM to hear an eclectic mix of music - from traditional Lakota to country, rock hip hop, blues and jazz. The staff covers Tribal Council meetings, more than 100 high school basketball games each winter and community announcements and school delays. Tom Casey, a self-described jack of all trades for the station, said it still is as relevant today as it was in 1983 when it first broadcast.

"We needed to connect the community, and we needed a voice to celebrate Lakota history, traditions and culture," he said. The Navajo Nation's KTNN-AM pulls people gathered in a sports arena during tribal elections to interview and gives listeners a breakdown of how each community voted. Livestock and mineral reports are part of the regular programming, along with rodeo news, funeral announcements and a featured "Navajo Word of the Day," a teaching tool for the unique language.

Every weekend, dozens of people call into the Hopi radio station in northern Arizona with birthday dedications, congratulatory messages and other shout-outs, Davis said. "It's like a blood pressure monitor; it reflects the heartbeat of where we live," he said. "People celebrating the gift of being alive and breathing a new breath every day." All three stations have expanded their reach through Internet streaming, but one northwestern Arizona tribe has discovered that the Internet isn't the best fit when only half the community has access and even that is limited. The Hualapai Tribe is taking a somewhat reverse approach, using federal grant money and tribal funds to sustain its Internet radio show while working toward a low-power FM license with the FCC that would allow it to broadcast within a 30-mile radius. Out of the 14,600 total stations licensed by the commission as of the end of 2010, only 48 are held by tribes. In an effort to help tribes preserve language and culture, and to promote self-governance, the FCC established a priority last year for radio applications filed by federally recognized tribes or an entity that is majority-owned by a tribe



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and proposes to cover at least 50 percent tribal land. A proposed expansion would cover tribes that don't have reservations. Fred Hannel, a consultant for the Hualapai Tribe, said a realistic expectation to start on the path to licensure under the new provision would be 2013, since the FCC must still establish filing windows for construction permits and licenses.

The most popular programming for Hualapai based on listener response so far is oral history. Elders have recounted the painful experience of their ancestors being assaulted by the U.S. Cavalry during a grueling, 160-mile trek through the mountains of western Arizona in 1874 that led to death and disease among Hualapais. Radio listeners were reminded of the determination that helped the survivors reclaim their land. "The most potential has to do with culture and tradition," said Terri Hutchens, a Hualapai tribal health worker. "When there's an oral tradition, it would only make sense that it be done over the radio." Hualapai listeners get a dose of traditional music, sports and tribal government coverage, health tips and cultural programming through "The Peach," named for the tribal capital of Peach Springs. Students have been brainstorming ideas for a radio drama that is the cornerstone of a National Institutes of Health grant. The characters deal with storylines that represent an issue in the community - how to break an addiction, combat health problems or even bail someone out of jail.

Nicolette Teufel-Shone, who partnered with tribal health director Sandra Irwin to write the grant, says more than 75 percent of Hualapai youth will be diagnosed with diabetes or cardiovascular disease before the age of 40 if current trends continue. She said less than 10 percent of the families eat a traditional diet or engage in physically demanding activity. There's a lot of passive acceptance of unhealthy choices, she said, which "The Peach" seeks to counter. The station will have a broader reach when it goes to broadcast. Even though the date for that is uncertain, officials say the need is clear considering the reservation has no emergency notification system, a tribal newsletter publishes only monthly and regular television news rarely mentions the tribe.

"This really paints a picture of why terrestrial radio stations are so significant and so essential for tribal communities across the country," said Loris Taylor, president and chief executive of Native Public Media, Inc. "These stations were borne out of a need in the community to be engaged, to have an information ecology that will either help them to preserve or sustain their language or their culture or to provide a window into tribal history or simply to allow them to play songs and hear their own news and weather."

50th Anniversary Miss Indian Arizona Pageant

Hey!

I had the opportunity to attend the 50th anniversary of the Miss Indian Arizona Pageant, which was held in Chandler, AZ this year.

A banquet was held the evening of Friday, October 7th in honor of past title holders. We participated in the parade early Saturday morning and of course we attended the Miss Indian Arizona Pageant on Saturday evening and the Chandler Center for the arts.

For myself, it was a wonderful experience to again be in the company of some very special ladies, many who I had not seen for almost 25 years. Attending this special event opened up a flood of memories for me. My first and most vivid memory was that of attending the National Congress of American Indians in the early 70s, I was about 10 years old. I met (again) some A.I.M. (American Indian Movement) members in Bismark, North Dakota, who were young college students attending NCAI in those early 70s years. I have developed over the years, many special friendships and was grateful to see some of them in Chandler.

The most special memories surrounding this type of event are those associated with my mom, Lena Bravo. She was/is still the most influential woman in my life. Only because of her and her support was I able to win and become the first "Hualapai" Miss Indian Arizona. That was the 1985-86 title year. From that point on I traveled extensively across the United States attending many, many functions dealing with American Indian issues. I can honestly say that some of the most important of these meetings were "grass roots" gatherings of tribal peoples grasping for ways to be heard and desperately seeking changes in their own tribal governments. It was through this time in my life, with my mom there to guide me, that I found my voice. I was encouraged by many elders, mostly women, to speak publicly at forums and functions to bring enlightenment and hope to people. To insist that the power lays with the people and not with the government. We are the ones responsible for our actions. We are the ones that should be guiding our tribal operations/council to make progress and changes on our behalf, that best serve the culture and traditions of the Hualapai people and other tribal people. Miss Indian Arizona was a platform, that I am grateful for. It was an eye-opening experience that will stay with me forever. I am honored to still represent Hualapai as a former title holder. I was also honored to be remembered by Veronica and Candy Hoer. It was so good to be in your company again. Also, it was good to see old friends like Mary Kim Titla and Linda Lupe., my Apache friends; Bea Hemmers from Ft. Mohave; Tammy Mull, Mr. Stevens from Parker and the many others who I have failed to mention.

Thanks to Jorigine Paya, Dawn Rocha, Ruby Steele and Rose Marie Wilder for joining me on this trip. Also, in closing, I would like to say that my time here in Peach has been good. It is so sad though that many who I was close to are now

gone. I find myself close to tears thinking of all of them. It is good to see the rest of you doing well. My heart will always live in Peach Springs.

Bonnie Royal

Claims Filing Assistance in the \$760 Million Keepseagle Native American Farmer and Rancher Settlement

Get Free Legal Help in Filing a Claim

in the

Keepseagle v. USDA Settlement

DATE: November 1-3, 2011

TIME: Between 9:00 a.m. & 5:00 p.m.

PLACE: Town of Camp Verde

Parks and Recreation Department, Room 206 & 207

395 South Main Street

Camp Verde, AZ

The \$760 million settlement with the U. S. Department of Agriculture (USDA) has received final approval. Please come to a meeting with the Keepseagle Class Counsel to submit your claim to share in that settlement. Come by any time between 9:00 a.m. and 5:00 p.m. during the dates above. At the meetings you can receive assistance completing your claim form.

The claims deadline is December 27, 2011.

**For more information, please call 1-888-233-5506 or visit
www.IndianFarmClass.com**



**United States Department of the Interior
Bureau of Indian Affairs
Truxton Cañon Agency
Branch of Wildland Fire**

13067 E. Highway 66
Valentine, AZ 86438



**-News Release-
BUREAU OF INDIAN AFFAIRS
TRUXTON CANON AGENCY**

October 14, 2011

The Bureau of Indian Affairs (BIA), Truxton Cañon Agency, will be conducting the C-17 Prescribed Broadcast Burn in the Hualapai Tribal Forest commencing October 18-23, 2011. The C-17 burn is 2,046 acres and located in the northeast portion of the Hualapai Reservation in the Hualapai Forest, approximately 25 miles northeast of Peach Springs and 5 miles west of Thorton Tower.

The purpose of the burn is to reduce the hazardous fuel accumulation in Ponderosa Pine stands, and improve forage for wildlife and livestock. In addition, the fire will reduce the potential of catastrophic and damaging wildfires for several years after the burn.

In the interest of public safety, roads accessing the C-17 burn may be closed at times and will remain closed until the roadways are safe for public travel. Smoke plumes may be visible from Peach Springs and the surrounding area. Smoke may be present and possibly heavy at times on Route 18 and secondary roadways. Motorists are asked to drive at reasonable speeds and use caution if smoke is encountered. The duration of heavy smoke should end shortly after the burn is completed; however, light smoke may be visible for up to 3 weeks after the burn.

If you have any questions or concerns, please contact Melvin Hunter, Jr., Forester/Acting Fuels Specialist, at (928) 769-3305, or James Williams, Superintendent, at (928) 769-2286.

Elder's Meditation of the Day - October 20

www.whitebison.org

"As Elders, it is our place to show respect to our young people in order to gain respect."

-- Grace Azak, NISGA'A

The attitude of our leaders will be the attitude of the people. The attitude of the parents will be the attitude of the children. If respect is shown from above, respect will be developed below. If the Elders show respect, the younger people will be respectful. As above, so below. This happens because of interconnectedness. The heart of the Elders is connected to the heart of the youth.

Great Spirit, in the fall season let me respect both the Elders and the youth.



Multiple Laughlin casinos to include Grand Canyon West in their programs



An impressed group of Laughlin Caesars Entertainment and Aquarius Casino executives visited Grand Canyon West recently to experience the destination firsthand. Maverick Airlines flew them from Bullhead City to GCW and the group was **AMAZED** at how close the destination is to Laughlin. Ruby, Wilfred and Allison hosted the group as they enjoyed the Hualapai Ranch (viewed the cabins), walked on the Skywalk, toured the Native American Village and ate at Guano Point.

Currently, Harrah's Laughlin flies 150 at a time for a 3 day visit on their property and discussions are in progress for one day at GCW to be included in their package.



This has been submitted by Best American Destinations Marketing and Public Relations for Hualapai Tourism

2011-2012 Cultural Arts & Language Program of Classes

CAL Class

Hualapai Cultural Center

P.O. Box 310-880 W. Route 66- Peach Springs, AZ 86434 (928) 769-2234/2223

OCTOBER

POTTERY

Fridays: 7, 14, 21, 28 9AM-2PM

Instructor: Brandon Siewyumptewa

Language: Malinda Powskey,

Delores Honga

*FALL BREAK: 10-14

PS Elementary

October 2011

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NOVEMBER

DRUM MAKING

Fridays: 4, 18 9AM-2PM

Instructor: Clayburn Nodman w/

Billy Wescogame

Language: Malinda Powskey,

Jorgine Paya, Delores Honga

DECEMBER

DRUM MAKING

Fridays: 2, 9 9AM-2PM

Instructor: Clayburn Nodman w/

Billy Wescogame

Language: Malinda Powskey,

Jorgine Paya, Delores Honga

THE WEEKS OF 19-30:

WINTER BREAK FOR STUDENTS

December 2011

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JANUARY

ETHNOBOTANY

Fridays: 13, 27 9AM-2PM

Instructor: Carrie Cannon w/ Marcie

& staff

Traditional cooking class

Language: Malinda Powskey,

Delores Honga, Jorgine Paya

13th-Intertribal Gathering w/ Mohave

Language: Malinda Powskey,

Delores Honga, Jorgine Paya

FEBRUARY

CRADLE BOARD MAKING

Fridays: 3, 10, 17, 24 9AM-2PM

Instructor: Earlene Achee w/ Delores

Honga

Language: Delores Honga & Malinda

Powskey

February 2012

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March 2012

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MARCH

BEADING

Fridays: 9, 23, 30 9AM-2PM

Instructor: Jorgine Paya

Language: Malinda Powskey

*SPRING BREAK: 26-30

Possible Fancy Dancing w/ Desirae

Perry

Pow-wow songs w/ Billy

Wescogame, Clayburn Nodman

Language: Jorgine Paya

APRIL

WOOD CARVING

Fridays: 6, 13, 27 9AM-2PM

Instructor: Billy Wescogame w/

Bennett Jackson

Language: Malinda Powskey &

Delores Honga

April 2012

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MAY

BASKET MAKING

Fridays: 4, 11, 18, 9AM-2PM

Instructor: Cornelia Yazzie w/

Delores Honga

Language: Delores Honga &

Malinda Powskey



Hualapai Adult Detention Center
P.O. Box # 69
924 Rodeo Way
Peach Springs, AZ -86434-
Phone #: (928) 769-2345
Fax#: (928) 769-2459



NEW VISITATION DAYS AND HOURS

EFFECTIVE OCTOBER 16, 2011

WEDNESDAYS 6:00 PM TO 8:00 PM

SUNDAYS 2:00 PM TO 5:00 PM

VISITATION RULES

- 1. ALL VISITORS MUST PROVIDE SOME FROM OF PICTURE IDENTIFICATION TO THE OFFICER/S/ IN EXCHANGE FOR A VISITOR PASS.**
- 2. VISITATION WITH AN INMATE IS LIMITED TO 15 MINUTES (ONLY 4 PEOPLE ALLOWED IN VISITATION ROOM PER VISIT)**
- 3. NO ONE UNDER THE AGE OF 18 IS ALLOWED UNLESS ACCOMPANIED BY A PARENT OR GAURDIAN**
- 4. IF A PERSON IS INTOXICATED OR SMELLS OF ALCOHOL, A PORTABLE BREATH TEST CAN BE CONDUCTED FOR EVIDENCE OF BLOOD ALCOHOL CONTENT OF THE INDIVIDUAL***VISITATION WILL BE DENYED**
- 5. ALL PURSES/BAGS MUST BE LEFT IN YOUR VEHICLE OR LEFT IN THE CONFERENCE ROOM AREA**
- 6. ALL VISITORS MUST BE DRESSED APPROPRIATELY**
- 7. NO FOOD OR BEVERAGES OR OTHER PROPERTY IS ALLOWED IN THE VISITING AREA**
- 8. IF YOU HAVE BEEN INCARCERATED WITH IN THE LAST 90 DAYS YOU WILL NOT BE ALLOWED VISITATION**

IF YOU ARE A VICTIM OF THE INMATE YOU WILL NOT BE ALLOWED ANY TYPE OF COMMUNICATION WITH HIM / HER.

***** PLEASE BE AWARE THAT THIS IS SUBJECT TO CHANGE WITH OUT PRIOR NOTICE, THE INMATE CAN LOSE VISITATION RIGHTS DUE TO INAPPROPRIATE BEHAVIOR, VISITION IS A PRIVILAGE DO NOT NEGLECT THIS PRIVILAGE *****

UPDATED 09/26/2011 TPH 

EDUCATION & TRAINING INFORMATION



PEACH SPRINGS SCHOOL

P.O. Box 360

Peach Springs, AZ 86434

928 769 2613

Mr. S. Dunsmore, Superintendent

First Quarter Citizenship!

Cintron Whatoname

Angelina Honga

Kassidy Strawbuck

Shauntel Crozier

Shady Pickayviett

Cheyenna Blackowl

Clark Sullivan

Jenna Siyuja

Anthony Siyuja

Teresa Suminimo

Dakota Honga

*Congratulations to all for a job
well done!*

*Thank you to the parents and
guardians who provided the
support and encouragement that
enabled their children to do so
well this first quarter!*

First Quarter Honor Roll!

Angelique Jackson
Malachi Garcia
Sunny Jackson
Jesus Henson
Melody Jackson
Kassidy Strawbuck
Shauntel Crozier
Damaris Parker
Nylia Crooke
Tarase Marshall
Shady Pickayviett
Norasia Fielding
Shaileen Gonzales
Meia Watahomigie
Sequoyah Jackson
Ahmad Blackowl
Staci Jackson
Cody Powskey
Juan Sinyella
Jenna Siyuja
Seren Sullivan
Francisco Whatoname
Torentino Cordova
Beaux Havatone
Tiawna Sinyella
Anthony Siyuja
Rhona Susanyatame
Jose Beltran
Courtney Powskey
Lela Havatone
Dakota Honga
Clarence Manakaja
Jaylenne Quasula
Tahne Siyuja
Kix Strawbuck
Oriahnah Street
Fernando Suminimo
Ritanna Susanyatame
Breanna Watahomigie
Alex Woody

First Quarter Perfect Attendance!

Cleveland Fielding
Orion Holmes
Ronald Susanyatame
Sunny Jackson
Kelsi Kelly
Lamar Whatoname
Jesus Henson
Savannah Pickayviett
Jasmine Lee
Zilean Watahomigie
Ryan Powskey
Ned Sanchez
Severio Cabrera
Trina Hunter
Jenna Siyuja
Tiawna Sinyella
Rhona Susanyatame
Jose Beltran
Angela Bird
Ariyanna Brown
Tyrone Fielding
Courtney Powskey
Teresa Suminimo
Alex Woody
Clarence Manakaja
Ritanna Susanyatame

2011 Native Women & Youth in Ag Annual Writing Competition

Sponsored By: USDA Office of the Secretary-Tribal Relations and Intertribal Agriculture Council.

ESSAY TOPIC: "What Should Indian Agriculture Look Like 25 Years From Now?"

(Research & talk to your elders about what the past 25 years of agriculture was like and then write about what you think the next 25 years will be like.)

DEADLINE: 5:00 PM (MST) NOVEMBER 4, 2011

Who Is Eligible? Young Native American Women & Men who will be entering grades 9-12 in the Fall of 2011. Graduates of May-August 2011 are also eligible to enter. Must be a member of a **Federally Recognized Tribe**.

Winners & Prizes: Three (3) finalists will be announced the second week of November 2011 & provided an all-expense paid trip (including one (1) chaperone) to the 2011 Intertribal Agriculture Council annual meeting in Las Vegas, NV December 5-9, 2011. Finalists will be awarded several other special prizes presented at the Awards Luncheon & will serve as Ag Ambassadors in 2011/2012. Each finalist is required to read a short introduction and their original essay at the Awards Luncheon.

Guidelines:

- 3-6 pages in length
- 3-5 sentences about yourself
- Typed
- One-inch margins
- Double spaced
- 12-point font
- 3-5 sources

Judging Criteria:

- ✓ Creativity
- ✓ Quality of Sources
- ✓ Quality of Grammar
- ✓ Spelling & Punctuation
- ✓ Organization of information
- ✓ Length of entry
- ✓ Documentation of Sources (3-5 sources required)
- ✓ Appropriate information for the topic: solution driven (researched criteria) NOT issue driven information



2010 Essay Finalists posing with 2010 INFR All-Around Champion, Joe Wilson, 6-time INFR World Champion Saddle Bronc Rider, Marty Hebb, 4-time NFR qualifier, Derrick Begay & 2008, 2009, 2010 INFR Announcer of the year, Ray Champ at the Awards Luncheon photo op.

All entries **MUST BE ACCOMPANIED** by a separate sheet containing the student's name, address, telephone number, email (if available), school attending & Tribal affiliation.

Send Essay Submission to:

Native Women & Youth in Ag
c/o Vicki Hebb, Executive Director
PO Box 217
Cherry Creek, SD 57622
Email: vicki.hebb@indianaglink.com

Phone: 605.964.4342

Note: all entries will be used in future publications & for PR purposes

Entries may be mailed (postmarked 11/04/2011) or emailed (re: **NWYIA ESSAY CONTEST**)



Workshop for Educators/Teachers

Saturday, December 3, 2011 (9:00 AM – 12 Noon OR 1:15 PM – 4:15 PM)

Mohave County Agricultural Center (101 E. Beale Street, Kingman, AZ)



Speakers: Nina Brackett / Mohave County School Gardening,
Howard Noble / 4-H School Enrichment Program,
Linda Reddick / Mohave County Master Gardener,
and other School Gardening Volunteers.

4-H School Enrichment lessons on:



- Agriculture in the Classroom
- Arizona Specialty Crop Lessons
- Arizona Farm Bureau Resources
- Arbor Day Foundation Resources
- AZ Nursery Association Resources



- Workshop certified teachers will receive a hands-on classroom kit (ready for 30 STUDENTS) and continuing education credits as approved by the Mohave County School Superintendent's Office, Mike File.
- Workshop certified teachers will have priority for classroom visits and/or usage of the 4-H classroom kits.

Questions? Information? Please contact Nina Brackett at (928) 753-3788 or Email: ninab@cals.arizona.edu

Workshop for Educators/Teachers: Saturday, December 3, 2011 (9:00 AM – 12 Noon OR 1:15 PM – 4:15 PM)
Mohave County Agricultural Center (101 E. Beale Street, Kingman, AZ)

Early Registration Ends Monday, November 21, 2011 at 5 PM

**Cost: \$5 CASH with Registration in advance at the Mohave County Agricultural Center,
Or \$10 Check with Registration in by Mail before Nov. 21, 2011.**

Optional: Email/FAX registration in by Monday, November 21, 2011, and pay \$20 CASH at the door.

Name: _____ School/Organization _____

Mailing Address: _____ City: _____ ZIP Code: _____

School/Employer Address: _____ City: _____ ZIP Code: _____

Position/Grade Level: _____ Subjects: _____

Years in present position: _____ Classroom size/ students: _____ Years as an Educator: _____

Email: _____ Phone: _____ Cell: _____

First 10 PAID-registrations will receive the education kit worth over \$50 (new teacher only).

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, the University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities. Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Vicki Coombs, Administrative Assistant, (928) 753-3788. Requests should be made as early as possible to allow time to arrange the accommodation.



Native Americans to Work Project (NAWP)

The California Indian Manpower Consortium, Inc. (CIMC) is a non-profit whose mission is "To create positive change in Native communities." Through the Native Americans to Work Project (NAWP), VISTA members will work directly with employment and training programs that serve Native American communities in both rural and urban settings. Members will work on various projects related to job readiness, green job initiatives, leadership or entrepreneurship. CIMC is looking for individuals who are committed to helping Native communities become self-reliant, strong and successful. Looking to recruit for November 2011 start date! Must have a car and be ready to submit a 2-3 page writing sample.

Further help on this page can be found by [clicking here](#).

Member Duties : Develop or improve job readiness, entrepreneurship, leadership, and green job initiative trainings. Identify and contact potential funders and supporters. Create and update trainings and workforce materials. Explore how social media can be used with Workforce Development programs. Research and write grants. Assist in the sustaining of employment and training programs. Recruit volunteers and partners. Organize staff and manage workshops or trainings that pertain to the goals of the NAWP program. Considerable outreach to the community. Establish consultations with Tribal Colleges, local universities, and potential employers. Public speaking.

Program Benefits :

Childcare assistance if eligible, Choice of Education Award or End of Service Stipend, Education award upon successful completion of service, Health Coverage, Living Allowance, Relocation Allowance, Training.

Terms :

Prohibits paid work outside of the sponsoring agency at any time.

Service Areas :

Community and Economic Development, Community Outreach, Children/Youth, Education, Entrepreneur/Business, Environment, Hunger, Neighborhood Revitalization, Technology.

Skills :

Business/Entrepreneur, Communications, Community Organization, Computers/Technology, Conflict Resolution, Education, Fund raising/Grant Writing, Leadership, Public Speaking, Recruitment, Teaching/Tutoring, Trade/Construction, Writing/Editing, Youth Development, General Skills.

Apply Now!

[Refine Search](#)

SUMMARY	
Program Type:	AmeriCorps VISTA
Program	Native Americans to Work Project (NAWP)
Program Start/End Date	11/01/2011 - 11/01/2012
Work Schedule	Full Time
Education level	College graduate
Age Requirement	Minimum: 18 Maximum: None
Program Locations	ARIZONA, CALIFORNIA, NEW MEXICO
Accepting Applications	From 09/01/2011 To 10/14/2011

Contact

Nicky Lambert
738 North Market Blvd.
Sacramento CA 95834
(916) 920-0285
nicky@cimcinc.com
www.cimcinc.com

Please share this with any one you know who would be interested in serving with the NAWP as well as any potential sites.

A few things to remember:

- *All applicants must apply online*
- *Non-Native applicants must have a Bachelor's Degree/ Local Natives do not need a degree*
- *All applicants must submit a 2 – 3 page writing sample*



36903

EXERCISING IN THE COLD

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: How much heat will your body lose during exercise?

Heat loss is controlled in two ways:

- Insulation, consisting of body fat plus clothing
- Environmental factors, including temperature, wind and whether you're exercising in the air or in the water. Each of these factors plays a role in the body's ability to maintain a comfortable temperature during exercise.

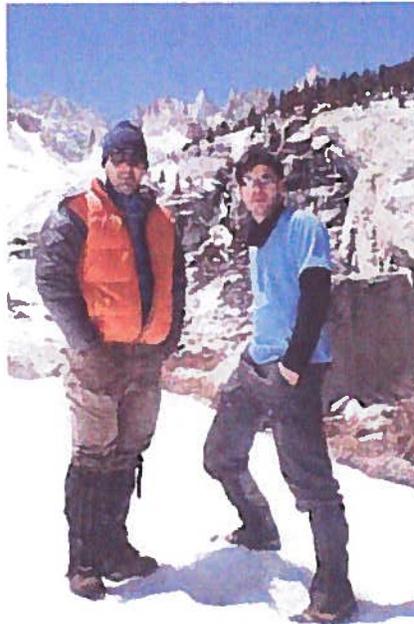
Insulation

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. Generally, heat loss from the head alone is about 50% at the freezing mark, and by simply wearing a helmet or hat, a person can stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat and people will sweat and risk significant heat loss even in the coldest of temperatures. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation that is needed. While many new products can provide such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Superficial warming of the hands will return blood flow to prevent tissue



damage. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher (0.5 to 1.0 degree Fahrenheit (F) above normal). So, to keep your feet warm you must also keep the rest of your body warm at all times.

Check With the Weatherman

Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind-chill factor (a combined effect of temperature and wind) falls below -20° F.

That can be achieved by any combination of temperatures below 20° F with a wind of 40 mph and temperatures below -20° F with no wind. If you are exercising near the danger zone for skin exposure, it also is advisable to warm the air being inhaled by wearing a scarf or mask over your nose and mouth.

Rules for Exercising in the Cold

- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous.
- Keep your head, hands and feet warm.
- Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).
- Warm the air you are breathing if temperatures are below your comfort level (usually around 0° F).

Additional Resources

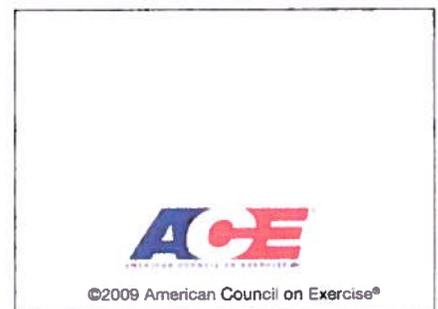
How to Exercise Safely in Cold Weather:

www.sportsmedicine.about.com/cs/environment/aa121100a.htm

Runner's World—Run and Race Well in the Cold: www.runnersworld.com/article/0,7120,s6-238-267-269-12331-0,00.html

Runner's World—Is Cold Weather Running Bad for You? www.runnersworld.com/article/0,7120,s6-238-267-269-7442-0,00.html

If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at www.acefitness.org/GetFit and access the complete list of ACE Fit Facts.®



To obtain reprint permission contact the American Council on Exercise®

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Fried Chicken Without the Guilt

By George Duran | Published October 17, 2011 | FoxNews.com

Sometimes it's OK to fall in love with a dish.

But when that dish happens to be your doctor's biggest "no-no" . . . then you have a slight problem. Fried chicken is perhaps my favorite all-time comfort food, and like every health-conscious person out there, I'm inclined to pass on it

when it's offered to me — except on Black Friday, the day after Thanksgiving.

That's the one day I allow myself to indulge into this magnificent fried comfort food instead of going out and shopping. But once a year is just not enough. So I decided to lock myself in the kitchen and twist up this recipe into a healthier alternative with a guiltless appeal (but with the same guilt-full flavor).

What I came up with was a skinless, oven-fried chicken that tastes even better than those buckets of chicken.

What you need:

- 1 cup low-fat mayonnaise
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 teaspoon chili powder
- 3 tablespoons water
- Kosher salt or table salt, to taste
- Freshly ground black pepper, to taste
- 4 chicken thighs, skin removed
- Non-stick cooking spray
- 2 cups panko (Japanese-style) bread crumbs

Directions:

Heat the oven to 350 degrees F.

In a large bowl, combine the mayonnaise, paprika, garlic powder and chili powder. Thin this with a little water, one tablespoon at a time, until you get the consistency of heavy cream, and season with salt and pepper. Add the chicken pieces and coat them well with the flavored mayonnaise.

Lightly coat a non-stick baking sheet with the cooking spray. Pour the panko bread crumbs onto a plate.

Toss the chicken thighs in the crumbs one at a time and completely coat them. Place the chicken onto the baking sheet and spray them with cooking spray.

Bake for 20 to 25 minutes, flipping them over halfway through, until the chicken is browned and cooked through.

George Duran is a chef and entertainer. He is the author of "Take This Dish and Twist It" and host of TLC's "Ultimate Cake Off." Learn more at www.georgeduran.com.

Low-Fat Zucchini Bread (Adapted from RecipeZaar)

Ingredients:

- 1 3/4 cups sugar
- 3 eggs
- 3 cups flour (I used 1 1/2 all purpose & 1 1/2 cups whole wheat)
- 2-3 cups zucchini, grated or finely diced
- 2 tbsp. oil
- 1 cup unsweetened applesauce
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1 tablespoon cinnamon
- 1 tablespoon vanilla

Directions:

1. Preheat oven to 350 degrees. Mix together all ingredients.
2. Pour into 2 loaf pans.
3. Bake for 45-55 minutes (until toothpick inserted in center comes out clean).



New Hope
Hospice

Philosophy of Hospice Care

Despite all the advances in diagnosis and treatment, a cure is not always possible. Continued treatment, even if available may compromise a patient's quality of life. After discussion with your physician and consideration of treatment options and the potential outcomes, it may be appropriate to consider palliative (comfort) care. Some patients and families are frightened by the word hospice, believing that all treatments will be discontinued. But many kinds of treatment may be continued to provide comfort and relief of pain.

The hospice philosophy embraces a holistic approach that encompasses physical, emotional and spiritual concerns. The hospice philosophy: When medical treatments have been exhausted or the burden of the treatment outweighs the benefits, it may be time to consider hospice care. Most people would like to be surrounded by friends and family. By bringing services into the home, the hospice team can help patients and families provide the care needed.

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

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FOOD ALLERGIES



Introduction

Many people experience undesirable symptoms when eating certain foods. Seldom are those symptoms caused by a food allergy. A true food allergy, sometimes called food hypersensitivity, causes the body to produce an immune reaction in response to eating a certain food. True food allergies are not as common as people think. Only about 2 percent of adults and up to 6 percent of children in the United States have true food allergies, most often causing trouble for children under a year. Allergies are often inherited and most times diagnosed early in life.

Causes

A food allergy is caused when the body reacts to a usually harmless food substance, thinking it's harmful. The allergen, a protein found in the food, sets off a chain reaction. When this allergen is consumed in the food, the person's body protects itself by making antibodies. These antibodies then trigger the release of certain chemicals such as histamine. In turn, these chemicals produce uncomfortable symptoms like hives or itching.

Common Food Allergies

There are a several types of foods that can cause allergic responses; however, they can differ in both children and adults. The most common food allergies are listed below:

Adults: Peanuts, seafood like crab, crawfish, lobster, shrimp, tree nuts like almonds, Brazil nuts, hazelnuts, pecans, walnuts, and fish.

Children: Milk, eggs, peanuts, soybeans, tree nuts, wheat, fish, and shellfish.

Allergies to eggs and cow's milk may disappear as you get older while allergies to nuts, legumes, fish, and seafood may last a lifetime. The amount of allergen that produces the allergic response varies, but can be very small.

Common Food Allergies

The most common symptoms include swelling, sneezing and nausea. Most symptoms affect the skin, respiratory system, stomach or intestines, and may vary depending on the person and the food consumed.

Skin reactions: Swelling of the lips, tongue and face, itchy eyes, hives or rash.

Respiratory Tract: Itching and/or tightness in the throat, shortness of breath, dry or raspy cough, runny nose, and wheezing (asthma).

Digestive Tract: Abdominal pain, nausea, vomiting, and diarrhea.

Usually symptoms are not serious. However, sometimes a very severe reaction or "anaphylaxis" can cause severe illness and even death. Symptoms of anaphylaxis include rash, swelling and tightening of the throat, low blood pressure, irregular heartbeat and GI distress. These symptoms usually begin within a few minutes after eating the food. If this should happen, the person needs to seek medical treatment immediately. Oftentimes epinephrine is given to treat the severe reaction.

Treatment

Unfortunately, there is no cure for food allergies. The only way to prevent a reaction with the food is to avoid the allergenic food. Some useful tips in helping to avoid foods that cause allergies are listed below:

- Read food labels and understand food terminology to make sure the problem food is not listed as an ingredient. For example, people with egg allergies should avoid mayonnaise and many salad dressings. Also, certain terms like "natural flavorings or ingredients" may hide proteins which are likely to cause allergic reactions.
- Be careful with cooking and serving to avoid any cross-contact between the food allergen and foods prepared without the allergic ingredient.
- When eating away from home, make sure that you know the ingredients in the foods before you order. Play it safe by ordering plain foods such as grilled meats, steamed vegetables, and fresh fruit. Also, you may want to bring some food from home just in case.

Preventative measures for infants include:

- Breast-feeding infants for the first year of life and waiting until infants are 4 to 6 months of age before introducing solid foods.

- Introduce rice cereal first.
- Introduce foods slowly to a baby's diet, one at a time, and feed it for several days before adding another food in order to easily identify an offending food.
- Do not introduce whole eggs until the child is one year of age, and wait until three years of age before feeding a child peanuts or seafood.

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US. Food and Drug Administration. FDA Consumer. Food Allergies: When Food Becomes the Enemy. July-August 2001; Updated April 2004. http://www.fda.gov/dac/features/2001/401_food.html.



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This information has been reviewed by university faculty.
cals.arizona.edu/pubs/health/az1067.pdf

COMMUNITY MESSAGES

Thank you

I would like to thank everyone who helped with my son David's funeral. I would like to thank all the family that was there to show their support and love for David Watahomigie. I would like to thank all the departments that helped and donated things. Thank you. Thank you Grandma, Muriel & Patrick, Grandma Rebecca. Thank you Auntie Candy, Nelrose, Mamie, Longfeather for being there for me. Lois and family, Jannett and Carla for cooking. Thank you for all the pallbearers for helping me put my baby to rest. He will be missed dearly every day. Thank you to all those who was not named.

From: Erica, Duriel, Johnson and Ariel W.



Introduction



Hello. Please allow me to introduce myself; my name is Elizabeth (Goudy) Erickson, you may have seen me in the community in the white Pontiac. I'm a Legal Advocate privileged to practice as Legal counsel/Advocate before the Hualapai Tribal Court. I'm 38, married with two teenagers: Raven [14] freshman in High School and Zack [17] a freshman college student. I'd like to take this opportunity to share with about me: Who I am, where I come from and why I do what I do

After many of life's lessons (some not so pleasant) I realized as a tri-racial person of Black, Indian and White heritage that others did not see me as the beautiful person that my mother (RIP) constantly reinforced within me as a child. I can only imagine the struggles she faced as a 15 year old girl in the inner city of Milwaukee, Wisconsin raising an ethnic child. In my opinion, my mother is a model of a women's strength and worth through adversity and change.

My passion for human rights is so deeply rooted and for as long as I can remember I've always stood for what is right, no matter what everyone else thought. I've grown up continuing to fight the same battles as my ancestors as but with more wisdom, strength and insight than ever.

Through my struggles I've grown to get to know the "Real Me," the good, the bad and the ugly. I often refer to myself as being "Real" because I don't sugarcoat things; I'm straight forward and I expect others to be the same with me. Believe me this will spare everyone the time and energy it takes to sort things out after the simple act of miscommunication. Personally I'd rather spend that time getting to know you.

My first Indian Country job, as an on-call Correctional Officer, quickly changed to a full-time position, where I learned the ways of that particular tribe's justice system. This was nothing like the westernized justice system that I was familiar with. I was intrigued by the techniques they used in the detention and the appropriate treatment of the inmates by the officers. Yes, they were inmates but first they (WE) are PEOPLE with our own unique cultures, experiences and beliefs.

They implemented the concept of accountability to include assistance from community resources that focused on aiding the person in combating the issues to reach the root their problems, without imposing the harsh culturally insensitive penalties that are considered the norm in non-tribal courts. I've interviewed many young men who have been repeatedly incarcerated and one thing remains clear; they always come out knowing more than when they went in – both positive and negative. I clearly understand that some offenders will need to be in a structured environment away from society due to the severity of the crime.

I attended my local Technical College and Private College later in life, where I studied Corrections Science/Criminal Justice and Administration of Justice. As an active member of the Multi-Cultural, we organized and implement activities to

promoted Multi-Cultural awareness throughout the campus and community. I also participated in several work study programs, volunteerism. I've earned multiple certificates through self-enrichment, conferences and seminars that focus on Corrections Science, Criminal Justice and Administration of Justice. In my free time I like to spend time with family, read and listen to music; I also make time to volunteer and encourage my children to do the same- Family is important to me. I believe it's hard to find out who you are without a sense of belonging.

I live in Kingman; I'm the owner of a small business: Erickson Goudy & Hunter Legal Services – I'm independently supported by the humble fees I receive for providing advocacy and legal services to tribal communities. Who is Erickson Goudy & Hunter you ask? I'm the first two names (maiden and married) and Hunter is in appreciation to Mr. Melvin Hunter Sr. who provided me with the information about opportunity to do what I love for a living. Thanks to his efforts I'm able to bring the knowledge I've gained back to Indian Country to be shared as it was intended. I hope you will welcome me and support my advocacy efforts.

I've recently requested the use of an office space so that I may be easily accessible for the community I'll keep you posted. Please email: erickson@eghlegal.com

Truly Yours,
Elizabeth Erickson



Do educators oversell their product?

By: Marvin Robertson | The Standard Newspaper

Marvin's Window: As I watch the first graders outside my window get on the school bus each morning. I wonder "Will these children be pushed to get a four-year college degree"? Can a 6-year old be motivated to read and learn math by a teacher's "You will need this to get in a good college" mantra? Sound crazy? School evaluations across the country are focused on the "college prep" course that will guarantee admittance to the "best" college. What if that 6-year-old wants to be a policeman or firefighter? These are two of the top paying jobs that do NOT require post secondary education. They pay more than most college graduates will earn AND have great retirement after 20 to 30 years on the job.

Arizona Supt. Of Education John Huppenthal reports that the best students read the most. Does that mean the classics or Great Books only? Maybe the boys would rather read about cars, sports, police work or firefighters. But what about these mantras that say college grads make more money and employers need better educated workers? The research seems to depend on whom you ask. Many college graduates in the past two years are unable to find work of any kind. It is alarming to find that college students now own one trillion dollars in government loans that financed their education. So, we worry about the national debt they will owe from current deficit spending. They worry about spending. They worry about spending the rest of their lives paying off college loans.

Is that why lawyers, accountants, teachers in some states, barbers many medical tech workers and others must pass written and skill exams before being certified to work? In the skill trades (plumbers, carpenters, welders, electricians, etc.) workers serve an apprenticeship under skilled elders. But, it is accepted that a skilled workforce is essential for economic development and to keep companies from shipping jobs overseas. Consider this, telephone call center employees in Phoenix were asked to train other workers in Manila. Then the Phoenix center closed. The training could be done long distance over the internet. A Nevada economist has submitted a plan to his governor that says more training of current employees on the job would create ore jobs as the local company grows. He says that is a better economy plan than paying large sums to "steal" companies from California. Other economists have argued that the huge investment in education wastes money that could be used in other more direct ways to grow and develop job producing businesses. Most states have programs for on-the-job training, sometimes directed to companies that move into the region. There is little doubt that quality education and/or training programs can open doors to individuals for success. Does that translate into massive amounts of funding for all kinds of educational programs? Is it time to review these various arguments and assumptions that underline the continued dedication of major portions of the available portions of the available public and private resources into an education system that claims more education. This does not count training and development programs to business. This does not count the personal dollars parents and individuals pay for tuition books living and other costs. Is it time to take another look at our assumptions about educational goals, purpose and cost?



Blood Quantum is No Message

Newspaper Unknown

"We Shall Remain," a production from the PBS series, American Experience, to be aired in April, deals with issues facing the Native people of the United States. The one biggest issue not mentioned that should be a major concern of all the First Nations people of this country is blood quantum established by the federal government via the BIA. We as First Nations people of this Turtle Island are the only culture or race of people that need to have a card or piece of paper to prove who or what we are. We must show our pedigree, much like a dog or horse, only the dog or horse gets better treatment from the great white culture than we do. If we continue with this blood quantum, our race as we know it will no longer exist.

Think about it, when your child grows up and has a child, that offspring's blood quantum, that offspring's blood quantum will be reduced by one half or one quarter and so on. This will continue with each future generation until there will no longer be a race of Indians because the blood quantum has gotten so low or has disappeared altogether, and then the great white culture will no longer have to honor any treaties they have with us, which they don't anyway.

This is a form of genocide by the federal government against the original people of this Turtle Island and we need to get rid of it. Don't we at least have that right? Let us unite and fight for our right to exist as a race of people. Let the ruling governments, tribal and federal, know we don't want or need blood quantum (policies).

-Kenn Mitchell, Cass Lake, Minn.