

# GAMYU

Newsletter of the Hualapai Tribe

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## Nevada Governor Brian Sandoval

*For Immediate Release:*  
Tuesday, November 15, 2011

*Contact:*  
Mary-Sarah Kinner  
(775) 684.5667

### GOVERNOR APPOINTS QUASULA TO CABINET

#### CHAIRMAN OF INDIAN COMMISSION IS FIRST FORMAL APPOINTMENT OF TRIBAL MEMBER

CARSON CITY, NV – Speaking at the Intertribal Council of Nevada’s Annual Conference this morning, Governor Brian Sandoval announced he has appointed Ted Quasula, Chairman of the Nevada Indian Commission, to serve as a member of the Governor’s Cabinet. According to tribal representatives and State Archives, the appointment marks the first time in Nevada history that tribes will have formal representation at the Cabinet level.

“I am honored that Ted has agreed to serve on my cabinet,” Governor Sandoval said. “As Chairman of the Nevada Indian Commission, Ted will bring a needed and important voice to my cabinet.”

A resident of Henderson and a member of the Hualapai Tribe of northern Arizona, Mr. Quasula is Chairman of the Nevada Indian Commission, part of the new Department of Tourism and Cultural Affairs.

Currently general manager of the Grand Canyon Skywalk, Quasula served for 26 years in the U.S. Department of the Interior, Bureau of Indian Affairs, Office of Law Enforcement Services, rising through the ranks from field criminal investigator to director of the national program. Mr. Quasula was the Chief of Police for the Las Vegas Paiute Tribe from 2003 to 2007 and was appointed to the Indian Law and Order Commission in 2011 by President Obama. A graduate of the National Academy of the FBI and the John F. Kennedy School of Government Program for Senior Executives at Harvard University, Quasula holds a bachelor’s degree and a master’s degree in police science and administration from Northern Arizona University.

The Nevada Indian Commission was created in 1965 to study matters affecting the social and economic welfare and well-being of American Indians residing in Nevada, including matters and problems relating to Indian affairs and to federal and state control, responsibility, policy and operations affecting such Indians.

In addition to the Indian Commission, Governor Sandoval’s cabinet consists of the 19 departments in state government, the Lt. Governor and the Nevada System of Higher Education.

###

#### Native American Toy for Tots

The Hualapai Police Department is preparing for the delivery of toys to the youth this Christmas. We are asking for donation of Christmas wrapping paper, tape, bows and ribbons. We are also asking for volunteers to help with the delivery of toys. The delivery of toys takes about two days to reach the children in the Peach Springs and Truxton area. Donations should be dropped off with Wanda Quasula in the front office. The scheduled date of delivery for Christmas is on December 22, 2011 beginning at 730 in the morning. We are hoping to have all toys delivered on this day. If not finished on December 22, 2011, the continued delivery of toys will be on December 23, 2011 in the early morning hours. Toys will be delivered to each household from Valentine to the Peach Springs Community.

All volunteers need to call Officer Goins at the Police Station. 769-1024.

Thank you community for your help,  
Acting Deputy Chief Tsosie, and School Resource Officer Jack Goins



**HUALAPAI TRIBAL COUNCIL  
RESOLUTION NO. 77-2011  
OF THE GOVERNING BODY OF THE  
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION**

(Tribal Membership Enrollment – 6)

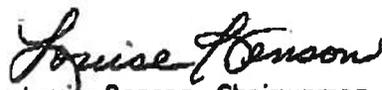
**WHEREAS,** the Hualapai Tribal Council has the responsibility of enrolling members pursuant to the Ordinance of the Hualapai Tribe of Peach Springs, Arizona Enrollment Procedures Act; and

**NOW, THEREFORE, BE IT RESOLVED,** that the following applicants are approved:

1. COONEY, Jaylin Jacob
2. ORTEGA, JR., David Felipe
3. QUASULA, Raleighauna McKenzie
4. RUSSELL, Kourtney Danille
5. WALEMA, Larissa Mae
6. YAZZIE, Oliver Lorison Honga

**CERTIFICATION**

I, the undersigned as Chairwoman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of 9 members of whom (6) constituting a quorum were present at a **REGULAR COUNCIL MEETING** thereof held on this 07th day of **November 2011**; and that the foregoing resolution was duly adopted by a vote of 6 in favor, 0 opposed, 3 excused, pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.

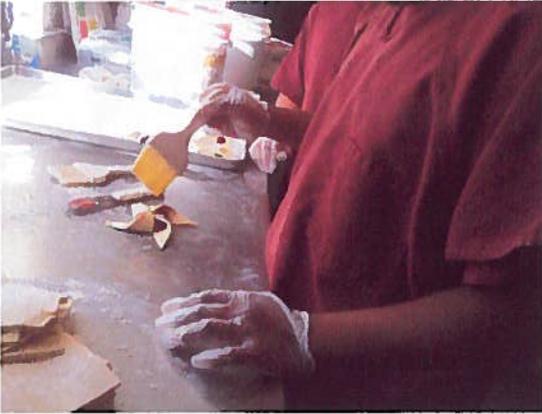
  
Louise Benson, Chairwoman  
HUALAPAI TRIBAL COUNCIL

ATTEST:

  
Christine Lee, Secretary  
HUALAPAI TRIBAL COUNCIL

## HJDRC Culinary Program

The HJDRC Culinary Program started three months ago, in that time we have had two girls and five boys go through this program. All youth must reach a level 4 our highest level, plus go through an interview process, to see if they will be accepted. The youth that go through this program learn safety and sanitation, basic cooking, and baking skills they will also receive a certificate and food handlers cards.



In the past few months the youth have cooked lunch for the Tribal Council and our guests from the DOJ. They prepared over 350 pastries for a 40 hours in house training and will be helping to prepare the Community Thanksgiving and Christmas Dinners. It has been a joy working with the youth, teaching them how to cook, and to see the expressions on their faces when they learn something new as well as the sense of pride in their faces when they accomplish their goals. It is an even greater feeling to see them wanting to show the new youth in the program the things that they have learned. I think the bases of the program, is to teach them pride in themselves, and to show them that they can accomplish positive things when they try. They learn how to cook for themselves and later their families

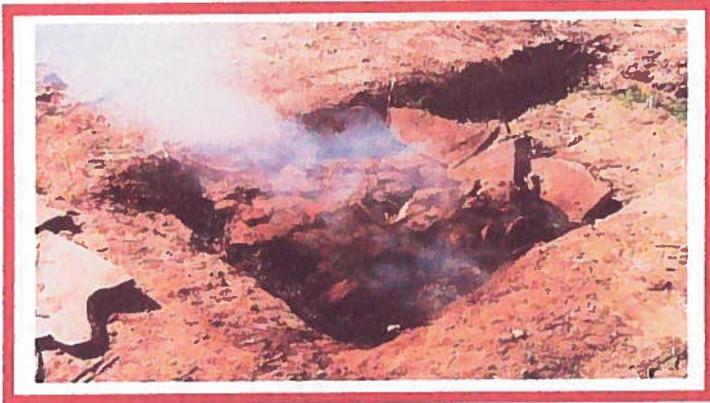
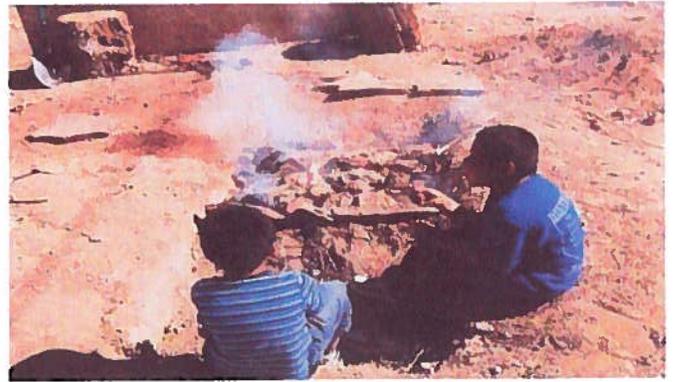
and maybe sparking an interest in them for a career, we have one youth entering a culinary program to become a chef next month the staff and I are extremely proud of this youth and wish him the very best.

Patrick Gonzales  
HJDRC Kitchen Supervisor



# Cultural Arts & Language (CAL) Class October 2011

## POTTERY MAKING



Our CAL (Cultural Arts & Language) Class with pottery making was a great experience in the month of October! We had about 20-30 participants' sign up for this class, our instructor was Brandon Siewyumptewa along with the help of the Cultural Staff: Bennett Jackson, Arturo Montana and Dawn Hubbs.

The class consisted of different materials for pottery making such as the texture, temperature, weight, color, and shape. It also involves 4 of the 5 senses such as touch (texture, temperature, weight); sight (color, shape, texture); sound (when hit, thrown down, squeezed); and smell.

The "Hualapai" women in ancient times had knowledge of the ceramic art, but of the present generation, the Cultural Resources Department is attempting to provide C.A.L. (Cultural Arts & Language) classes for the community to work with clay and other cultural arts & crafts.

English Version:	Hualapai Version:
Clay	githge
Brown	sey
Red	hwad
Round/oval/circular	godod
Water	ha
Mix (to add on or in)	divyu:lk
Coil	squid squid
Design (artistic design)	dinyudk
Fire	o'
Pit (in ground)	mad-yel
Rock/stone	wi
Shine/polish (to make shine)	halek
Knead	mu'ud
Sand	ha ju wa
To make fire	O'duk
Clay/dirt	Madq anu'

Sentences:	
Pick up the clay	Githge miyo
What do you call this?	Yu gamik mise
Look at this!	Yu mi uk



# 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						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2011

November 2011						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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 2012

January 2012						
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29	30	31				

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						
S	M	T	W	T	F	S
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29						

March 2012

March 2012						
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21	22	23	24	25	26	27
28	29	30	31			

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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22	23	24	25	26	27	28
29	30					

May 2012

May 2012						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAY

**BASKET MAKING**  
 Fridays: 4, 11, 18, 9AM-2PM  
 Instructor: Cornelia Yazzie w/  
 Delores Honga  
 Language: Delores Honga &  
 Malinda Powskey

# 2011 Peach Springs Community Calendar

January 4

**Reservation Establishment Day**

Hualapai Indian Reservation Established 1883

April 21

**LaPaz Run**

Pete Imus, Youth Services

928-769-2207 [pete.imus@yahoo.com](mailto:pete.imus@yahoo.com)

Annually April 21

April 30

**Route 66 Days**

Cultural Resources 769-2234

Annually Organized by 66 Committee

May 7

**GCW Anniversary**

GCRC 928-769-2419

Annually February 14

June 3-5

**Pai Gathering**, Location: Havasupai

Cultural Resources 769-2234

June 10

**Boys & Girls Club Anniversary**

BGC 928-769-1801

Annual celebration, second Friday in June

Officially June 6

June 13-17

**Sobriety Festival**

Sandra Irwin/Charlene Imus, Behavioral Health

928-769-2207 [syellowhaw@aol.com](mailto:syellowhaw@aol.com)

Annually third week of June

July 5-8

**Pai Language Immersion Camp**

Cultural Resources 769-2234

Annually second week of July

July 18-22

**Peach Springs Summer Youth Conference**

Hualapai Tribal Youth Council

Pete Imus, Youth Services 928-769-2207

[pete.imus@yahoo.com](mailto:pete.imus@yahoo.com)

Annually the third week of July

July 25-29

**Youth Services Coalition Youth Camp**

Pete Imus, Youth Services 928-769-2207

[pete.imus@yahoo.com](mailto:pete.imus@yahoo.com)

Annually the last week of July

July 30

**Miss Hualapai Pageant**

Jonell Tapija, Hualapai Human Services 928-769-2383

[jtapija@yahoo.com](mailto:jtapija@yahoo.com)

Annually the Last Saturday of July

August 27

**Bird Song & Dance Gathering**

Ivan Bender

Annually last Saturday of August

September 19-22

**Indian Day Activities**

Pete Imus, Youth Services 928-769-2207

[pete.imus@yahoo.com](mailto:pete.imus@yahoo.com)

Annually fourth week in September

October 24-28

**Red Ribbon Week**

Sandra Irwin/Charlene Imus, Behavioral Health  
928-769-2207

[syellowhaw@aol.com/shawsh4@yahoo.com](mailto:syellowhaw@aol.com/shawsh4@yahoo.com)

Annually last week of October

October 31

**Harvest Carnival**

Recreation Department

Hubert Imus, Sr., 928-769-2652

**Hualapai Human Services Observances**

April CAN Prevention & Awareness Month TBD

April Quarterly DV Prevention & Awareness TBD

July Quarterly DV Prevention & Awareness TBD

October Annual DV Prevention & Awareness TBD

November Quarterly DV Prevention & Awareness TBD

November 24 Giving Back Community Thanksgiving

Dinner

Human Services 769-2383

**Natural Resources**

**Jr. Rodeo**

April 16, 10AM

May 14, 10AM

June 11, 10AM

July 16, 10AM Finals

Natural Resources Office 928-769-2254

**Observed Tribal Employee Holiday's**

Martin Luther King Jr. Day - Jan. 17

President's Day - Feb. 21

Memorial Day - May 30

Labor Day - Sept. 5

Native American Day- September - Sept. 23

Veteran's Day - Nov. 11

Thanksgiving Day - Nov. 24-25

Christmas Day - Dec. 26

New Year's Day - Jan. 2



**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 FORM 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 DENIED**
- 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 \*\*\*

**CUSTOM CASSETS**

Light Tan  
Tan and Brown  
Turquoise and Black  
Tan and Black

CASSETS SHOWN ARE LINED WITH AUTHENTIC PENDLETON BLANKETS

CUSTOM NATIVE RUG INSPIRED DESIGNS

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

CALL FOR YOUR CONSULTATION  
TODAY (928) 864-9380

Photo by  
Catherine  
(928) 864-855

# New Grand Canyon West Billboard Location on Highway 93

**GRAND CANYON SKYWALK**  
Just 51 miles away!

[grandcanyonwest.com](http://grandcanyonwest.com)

**GRAND CANYON WEST**  
**TURN IN 2 MILES!**  
**LEFT** on Pierce Ferry Rd.  
**888-868-9378**

A new billboard on Highway 93 alerts drivers travelling east from Las Vegas that the turn off for GCW is quickly approaching. It also shows that Grand Canyon West is hundreds of miles closer than any other Grand Canyon destination. This billboard, which was unavailable for a very long time, was not an addition but swapped for a billboard on the opposite side of the road. This is one of multiple billboards strategically placed around Arizona.



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

# Education & Training Information



## PEACH SPRINGS SCHOOL

**P.O. Box 360**  
**Peach Springs, AZ 86434**  
**928 769 2613**  
**Mr. S. Dunsmore, Superintendent**

November 2011

### Art Students of the Week Congratulations to these creative students!

Weeks of October 17, 2011 & November 6, 2011

Teresa Suminimo, 7th Grade Ms. Deswood

Hyton Samson, 5th Grade Ms. Kindle

Jenna Siuyja, 5th Grade Ms. Kindle

Seren Sullivan, 5th Grade Ms. Kindle

Diamond Talicje, 5th Grade Ms. Kindle

Wyatt Samson, 2<sup>nd</sup> Grade Ms. Imus

Hyton Samson, 5th Grade Ms. Kindle

Shauntel Crozier, 2nd Grade Ms. Lynema

Orion Holmes, Big-K Mr. Umbs

Braeden Bender, Big-K Mr. Umbs

Nacrithian Walema, Big-K Mr. Umbs

Ted Sanchez, 3<sup>rd</sup> Grade Ms. Kerns

Eileen Gonzales, 3<sup>rd</sup> Grade Ms. Kerns

Tarasc Marshall, 3<sup>rd</sup> Grade Ms. Kerns

### Upcoming Events

Come & Join us!

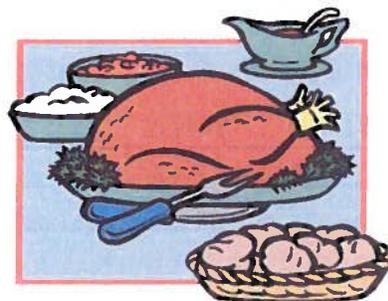
**November 23<sup>rd</sup> Wednesday & 24<sup>th</sup> Thursday**  
**No School** in observance of  
 Thanksgiving

**November 28<sup>th</sup> Monday Spelling Bee,**  
 6-8PM  
 in the Elementary Gym

**December 8<sup>th</sup> Thursday, Movie Night**  
*The Grinch*, 6-8PM  
 in the Elementary Gym  
 Refreshments for purchase

**December 14<sup>th</sup> Wednesday, Storytime &  
 Craft Night, 6-8PM**  
 in the Elementary Gym  
 Community elder/s telling  
 cultural stories. **Also** – winter  
 crafts. Come and participate –  
 volunteers welcome.

**We look forward to seeing you  
 at each of these events!**



**Wishing you  
 Happy  
 Holidays from  
 the staff and  
 students at  
 Peach Springs  
 Elementary  
 School!**

# E-PCH



## CHECK US OUT! HOW TO LISTEN:

- Go to [kidstar.org](http://kidstar.org) on the Internet
- Select Network Stations
- Select **EPCH**
- Select play/listen

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

- **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.

# Health & Safety Information

From the Peach Springs Pharmacy

With the economic downturn, shrinking budgets, and as a cost savings measure, the Peach Springs Pharmacy will no longer be stocking hearing aid batteries. We realize this will be an inconvenience to many, but we are having to make some small changes like this to help ensure that the Pharmacy can continue to provide much needed medications. We appreciate your understanding in this matter and are sorry for the inconvenience.

Sincerely,  
Peach Springs Pharmacy



bornlearning™

## rules of the game

By becoming involved in a child's play and taking it seriously, you encourage his imagination and self-esteem. Following are a few simple "rules" to follow to make sure you and your child are having a good play experience.

**forget the rules**  
Encourage a child to explore and "make believe." Playing creatively greatly affects a child's imagination and development.

**jump right in**  
Playing with a child helps build the foundation for trusting relationships and helps him become a happy person.

**think like a child**  
Add to a child's play experiences by creating imaginative games and new ways to use her toys.

**take a break**  
Solitary play gives a child time to process everything that she has been doing. Watch. If she is happy, leave her alone. If she seems bored or overstimulated, redirect her activity.

**let a child guide his play**  
Allowing the child to pick the activity and decide how it's played gives him confidence.

## the Playbook

rules and guidelines to help you make the most of your child's playtime

Read to your child every day.

**FIRST THINGS FIRST**  
Ready for School. Set for Life.  
aactf.gov



bornlearning™

## pretend with puppets

Stimulate your child's creativity by entertaining her with finger and hand puppets. She will exercise both her hands and her imagination!

**What you can do at home:**  
For infants, draw faces on your fingers and wiggle them as you make the puppets talk and sing.  
For toddlers, make and decorate puppets out of paper bags or old socks.  
For preschoolers, perform a puppet show.

**Things you may need:**

- Pens or markers
- Finger puppets or hand puppets
- Old socks, gloves, paper bags

## invent instruments

Let your child make his own music. Create instruments by combining common household items. His creativity and coordination will improve with each beat.

**What you can do at home:**  
For infants, fill empty water bottles about a third full with Cheerios! Be sure the lid is secured tightly and shake away.  
For toddlers, a wooden or plastic spoon becomes a drumstick and a coffee can becomes a drum. Two pot lids make great cymbals.  
For preschoolers, place dried pasta in the middle of two paper plates. Staple the edges of the plates together and decorate with silly faces.

**Things you may need:**

- Empty plastic bottles
- Cheerios, dried pasta
- Spoons, pots, plastic bowls, paper plates

## hide and seek

Your child will discover more than just a hidden smile or toy with simple games of hide-and-seek or peek-a-boo. Watch his communication and sense of touch develop as he watches his favorite objects appear and disappear.

**What you can do at home:**  
For infants, play peek-a-boo with a favorite stuffed animal, toy or your hands.  
For toddlers, put small toys or household objects in the pillowcase and ask the child to take out the object you name. As her vocabulary increases, ask her to take out an object and name it. Or, place the objects on the floor and then take one away. Ask the child, "What's missing?"  
For preschoolers, have the child look for specific objects or shapes around the house. For example, ask your child, "How many circles can you find?" Initiate a game of "I Spy..." and take turns "spying" and identifying the object.

**Things you need:**

- Pillowcase (never use a plastic bag)
- Small toys or household items

## playing the games

fun and easy activities to do at home with your baby and young child

Read to your child every day.

**FIRST THINGS FIRST**  
aactf.gov



## CARBON MONOXIDE POISONING

### Questions and Answers

#### What is carbon monoxide?

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death.

#### Where is CO found?

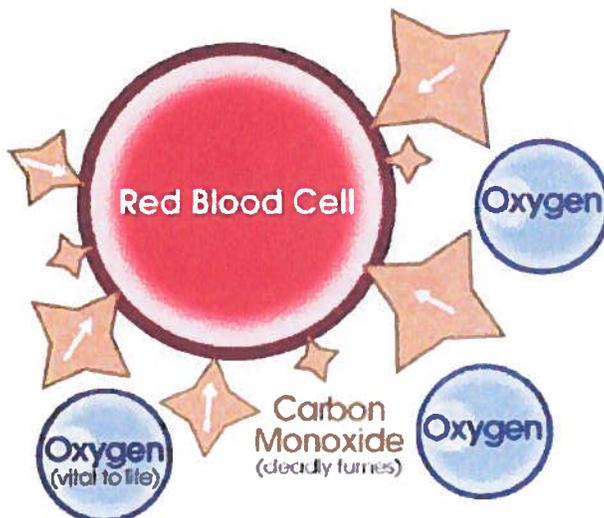
CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it.

#### What are the symptoms of CO poisoning?

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO ingestion can cause loss of consciousness and death. Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.

#### How does CO poisoning work?

Red blood cells pick up CO quicker than they pick up oxygen. If there is a lot of CO in the air, the body may replace oxygen in blood with CO. This blocks oxygen from getting into the body, which can damage tissues and result in death.



#### Who is at risk from CO poisoning?

All people and animals are at risk for CO poisoning. Certain groups — unborn babies, infants, and people with chronic heart disease, anemia, or respiratory problems — are more susceptible to its effects. Each year, more than 500 Americans die from unintentional CO poisoning, and more than 2,000 commit suicides by intentionally poisoning themselves.

## Questions and Answers

(continued from previous page)

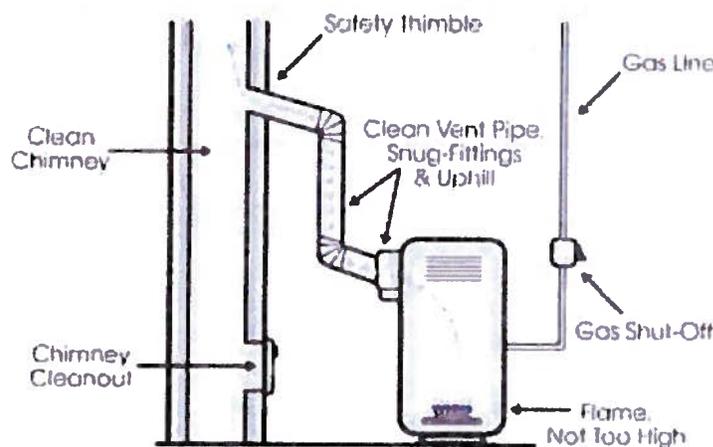
### How can I prevent CO poisoning from my home appliances?

- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters (catalytic) indoors. Although these heaters don't have a flame, they burn gas and can cause CO to build up inside your home, cabin, or camper.
- If you smell an odor from your gas refrigerator's cooling unit have an expert service it. An odor from the cooling unit of your gas refrigerator can mean you have a defect in the cooling unit. It could also be giving off CO.
- When purchasing gas equipment, buy only equipment carrying the seal of a national testing agency, such as the American Gas Association or Underwriters' Laboratories.
- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.

### How do I vent my gas appliances properly?

- All gas appliances must be vented so that CO will not build up in your home, cabin, or camper.
- Never burn anything in a stove or fireplace that isn't vented.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.
- Horizontal vent pipes to fuel appliances should not be perfectly level. Indoor vent pipes should go up slightly as they go toward outdoors. This helps prevent CO or other gases from leaking if the joints or pipes aren't fitted tightly.

#### Here's the Safe Way to Connect Heating Equipment to the Chimney



**Questions and Answers**

(continued from previous page)

**How can I heat my house safely or cook when the power is out?**

- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a build up of CO inside your home, cabin, or camper.
- Never use a charcoal grill or a barbecue grill indoors. Using a grill indoors will cause a build up of CO inside your home, cabin, or camper unless you use it inside a vented fireplace.
- Never burn charcoal indoors. Burning charcoal — red, gray, black, or white — gives off CO.
- Never use a portable gas camp stove indoors. Using a gas camp stove indoors can cause CO to build up inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or near a window, door, or vent.

**How can I avoid CO poisoning from my vehicle?**

- Have a mechanic check the exhaust system of my car every year. A small leak in your car's exhaust system can lead to a build up of CO inside the car.
- Never run a car or truck in the garage with the garage door shut. CO can build up quickly while your car or truck is running in a closed garage. Never run your car or truck inside a garage that is attached to a house and always open the door to any garage to let in fresh air when running a car or truck inside the garage.
- If you drive a vehicle with a tailgate, when you open the tailgate, you also need to open vents or windows to make sure air is moving through your car. If only the tailgate is open CO from the exhaust will be pulled into the car.

Read to your child every day.



**DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
SAFER • HEALTHIER • PEOPLE™**

Hualapai

**FOOD HANDLER TRAINING - 2012**

At the Health & Wellness Center in the large Conference Room

MONTH	DATE	TIME	INSTRUCTOR
January	Jan 11	10:00am - 12:00	David
April	Apr 11	10:00am - 12:00	David
June	Jun 13	10:00am - 12:00	David
August	Aug 15	10:00am - 12:00	David
Oct	Oct 10	10:00am - 12:00	David

# *K.I.D.S. Fair*

**(Kiddo and Infant Developmental Screening)  
is coming to your town!**

**WHAT: FREE** screening for children ages 0-5 that includes:

- Hearing
- Vision
- Gross motor skills
- Fine motor skills
- Social/Emotional skills
- Cognitive skills
- Communication skills

Resources for health insurance, area physicians, area schools, developmental play activities, and other agencies will be available.

**WHEN:** Saturday, December 10<sup>th</sup>, 2011, 8 AM to 2 PM  
Screenings will take about 1 hour per child

**WHERE:** Health Education and Wellness Center  
488 Hualapai Way  
Peach Springs, AZ

(Across the street from the multi-purpose building)

Walk-ins welcome or call  
(928) 854-5439 to set up an appointment



La Paz/Mohave Regional Partnership Council

[www.azftf.gov](http://www.azftf.gov)

# FIRST THINGS FIRST

*Ready for School. Set for Life.*

## *Birth to Five Helpline puts Child Care Expertise at Fingertip Distance*

No matter how big your family, no matter how much you've read, no matter how prepared you think you are for parenthood, there comes a moment when your baby needs ... something, and you feel completely alone. What do you do, then?

Arizona residents can call the **Birth to Five Helpline**, a toll-free connection to child development experts who listen to a parent's concerns and give wise counsel on topics from fussy babies to dietary problems to behavioral issues and developmental delays. Operated by Southwest Human Development and funded by First Things First, the Birth to Five Helpline is a free service, available at **1 (877) 705-KIDS**.

"We're not judgmental. We meet parents where they're at," Amy Cook, a Senior Fussy Baby Technician and Helpline operator, explained. "We slow down the caller. The luxury of the helpline is that we can take our time. We listen to the whole story and figure out, 'what's best for this little guy?'"

Available Monday through Friday, the Birth to Five Helpline connects callers to a team of child development specialists with a wide range of expertise. Nurses, Master's level counselors, psychologists, literacy, speech and physical therapists are all available—directly or by consultation—through the hotline. In the last year, Birth to Five Helpline staff members responded to more than 2,300 calls. "There is no typical caller," Cook said. "We get parents at the end of their rope; we get mothers trying to decide on a proper diet. We get a lot of people who are doing it right – but are just calling to make sure. Our job is to help them however we can, and let them know they're not alone."



## Hualapai Healthy Heart Program



### Setting

#### Community

- Hualapai Nation is located in rural NW Arizona
- The reservation is > 1 million acres
- The northern boundary is defined by the Colorado River and the Grand Canyon
- Most of 2200 users of the local IHS clinic live in Peach Springs, the only town center
- An outpatient IHS clinic serves the population
  - Clinic staff consists of 3 physicians and 2-3 nurses
  - Specialty services, e.g. nutrition, optometry and physical therapy provided irregularly by the Colorado River Service Unit > 150 miles from Peach Springs



### Intensive Program

#### Recruitment

- Meet with local IHS providers to encourage referrals
- Partner with the local Diabetes Prevention Program to gain referrals of those with high random blood glucose levels
- Information booths at health fairs and posters in high traffic areas, e.g. the store, the clinic, the restaurant and tribal office
- Worksite presentations
- Articles in the local paper, *Gamyu*?
- Mass mailing of program brochure sent to all PO boxes
- Introduction and invitation to the Healthy Heart program inserted in medication bags dispensed by IHS Pharmacy

#### Retention

- Birthdays cards sent to participants
- Healthy Heart Calendar featuring participants
- Healthy Heart Bucks
  - Participants earn bucks for completing questionnaires & lab measures, recruiting new participants and exercising
  - Redeem bucks for shoes, a crock pot, even a bike!
- Regular gatherings of all participants
  - Crafts nights
  - Holiday luncheons
  - Local and state field trips
  - Annual overnight camp with healthy meals, volleyball, walk and horse shoes
- Local and state field trips
- Annual overnight camp with healthy meals, volleyball, walk and horse shoes

#### Intervention

- 84 participants have completed case management
- 65 participants have completed HGH classes
- HGH graduation ceremony includes a healthy meal, a gift bag and a certificate acknowledging each participant's work

Hualapai Nation  
Peach Springs, AZ

THE UNIVERSITY OF ARIZONA  
Mel and Linda Zimmerman  
College of Public Health



### Less Intensive Program

- Coordinate Community Walks and Exercise Breaks
- Participate in Community Fairs and Gatherings



### Accomplishments

- Several participants no longer need insulin, one of these participants had used insulin for 20 years
- Successfully lobbied the Hualapai Tribal Council to pass:
  - An exercise policy allowing employees to get an extra 30 min/day to exercise during work hours
  - A food policy requiring that tribal funds be used only to purchase low fat, low sugar foods for meetings and gatherings
- Acknowledgement and visit by US Surgeon General

### Acknowledgements

Healthy Heart acknowledges the support of the Hualapai Tribal Council, local IHS and our participants' hard work!





## Guidance for Food Establishments

# Food Safety During Power Outages

## About this guide

The time to plan for an emergency is before one happens. This guide can help retail food businesses know what to do before, during, and after a power outage so they can protect their customers from foodborne disease and minimize product losses.

The biggest food safety concern is the condition of **potentially hazardous food** such as meats, eggs, dairy products, cooked vegetables, and cut melons. Potentially hazardous foods are usually moist, non-acidic, perishable foods and must be kept at temperatures below 41°F or above 140°F for safety.

## Before there is a power outage

- Consider having an electrical generator available during a power outage. It will need to be big enough to operate the electrical equipment in your facility, and its installation and use must be coordinated with your power company for safety.
- Investigate potential sources for a refrigerated truck to be used during a power outage.
- Think about creating an "emergency menu" of foods that can be served with minimal preparation and without additional cooking.
- Have a phone that plugs directly into a phone jack and does not require any additional power.
- Keep a list of emergency phone numbers, including the number for your local health department.

## When there is a power outage

- Keep track of the time the outage begins.
- Stop using gas or solid fuel cooking and heating equipment if the exhaust hood and make-up air systems stop working. *Using this equipment without proper ventilation can lead to a dangerous build up of toxic fumes that may cause injury or death.*
- Throw away any foods that are in the process of being cooked but have not yet reached their final cooking temperature.

*A power outage of 2 hours or less is not considered hazardous to food that was being held under safe conditions when the outage began.*

### Actions that can keep food safe for several hours:

#### Cold Potentially Hazardous Foods

- Keep refrigerator and freezer doors closed as much as possible.
- If practical, group packages of cold food together. Keep raw meats away from other kinds of food.
- Cover any open display refrigerators and freezers, especially vertical displays.
- Surround food with ice.

*Caution: If you use dry ice to cool food, it may cause an unsafe build-up of carbon dioxide in enclosed spaces.*

#### Hot Potentially Hazardous Foods

- Do not put hot food in refrigerators or freezers.
- Use canned chafing dish fuel under food on electric steam tables to help keep Potentially Hazardous Food at 140°F.

### Stop preparing food if:

- Food cannot be kept at safe temperatures (see tables on following page).
- There is no hot water.
- There is not enough water pressure.
- You cannot wash, rinse, and sanitize utensils properly.
- There is not enough light for employees to work safely.

## After the power is restored

- ▶ Check the internal temperature of all hot and cold Potentially Hazardous Food.
- ▶ Decide to either keep or throw away Potentially Hazardous Food, as shown in the tables below.
- ▶ If cold foods were grouped together to keep them cold, space them out again so they will cool more quickly.

### What to do with Potentially Hazardous Food:

Cold Foods			
Hours Power is Out	Cold Food Temperature		
	45°F or below	46°F to 50°F	51°F or above
0-2	OK	OK	OK
2-4	OK	OK	X
More than 4	OK	X	X

**OK** = Food may be sold, as long as it was 41°F or less when the power went out. *Immediately cool food to 41°F or less.*

**X** = Food may be unsafe and may not be sold.

Hot Foods		
Hours Power is Out	Hot Food Temperature	
	130°F or above	129°F or below
0-2	OK	OK
2-4	OK	X
More than 4	X	X

**OK** = Food may be sold, as long as it was 140°F or more when the power went out. *Immediately reheat to at least 165°F.*

*After reheating, hold at 140°F or more, or immediately cool to 41°F or less.*

**X** = Food may be unsafe and may not be sold.

## Reopening

If you voluntarily closed your facility, the following conditions should be verified before you resume food preparation and/or sale of potentially hazardous food:

- ▶ All unsafe Potentially Hazardous Food (according to the charts above) has been discarded. If there are any questions about the safety of specific foods, contact your local health department.
- ▶ Hot and cold potable running water is available for handwashing and dishwashing.
- ▶ All equipment and facilities are operating properly, including: lighting, refrigeration, hot holding, ventilation, and toilet facilities.
- ▶ Refrigerators are 41°F or less.
- ▶ Electricity and gas services have been restored.
- ▶ All circuit breakers have been properly reset as needed.

*If your facility was closed by the local health department, it must remain closed until that agency gives you official approval to reopen.*

## Disposal of food

- ▶ **WHEN IN DOUBT, THROW IT OUT!**
- ▶ If food must be thrown away, document the type and amount of food and the reason for disposal, so that you can provide the information to regulators and your insurance company.
- ▶ Small amounts of food to be thrown away can be treated with a cleaning product (such as bleach) so that they will not be eaten, and placed in the outside garbage bin.
- ▶ To throw away large amounts of food, contact your garbage disposal company or your local landfill operator for disposal instructions.
- ▶ If you have questions about the safety of specific foods, contact your local health department.

## More information

This document is intended as a guideline for most situations that occur during power outages. If you have further questions, contact your local health department at [www.doh.wa.gov/ehp/food/localcontacts.html](http://www.doh.wa.gov/ehp/food/localcontacts.html) or the Washington State Department of Health Food Safety Program at [www.doh.wa.gov/ehp/food/contact.html](http://www.doh.wa.gov/ehp/food/contact.html) or 1-888-586-9427.



### Walking to lose weight

A pound of fat on our body equals 3500 calories from food.

To lose one pound of weight each week you will need to burn 3500 more calories in physical activity than you eat that week.

**Reduce your calorie intake by 500 calories each day and after 7 days you should lose one pound.**

Losing ½ to one pound of fat a week is a reachable goal for each of us!!!

**ONE BAG OF MEDIUM CHIPS IS 600 CALORIES AND A SUPER SIZE POP IS 420 CALORIES.**

**Where do I start?**

**Week 1:** Start walking 15 minutes at an easy pace. Walk five days to build a habit.

**Week 2:** Add 5 minutes a day so you are walking 20 minutes, 5 days a week.

**Week 3:** Add 5 minutes a day. Now you are walking 25 minutes, 5 days a week.

**Week 4:** Add 5 minutes a day to walk 30 minutes, 5 days. That is 15 one way and 15 minutes back!

**Break it up. Walk two or three times a day for maybe 10 minutes each.**

**How fast? Take the talking test, you should be breathing faster than usual but able to carry on a conversation without gasping for air.**

**But it is "too hot", "windy", "raining, cold outside"...You can go to the Fitness Center or exercise in your house or office.**

**Most of us have been very active in the past. Remember how good you felt?**

**Walking helps you** deal with stress better, sleep better and helps you control blood sugar and blood pressure while you take the **weight off!**

**Walk with your friend or family and have fun!!!**

*Healthy Heart Staff invite all people who have diabetes to come join the program and take control of diabetes.*

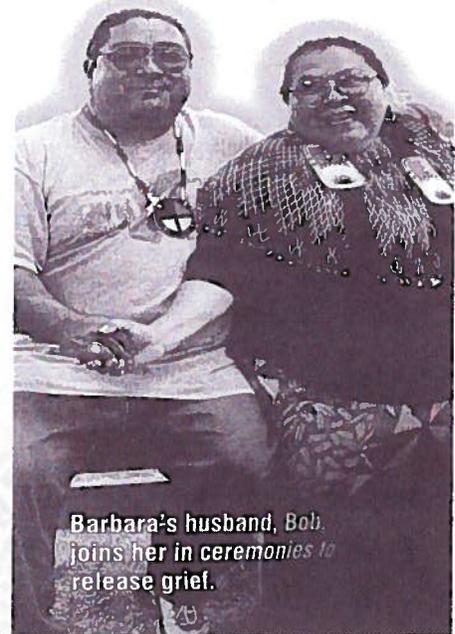
*Phone 769-1630 or stop by the pink trailer next to the old clinic. **WHAT HAVE YOU GOT TO LOSE?***

### A prayer for you

For all those with diabetes, all those with grief, may you lift up your sorrows to the stars and universe. I pray that the universe accepts your grief, lifts it from your shoulders. May you find your path to wellness. May your grief fade away and be replaced with peace and joy. ❖

Barbara Mora is a diabetes wellness presenter and author of the IHS book, *Using Our Wit and Wisdom to Live Well with Diabetes*. She can be reached at (760) 872-4229 or send an email to [dinec49@earthlink.net](mailto:dinec49@earthlink.net).

Barbara's book can be ordered free from the IHS online catalog at <http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rdc/index.cfm>.



Barbara's husband, Bob, joins her in ceremonies to release grief.

## New York man has lost 198 pounds since January

From the Herald & Review / [www.herald-review.com](http://www.herald-review.com) / November 8, 2011

FULTON, N.Y. (AP) - When Jay Wornick's wife said they both should lose some weight as a New Year's resolution, he took up the challenge. Ten months later, he's 200 pounds lighter.

Wornick tells the Post-Standard of Syracuse that he weighed 366 pounds on Jan. 1, when his wife issued the challenge. As of Monday, he was down to 168 pounds. That's a 198-pound weight loss in a little more than 10 months.

The 30-year-old father of three says his typical daily meals used to include a 20-ounce steak and three potatoes washed down with a 12-pack of soda.

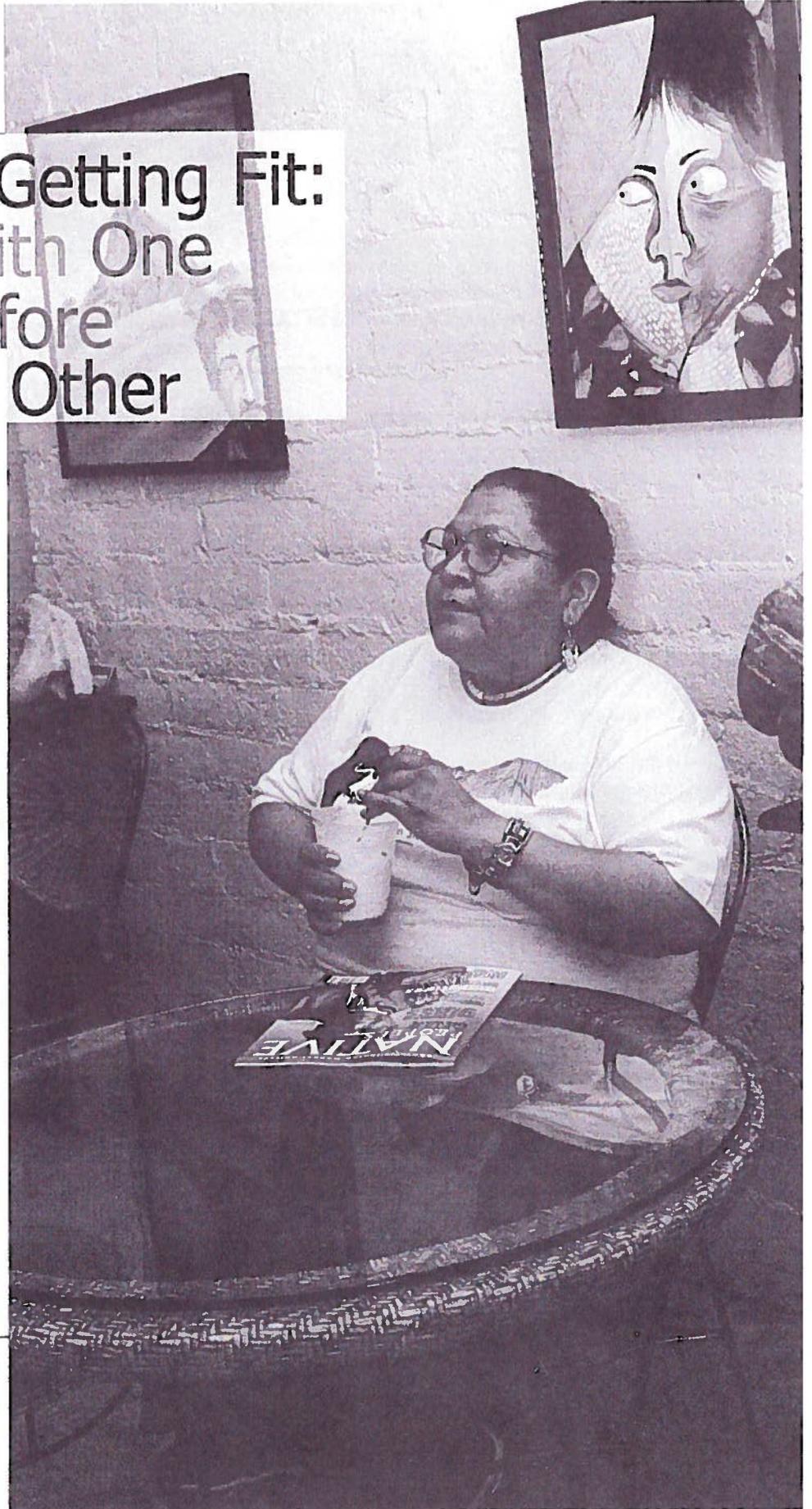
Now he eats fruits, vegetables and lean meats, drinks water and works out six days a week at the YMCA near the family's home in Fulton in central New York.

# Grief and Getting Fit: Dealing with One Comes Before Doing the Other

By Barbara Mora  
(Paiute/Diné)

GETTING FIT doesn't just happen. There are steps to take. I have found the first step is not going to the gym. It is not eating a spinach salad. It is not even walking around the block. Often the first step for a Native person to get fit is to deal with grief.

**Barbara Mora regularly takes time out for herself.**



**A significant grief**

I'm not talking about the grief of losing a job, or the grief of getting a divorce, or even the grief of losing a loved one. I'm talking about the grief of losing language, culture, pride, and all things dear to us for generation after generation.

**"What can I do today to recognize my grief? How can I let it out? What small step can I take today to be joyful?"**

As a Native person with diabetes, I know that dealing with past grief is the key to my being healthy with diabetes today. Grief robs us of energy. It robs us of hope. It robs us of the reason to be healthy and happy. A question I used to ask myself whenever faced with a hopeful thought was, "Why bother?"

That was grief talking. Grief was a sad, defeated me, sitting on my shoulder saying, "You know what's going to happen. This will not work. It will end in failure. It will end in tragedy."

**Small steps to joy**

So if dealing with and overcoming grief is the first step in getting fit, how do we do that? There are many ways Native people have dealt with grief: prayer, ceremonies, talking to spiritual advisors, getting support from loved ones.

I think the first step is to realize almost every Native person carries multi-generational grief with him/her. The first step is to ask ourselves, "What can I do today to recognize my grief? How can I let it out? What small step can I take today to be joyful?"

Many people look to churches or their faith for comfort from grief. Many tribes have ceremonies that help people deal with grief.

I would like to share with you our traditional Paiute funeral custom. It is a way we experience grief, let it pass on.

It is with much thought and prayer that I am sharing this. It is with hope that it will help other Native people deal with their grief.

**A Paiute ceremony for healing**

Imagine a cold night with a huge fire in the center of an enclosed area and the vast dark sky above. All the stars are

twinkling, witnesses to the beauty of the ceremony.

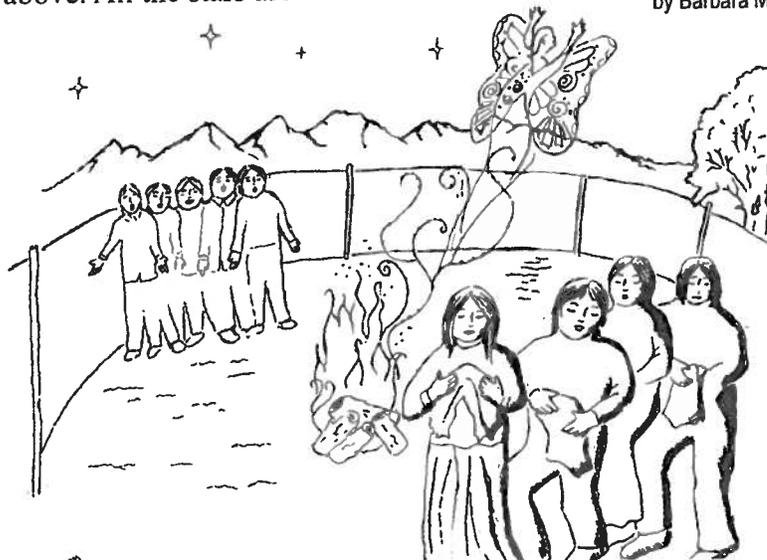
Men with deep, resonant voices sing ancestral songs, songs that can only be sung during this ceremony. Family of the deceased and community members are welcomed and encouraged to dance a specific funeral dance. In their hands they tenderly hold items of clothing worn by the deceased.

At a specific point in this dance, the clothing is held up to the sky, the stars, the universe, held up to show all creation that our loved one is journeying to the spirit world. We ask, "Please welcome our departed."

Many people dance this dance of grieving, helping, healing, this dance whose steps are the same as those danced by our ancestors.

During this time, my heart overflows with pride and love for all who take part. They will help the grieving family to heal. They help us all be stronger to overcome our own sorrow and begin our own healing.

Paiute healing ceremony illustration by Barbara Mora.



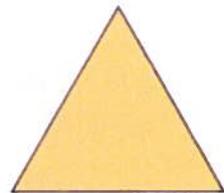
# PEACH SPRINGS ALATEEN

## 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





Samantha Sullivan  
 Peach Springs, Arizona 86434  
 Dear Hualapai Nation,

Thank you for purchasing my pig. My hard work finally paid off rewarding me with extra money to put in bank. This is my last year I am going to be in 4-H. Overall I've been in 4-H for 13 years. Most the years doing the swine project. Kept me busy and gave me something to do. I plan to put the money I get in the bank. So I can hopefully get a car. Anyways, thanks again.

Sincerely,  
 Samantha Sullivan



Shyralyn Marshall  
 Riverside, CA 92503  
 10/19/11

Hualapai Tribe  
 Peach Springs, AZ 86434  
 PO Box

To: Hualapai Tribal Council

Mr. Charles Vaughn, Council member

Hello, my name is Shyralyn Nala Marshall. I am 14 years old attending Sherman Indian High School as a freshman.

This letter is to serve as my thank you letter. First of all I had year in 4-H as my steer and I did a good job. In Showmanship, we placed 2<sup>nd</sup> blue. In Marketing, we placed a 3<sup>rd</sup> blue and I believe I was told my steer won 2<sup>nd</sup> place in Carcass Contest. All in all I believe I did a very good job.

Through out the year we had our ups and downs, we had to practice a lot and get used to one another. He was a tuff steer to handle but I managed to stick with him and not give up.

I was very happy to see you at the Mohave County Fair. I appreciate you bidding and purchasing my steer. I plan to use my funds wisely. I have educational goals, personal goals and continued 4-H goals to purchase my next animal, feed, and supplies I will need for it.

In closing, I extend my gratitude and appreciate once again for you and the Hualapai Tribe for being there to support the youth of our community as well as the Mohave County Are. I proudly represent the Hualapai Nation for each club, thank you for your time.

Respectfully submitting,  
 Shyralyn Nala Marshall



Dear Hualapai Nation,

I would like to thank you for coming to the 4H/FFA auction because without buyers like you, fair would not be possible. I would also like to thank you for buying my pig. The money I received from you will be going into my bank account for future animals. The money will also be put towards my education in childhood education and literature at Eastern New Mexico State University. You made it possible for my dreams to come true. Thank you again.

Sincerely,  
 Jessica Daugherty

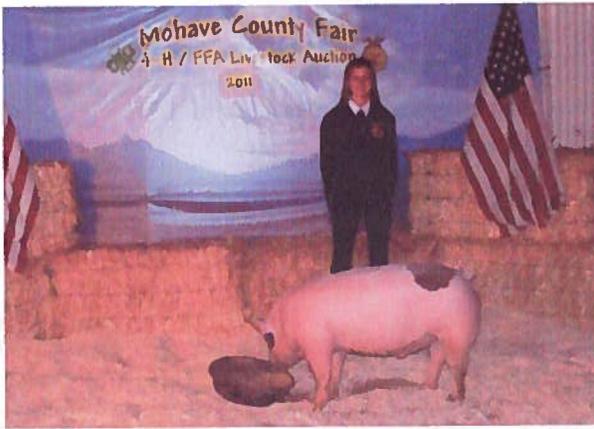


September 20, 2011  
 Hualapai Tribe:

I want to express my appreciation for your generosity and support at the Mohave County 4H/FFA and for purchasing my steer. I enjoyed talking with you and I look forward to seeing you again next year.

I really enjoyed my first year in 4H and I look forward to doing it again.

Thanks again,  
 Hunter Sturgill



Dear Mr. Vaughn,  
 Thank you for participating in this years Mohave County Live-  
 stock Auction. I just wanted to personally thank you for buying  
 my 4<sup>th</sup> Blue Swine, without buyers like you, the auction wouldn't  
 have been such a success. Raising a market swine taught me  
 how much responsibility really matters, from calculating rations,  
 to treating a pigs sunburn. With the proceeds from my swine, I  
 plan to buy and raise a market steer. I'd like to thank you again  
 for buying my swine and bringing a successful closure to this  
 years project. Hope to see you next year!  
 Sincerely,  
 Haley Finch

A Very Special Thank You

Special wishes sent with love. Your thoughtfulness means so much  
 Hello,  
 Me and my best friend Kim, had the absolute joy and pleasure to  
 find ourselves exploring the Grand Canyon West - Skywalk and the  
 Hualapai Ranch. It was here at the Ranch that we had the fortune to  
 meet one of the members of your tribe - who gladly gave us an  
 amazing wagon ride on Bonnie and Clyde. Sadly for us we never  
 learned his name but we were so honored, touched and inspired by  
 this mans kindness, warmth and compassion. He shared with us in-  
 sightful and interesting information about your tribe, how you live  
 and work, along with offering us advice on our journey. We were  
 both so touched and intrigued by everything he said and we both  
 have so much respect for your tribe and all your members. We are so  
 sad we can't thank this wonderful man by name, and I hope you  
 know who I mean when I say he works at the Hualapai Ranch and  
 gave us a wagon ride. He was truly inspiring so please pass on our  
 thanks to him and our love for your tribe.  
 Sara Breeze - U.K.  
 (We were at the Grand Canyon West mid August, two 25 year old  
 girls from England - my friend Kim was desperate to have a wagon  
 ride and very kindly this gentleman found a way to ensure this hap-  
 pened.)  
 There was another lovely man who gave wagon rides too who was-  
 n't a member of the tribe but he was so friendly too - he said he was  
 moving to New Mexico - please pass on our thanks to him too if he's  
 still there.

Hualapai Health Department

When clients call 769-2207, you will always  
 hear the automated system. If you choose,  
 you may dial "0" immediately to be for-  
 warded to the receptionist or if you wish you  
 may dial the extension of the person you wish  
 to speak with. Attached is the list of exten-  
 sions, also if you want to call the fitness cen-  
 ter or the radio station you may call the num-  
 ber above and dial the ext. at anytime during  
 the menu.

Ext.	Name
210	Alyce Crook
200	Angela Longman
238	Antone Brummund
228	Breakroom
216	Carol Wostal
215	Charlene Imus
261	Chira Walema
212	Classroom
234	Comp. Room
208	Conf. Room
231	Danna North
214	Darlene Bender
235	Darnell Wilder
232	David Brehmeyer
227	Dawn Kufeld
207	Denise Sine
260	Doren Sinyella
225	Doris Butler
262	Emma Tapija
265	Emma Tapija
250	EPCH
204	Health Ed
206	Jennifer Pope
271	Karen Hays
209	Leon Ghahate
236	Linda Havatone
273	Louis Teufel-Shone
224	Louise Wood
224	Lyle Havatone
205	Lyndee Hornell
202	Mary Imus
272	Melissa Deswood
230	Mike Kufeld
211	Monique Mahone Alvirez
274	Nicky Teufel-Shone
229	Paula DeNicola
213	Peggy Crozier
201	Pete Imus
233	Roger Cangialosi
226	Sandra Irwin
203	Sherry Counts
237	Staci DeLaney
251	Terri Hutchens
222	Tonia Brooks
224	Viola Gala
263	Yvette Montana