

GAMYU

NEWSLETTER OF THE HUALAPAI TRIBE

Northern Arizona University opens new Native American Cultural Center

Chairwoman Louise Benson and Grand Canyon Skywalk General Manager Ted Quasula participated in the October 14 grand opening ceremony of the new Native American cultural center at Northern Arizona University. Chairwoman Benson spoke at the grand opening ceremony, talking about the importance of supporting Native American students who attend college to ensure they have the tools they need to succeed at school and earn a degree.



The Hualapai Tribe donated \$10,000 to support the construction of the \$7 million building.

Ted Quasula is the president of the NAU Alumni Board of Directors and helped raise money for the center. Waylon Honga served on the NAU Native American Advisory Board when the building was being planned.

The building features a reception area, computer lab, study room, meeting rooms and a kitchen. NAU is the only major university in the country to have a stand-alone Native American cultural center on its campus.

The center is intended to serve as a hub for the school's roughly 1,200 Native American students, and school officials said they hope to use it to attract additional Native American students and help Native American students enrolled at the school remain obtain their degrees.

Native American students will participate in academic coaching, one-on-one guidance and peer mentoring at the building. The center also will host community social and arts events.

Chairwoman Benson encouraged Hualapai youth to further their education at NAU. Hualapai graduates include Earl Havatone, Cisney Havatone, Carrie Imus, Rhiannon Watahomigie, Barbara Tinhorn, Richard Powskey, Damon Clarke, Melvin Hunter Jr., Waylon Honga and Ted Quasula.



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Community Thanksgiving Dinner

Monday, November 21, 2011

5:30 pm

Tribal Gymnasium



Everyone Welcome!!

E-PCH

CHECK IT OUT!!!!
 EPCH youth do live remote at
 Health, Education and Wellness
 Grand Opening
 Don't forget to listen at :
www.kidstar.org
 Select network stations
 Select **EPCH**



Check out our FACEBOOK page

EPCH

Become a fan !

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

PEACH SPRINGS YOUTH RADIO



- EPCH youth broadcasters and staff recently participated in a live remote as part of the Grand Opening of the new Health, Education and Wellness Building with the help of FOX Sports commentator and KIDSTAR youth radio president, Cornelius Hanna. They interviewed staff and community members about the event and their impressions about the new facility.
- Be sure to tune in to regular programs "FACE OFF," a sports commentary hour every Monday at 2:00pm with the Deford boys; Cherise with Fitness Fun and Facts Fridays at 2:00pm and Destiny's Holiday Hour Fridays at 10:00am.
- We are still looking for youth broadcasters to assist with writing, performing and producing a social influence drama and to be sports commentators for local sports events. Come check us out and sign up.

For more info. call Terri Hutchens or Tim Vaughn at 769-1110.

Bring us music you would like to hear played on the station on CD or MP3!

Don't forget we are at our new location in the remodeled trailer across from healthy Heart.

E-PCH



CHECK US OUT! HOW TO LISTEN:

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

Check out our FACEBOOK page

EPCN

Become a fan !

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

PEACH SPRINGS YOUTH RADIO

- **COME JOIN US FOR A FUN AFTER SCHOOL ACTIVITY**
- **AFTER SCHOOL TIL 7 PM MON TO THURS**
- **10AM TO 3PM ON FRIDAYS AND SCHOOL CLOSURE DAYS**
- **Come play music and be a DJ, do computer graphics and promotions, do sound and audio editing and production and lots more!**

Contact Terri Hutchens or Tim Vaughn with questions and suggestions or if you want to be a youth broadcaster at 769-1110. Come check out the new location in the trailer next to Healthy Heart.

**DIAMOND CREEK RESTAURANT
HOLIDAY HOURS**

**THURS., NOV. 17TH--- OPEN 6:30AM-1:30PM
5:00PM-CLOSED**

**THURS., NOV. 24TH, THANKSGIVING DAY---
CLOSED**

FRI., DEC. 16TH--- OPEN 6:30AM-2:00PM

**WED., DEC. 21ST--- OPEN 6:30AM-1:30PM
5:00PM-CLOSE**

**SAT., DEC. 24TH, CHRISTMAS EVE---
OPEN 6:30AM -1:30PM**

**SUN., DEC. 25TH, CHRISTMAS DAY---
CLOSED**

**FRI., DEC. 31ST, NEW YEAR'S EVE---
OPEN 6:30AM-1:30PM**

**SAT., JAN. 1ST, NEW YEAR'S DAY---
OPEN 8AM-8:30PM**

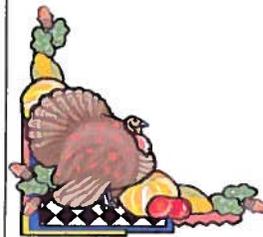
HAPPY HOLIDAYS!



Diamond Creek Restaurant wants to remind you that the holidays are approaching!

Make sure to book your party catering needs early! Dates are filling fast!

Contact Brandi at
769-2800 or 769-2337



NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
		1 MINI SPAGHETTI	2 SHREDDED BEEF TACOS	3 PORK CHOP DINNER	4 CATFISH BASKET	5 NACHO SUPREME
6 FRITO PIE	7 INDIAN BURGERS	8 HOME MADE LASAGNA	9 GREEN CHILE CHICKEN ENCHILADAS	10 BAKED CHICKEN DINNER	11 HAPPY VETERAN'S DAY! PORK GREEN CHILI TACOS	12 HOT DOGS
13 WIMPY BURGERS	14 CHICKEN POT PIE CASSEROLE	15 BEEF STROGANOFF	16 MINI CHIMI BASKET	17 SPRING ROLLS	18 CRACKLIN TILAPIA	19 EGG SALAD SANDWICH
20 SWEET N SPICY CHICKEN NUGGETS	21 MEATLOAF DINNER	22 FRENCH BREAD PIZZA W/SALAD	23 CARNE ASADA BURRITOS	24 HAPPY THANKSGIVING CLOSED	25 COD FISH N CHIPS	26 CHICKEN FRIED STEAK SANDWICH
27 CHICKEN SALAD SANDWICH ON A CROISSANT	28 RED BEANS AND RICE W/ KIELBASA SAUSAGE	29 CHICKEN FETTUCCINI	30 HARD SHELL BEEF TACOS			



**HAPPY
VETERANS
DAY!**

**DIAMOND CREEK RESTAURANT
769-2800
HOURS OF OPERATION
6:30 AM-9:00PM DAILY
SPECIALS AVAILABLE
11AM UNTIL SOLD OUT**





**This has been submitted courtesy of Best American Destinations
Marketing & PR for Hualapai Tourism**



Hualapai Tourism Celebrates Lucky Number 11

GRAND CANYON WEST, AZ (October 24, 2011) Grand Canyon West, home of the Skywalk, along with Hualapai River Runners and Lodge are celebrating the number 11 for the upcoming once-a-century date of 11/11/11.

“Many consider 11 lucky and being located two and a half hours from Las Vegas, many of our visitors can use all the luck they can get,” said Waylon Honga of Grand Canyon Resort Corporation. “Even if they win big at the tables or slots, they can celebrate with an exciting day at Grand Canyon West.”

Hualapai Tourism is offering an exclusive discount of \$11 off to all guests reserving from 1/11/11 (November 1, 2011) until 11/11/11 (November 11, 2011) on the following products and packages:

- *Hualapai Gold Package* – Includes entry to Grand Canyon West, meal and Skywalk ticket
- *Tranquility Package* – Overnight in canyon-facing cabins at the Hualapai Ranch at Grand Canyon West
- *Helicopter/Boat tour* – Helicopter ride from Grand Canyon West to the bottom of the canyon with a pontoon boat ride on the Colorado River
- *Hualapai River Runners* – The only one-day whitewater rafting trip through the Grand Canyon. Discount for next season if booked before or on 11/11/11 (rafts operate annually March – October)
- *Hualapai Lodge* – Overnight on Historic Route 66 (based on double occupancy)
- *Rendezvous Deluxe* – Guided tour of Diamond Creek Road, the only road to the bottom of the Grand Canyon. Departs from the Hualapai Lodge in Peach Springs
- Any gift shop purchase of \$100 or more

Visitors must use the promotion code “11 11 11” while purchasing their tickets online at www.HualapaiTourism.com, by calling the call center at 928-769-2636 or by mentioning the discount onsite at the Grand Canyon West ticket counter or at the Hualapai River Runners/Hualapai Lodge reservations desk (in Peach Springs, AZ on Historic Route 66). Offer is subject to availability and expires at the end of the day on November 11, 2011.

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Media Contact: Colin Daviau – 702-889-9378 - pr@bestamericandestinations.com

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

The Hualapai Tribe Keystone Club will be selling custom ceramic photo coasters. Please pick up your order form from the Boys and Girls Club now!!



BOYS & GIRLS CLUB
OF PEACH SPRINGS

2011 HUALAPAI TRIBE KEYSTONE CLUB CUSTOM CERAMIC PHOTO COASTER ORDER FORM

NAME: _____

CONTACT #: _____

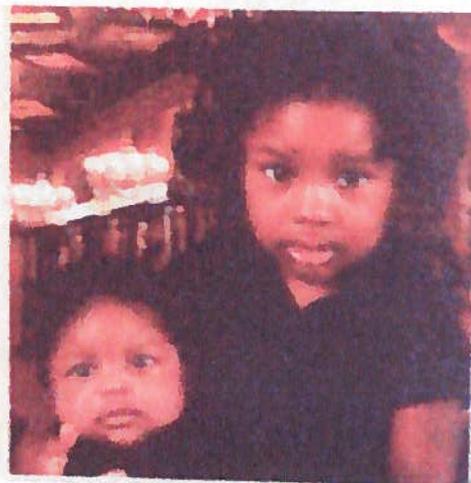
PACKAGE: 1 COASTER FOR \$3.00

SET OF 3 COASTERS FOR \$5.00

TOTAL: \$ _____

(PLEASE RETURN TO FRONT DESK)

**RETURN FORM
TO FRONT DESK**



PRESERVE YOUR PICTURES FOREVER!!!!

PLEASE PROVIDE YOUR OWN PHOTOS...IF WE HAVE TO TAKE THE PICTURE PLEASE ADD \$1.00 TO YOUR TOATL ORDER

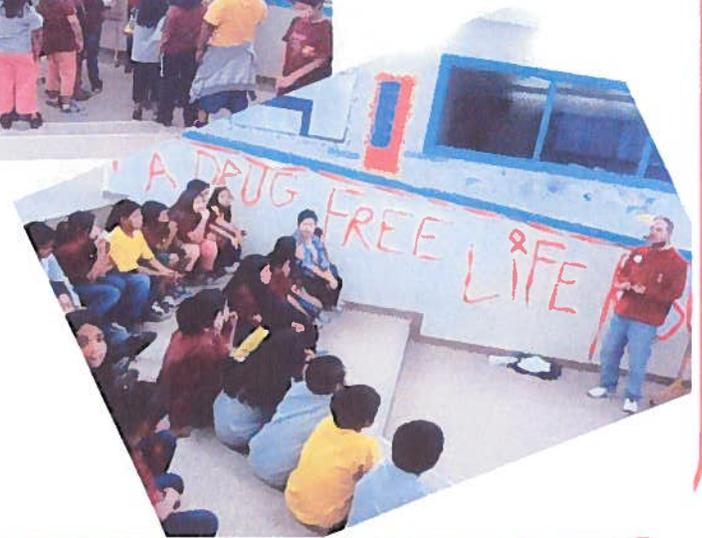
Education & Training Information



Peach Springs Elementary School Pledged to ROCK A DRUG FREE LIFE!

A Special Thank You to the Hualapai Health Education and Wellness Department for their help and support in making red ribbon week possible!

The winners of the Door, Poster and Song Contests will be exhibited in the next issue of the Gamyu!



CALLING ALL SPELLERS!

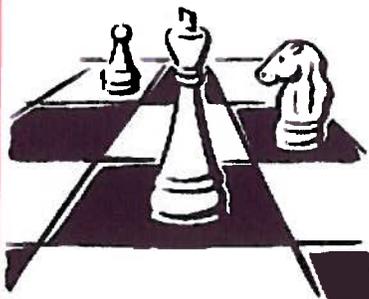
Peach Springs Elementary School in conjunction with the Boys & Girls Club will be holding a School Spelling Bee on Monday, November 28, 2011 from 6:00-8:00 p.m. in the school gymnasium. During this month, students in grades 5-8 will receive the past National Scripts Spelling Bee word lists that they may study at home. Students in grades 5-8 will then participate in classroom spelling bees during the month of November to determine the top 3 spellers in each class. Those winners will then compete at the School Spelling Bee on November 28th. Our school winners will then be eligible to participate in the county spelling bee. Please encourage your children to study and come cheer on our children at the Bee!

R-E-S-P-E-C-T...

Find out what it means to me!

During the next few weeks, our school will be focusing on respect. What does respect look like? How can we show respect? Who should we show respect too? These are just a few of the questions we will answer.

We can help our children by modeling respect for all people by showing kindness with our words and actions and working together cooperatively. Our staff will be on the look-out for students who are demonstrating respect and rewarding them with Pride Passes!

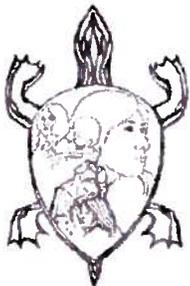


Chess Volunteers

Peach Springs Elementary School students would like to create a chess club. We are currently searching for community volunteers who would be willing and able to teach and practice with students weekly. If you are interested, please call Mrs. Heather Appleby at 928-769-2613.

Health & Safety Information

National Resource Center to End Violence Against Native Women National Resource Center



National Indigenous
Women's Resource Center

Dear Friends and Colleagues,

I am excited to announce that the Inc., (NIWRC) is the next National Indian Resource Center Addressing Domestic Violence and Safety for Indian Women. Beginning this month, through a grant from the U.S. Department of Health and Human Services under the Family Violence Prevention and Service Act, the NIWRC will begin providing technical assistance and training, policy development, public education, and materials and resource information for Indian and Alaska Native nations, Native Hawaiians and Native non-profit organizations addressing safety for Native women. We are excited to help provide national leadership to end violence against Native women through important partnerships with the National Congress of American Indians Task Force on Violence Against Women, Clan Star, the National Task Force to End Sexual and Domestic Violence Against Women, the Domestic Violence Resource Network, numerous Indian nations, national Indian organizations, tribal coalitions, other national organizations addressing violence against women, and Native women's advocates.

We have a truly outstanding Board of Directors from across the nation to ensure that our work remains true to supporting and upholding Native grassroots advocacy and social change to address violence against Na-

tive women. On behalf of our Board of Directors and staff, I look forward to working with you and others as we begin our journey forward as the next National Indian Resource Center. Please let us know how we may be able to support your efforts at enhancing safety of Native women in your communities.

Be sure to sign up for our mailing list to be notified of information regarding upcoming activities, including training, webinars and technical assistance and resource material availability at our website, www.niwrc.org.

Ahehee',
Lucy Simpson, Esq.
Executive Director
www.niwrc.org

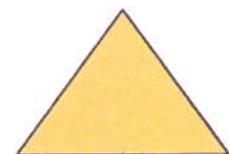
PEACH SPRINGS ALATEEN

12-step GROUP

- ***ARE YOU 10-18?***
- ***ARE YOU AFFECTED BY SOMEONE ELSE'S DRINKING OR USING?***
- ***ARE YOU FEELING ALONE, ANGRY ?***
- ***ARE YOU INTERESTED IN SUPPORT FROM OTHER YOUTH IN THE SAME SITUATION?***

- WEDNESDAYS AT 5:00PM
- EPCH YOUTH RADIO BUILDING- GREEN ROOM
-TRAILER ACROSS FROM HEALTHY HEART
- REFRESHMENTS SERVED

CALL TERRI FOR MORE INFO 769-1110





NOV 03 2011



Dear Grantees and Partners,

Thank you for your interest in reducing the impacts of lead poisoning in children and your dedication to their care. The U.S. Department of Health and Human Services' Administration for Children and Families and the U.S. Environmental Protection Agency regional offices in San Francisco have created this Lead Poisoning Prevention resource email and a list of informational websites below to increase awareness amongst our grantees and partners.

According to the U.S. Department of Health and Human Services, over 250,000 children between 1 and 5 years old in the U.S. have blood lead levels greater than 10 micrograms of lead per deciliter of blood. There is no safe level of lead exposure for children; lead exposure can impact children's health and learning at levels well below 10 micrograms per deciliter of blood. Elevated blood lead levels in children are mostly due to ingestion of contaminated dust, paint and soil. While lead poisoning crosses all socioeconomic, geographic and racial boundaries, the burden of the disease falls disproportionately on low-income families and families of color living in older, poorly maintained housing.

It is important that programs have access to informational materials on how to reduce children's exposure to lead. We hope this Lead Poisoning Prevention resource email will be helpful in guiding your efforts to educate staff, families and children on the health risks of lead exposure.

If you would like more information on how to prevent exposures to lead and other potentially harmful chemicals, please contact Kathleen Stewart at (415) 947-4119 Stewart.Kathleen@epa.gov or Callen Kurpinsky at (415) 437-7571 Callen.Kurpinsky@acf.hhs.gov.

Sincerely,

Sharon M. Fujii
 Sharon M. Fujii
 Regional Administrator
 Administration for Children and Families
 Region 9

Jared Blumenfeld
 Jared Blumenfeld
 Regional Administrator
 Environmental Protection Agency
 Region 9

[Lead Poisoning Prevention Resources](#)

- **National Head Start Association**
Lead Poisoning Prevention
http://www.nhsa.org/services/partnerships/lead_poisoning_prevention
Information for various audiences about lead poisoning prevention
- **Environmental Protection Agency**
Lead in Paint, Dust and Soil
<http://www.epa.gov/lead/>
Introduction to lead and links to general lead sources and exposure information
- **Lead Brochures and Posters**
<http://epa.gov/lead/pubs/brochure.htm>
Resources with information about lead poisoning and proper renovation (free)
- **University of California, San Francisco: California Childcare Health Program**
Child Care Lead Poisoning Prevention Curriculum
<http://www.ucsfchildcarehealth.org/html/pandr/trainingcurrmain.htm>
Click on the seventh link titled "Child Care Lead Poisoning Prevention Curriculum" for a drop-down menu with links to information and PowerPoint files on reducing lead exposure (English/Spanish)
- **Anemia and Lead Poisoning**
http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/anemiaen081803_adr.pdf
Information about proper nutrition to fight lead poisoning
- **National Center for Healthy Housing**
The Home-Based Child Care Lead Safety Program
<http://www.nchh.org/Research/Archived-Research-Projects/HomeBased-Child-Care-Lead-Safety-Program.aspx>
Resources for home-based child care providers on preventing lead poisoning
- **Children's Environmental Health Network**
Eco-Healthy Childcare – Lead Fact Sheet
[http://www.cehn.org/files/Lead_2_14_11\(4\).pdf](http://www.cehn.org/files/Lead_2_14_11(4).pdf)

Eating the Heart-Healthy Way

Learning a few basics can lead to a lifetime of healthy eating. Follow these tried-and-true heart smart eating guidelines.

- ♥ **Start with portion control.** Even healthy foods can cause you to gain weight if you eat too much of them. Measure out a single serving of your food. Pay attention to what that looks like so you can "eyeball" it from then on.
- ♥ **Eat more fiber-rich fruits, vegetables and grains.** Eating the recommended amounts of fiber and vegetables each day reduces your risk of heart disease*. Fruits and vegetables add heart-healthy fiber, vitamins and minerals to your diet. Whole grains are another rich source of fiber that can help lower cholesterol levels and control weight.
- ♥ **Be conscious of your fat intake.** Fat occurs naturally in foods such as meat, dairy products, oils and nuts. Most of the fat in your diet should come from heart-healthy sources—fish, peanut butter, sunflower seeds, olive and canola oil—instead of butter, mayonnaise and lard. Remember that all fat, regardless of the source, contains calories. The American Heart Association recommends that 30% or less of daily calories come from fat, including 7% or less of daily calories from saturated fats and less than 1% from trans fat.
- ♥ **Choose heart-smart fats.** Fats are not all the same. Saturated fats and trans fats need to be limited because they raise LDL ("bad") cholesterol levels; trans fats do further harm by lowering HDL ("good") cholesterol levels. This increases the risk of heart disease. Monounsaturated and polyunsaturated fats have the opposite effect. They lower the LDL and raise HDL cholesterol levels. Consuming them instead of saturated fats and trans fat lowers the risk of heart disease and stroke.
- ♥ **Drink more water.** This is especially important when you add more fiber to your diet. Water is filling and has no calories.
- ♥ **Read food labels.** That's where you'll find information on calories, fats, cholesterol, sodium, fiber, protein, carbohydrates, sugar and other clues to a food's nutrients.
- ♥ **Cut back on refined sugars.** Sugar lurks in many foods you might not suspect – such as cereals, breads, crackers, cured meats, peanut butter, frozen dinners, ketchup and other processed foods. "Fat-free" foods are often loaded with sugar. Check labels for the many names for sugar. These include molasses, corn syrup, fructose, dextrose, maltose, honey and maple syrup.
- ♥ **Watch the salt.** Sodium (salt) may increase blood pressure in some people. Canned foods, meal mixes and frozen meals are often loaded with sodium. Watch out for colas and other sodas too.
- ♥ **Look for AHA approval.** Keep your eyes open for a heart-check mark on the food packages. The mark indicates that the item has been certified by the American Heart Association (AHA) as a heart-healthy food.
- ♥ **Know the source of your calories.** Proteins and carbohydrates each have 4 calories per gram. Fat has 9 calories per gram. Alcohol has 7 calories per gram—and no nutrients.
- ♥ **Shop smart.** Buy fresh fruits and vegetables, whole grains, low-fat dairy products and lean meats. Processed foods often contain more fat, sodium and sugar—and fewer nutrients.
- ♥ **Be flexible.** If you want chocolate mousse at dinner, cut back on something else earlier in the day. If you crave a few potato chips, go ahead – once in a while. Moderation is the key to lasting success.

*Go online to www.MyPyramid.gov to find out the right amount of fruits and vegetables for you.

8 Foods to Keep You Young

www.foxnews.com / By Prevention Magazine / Published October 28, 2011

Antioxidants are kamikaze power foods—like blueberries and red wine—that reduce your risk of cancer and heart disease. Now they're showing up in unexpected foods. Here's where to find them. When scientists first discovered the power of antioxidants to destroy cell-damaging free radicals, the hunt was on.

They knew these preventers of cancer and heart disease were in colorful fruits and vegetables and nuts, but recently researchers have uncovered them in new, unexpected places. "The number and variety of these kamikaze substances we find in foods continue to grow," says Dr. Christine Gerbstadt, who is also a registered dietitian, of the American Dietetic Association.

And that's a good thing, experts say, because upping your antioxidant intake from as many sources as possible is more beneficial than getting them from just a few highly publicized foods. "Don't just eat blueberries every day and think you're covered," says Joe Vinson, an analytical chemist at the University of Scranton who specializes in measuring antioxidant levels of foods. "When you eat a diverse diet, you get the entire spectrum of benefits they deliver."

Here, 8 places your antioxidants are hiding.

1. Whole Grain Pasta. Whole grain versions of pasta (whole wheat should be listed as the first ingredient) have 3 times more antioxidants than enriched or refined varieties, found Vinson's study at the University of Scranton. He and his team compared the enriched or refined with the whole grain versions of three spaghetti brands.

"Many epidemiological studies show that the consumption of whole grains can reduce the risk of heart disease," he says. "We used to think this was because of the fiber sweeping out the cholesterol, but it's looking more like it's the polyphenols' positive effect on blood pressure and other markers of heart health that deserve the credit."

The concentrations of antioxidants in whole grain flour used to make wheat pasta are comparable to those found in fruits and veggies.

2. Popcorn. Popcorn has 4 times more polyphenols—powerful cancer-fighting plant compounds—than the average amount found in fruits, says Vinson, who tested several whole grain foods to measure antioxidant levels.

"When air-popped at home, it's a 100 percent whole grain food, so it's not a complete surprise that it's packed with polyphenols," he says.

3. Eggs. Eggs aren't commonly considered a rich source of the antioxidant lutein (which protects your eyes from macular degeneration and cataracts) because they have low concentrations of it, relative to top sources such as spinach. However, scientists at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University discovered that the lutein in egg yolks is absorbed more effectively than that in spinach, possibly because the yolks' fat helps our bodies process the antioxidant much better. So even though one egg has only about five percent of the lutein found in just 1/4 cup of spinach, we absorb it 3 times more effectively, explains Elizabeth Johnson, coauthor of the Tufts study. "Spinach and other leafy greens are still the best sources, but whole eggs are another easy way to get more lutein," she says.

4. Canned Beans. A 2004 study conducted by the USDA found that certain varieties of dried beans contain high levels of antioxidants, but Americans commonly eat more canned beans, observes scientist Mark Brick, PhD. To find out if canned have as many antioxidants as dried, Brick and a team of researchers at Colorado State University measured the phenolic and flavonoid contents of several types of canned commercial beans for a 2009 study published in *Crop Science*. The scientists found that while all canned beans contain antioxidants, small red beans have the highest levels, followed closely by dark red kidney and black beans.

In fact, darker canned beans have as much as 3 times more phytochemicals—plant compounds that wipe out free radicals to protect your cells and repair DNA damage—than white kidney and great Northern beans.

5. Yogurt. Love yogurt? You'll love this stat: Just 1 cup of low-fat plain yogurt provides at least 25% of the daily value for riboflavin—the same that's in 1 cup of boiled spinach. While not an antioxidant itself, riboflavin (a B vitamin) is critical in promoting antioxidant activity. Without it, the antioxidant glutathione—which is already in our cells—cannot destroy free radicals, which may lead to an increased risk of heart disease, cancer, and other chronic conditions. Because riboflavin is water soluble, it remains in the body only a few hours and must be replenished daily; yogurt does the trick.

6. Canola Oil. Heart-healthy canola oil (which is less expensive and milder tasting than olive oil) is rich in the antioxidant alphatocopherol, according to Maret Traber, of the Linus Pauling Institute at Oregon State University. Just 1 tablespoon contains 16 percent of the DV. Alphatocopherol is one of eight antioxidants in vitamin E, which scientists have found keeps the fats in "bad" LDL cholesterol from oxidizing and forming free radicals, potentially leading to cardiovascular diseases and other chronic conditions. Turns out, though, we aren't getting enough of this potent antioxidant. Close to one-third of women have low concentrations of alpha-tocopherol, say researchers who looked at data from a national nutrition survey conducted by the CDC. Easy fix: Use canola oil when baking or anytime you need a neutral-tasting oil for sautéing.

7. Organic Milk. Switch from regular milk to organic and you'll be rewarded with a stronger dose of antioxidants, including vitamin E and the carotenoids beta-carotene and lutein, says Gillian Butler, PhD, coauthor of a recent British study

published in the Journal of the Science of Food and Agriculture. Butler's findings show that the antioxidants in milk from cows raised on organic or grass-fed diets are about 40 to 50% more concentrated than the milk from conventionally raised cows. These cows eat more grass, and the pasture itself provides more antioxidants than grain feeding even if the feed is augmented with supplements. If you're not a frequent milk drinker, look for cheese and butter from grass-fed cows; they also offer more antioxidants than conventional varieties, says Butler.

8. Natural Sweeteners. The average American consumes 130 g of added refined sugars each day. If you cut excess sugar and use natural sweeteners like molasses, honey, brown sugar, and maple syrup instead of refined whenever possible, you can add the equivalent of antioxidants from an extra serving of nuts or berries to your daily diet. That's according to researchers at Virginia Tech University who examined the antioxidant content of several natural sweeteners and found that molasses (particularly dark and blackstrap varieties) had the highest amounts. Their study, published in the Journal of the American Dietetic Association, showed that honey, brown sugar, and maple syrup also contained significant levels of antioxidants.

While the university study looked at commonly available commercial honeys (usually refined from clover nectar), earlier studies have measured antioxidants in a variety of honeys and found that darker types tend to have significantly higher polyphenol counts. For example, buckwheat has an antioxidant level 8 times higher than clover, which is also outranked by sunflower and tupelo honeys.

The Skinny on Fruits and Vegetables

www.thebestlife.com / By Dayna Winter, M.S., R.D., Best Life nutritionist

Fruits and vegetables are nutritional powerhouses. They're an essential part of virtually every healthy-eating program, and integral to any successful weight loss plan. Numerous studies have shown that consuming plenty of produce protects against many forms of cancer, and diets rich in plant foods are also associated with a reduced risk for heart disease and many other age-related diseases.

Research also indicates that fruit and vegetables are an effective weight management tool. A study conducted at Northwestern University examined more than 70,000 women over 12 years and discovered that those with the highest daily fruit and vegetable intake were 24 percent less likely to become obese and 28 percent less likely to experience major weight gain than those who ate the least.

You'll find different nutritional benefits in each type of fruit and vegetable. The color of the plant is a good indicator of what vitamins, minerals and phytonutrients your produce packs. A good rule to follow: Try to eat every color and you'll cover your needs

GREEN

Vegetables: Asparagus, broccoli, green beans, kale, spinach and darker lettuces like romaine =

Fruit: Honeydew melon, kiwi

What They Have: Lutein and zeaxanthin for eye health. Greens also often have beta-carotene, which acts as an antioxidant.

WHITE/GREEN

Vegetables: Artichokes, asparagus, celery, endive, garlic, mushrooms, onions, scallions

Fruit: Green apples, green pears

What They Have: Cancer-fighting substances as well as flavonoids that protect against heart disease

CRUCIFEROUS

Vegetables: Arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, Swiss chard, turnips, watercress

What They Have: Cancer-fighting compounds

YELLOW/ORANGE

Vegetables: Carrots, pumpkin, sweet potatoes, winter squash

Fruit: Apricots, citrus fruit, mangoes, peaches, yellow cherries

What They Have: Bioflavonoids and antioxidants that may protect against cancer and heart disease

RED

Vegetables: Red tomatoes and foods made with tomatoes, such as tomato sauce, juice, soup and salsa

Fruit: Pink grapefruit, and watermelon

What They Have: Vitamin C and lycopene; both powerful antioxidants that protect against disease

PURPLE/BLUE/DEEP RED

Vegetables: Eggplants, red beets, red cabbage

Fruit: Cranberries, plums, prunes, raisins, red apples, red cherries, red grapes, red pears, strawberries

What They Have: Anthocyanins, a group of antioxidants that help to prevent blood clots and may improve brain function.

You know what to eat, but how much is enough? Here's your guide:

- Total Calories: 1,500 to 1,600
- Fruit Servings: 2
- Non-Starchy Vegetable servings*: 4
- Total Calories: 1,700
- Fruit Servings: 2
- Non-Starchy Vegetable Servings: 5
- Total Calories: 1,800 to 2000
- Fruit Servings: 2
- Non-Starchy Vegetable Servings: 6
- Total Calories: 2,500 to 2,550
- Fruit Servings: 3
- Non-Starchy Vegetable Servings: 7

If you're following the Best Life Program for Diabetes, here are your guidelines:

- Total Calories: 1,500 to 1,700
- Fruit Servings: 2
- Non-Starchy Vegetable Servings: 6
- Total Calories: Over 1,700 to 2,250
- Fruit Servings: 2
- Non-Starchy Vegetable Servings: 7

Total Calories: 1,500 (*Does not include starchy vegetables, such as potatoes, corn, and peas, which are part of your grain servings on The Best Life Diet.)

What's a serving? A serving of fruit equals 1 medium size whole fruit, 1 cup of chopped fruit or berries, ½ cup of grapes, 2 tablespoons of dried fruit, or ½ cup of fruit juice. A serving of vegetables is 1 to 2 cups of leafy vegetables, ½ cup of chopped non-leafy vegetables, or ¾ cup of tomato juice.

As you can see, a serving isn't all that big. In fact, hitting your produce quota each day is easy if you take a few steps to incorporate some fruits and veggies into your regular meals. For example, top your favorite cereal with a couple tablespoons of dried fruit, and snack on a piece of fresh fruit midday. Crunch on a big garden salad at lunch, and enjoy a cup of sautéed vegetables with dinner, and you're done. When you're rushed, use pre-cut, pre-washed produce to save time.

Community Messages

Cougar Honga and her newborn are doing fine. Oliver Lorison Honga-Yazzie weighed 2lbs 3oz at birth (born premature). He is now 3lbs 10oz! We hope to have them home soon. Hopefully before or after Thanksgiving. He has shown us that he is one tough little guy by going through all this poking and prodding in the hospital! Premature babies are very precious and special, therefore they need all the rest possible. Thank you to those that asked about Cougar and the baby. Thank you to Larry Yazzie, Jr. for being there for Cougar.



Blue Water Sprint & Long Triathlons Parker, AZ November 6, 2011 AGE GROUP RESULTS SPRINT

11th Annual Blue Water Triathlons Parker, Arizona - November 6th, 2011

AGE GROUP RESULTS - SPRINT TRI

FEMALE AGE GROUP: 30 - 34

Place	Name	Age	City/state	Total	Swim .6k	Trans1 15k	Bike	Trans2	Run 4k	Penalty No.	Cat
1	Samantha Hoyt	32	Irvine CA	51:37.6	9:41	1:02	22:17	0:43	17:53		21 AG
2	Candida Hunter	32	Peach Springs AZ	1:17:14.9	20:09	3:20	29:24	1:15	23:05		112 AG
3	Kyza Wright	31	Las Vegas NV	1:24:28.7	16:28			1:26	32:10		182 AG
4	Janna Castillo	31	Quartzsite AZ	1:59:27.6	37:07	5:14	39:47	1:16	36:02		25 AG

Congratulations Candida, a job well prepared for:
"Dida Can"

Department	Address	Telephone	Fax #
Adult Detention	P.O Box # 69 PSA	769-2338/2358	769-2459
Best Market	P.O Box # 60 PSA	769-2455	
B.I.A Agency	13067 E.Highway 66 Valentine	769-2286	769-2444
B.I.A Dispa	13067 E.Highway 66 Valentine	769-2220	
B.I.A Forestry	13067 E.Highway 66 Valentine	769-2279/2270	
Boys N Girls	P.O Box # 395 PSA	769-1801	769-1803
Caverns		422-3223	
Chemical Lime Plant	P.O Box # 370 PSA	769-2271	
Court/Judicial	P.O Box # 275 PSA	769-2338/2223	769-2736
Cultural Resources	P.O Box # 310 PSA	769-2223/2234	769-2235
DES		753-4441	753-9205
DES-Unemployment		753-6362	
Diabetes/Fitness	P.O Box #397	769-2644	769-2345
Diamond Creek Restaurant		769-2800	
Earthship	P.O Box #550 PSA	769-2224	769-2239
Elderly Center	P.O Box #179 PSA	769-2375	769-2557
EMS	P.O Box # 542	769-2656	769-2315
Enrollment	P.O Box # 179 PSA	769-2216	769-2343
Extension U of A	P.O Box #	769-1284	769-2309
Fire/Animal Control	P.O Box # 179 PSA	769-2205/2806	769-2883
Flagstaff Hospital		779-3366	
Forestry (Tribal)	P.O Box # 299 PSA	769-2267	769-2532
Frontier Café/ Motel		769-2237	
Frontier Communications		1 800-921-8101	
Game/Fish Dept	P.O Box #249 PSA	769-2227	769-1111
Gas N Grub		769-1880	
Headstart	P.O Box #119 PSA	769-2244/2522	769-2457
Health Dept	P.O Box # 397 PSA	769-2207	769-2884
	toll free number	1 8009534480	
Indian Health Center	P.O Box # 190 PSA	769-2900	
Juvenile Detention	P.O Box # 179 PSA	769-1611	769-1655
Kids Radio			
KRMC		757-2101	
Muti Purpose	P.O Box #179 PSA	769-2535	
Mohave Electric		1 800-685-4251	
MVD		681-6300	
Natural Resources	P.O Box # 300 PSA	769-225	769-2309
Peach Springs School	P.O Box # 360 PSA	769-2613/2202/2676	769-2892
Planning Dept	P.O Box # 179 PSA	769-1310	769-1377
Post Office		769-2300	
Prosecutor	P.O Box # 66 PSA	769-2304	769-2401
Public Defenders	P.O Box # 179 PSA	769-2216	
Public Works	P.O Box # 179 PSA	769-2625/2583	
Recreation/Gym	P.O Box # 179 PSA	769-2652	769-2650
River Running	P.O Box # 246 PSA	769-2210/2245	
Roads	P.O Box # 179 PSA	769-2446	
Sky Walk Tourist Info		1 888-868-9378	
Seligman School		422-3276	
TERO	P.O Box # 179 PSA	769-2216	
Training/Ed Dept	P.O Box # 179 PSA	769-2200	769-1101
Transportation Dept		769-4188	
Tribal Office/Admin	P.O Box # 179 PSA	769-2216	769-2343
Tribal Police Dept	P.O Box # 179 PSA	769-1024	769-1027
Truxtion Gas Station	HC 35 Box 40 Truxton	769-2436	
Valentine School		769-2310	769-2309