

Occupy Walk USA

Occupy Walk USA, is a non-profit organization that is walking in an effort to raise awareness of the movement's mission and to reach out to everyday American citizens in solidarity. Their slogan, *We are the 99%*, addresses the growing income inequality and wealth distribution in the U.S. between the wealthiest 1% and the rest of the population.



The group started their journey on February 18, 2012 at the Civic Center Plaza in San Diego, California and their destination is in New York City, more than 3,000+ miles. Three of the walkers: Jason Brock – Occupy San Diego, Danny Johnson – Occupy LA & Adam Peck – Occupy Dallas, were nice enough to share some time from their long walk to sit and share their walk with us while they came through the Truxton/Peach Springs on April 04, 2012. During the discussion, Jason shared the

quote, "Be the change you want to see in the world." – Ghandi

The group consisted of five (5) walkers: Jason, Adam, DJ, Vanity, Bill, and Mike and one (1) ground support: Chris. They average 18-20 a day and support themselves with any donations along their journey, which includes people willing to feed and open their homes to them.

On April 5, 2012 the group stopped by the Hualapai Cultural Center for some delicious Indian Tacos and also interviewed tribal members Rudy Clark and Desiree Perry for their website (ustream).

We wish you all a safe and successful journey to New York, come back and visit.

As we gather together in solidarity to express a feeling of mass injustice, we must not lose sight of what brought us together. We write so that all people who feel wronged by the corporate forces of the world can know that we are your allies.

As one people, united, we acknowledge the reality: that the future of the human race requires the cooperation of its members; that our system must protect our rights, and upon corruption of that system, it is up to the individuals to protect their own rights, and those of their neighbors; that a democratic government derives its just power from the people, but corporations do not seek consent to extract wealth from the people and the Earth; and that no true democracy is attainable when the process is determined by economic power. We come to you at a time when corporations, which place profit over people, self-interest over justice, and oppression over equality, run our governments.

We have peaceably assembled here, as is our right, to let these facts be known.

They have taken our houses through an illegal foreclosure process, despite not having the original mortgage. They have taken bailouts from taxpayers with impunity, and continue to give Executives exorbitant bonuses.

They have perpetuated inequality and discrimination in the workplace based on age, the color of one's skin, sex, gender identity and sexual orientation.

They have poisoned the food supply through negligence, and undermined the farming system through monopolization.

They have profited off of the torture, confinement, and cruel treatment of countless nonhuman animals, and actively hide these practices.

They have continuously sought to strip employees of the right to negotiate for better pay and safer working conditions.



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Regular council meeting will be on Saturday, May 05, 2012 at 8:00 a.m.

term.

Candidates eliminated in the Primary Election for Chairman or Vice-Chairman may still seek the position of Council Member in the General Election, provided, that the Candidates completed a Candidate Nomination and Filing Form by the deadline. A candidate who is successful in the Primary Election (received the first or second highest number of votes) may NOT run a Council Member position in the General Election.

List of Candidates

A list of candidates will be posted at the Multi-Purpose building, Tribal Office and Best Market on April 3, 2012.

List of Voters:

The Preliminary List of Eligible Voters will also be posted at the above locations on April 1, 2012. Written challenges to the Preliminary List of Eligible Voters will be accepted by the Election Board Clerk up to 5:00 p.m. on April 23, 2012.

The Election Board will make decision on all written challenges to the Preliminary List of Eligible Voters by April 25, 2012. The Election Board will post the Final List of Eligible Voters on April 25, 2012.

Absentee Voting:

Absentee Voting will be permitted in the Primary Election and General Election. Voters may request an Absentee Ballot by completing an Absentee Ballot Request Form which are available from the Election Board.

The official deadlines for the Election Board to receive your Absentee Ballot are:

Primary Election:	Thursday, May 3, 2012
General Election:	Saturday, June 2, 2012

Voters are responsible for returning their Absentee Ballots to the Election Board by the Official deadlines.

Important Dates:

April 3, 2012	Deadline to submit a Candidate Filing Form
April 3, 2012	Election Board post the list of Candidates
April 1, 2012	Election Board post the Preliminary List of Eligible Voters
April 23, 2012	Deadline to submit written challenges to the Preliminary List of Eligible Voters
April 25, 2012	Election Board rules on any written challenges to the Preliminary List of Eligible Voters
April 25, 2012	Election Board posts the Final List of Eligible Voters
May 3, 2012	PRIMARY ELECTION DAY
June 2, 2012	GENERAL ELECTION DAY

If you have any questions about the election process, call or write:

Clara Mahone, Election Board Clerk
Election Board
Hualapai Tribe
PO Box 179/941 Hualapai Way
Peach Springs, Arizona 86434
(928) 769-2216

2012 TERMS TO EXPIRE

CHAIRWOMAN - LOUISE BENSON	JUNE 2012
VICE-CHAIRMAN - RICHARD WALEMA, SR.	JUNE 2012
COUNCIL MEMBER - WYNONA SINYELLA	JUNE 2012
COUNCIL MEMBER - RUBY STEELE	JUNE 2012
COUNCIL MEMBER - SHERI YELLOWHAWK	JUNE 2012

COUNCIL CANDIDATES 2012 (REVISED)

Chairman

1. William Clay Bravo
2. Sherry J. Counts
3. Rudolph Clark, Sr.
4. Joshua Gordon
5. Cody H. Susanyatame

Vice-Chairman

1. Robert Bravo, Jr.
2. Hilda Cooney
3. Sylvia Jackson
4. Ronald Quasula, Sr.
5. Emma Tapija
6. Michael J. Whatoname
7. Philbert Watahomigie, Sr.
8. Sheri K. Yellowhawk

Council Members

1. Olin Beecher
2. Ivan Bender
3. Robert Bravo, Jr.
4. Rudolph Clark, Sr.
5. Hilda Cooney
6. Sherry J Counts
7. Earlene Havatone
8. Linda Havatone
9. Tasha P. Havatone
10. Melvin Hunter, Jr.
11. Sylvia Jackson
12. Ronald Quasula, Sr.
13. Emma Tapija
14. Ruby Steele
15. Cody H. Susanyatame
16. Sherlene Susanyatame
17. Twila R. Warbington
18. Sharon H. Whatoname
19. Sheri K. Yellowhawk

PUBLIC NOTICE

SPECIAL RECALL ELECTION FOR COUNCIL MEMBER, SHERI. K. YELLOWHAWK

**WHEN: May 2, 2012
Wednesday**

**POLLING PLACE: MULTI-PURPSE BUILDING
POLLS OPEN: 8:00 A.M. - 5:00 P.M.**

**TRIBAL MEMBERS SHALL VOTE TO DECIDE WHETHER TO RECALL
HUALAPAI TRIBAL COUNCILMEMBER, SHERI K. YELLOWHAWK**

**A "Yes" vote - supports the recall (removal) of Council Member, Sheri K. Yellowhawk
A "No" vote - opposes the recall (removal) of Council Member, Sheri K. Yellowhawk**

ABSENTEE VOTING WILL NOT BE PERMITTED

IN THE HUALAPAI TRIBAL COUNCIL

In the Matter of Ethical Charges Against:

RICHARD WALEMA, SR. Respondent.

The duly constituted Hualapai Tribal Council, by majority vote, on this 11th day of April, 2012, in an ethics hearing in which the Tribe was represented by Special Prosecutor James Park, and the Respondent Vice Chairman Richard Walema, Sr., was present represented by Thomas Grover, and after having found the Respondent guilty of Embezzlement of Tribal Property, in violation of Article VI, Section 2(A) of the Hualapai Code of Ethics as and for its sanction and disposition Vice Chairman Walema is hereby:

___ Censured

X Suspended for a period of ___ days the remainder of term. With pay (X) (or) Without pay (X) w.H., (B), (H)

___ Removed from Office.

Dated: April 11, 2012.

Voting in favor of the above sanction sanction

Voting against the above

Walema, Sr.
James Park
Charles...
Rudolph...
K... L...

Empty lines for voting against the above

Abstaining: [Signature]

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IN THE HUALAPAI TRIBAL COUNCIL
HUALAPAI RESERVATION, PEACH SPRINGS, ARIZONA

In the Matter of:

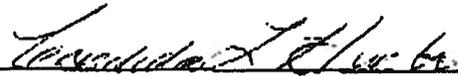
Louise Benson,
Council Member.

NOTICE OF NEW HEARING DATE

The Ethics Hearing set for April 12, 2012 at 9:00 a.m. pending against
Chairwoman Louise Benson is hereby continued to ^{May} April 2, 2012 at 0900
a.m./p.m.

So ordered this 11th day of April, 2012.

Hualapai Tribal Council


Candida Hunter, Presiding Officer

A copy of the foregoing Notice
Of New Hearing Date sent via e-mail/fax/mail on this
9th day of April, 2012 to:

Ms. Benson
Mr. Park

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**IN THE HUALAPAI TRIBAL COUNCIL
HUALAPAI RESERVATION, PEACH SPRINGS, ARIZONA**

In the Matter of:

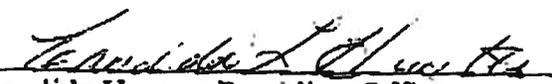
SHERI YELLOWHAWK,
Council Member.

NOTICE

The Ethics Hearing set for April 13, 2012 at 9:00 a.m. pending against Councilwoman Sheri Yellowhawk is continued to ^{May} ~~April~~ 8th, 2012 at 12:00 a.m./p.m. .

So Ordered this 11th day of April, 2012.

Hualapai Tribal Council


Candida Hunter, Presiding Officer

A copy of the fore-going Notice sent via e-mail/fax/mail on this 9th day of April, 2012 to:

Ms. Yellowhawk
Mr. Park

Dear Hualapai People,

April 6, 2012

Greetings to all! I hope that you are doing well this year. I wanted to write a few words to you in regards to my running for Chairwoman of the Hualapai Tribe.

I am currently working at the Hualapai Health Education and Wellness as the Underage Drinking Prevention Coordinator. We continue to work on a Strategic Plan to educate the community on the dangers of alcohol abuse for all those under the age of 21.

As a worker I have continued to promote a healthy community and made every effort to support positive change. I am a person that would rather encourage someone than look at his or her mistakes. I do not believe that yelling in anger or putting people down by name-calling is a way to deal with issues. I believe leaders should be respectful and able to listen.

I consider myself to be a problem solver and that it is better to work together to build than to work against each other and tear things down. In the past as Vice-Chair I came up against a lot of opposition and stood alone many times but I voted for those things I believed to be best for the Hualapai people.

We as Hualapai People are so rich with the land that is ours. The leaders before us have had great visions for us and we are now seeing those things come to pass. The creator has blessed us and kept us He has made us successful sending people that help us build upon those visions.

I believe in our culture and tradition that they have great value to us and we should teach our child and encourage them to learn those ways. We need to love our children and provide for them give them safe and secure homes and encourage them to go to school and learn.

As your leader I will work to ensure that everyone is treated fairly, I will follow the policies and procedures and empower the Director's and Program Managers to do their jobs respectfully. **I will speak and vote for those things that "are in the best interest of the Hualapai Tribe."**

I thank you for the opportunity to continue to work for you in the capacity of Chairwoman I have great respect for this position and with your help I will follow in the footsteps of my Dad, Uncles and relatives.

Respectfully Submitted,


Ms. Sherry J. Counts,
Hualapai Tribal Member

**LIVESTOCK PRODUCERS MARK YOUR CALENDAR
LIVESTOCK WORKSHOP
TUESDAY, APRIL 17, 2012
12:30 P.M. – 4:30 P.M.
HUALAPAI CULTURAL CENTER**

Presenters & Topics to be covered:

- **2012 Census of Agriculture on Tribal Lands-** Steve Manheimer, Director, Az. Field Office, USDA's National Agricultural Statistic Service
- **Poisonous Plants in Mohave County & Mohave County Conditions-** Rob Grumbles, UA Mohave County Extension Director
- **Developing a Sound Ranch Management Plan-** Trent Teegerstrom, Associate Specialist, U of A Department of Agriculture & Resource Economics

Coffee, Snacks, Door Prize

For further information call the Peach Springs Extension Office, 769-1284

Organized by:

Hualapai Nation Soil & Water Conservation District
Hualapai Department of Natural Resources, Agriculture Program
U of A Extension, Peach Springs Office

For programs mentioned, if you have a disability for which you seek an accommodation, contact our office (928) 769-1284 early enough to allow for time to arrange for the accommodation.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Silvertooth, Director, Cooperative Extension, College of Agriculture and Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Grand Canyon West 24th Annual Celebration

April 28, 2012

AGENDA

9:00 a.m.

GCW Terminal—Live Entertainment by “Dandy’s”

Traditional Blessing: Frank Mapatis

Posting of Colors: Hualapai Veterans Association

Traditional Flag Song: Sacred Wind

Welcome: Richard Walema, Sr., Hualapai Tribe Vice-Chairman

Derrick Penney, Chairman GCRC Board

Opening Remarks: Waylon Honga, GCRC Interim CEO

Hualapai Traditional Song & Dance

11:30 a.m.

Eagle Point Amphitheatre—Live Entertainment by “The Bluez Boyz”

GCW, Ranch & Skywalk Employee Recognition

Hualapai Traditional Song & Dance

Closing Remarks: Terry Kirkum, GCW General Manager

3:00 p.m. to 7:00 p.m.

Hualapai Ranch— Live Entertainment by “Midnight Rez Band”

ALL Hualapai Traditional Singers & Dancers are invited to participate

**SHUTTLES WILL
DEPART FROM
THE HUALAPAI
LODGE AT 6 AM
(First come first serve)**

FOOD SERVED

GCW Terminal—Brunch

Skywalk—Burgers

Quano Point—BBQ Beef
or Chicken Buffet

Ranch—Tacos & Chili

FREE for: Hualapai
Tribal Members,
Invited Dignitaries,
GCRC, Tribal,
PS Elementary,
Local IHS & BIA
Employees w/ up to 4
guests.



Natural Resource Conservation Workshop for Arizona Youth

June 25 - June 29, 2012 Mingus Springs Camp

Highlights

- Learn lifelong skills and create lifetime friendships.
- Explore and study Arizona's forests, streams, rangelands, soils, plants, and wildlife with expert instructors who will intrigue and challenge you!
- Lots of small group learning activities in the forests of the Prescott National Forest.
- Gain hands-on experience with hi-tech equipment, field testing, data collection and project design.

Details

Dates: June 25 - June 29, 2012

Where: Mingus Springs Camp between Prescott & Jerome

Tuition: \$125 per student (Financial assistance is available. Please indicate on application if assistance is needed.)

Open to all youth entering grades 8-12 in the fall of 2012.

Limit: 35 participants.

Deadline for Applications: Postmarked by **May 1, 2012**.

Applicants will be notified of selection results no later than June 1, 2012.

Upon notification of acceptance, the \$125 fee is to be paid unless other aid has been requested and awarded.

An exciting opportunity for you to explore the great outdoors and experience the thrill of a unique adventure. The 49th Annual Natural Resource Conservation Workshop for Arizona Youth is an interactive camp bringing together the latest in science and natural resource technology.

Mingus Mountain, in the Prescott National Forest, is the setting for learning about water, soils, plants, and other natural resources. You will discover nature by conducting experiments and completing outdoor projects. This is a hands-on workshop! Youth will have many opportunities to discuss and debate natural resource and management issues. Various group activities such as fishing, hiking, swimming, volleyball & horseshoes will be available during your free time.



Eligibility

Youth entering grades 8-12 in the fall of 2012 are eligible to apply. Youth must have an interest and desire to learn more about the environment in which we live. No applicant will be denied attendance because of financial need. Selection is made based on the merit of the application.

How To Apply

Complete the application or type the following on a single sheet of paper: Name, address, phone number, grade entering in the Fall of 2012, and email address (if available). Answer the following questions: 1) Explain why you would like to attend this camp. 2) Describe your interests and activities related to natural resources. 3) Describe any other special interests, hobbies, and involvement in community or school activities. 4) If appropriate, indicate the need for financial assistance. Application: <http://azrangelands.org/nrcway/NRCWAYflyer.pdf>

Mail application postmarked by May 1st to:

Kim McReynolds, Workshop Director,
AZ Section Society for Range Management
450 S. Haskell, Willcox AZ 85643

Questions: Contact Kim at 520-384-3594 or kimm@cals.arizona.edu

Location & Accommodations

Mingus Springs Camp is located on a secluded 88 acre wooded site at an elevation of 6,500 feet on Mingus Mountain in the Prescott National Forest. Participants will be housed in rustic cabins with a central bathhouse consisting of modern bathrooms and showers.



**49th Annual Natural Resource Conservation Workshop for Arizona Youth
Application for the June 25 - June 29, 2012 Workshop**

Name: _____

Address: _____

City: _____ Zip: _____

Date of Birth: _____ Phone: (____) _____ Grade Entering in Fall 2012: _____

E-mail Address (if available): _____

Explain why you would like to attend this workshop:

Describe your interest and activities related to natural resources:

Describe any other special interests, hobbies and involvement in community or school activities:

If appropriate, indicate the need for financial assistance:

Application must be **postmarked by midnight May 1, 2012**. Enrollment is limited to 35 participants. Applicants will be notified of selection results no later than June 1, 2012. Upon notification of acceptance, the \$125 tuition is due unless financial aid has been requested and awarded.

Mail Application to: Kim McReynolds, Workshop Director
Society for Range Management - Arizona Section
450 S. Haskell Ave., Willcox, AZ 85643
Questions: Contact Kim McReynolds at (520) 766-3602 or kimm@cals.arizona.edu

Sponsored by the Society for Range Management, Arizona Section



Hualapai River Runners Season Opening March 15

The Only One-day Grand Canyon Whitewater Rafting Adventure

PEACH SPRINGS, AZ (March 14, 2012) Hualapai River Runners, owned and operated by the Hualapai Tribe in northwest Arizona, opens its 2012 season on March 15 and will run until October 31. This season marks the 39th anniversary of Hualapai River Runners, which is the only one-day whitewater rafting trip through the Grand Canyon.



Hualapai River Runner guides have been training for weeks in preparation for the season opening by receiving intensive safety education including Wilderness Advanced First Aid, River Rescue and Swiftwater Rescue. During the training, they are educated in the history of the area and the Hualapai Tribe so they can provide informative narrations during the trip. All guides are certified and more than 50 Hualapai are employed by the Hualapai River Runners operation. Hualapai River Runners also operates the pontoon boat experience at Grand Canyon West, a 20-minute smooth water and helicopter trip through the canyon that operates year-round.

"Safety is first and the primary focus of the training. It is also essential for our guides to focus on our cultural objectives 'to learn specific knowledge, skills and attitudes which reflect an understanding for Native American values, stories, beliefs, rituals and way of life' which insures an authentic,

unforgettable visitor experience while keeping true to our roots," said Earlene Havatone, Hualapai River Runners General Manager.

The one-day rafting trip departs daily from the Hualapai Lodge on Historic Route 66 in Peach Springs, AZ at 8:00A.M. The rafters are driven down the only road that leads to the bottom of the Grand Canyon, on Hualapai reservation land, Diamond Creek Road (only accessible with a permit from the Hualapai Tribe). The rafters launch from the riverbanks on 8-passenger whitewater rafts specifically designed for traversing rapids of the Colorado River. The first set of rapids is just downstream from the launch point, providing a taste for what lays ahead. The rafters then dock along the riverbank where guests can take a short hike up to one of the hidden treasures of the Grand Canyon, Travertine Falls. The rafts continue downstream until they stop for lunch right on the riverbank. A few rapids later, which range from a rating of 3 to 7 (Colorado River is rated from 1 to 10), the water becomes smooth and rafters reach the bottom of Grand Canyon West, home of the Skywalk, where they take an exhilarating flight 4,000 feet up to the top of the canyon via helicopter. Rafters can add the option of walking on the Skywalk before returning by ground to the Hualapai Lodge. Rafters arrive back at the Lodge at approximately 6:00 P.M. where they can stay the night and enjoy the saltwater pool, Diamond Creek Restaurant and Native American culture or continue on their journey.



Rafting trips run seven days a week, but seats are limited, so reservations are required. Guests can book their trip or get more information by calling Hualapai Tourism at 1-888-868-9378 or visit www.hualapaitourism.com

About Hualapai Tourism:

Grand Canyon Resort Corporation, which is wholly owned and operated by the Hualapai Nation, manages Grand Canyon West, Hualapai River Runners (whitewater rafting), Hualapai Ranch and the Hualapai Lodge. Grand Canyon West is a collection of viewpoints and attractions spread over 9000 acres of the Grand Canyon's West Rim in Northwest Arizona, just 120 miles east of Las Vegas, Nevada. Grand Canyon West is the only place in the Canyon where visitors can access a boat ride on the Colorado River via helicopter and is home to the Grand Canyon Skywalk, a glass walkway 4000 ft above the canyon floor. The site attractions are: Guano Point, with panoramic canyon views and the historic guano mine tram; Eagle Point, the location of the Grand Canyon Skywalk, the Native American Village with authentic dwellings of multiple tribes, live Native American performances; and The Hualapai Ranch, a western town with cowboy entertainment, horseback riding, wagon rides and overnight cabins facing the Canyon rim. Private cars are welcome or all inclusive tours are available from Las Vegas, Phoenix and Sedona by airplane, helicopter, coach, SUV and Hummer. The Hualapai Lodge on Historic Route 66 and Grand Canyon West are open daily 365 days a year. Hualapai River Runners, the only one-day whitewater rafting trip through the Grand Canyon, operates March – October. Visitors can view a complete list of activities, book reservations and get directions at www.hualapaitourism.com or by calling 1-888-868-9378 - internationally at (001) 928-769-2636.

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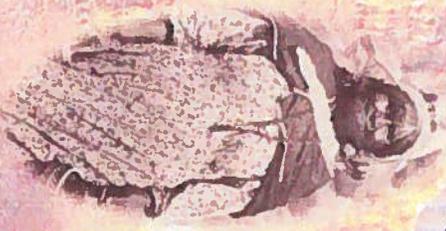
Media Contact: Colin Daviau – 702-889-9378 - pr@bestamericandestinations.com

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



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

14th Annual Gathering of the Pai



June 22, 23, & 24, 2012
Peach Springs, AZ
Ceremonial Grounds
(located adjacent to Head Start Bldg)

Game Demonstrations, Singing and
Dancing, Pai Woman/Elder Pai
Naming Ceremony & Many More...

**2012 TRIBAL HUNT DATES AND PERMIT FEE INFORMATION
BIG GAME***

(All hunts are Reservation Wide unless specified)

HUNT	SEASON	PERMITS	TOTAL INCLUDING 7% TAX	FEE DUE DATE
Tribal Turkey (Toms only)	April 28 – May 10, 2012	5 by Draw	\$32.10	at time of draw
Combo Hunt** (Any Bull Elk/Mule Deer) Westside Only	November 17 – November 26, 2012	5	\$300	1/3 fee due at time of draw
Tribal Bull Elk (any 10 consecutive days)	September 15 – December 31, 2012	2	By Raffle (\$20/ticket)	at time of draw
Tribal Cow Elk - Eastside	November 3 – November 11, 2012	5 by Draw	\$32.10	at time of draw
Tribal Cow Elk – Westside	November 3 – November 11, 2012	10 by Draw	\$32.10	at time of draw
Tribal Spike	November 1 – November 15, 2012	15 by Draw	\$53.50	at time of draw
Tribal Javelina	At 30 day intervals year round	Unlimited	\$32.10	at time of draw
Tribal Deer***	November 17 – November 26, 2012	1 per household	\$32.10	at time of draw
			BAG LIMIT (per day)	PERMIT FEE
Game Fish	Year Round		8	\$5/day
Small Game (squirrels and rabbits)	Year Round		5	\$5/day
Small Game (prairie dogs)	Year Round		15	No Fee
Migratory Game Birds****	September 30 – December 31, 2012		2	\$5/day
Upland Game Birds****	September 30 – December 31, 2012		5	\$5/day

*Any Hualapai Veteran who draws a regular season Turkey, Elk, and/or Deer tag will have their permit fee waived.

**For Combo Hunts: Elk taken shall be from the Westside only. If drawn for Combo Hunt, you are not eligible for any regular season hunts.

***For Deer Hunts: A legal mule deer buck is a mule deer with 4 points on one side or greater.

****For Bird Hunts: Federal Migratory Bird Stamp Required.

Reminder: Mandatory Check Out: You must check out with a Ranger, at the Game and Fish Department, or with a Tribal Biologist.

FREE LEGAL AID SERVICES

- to qualify fying low income people, at Peach Springs
- for assistance with civil (not criminal) legal issues, including:
 - consumer legal issues—such as repos, creditor problems
 - government benefits—such as social security, welfare, food stamps
 - family law
 - Indian wills
 - landlord-tenant issues
- *Please note: we will not be taking clients who have a legal issue where the other party (opposing party) is another Hualapai tribal member, or is the Hualapai Tribe*

When: **The first Thursday of each month, January through June of 2012**

- Thursday, January 5th, 2012
- Thursday, February 2nd, 2012
- Thursday, March 1st, 2012
- Thursday, April 5th, 2012
- Thursday, May 3rd, 2012
- Thursday, June 7th, 2012



What time: From 9 am – 3 pm

Where: Hualapai Tribal Offices; sign-in at front desk

If you feel more comfortable meeting at a different location, or if you cannot meet on Thursdays, please call (928) 774-0653, extension 4808, for a phone intake or to make an appointment.

Please note: All potential clients will first complete an eligibility interview and conflict check to determine whether they qualify for our services. After the eligibility interview and conflict check, if they do qualify for our services, they can meet with the legal aid attorney to discuss their legal issue(s). Please allow enough time for waiting, for the eligibility interview, and for the meeting with the attorney.

Questions? Call DNA People's Legal Services, Inc. in Flagstaff, at (928) 774-0653

DOMESTIC VIOLENCE CODE REVISIONS WORKING GROUP NEXT MEETING:

MONDAY, APRIL 16TH

5:30 PM - 8:30 PM (STARTING AT 5:30 SHARP)
AT THE MULTI WE NEED YOU!

COME HELP REVIEW AND RECOMMEND CHANGES TO YOUR
DOMESTIC VIOLENCE LAWS!

Questions? Call: (928) 774-0653 x4808, or
email: jmcewen@dnalegalservices.org

REFRESHMENTS WILL BE PROVIDED

**The next deadline for Gamyu articles (Issue #09) will
be on Friday, April 20, 2012 by 5:00 p.m.**

**You can hand-deliver, mail, fax or email your articles to the Hualapai
Planning Department, ATTN: Gamyu Newsletter to:**

**P.O. Box 179/887 W. Hwy 66, Peach Springs, Arizona 86434
(928) 769-1377 (F)**

dbravo@hualapai-nsn.gov

Thank you.

The Four Corners Region Tribal Strike Force Roundtable

Location: The Sky Ute Casino and Resort
14826 Colorado 172
Ignacio, CO 81137
<http://www.skyutecasino.com/>
1-888-842-4180

Date: Tuesday April 17, 2012

Time: From 1:00pm to 4:00pm

Airport(s): Durango La-Plata County Airport Durango CO 6.7 miles
Four Corners Regional Airport Farmington NM 42.6 miles
Albuquerque Sun-Port Albuquerque NM 155 miles
Denver International Airport Denver CO 247 miles

Background Information:

Secretary of Agriculture Tom Vilsack launched the Strike Force Initiative last year. The Strike Force Initiative began as a pilot program in 137 counties in Arkansas, Georgia and Mississippi. The Strike Force Initiative is an across-agency effort to accelerate assistance to Historically Underserved groups. In partnership with local community-based organizations, three USDA agencies the Natural Resources Conservation Service (NRCS), the Farm Service Agency (FSA) and Rural Development (RD) are working to improve USDA's outreach to these communities in order to increase their access to and participation in our valuable programs. The 2012 Strike Force will move their assistance to the Four Corners Region. This Roundtable is an opportunity for Tribes, organizations, non-profits and Individuals to come together with the Department to discuss the Strike Force process and goals.

For Further Information Please Visit:

[http://www.rurdev.usda.gov/Reports/rdUSDA Strike Force Rpt.pdf](http://www.rurdev.usda.gov/Reports/rdUSDA%20Strike%20Force%20Rpt.pdf)

Please RSVP To:

Steven E. Bond-Hikatubbi
-Intertribal Agriculture Council-
Regional Technical Assistance
Specialist - Arizona & Utah
mb: (928)-699-6774
steven@indianaglink.com

**Cimarron Apartment
1050 Beverly
Kingman, AZ 86409
(928) 757-7940**

April 1, 2012

Hualapai Tribal Council
PO BOX 179
Peach Springs, AZ 86434

RE: Introducing the availability of Cimarron Apartments in Kingman, AZ

To. Whom It May Concern:

I would like to take this opportunity to introduce Cimarron Apartments to you. Cimarron Apartments are a quality family complex located at the intersection of Beverly and Western Avenues. We are a Rural Development, Federally subsidized apartment complex consisting of 40 units; 16 one bedroom units, 20 two bedroom units and 4 three bedroom units.

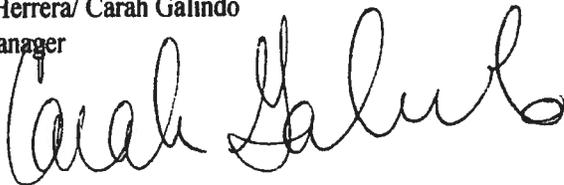
Rental Assistance subsidy is given to 34 of the 40 units. Tenants who qualify on very low income have first priority and when assigned Rental Assistance, they pay 30% of their adjusted income less a utility allowance.

The rent rates are as follows;

One bedroom, basic rent \$525, security deposit \$525 and utility allowance \$45
Two bedroom, basic rent \$650, security deposit \$650 and utility allowance \$66
Three bedroom, basic rent \$760, security deposit \$760 and utility allowance \$82

Thank you and if you have any questions, please contact my office.

Kristi Herrera/ Carah Galindo
Site Manager



EQUAL HOUSING OPPORTUNITY PROVIDER

"In accordance with federal law and the U.S. Department of Agriculture's Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)"

To File a complaint of discrimination, write to : USDA, Director, office of Civil Rights, 1400 Independence Avenue, S.W., Washington, +DC 20250-9410 or call 202-720-6382 (Voice and TDD)."

Education & Training Information

PEACH SPRINGS SCHOOL DISTRICT #8

Thank you, community, for helping us decrease our absence and tardy rates. We appreciate everyone who is working to ensure students are at Peach Springs Elementary School everyday by 8:00 a.m. and ready to learn! We still have a long way to go, but we are moving in the right direction. We would like to lower our absence rate to 7%...let's keep working to get there!

MARCH ATTENDANCE DATA

TEACHER/CLASSROOM	PERCENT ABSENT	PERCENT TARDY
Rich- 1 st grade	11.5%	2%
Walker – 1 st grade	9.8%	13%
Imus -2 nd grade	12.7%	7.2%
Lynema – 2 nd grade	8.7%	6.5%
Quasula – 3 rd grade	4.7%	10.1%
Tinhorn – 3 rd grade	10.3%	3.8%
Barnhart – 4 th grade	12.4%	4.8%
Kindle – 5 th grade	10.1%	6.9%
Guthrie – 6 th grade	7%	9.3%
Deswood – 7 th grade	15.6%	6.3%
Medina – 8 th grade	13.3%	9%

TOTAL AVERAGE

11%

7.47%

School BBQ and Kickball Game

On Thursday, April 26, Peach Springs School will have a BBQ picnic on the front lawn from 11:30-12:30 to celebrate Spring and the end of State testing. Community members and parents are welcome to join us. The cost of lunch is \$2.50 per person. Bring a blanket and come have a burger or hot dog with us. Following lunch, we will hold a kickball game on the back field. Later that night, we will have a movie show in the school library beginning at 5:30p.m. We hope to see you at school!

TESTING WEEK, April 16 – 19

Please ensure your students are at school during AIMS and Stanford 10 testing week. You can help your child be most successful by ensuring they get plenty of sleep, eat healthy meals, arrive at school before 8 a.m. and encouraging them to do their personal best.

*****Eighth Grade Promotion Meetings are being held every Wednesday at 5:00 p.m. in Ms. Medina's classroom. All are welcome!!!*****

Peach Springs 3rd Quarter Honor Roll, Perfect Attendance & Citizenship

Honor Roll

Breanna Watahomigie	Tiawna Sinyella	Shauntel Crozier	Angelique Jackson
Ritanna Susanyatame	Laurenz Imus-Siyuja	Tryston Jackson	Cintron Whatoname
Orianah Street	Cody Powskey	Damaris Parker	Penelope Whatoname
Clarence Manakaja	Juan Sinyella	Lane Watahomigie	Leah W
Simeon Alvarez	Sequoyah Jackson	Zilean Watahomigie	Malachi Garcia
Tahne Siyuja	DeLaynee Wells	Melody Jackson	Sunny Jackson
Jose Beltran	Cameron Baker	Elizabeth Samson	Pablo Ayala
Tyrone Fielding	Norasia Fielding	Wyatt Samson	Braeden Bender
Courtney Powskey	Shaileen Gonzales	Ines Siyuja	Kaydence Crozier
Jubren Siyuja	Meia Watahomigie	Taylariesa Siyuja	Cleveland Fielding
Alex Woody	Ruby Wellington-Powsey	Noele Susanyatame	Maylena Paya
Deleane Benson	Nylia Crooke	Damien Wayman	Quentin Steele
Beaux Havatone	Tyra Bravo	Serenity Havatone	Avis Sumatzkuku

Perfect Attendance

Ritanna Susanyatame	Carmella Beecher
Tyrone Fielding	Tonishia Honga
Teresa Suminimo	Genisia Crooke
Alex Woody	Terayna Tapija

Citizenship

Breanna Watahomigie	Kevin Fernandez
Jose Beltran	Savannah Pickayviet
DeMichael Bender	Cintron Whatoname
Tony Crooke	Edmundo Marrietta
Taylaquay Marshall	Kilian Siyuja
Miale Rosales	Arnell Powskey



Earn a quick, affordable and accredited high school diploma within 15 Days!

Add a recognized high school diploma to your resume and open avenues for a better job, promotion or further education! Take our online equivalency test now to see if you qualify for a High School Diploma. Call 24/7 for assistance!

For information, visit: www.woodfieldhighschool.com/lp/offer

For all those interested in getting their GED's or an online High School Diploma, come by the Department of Hualapai Education & Training Center, and see Lucille, Jean or Linda.

Our hours are from 1:00 p.m. - 3:00 p.m. in the computer lab, Monday through Friday, or you can go to the Peach Springs Elementary School and contact Ms. Deswood in room 1, Monday - Thursday from 4:30 p.m. - 5:30 p.m.



Good luck and hope to see you soon.

Hualapai Workforce Investment Act

ADULT & YOUTH PROGRAM TRAINING ANNOUNCEMENT

The Hualapai W.I.A. Program is accepting applications for the 2012 Program

**Applications
may be picked
up at the
Hualapai
Education &
Training
Center.**

The following documents are required when submitting your applications.

- 1 Certified Birth Certificate or State ID Card
 - 2 Social Security Card
 - 3 Tribal ID / CIB
 - 4 Income Verification
 - 5 Household Verification
- COPIES OF ORIGINAL DOCUMENTS WILL BE MADE.

Applications will be accepted until all slots have been filled.

Orientations to the W.I.A. Program will be scheduled by calling (928) 769-2200

*An Equal Opportunity Employer/Program
Auxiliary aids and services are available upon request to individuals with disabilities
TTY/TDD: 711

WE ARE YOUR



- Have you been laid-off from your job?
- Have you received notice of termination or layoff letter due to business downsizing or a permanent closure?
- Has your spouse been laid-off and you were dependent of his/her income?
- Are you eligible for or currently receiving Unemployment Insurance benefits?

If you answered YES to any of these questions, you may qualify for the Dislocated Worker Services!

REPAC CONSORTIUM

Sally Fulmer, Career & Employment Specialist, Sr

will be on site to answer any questions.

Hualapai Education & Training Center

Wednesday, April 18th

9:00 am to 12:00 pm

Equal Employment Opportunity Employer/Program

Auxiliary aids and services available upon request to individuals with disabilities.

Tired of being broke? Looking for meaningful employment?

Our community has a dire need for personal caregivers for Elderly, also for child care.

If you are interested, please contact Linda Banks at (928) 769-2200.

8:00 a.m. - 4:30 p.m. at Hualapai Education & Training Department.

PENN FOSTER HIGH SCHOOL

Program Overview

Earn your High School Diploma at home, at your own pace. Becoming a High School graduate opens up new opportunities - go to college, start a new career, earn more money. However, if you decide not to go on to college, your High School Diploma can qualify you for new career fields. Earning your high school diploma at home with Penn Foster is convenient, affordable, and accredited. Since there is no set class schedule, you study when and where it's convenient for you. You work at your own pace. There's no one to rush you or hold you back. And while you work independently, you're never alone. Expert instructors and support staff - dedicated to helping you complete your coursework - are just a phone call or an email away.

Prepare for your High School Diploma at home with these courses and more:

- Reading Skills, English, and Mathematics
- American and World History
- Biology, Earth Science, and Physical Science
- Career-oriented electives like Auto Repair Technician, Personal Computer Specialist, and more...

Traditional electives like Chemistry, Spanish, and Music. In as little as nine months for each year of High School you need, you can have your High School Diploma. If you only need a course or two, we offer you the opportunity to take only the courses you need. Note: You must complete

a minimum of 5.5 credits with Penn Foster to earn our high school diploma.

Don't Need a Complete Program? Penn Foster High School offers academic and financial credit for recognized high school courses you have already successfully completed. See the [Program Outline](#) for more information.

Respected and Accredited. You'll earn your High School Diploma from regionally and nationally accredited Penn Foster High School. Penn Foster High School is regionally accredited for grades 9 through adult by the Commission on Secondary Schools of the Middle States Association of Colleges and Schools and nationally accredited by the Accrediting Commission of the Distance Education and Training Council (DETC). Penn Foster High School is licensed by the Pennsylvania State Board of Private Licensed Schools.

Career Services Included! Graduates of the Penn Foster High School Diploma Program can take advantage of Penn Foster Career Services, which includes access to information on how to search for and find that great job, tips on interviewing, preparing a cover letter, and we'll even have a Certified Professional Resume Writer help you create your resume.

Home School Requirements. Any student who is of compulsory age must also comply with home school requirements dictated by their school district, or students will be considered truant. You need to check the requirement of your district to ensure the Penn Foster High School program meets the district's home school requirements.

Contact Penn Foster Today. We'll send you FREE information with absolutely no obligation! Find out more about earning your High School Diploma. Your program includes:

- All the books, study guides, & learning aids you need.
- Toll-free instructional support.
- Access to student services by website, phone, and mail.

Health & Safety Information

"IMPROVING PATIENT CARE"

PEACH SPRINGS HEALTH CENTER

Health Center Hours

Monday—Friday • 8:00 a.m.—5:00 p.m.

We are now open on Thursday mornings!



Important Reminders:

- Appointments are scheduled in 20-minute time slots, so please arrive at least 15 minutes early for your appointment. If you are 10 minutes late, you will have to reschedule.
- Call the medical (769-2920) or dental (769-2903) appointment lines to schedule or cancel your next appointment. Call the Pharmacy (769-2992) for medication questions or refills.
- Walk-ins will be seen on an emergency basis only. If you are not sure, please ask!
- 72-Hour notification to Contract Health is required for emergency treatment or admission at a non-IHS facility.
- Remember to take all outside prescriptions to the Pharmacy. If the Pharmacy has the prescription in stock, it will be filled directly by the Pharmacist. Otherwise, they will be reviewed and approved by an IHS Physician and then entered into your Electronic Health Record (EHR). Prescriptions CANNOT be filled without an order in the EHR from the Physician. This process may take some time, we appreciate your patience.
- Limit of THREE (patient/family) in the room during doctor appointments. Parents/Guardians please limit TWO children with you in the room during your appointments.
- Any questions on above, please ask.

Meet Our Newest Staff...Shawna LeBeau, Clinical Nurse

Shawna is originally from Belcourt, North Dakota. She is an enrolled member of the Turtle Mountain Band of Chippewa and is also Dakota Sioux. She received her Bachelor of Science degree in Nursing from the University of North Dakota in 2007. Shawna started her career in Belcourt, ND at the Quentin N. Burdick Memorial Health Care Facility (IHS) in 2007. She has worked for Hopi Health Care Center in Polacca, AZ and the Northern Cheyenne Service Unit in Lame Deer, MT before arriving at Peach Springs Health Center in February 2012.

Shawna relocated to the Kingman area with her husband and 2 sons; age 12 and 4. They are currently expecting their third child in late August. In her spare time, Shawna enjoys spending time together with family and being outdoors as much as possible.

P.O. Box 190 • 943 Hualapai Way • Peach Springs, AZ 86434
Phone: 928.769.2900 • Fax: 928.769.2701 • Toll-Free: 1.888.478.4369

Medical Appointments: 769.2920 • Dental Appointments: 769.2903
Pharmacy (Refills): 769.2992 • EMS (After Clinic Hours): 769.2233



Peach Springs Health Center

NOTICE

Please arrive 15 minutes early for your appointment.

Being 10 minutes LATE will require re-scheduling.

In an effort to better serve you, this guideline will help reduce your wait time and improve the flow of patient care.

Walk-ins will be seen on an emergency basis only.

Emergencies are defined as:	Conditions and Needs Requiring an Appointment
High Fever (101 or greater)	Medication refills
Children with fevers, ear aches, or a bad cough	Follow-up appointments
Abdominal pain	Routine shots
Shortness of breath	Cold symptoms: If your cold has not improved
Chest pain	Well Child exam/Immunizations
Injury within 24 hours, including sprains, strains and lacerations	School or employment physicals
Any infected-appearing wound	Routine dressing change
Severe pain	Diabetic check-ups
Asthma attack with wheezing or difficulty breathing	Lab reviews
	Suture removal
	Well woman exam
	Injuries greater than 24 hours old
Emergencies will be screened by a Nurse.	



Sweet and toxic: Is sugar really 'poison'?

By: Elisa Zied, R.D., | www.todayhealth.com | April 2, 2012

How could something so sweet be so bad for you? That's exactly the point. Sugar in all forms -- from the refined stuff in the bowl on your table to honey and high fructose corn syrup -- is a key contributor to many of our diet-related diseases and conditions, including obesity, type 2 diabetes, heart disease, high blood pressure and cancer, according to Dr. Robert Lustig, professor of clinical pediatrics at the University of California, San Francisco. In an interview Sunday with Dr. Sanjay Gupta on 60 Minutes, childhood obesity expert Lus-

tig cited sugar as the source of an American public health crisis.

According to recent estimates, about 16 percent of the total calories in American diets comes from added sugar --mostly in the form of soda, energy drinks, and sports drinks, grain-based desserts like cakes and cookies, sugar-sweetened fruit drinks, ice cream and other dairy desserts and candy. These highly palatable foods and beverages contribute a lot of calories with few nutrients, and crowd out healthful fruits, vegetables and whole grains and the nutrients those foods provide. But not all experts believe sugar alone is the dietary devil. "It's important to highlight that we get ourselves into trouble whenever we focus on one dietary attribute exclusively and ignore all the rest, says nutritionist Dr. David Katz, the well-regarded founding director of Yale University Prevention Research Center. Although Katz agrees that an excess of sugar -- fructose or any other form -- is harmful and that it's wise to limit it in the diet, he adds, "It's not sugar that's the poison, but the dose that makes the poison."

Currently, the American Heart Association recommends up to 100 calories (25 grams) per day of added sugar for women, and 150 calories (about 38 grams) for men. That's much less than you might think: 100 calories of added sugar is found in 1/2 cup chocolate ice cream (56 calories) plus one cup of low fat chocolate milk (45 calories). One can of regular soda contains 126 calories from added sugars.

Despite emerging evidence that links high added sugar intake with chronic health problems, until we know more, it doesn't help to completely eliminate sugar if other areas of our diet are lacking. Or as Katz explains, "When we focus on just one nutrient --however important it is --we tend to lose the forest for the trees. The food industry will be happy to give (us) whole new cart-loads of 'low sugar', artificially sweetened junk food. It will be low in sugar, but will still be junk food."

There are easy ways to lower your daily sugar load:

Sidestep soda. Instead of grabbing for a sugary drink, hydrate with club soda, seltzer, plain or sparkling water or unsweetened iced tea --all of these can be sweetened naturally with some fresh fruit or veggie slices or a splash of 100 fruit juice.

Look past the lump. Sugar grams listed on Nutrition Facts panel on packaged and processed foods and beverages lump naturally occurring sugars --lactose in milk and fructose in fruit --and added sugars together. Until that changes, rely on ingredients lists to know whether the product you are purchasing contains added sugars.

Learn the lingo on labels. Although it's no surprise that baked goods, dairy products like flavored milk and yogurt, salad dressings, sauces, and condiments have added sugar, some sources like whole wheat bread, peanut butter, and crackers may seem less obvious. Look for the following terms on ingredients lists --they all spell sugar: high fructose corn syrup, white sugar, brown sugar, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, anhydrous dextrose and crystal dextrose.

Find your sweet spot. Before you reach for dessert, have some fresh or frozen fruit or some unsweetened low-fat milk or yogurt to fill you up before you dig in. Choose only the sweets you love most, and stick to a small portion, such as a few bites of cake or ice cream, one small cookie, or small square of chocolate. If you go overboard on added sugars, know that you're human, cut calories elsewhere that day and try to avoid a sweet attack the next day. ■

Mohave County Superior Court
 Infant & Toddler Mental Health Team
 Presents:



Dr. Gale Gorke

Free of Charge!

Join Us

Monday, April 16, 2012
 9:00 a.m. to 4:30 p.m.



Lee Williams High School Cafeteria
 400 Grandview Ave, Kingman

Seminar Topics:

- Building Relationships with Children
- Intervention Strategies/Parenting Skills
- Learning Decision-Making Skills and Helping Children Learn Those Skills
- Community Collaborative Building
- Skills in Teambuilding -- work, home, personal relationships

RSVP to Amber McGuire at amcguire@courts.az.gov
 or call 928-753-0744 to register

Dr. Gale K. Gorke
 Executive Director
 Kids Kan Inc.
 P.O. Box 1181
 Calimesa, CA 92320
gkgorke@aol.com
<http://galegorke.com/>

Lunch on your own

Americans' consumption of sugar "unprecedented"

April 2, 2012 8:30 AM / www.cbsnews.com

(CBS News) The amount of sugar consumed by Americans today is unprecedented, and is contributing to heart disease and high blood pressure, a dietitian said on "CBS This Morning."

Cynthia Sass, a nutritionist and registered dietitian, was on the broadcast to discuss a "60 Minutes" report by Dr. Sanjay Gupta which explored studies indicating that sugar - more than any other substance - is linked to obesity, type-2 diabetes, hypertension and heart disease.

Sass explained that the average American today consumes 22 teaspoons of sugar a day. "In a year's time it's about 17 four-lb. bags of sugar per person per year," she told Charlie Rose. "We need to change our habits."

When asked why sugar may be considered toxic, Sass compared one's blood to a glass of water: "Now think about pouring sugar into that water. The more sugar that's there, the thicker and more syrupy that water gets.

"When that's happening in your body - in your blood - your heart has to work harder to pump that thicker fluid through your system," Sass said. "It puts stress on the heart. It puts stress on the arteries. It increases blood pressure. It attacks the kidneys, the liver. So it's really the amount that we have that's really causing these problems."

Sass said the source of sugar is also an important consideration. "The sugar that's healthy is the kind that comes from Mother Nature - the sugar that's in fruit, that's in yogurt, that's naturally occurring," she said. "So when you think about blueberries, a cup of blueberries, that has about 7 grams of fructose, but it's bundled with antioxidants, vitamins, minerals, fiber."

A can of soda, by comparison, has about 25 grams of fructose - about three times more - with no nutrients. ■

Sitting too much may double your risk of dying, study shows

By: Michelle Castillo | March 27, 2012 | www.cbsnews.com



According to a study in the March 26 issue of Archives of Internal Medicine, researchers discovered that people who sat for 11 hours a day or more were 40 percent more likely to die - from any cause. The researchers also found the odds of dying were 15 percent higher for those who sit between eight to 11 hours a day compared to those who sit less than four hours a day.

Researchers relied on self-reported data from 22,497 individuals 45 years or older from the 45 and Up study, the largest look at aging in the Southern Hemisphere. The study has interviewed over 265,000 men and women across New South Wales and Australia, focusing on about 10 percent of that group for additional data over the coming decades. The researchers determined sitting was associated with a higher death risk after ruling out other factors including gender, age, education, urban/rural residence, physical activity, body mass index, smoking status, self-rated health and disability.

"The evidence on the detrimental health effects of prolonged sitting has been building over the last few years," study author Hidde van der Ploeg, a senior research fellow at the University of Sydney, told HealthDay. "The study stands out because of its large number of participants and the fact that it was one of the first that was able to look at total sitting time. Most of the evidence to date had been on the health risks of prolonged television viewing."

A study last year by Harvard researchers found watching TV for two hours a day increases type 2 diabetes risk by 20 percent and heart disease risk by 15 percent, HealthPop reported. More than three hours of daily viewing and you're upping your risk of dying from any disease, the study found.

Too much sitting or a lack of physical activity has also been linked to causing up to 43,000 cases of colon cancer and 49,000 cases of breast cancer, HealthPop reported. That report, which was presented at the American Institute for Cancer Research in Washington, D.C. in November 2011, looked at over 200 studies worldwide and concluded that physical inactivity raises risks for cancer. The World Health Organization says physical inactivity is the main cause for approximately 21-25 percent of breast and colon cancers, 27 percent of diabetes and approximately 30 percent of ischaemic heart disease burden.

van der Ploeg told HealthDay that nine out of 10 adults spend relax by sitting down and fewer than half exercise for at least 150 minutes of at least moderate-intensity physical activity each week, a standard set by the WHO.

The researchers say that reducing sitting time, in addition to increasing physical activity levels, may help alleviate sitting's link to all-cause mortality.

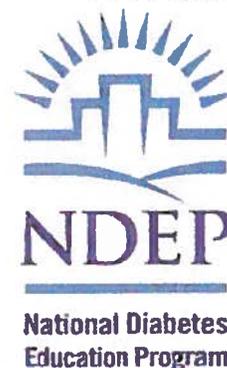
Other experts agree.

"We are continuing to demonstrate time and time again in different populations that there is something real to the association between sitting time and reduced longevity," Dr. Alpa V. Patel, an epidemiologist at the American Cancer Society in Atlanta who has published studies on the health risks associated with too much sitting, told WebMD. She suggests people should sit for five fewer minutes each hour. "Small changes can have a big impact," she said.

Have Diabetes, Will Travel.

By the National Disease Education Program

Heading out of town? Leaving your troubles behind? Off on an important business trip? Whenever you travel, your diabetes comes along with you. And while having diabetes shouldn't stop you from traveling in style, you *will* have to do some careful planning. Here are some helpful diabetes travel tips from the National Diabetes Education Program.



Plan ahead. Make sure you:

- Get all your immunizations. Find out what's required for where you're going, and make sure you get the right shots, on time.
- Control your **ABC's**: A1C, Blood pressure and Cholesterol. See your health care provider for a check-up four to six weeks before your trip to make sure your ABC's are under control and in a healthy range before you leave.
- Ask your health care provider for a prescription and a letter explaining your diabetes medications, supplies and any allergies. Carry this with you at all times on your trip. The prescription should be for insulin or diabetes medications and could help in case of an emergency.
- Wear identification that explains you have diabetes. The identification should be written in the languages of the places you are visiting.
- Plan for time zone changes. Make sure you'll always know when to take your diabetes medicine, no matter where you are. Remember: eastward travel means a shorter day. If you inject insulin, less may be needed. Westward travel means a longer day, so more insulin may be needed.
- Find out how long the flight will be and whether meals will be served. However, you should always carry enough food to cover the entire flight time in case of delays or unexpected schedule changes.

Pack properly.

- Take twice the amount of diabetes medication and supplies that you'd normally need. Better safe than sorry.
- Keep your insulin cool by packing it in an insulated bag with refrigerated gel packs.
- Keep snacks, glucose gel, or tablets with you in case your blood glucose drops.
- If you use insulin, make sure you also pack a glucagon emergency kit.
- Make sure you keep your medical insurance card and emergency phone numbers handy.
- Don't forget to pack a first aid kit with all the essentials.

Some things to keep in mind if you are flying:

- Plan to carry all your diabetes supplies in your carry-on luggage. Don't risk a lost suitcase.
- Have all syringes and insulin delivery systems (including vials of insulin) clearly marked with the pharmaceutical preprinted label that identifies the medications. The FAA recommends that patients travel with their original pharmacy labeled packaging. Keep your diabetes medications and emergency snacks with you at your seat - don't store them in an overhead bin.
- If the airline offers a meal for your flight call ahead for a diabetic, low fat, or low cholesterol meal. Wait until your food is about to be served before you take your insulin.

Otherwise, a delay in the meal could lead to low blood glucose.

- If no food is offered on your flight, bring a meal on board yourself.
- If you plan on using the restroom for insulin injections, ask for an aisle seat for easier access.
- Don't be shy about telling the flight attendant that you have diabetes - especially if you are traveling alone.
- When drawing up your dose of insulin, don't inject air into the bottle (the air on your plane will probably be pressurized).
- Because prescription laws may be different in other countries, write for a list of International Diabetes Federation groups: IDK, 1 rue Defaeqz, B-1000, Belgium or visit <http://www.idf.org>. You may also want to get a list of English-speaking foreign doctors in case of an emergency. Contact the American Consulate, American Express, or local medical schools for a list of doctors. Insulin in foreign countries comes in different strengths. If you purchase insulin in a foreign country, be sure to use the right syringe for the strength. An incorrect syringe may cause you to take too much or too little insulin.

Some things to keep in mind on a road trip:

- Don't leave your medications in the trunk, glove compartment, or near a window - they might overheat. If possible, carry a cooler in the car to keep medications cool. Bring extra food with you in the car in case you can't find a restaurant.

General traveling tips:

- Stay comfortable and reduce your risk for blood clots by moving around every hour or two.
- Always tell at least one person traveling with you about your diabetes.
- Protect your feet. Never go barefoot in the shower or pool.
- Check your blood glucose often. Changes in diet, activity, and time zones can affect your blood glucose in unexpected ways.

You may not be able to leave your diabetes behind, but you can manage it and have a relaxing, safe trip. To learn more about managing your diabetes or to order free resources, visit the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337), TTY: 1-888-596-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.



Monday, April 2, 2012

National Public Health Week · www.nphw.org

A healthier America begins with active living and healthy eating

SOMETIMES THE SMALLEST CHANGE CAN MAKE THE BIGGEST DIFFERENCE. If we take small actions, our communities, homes and families will see the large benefits of preventive care and grow the movement. Eating healthy and engaging in regular physical activity are just a few of the ways people can stay healthy. Yet each year, despite these easy ways to stay healthy, nearly 1 million Americans die from diseases that could have been prevented.

Eating less, eating healthier and exercising regularly can go a long way toward helping Americans lessen their risk from deaths that could have been prevented, such as heart disease, cancer and stroke. Even the smallest preventive changes and initiatives can make a big difference in living healthier lives.

Did You Know?

- Fewer than 15 percent of adults and 10 percent of adolescents eat the recommended amounts of fruits and vegetables each day.
- More than two-thirds of the adult population is overweight or obese. Approximately one in five children are overweight or obese by the time they reach their sixth birthday, and over half of obese children became overweight at or before age 2.
- Physical inactivity is a primary contributor to one-third of the adult population being overweight or obese and one in six children and adolescents being obese.
- At least 40 percent of adults and 80 percent of adolescents do not meet the Physical Activity Guidelines for Americans.
- In combination with healthy eating, physical activity can help prevent a range of chronic diseases, including heart disease, cancer and stroke, which are the three leading causes of death in America.

Together we can change these statistics and live longer and healthier lives. Small changes can help yourself, your family and your community. Taking action, both big and small, to promote active living and healthy eating is more than just common sense — it works. Here are just a few examples:

Start small...

- ✓ Eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size and eat together as a family.
- ✓ Eat less by avoiding oversized portions, make half of the plate fruits and vegetables, make at least half of the grains whole grains, switch to fat-free or low-fat (1 percent) milk, choose foods with less sodium and drink water instead of sugary drinks.
- ✓ Take part in Let's Move! activities. Let's Move!, launched by first lady Michelle Obama, is a comprehensive initiative dedicated to solving the problem of obesity within a generation.
- ✓ Engage in physical activity every day. Aim for a total of 60 minutes for children, 30 minutes for adults.
- ✓ Consider following the American Academy of Pediatrics (AAP) recommendations that children under 2 years old not watch any TV and that those older than 2 watch no more than one to two hours a day of quality programming.³²
- ✓ Supplement aerobic activities with muscle strengthening activities that involve all major muscle groups on two or more days a week.
- ✓ Support walk and bike-to-school programs and work with local governments to make decisions about selecting school sites that can promote physical activity.
- ✓ Plan family trips to parks and other outdoor locations.
- ✓ Post information about NPHW on your Facebook page, blog or Twitter account and share how you are working to live a more active and healthier life with your friends.
- ✓ Submit a letter to the editor to your local newspaper in response to a recent article that underscores the importance of active living and healthy eating during NPHW and beyond.

Think big...

- √ Create a local movement: start a farmers market, a food co-op, a community garden, a demonstration kitchen, a supper club or a canning circle.
- √ Lead or convene city, county and regional food policy councils to assess local community needs and expand programs (e.g., community gardens, farmer's markets) that bring healthy foods, especially locally grown fruits and vegetables, to schools, businesses and communities.
- √ Encourage local restaurants to provide nutrition information to customers on their menus and limit marketing of unhealthy food to children and youth.
- √ Work with schools to add more physical activity into the school day, including additional physical education classes, before- and after-school programs, recess and opening school facilities for student and family recreation in the late afternoon and evening.
- √ Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school; revitalizing parks, playgrounds and community centers; and providing fun and affordable sports and fitness programs.

There is much more you can do to help promote active living and healthy eating beyond these actions. By raising awareness of prevention within your community during National Public Health Week, you can help members of your community live healthier and longer lives.

Top 5 Heart-Healthy Snacks

By KIM CAROLLO / March 26, 2012 / www.abcnews.com

Of all the nutritious snack options available, new research suggests that raisins and soy may pack some of the biggest wallop when it comes to being heart healthy. At the American College of Cardiology's annual meeting this past weekend, researchers presented results of separate studies that evaluated the effects of raisins and soy on blood pressure. The studies found that both foods lowered blood pressure when consumed regularly. Experts weighed in on these and a few other snacks that offer heart-healthy benefits. ABCNews.com compiled a list of the top five.

Raisins. It's long been believed that raisins have a positive effect on blood pressure, and a study by doctors at the Louisville Metabolic and Atherosclerosis research Center (L-MARC) now offers some proof to that claim. In their study, Dr. Harold Bays and his colleagues randomly assigned 46 men and women who had borderline high blood pressure to consume either about 60 raisins or a pre-packaged snack three times a day.

"We monitored blood pressure, and when we did that and looked at the final result, we found that compared to the snack group, the raisin group showed a significant decrease in systolic blood pressure," said Bays, who is medical director and president of L-MARC. Bays believes the potassium in the raisins brought about the decrease in blood pressure.

"Prior studies had already supported that if you give people potassium, blood pressure would go down," he said.

What is also significant about his study, Bays added, is that it is one of the only studies to evaluate the relationship between raisins and blood pressure.

Soy Products. Soy products are protein-rich dietary staples found to have positive cardiovascular effects, including lowering blood pressure. Researchers led by Safiya Richardson, a fourth-year medical student at Columbia University's College of Physicians and Surgeons studied the relationship between isoflavones, compounds found in soy, and blood pressure among subjects participating in the nationwide Coronary Artery Risk Development in Young Adults (CARDIA) study. They found that consuming only 2.5 milligrams of isoflavones a day (by comparison, an 8-ounce glass of soy milk has 22 milligrams) lowered blood pressure by about 5 points. The effect was especially strong among African-Americans.

"Studies have shown that one particular isoflavone, genistein, has been found to have cause blood vessels to dilate, which is why it can lower blood pressure," Richardson said. Genistein was one of three isoflavones examined in the study.

Walnuts. While experts generally consider nuts to be heart smart because they contain healthier monounsaturated and polyunsaturated fats, walnuts are a particularly healthy choice. "Nuts are among the foods that have the types of fats that reduce the levels of LDL -- the 'bad' cholesterol -- and increase the levels of the good HDL cholesterol in our blood," said Dr. Philip Ragno, director of cardiovascular health and wellness at Winthrop University Hospital. "With walnuts, you are getting alpha-linoleic acid, which converts to an omega-3 fatty acid, which can help prevent cardiovascular disease," said Allison Stowell, dietitian at Guiding Stars, a food rating system based in grocery stores around the country.

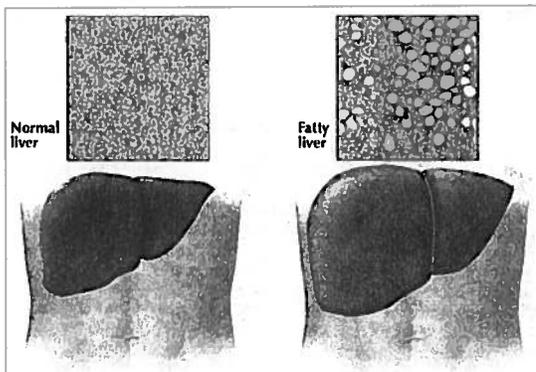
Omega-3 fatty acids are also abundant in fish, and according to the American Heart Association, they can lower the risk of developing abnormal heart rhythms and can also decrease the levels of triglycerides in the blood. A recent study found that walnuts also have about twice the amount of antioxidants as other nuts. Eating foods rich in antioxidants can

help reduce the risk of heart disease, according to the Cleveland Clinic.

Avocados. "Avocados are a super-fruit that has lots of monounsaturated fat," said Stowell. Avocados also have a lot of vitamins, fiber and potassium. According to the U.S. Centers for Disease Control and Prevention, avocados have 60 percent more potassium than bananas.

High-Fiber Foods. One of the healthiest nutrients in avocados and other heart-friendly foods is fiber. "Fiber helps cleanse the digestive tract of potentially dangerous fats," said Ragno. "Snacks that are high in fiber include oats, grains, beans, fruits and vegetables." "Fiber also helps lower cholesterol, which can help lower the risk of cardiovascular disease. Dietary guidelines say women should consume 25 grams of fiber per day and men should consume 38 grams, according to the Academy of Nutrition and Dietetics, formerly the American Dietetic Association.

Nonalcoholic fatty liver disease A growing health concern



You've always limited your alcohol consumption to an occasional glass of wine or cocktail. But after a routine blood test at your last checkup showed elevated levels of certain liver enzymes, your doctor is concerned that you may have nonalcoholic fatty liver disease (NAFLD).

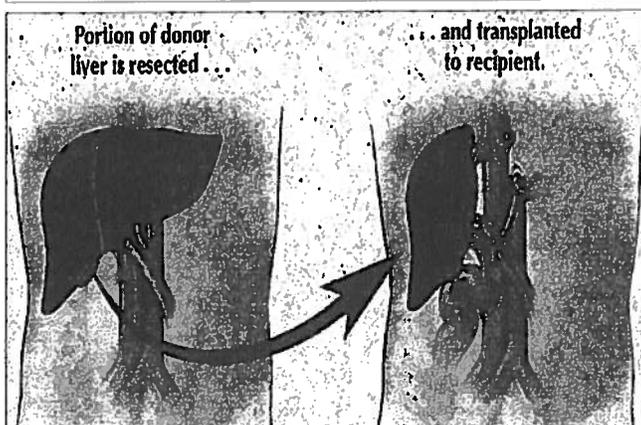
NAFLD - a condition in which excess fat accumulates in the liver of people who drink little or no alcohol - has become one of the most common liver diseases in the U.S. Currently, it's estimated that the disorder affects up to 20 percent of American adults. Researchers believe this is associated with rising rates of obesity.

A buildup of fat

Still, NAFLD often goes unnoticed because it usually causes no signs or symptoms. In its simplest form, it also tends to be free of complications. However, a buildup of fat in the liver can result in inflammation and scarring (fibrosis). This more serious form of NAFLD - called nonalcoholic steatohepatitis, or NASH - can cause severe liver damage and eventually lead to liver failure or liver cancer in a small percentage of people. Your liver performs many tasks, including processing what you eat and vigorous activity may help reduce damage from fatty liver disease. But if you don't already exercise regularly, talk with your doctor first about the best way to start.

- **Manage other conditions**—if you have diabetes, high blood cholesterol or other conditions that may be contributing to fatty liver disease, work with your doctor to keep them well managed.

- **Protect your liver**—It's important to avoid alcohol and any unnecessary use of medication, which can put stress on your liver. If you need to take medication, carefully follow instructions and written warnings. For instance, acetaminophen—a pain reliever found in many prescription and non-prescription drugs—can cause liver damage if you take more than the recommended amount. The risk of liver injury primarily occurs when people take multiple products containing acetaminophen at one time and exceed the current maximum dose of 4,000mg within a 24-hour period. No alternative medicines have been found to treat NAFLD. Antioxidant vitamins have been studied to see if they can reduce or neutralize damage caused by inflammation, but results have been inconclusive. Researchers also are studying medications designed to increase sensitivity to insulin. However, questions remain about their long-term safety and effectiveness.



Liver transplants

When a liver becomes so damaged or diseased that it can no longer function properly, a transplant may be needed.

In the U.S., more than 6,000 liver transplants are performed each year, according to the American Liver Foundation. Cirrhosis, a condition in which scar tissue gradually replaces healthy liver tissue, is the most common reason for transplants.

Common causes of cirrhosis include heavy alcohol consumption and the hepatitis C virus. Another major cause is nonalcoholic fatty liver disease (NAFLD). With NAFLD, fat builds up in the liver. The most serious form of the disease, known as nonalcoholic steatohepatitis (NASH), can result in major liver damage in a small percentage of people.

Although it's not clear what can cause the progression of NAFLD to NASH, fatty liver disease is considered an emerging health threat. Already NASH is the third leading reason for liver transplantation in the U.S. and research indicates that within the next 10 to 15 years it could become the most common reason for a transplant.

Join us for the
**Relay For Life of
Kingman**

When

Saturday June 2, 2012
Event starts at 6:00 PM
And ends at 6:00 AM
on Sunday June 3th

Where

Kingman High school

CONTACT INFO

Event Chair: Jodi Snow
928-681-2821
Kingmanrelay2012@gmail.com

Team Development:
Cecilia Clouser
928-530-7716
cececlouser@yahoo.com

Ways To Get Involved

- *Start a Team
 - *Join a Team
 - *Sponsor a Team
 - *Invite a Survivor
- www.Kingmanrelayforlife.com

Relay For Life of Kingman
403 N Agassiz Suite 1
Flagstaff, Arizona 86001



**WOMEN'S DOMESTIC
VIOLENCE CLASSES
EVERY MONDAY
EVENINGS
6 PM- 8 PM**

**DOMESTIC VIOLENCE
BATTERERS
INTERVENTION
CLASS HELD AT
HUMAN SERVICES
Wednesday
6:00 PM TO 8:00 PM
MEN/WOMEN**

COMMUNITY MESSAGES



Annica Benning

When Annica was in the 4th grade, she organized a used book drive as a 4H project. She collected over 2000 books, which she donated to underserved children. Giving away that many books was an amazing experience. The same year, she did a report on Native Americans. The book, In the Spirit of Mother Earth, Nature in Native American Art, captured her mind. The beauty of Native American art stunned her. Both of these experiences stayed with her. To fulfill her desire to make a difference, Annica combined her commitment to early literacy, her love of Native American art and her hobby as a photographer. She decided to write this book because she wanted to do something meaningful and educational for the children of Arizona. Her hope is to inspire imagination.

Annica believes knowledge is key to the next generation playing an active part in the appreciation and preservation of Native American cultures.

Annica Benning, a non-Native American, began this book when she was 13 in Scottsdale, Arizona. She attends Barrett, the Honors College, ASU. She often speaks on the importance of youth volunteerism and 'bridging the last great divide', fostering understanding between Native and Non-Native American youth.

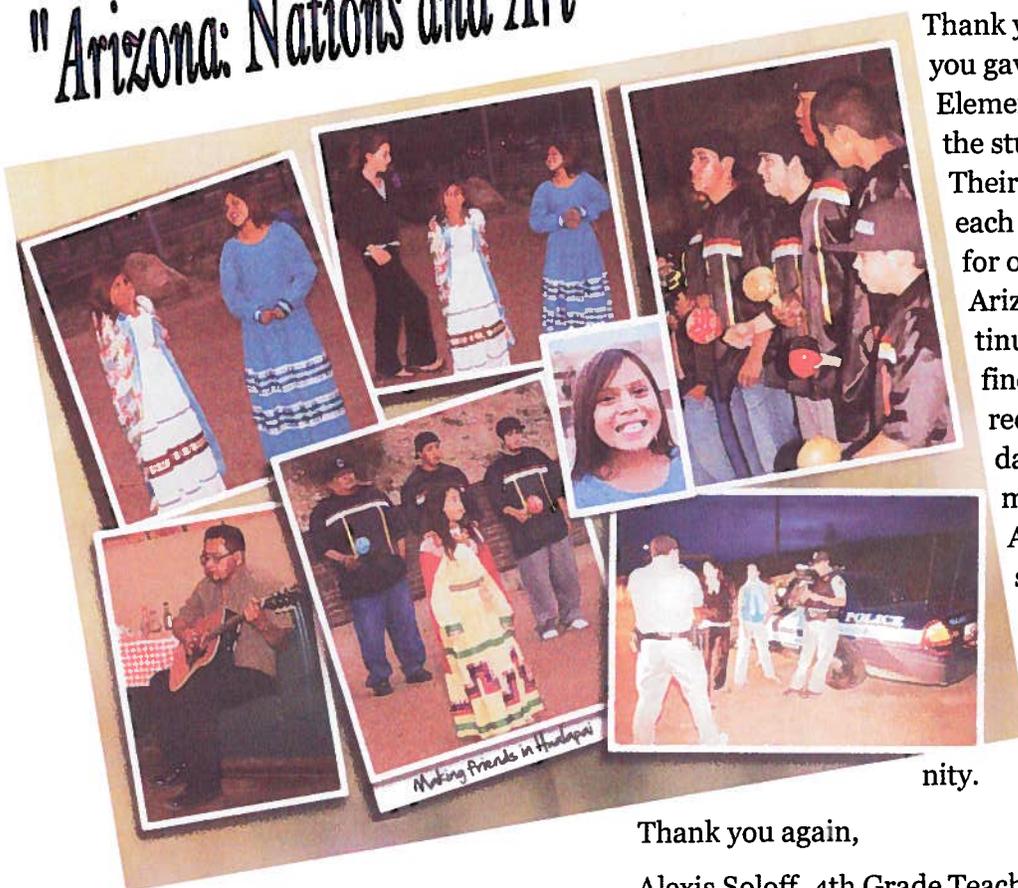
For more on Annica visit www.AnnicaBenning.com.

One book, in the fourth grade, planted the seeds in Annica's mind from which this project grew. Annica hopes this book will inspire others to discover the world in which we live.

March 7, 2012

To Whom It May Concern:

"Arizona: Nations and Art"



Thank you so much for the books that you gave to our students here at Homes Elementary. It was such a joy watching the students open their very own books. Their faces lit up as they read through each page. It's an amazing opportunity for our fourth grade students around Arizona and I am glad that it has continued throughout the years. I also find it wonderful that the book directly supports our academic standards in social studies. The information given regarding Native American and our state helped my students to get a better understanding of what is taught in fourth grade. Attached you will find letters from our students thanking you for this opportunity.

Thank you again,

Alexis Soloff, 4th Grade Teacher, Holmes Elementary School

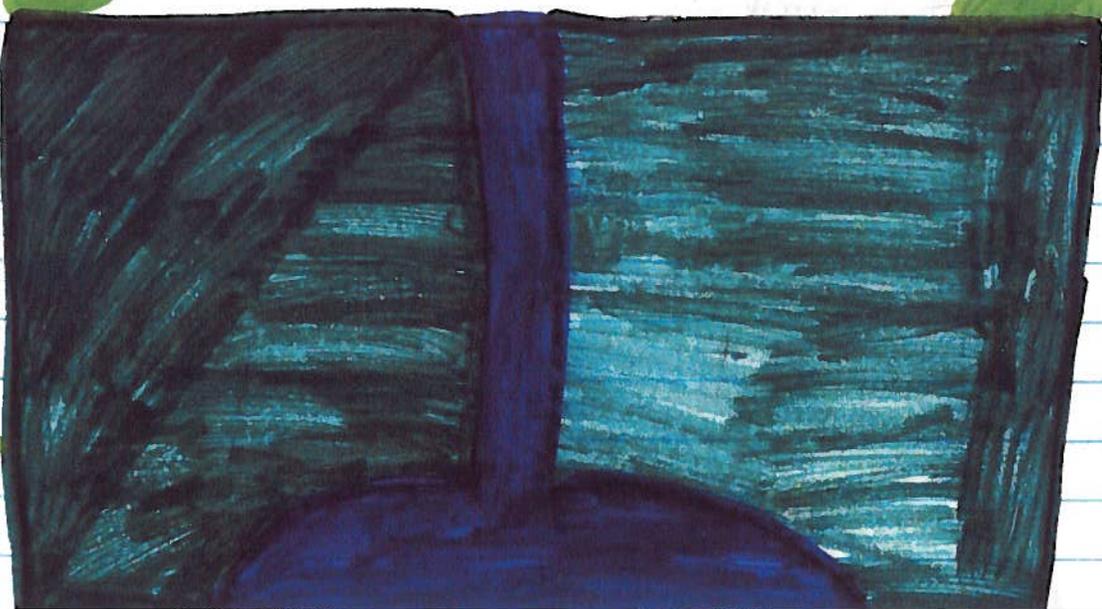


Dear Haulapai Nation,

3-19-12.

Thank you for the books you gave us it was a wonderful book. I love the pictures they were beautiful and lovely. I love the rugs they made and the Jewelers they made too and even the Potters. That book was wonderful I loved the book it had a lot of interesting. I hope you show other students the book. I loved you book and thank you so much for them.

Sincerely,
Maria Bivera



March 9, 2012

Dear Ms. Benning,

My name is Savannah Welch. I am a 4th grader at Countryside Elementary in Surprise, Arizona. I am writing this to thank you for the Arizona Nations and Arts book that was donated to our class. I like this book because it has awesome facts! We can use this book for Social Studies when we are learning about Arizona's history or talking about the Navajo people. What I found interesting was about the book was the Skywalk Bridge above the Grand Canyon. I found that interesting because I had never known about that and it looks cool. Another thing I found interesting was the vessel with the black lines in it. The black lines came from a horse's tail that's interesting. This book will help us understand more about the cultures we have learned during Social Studies. Thank you again!

Sincerely,
Savannah Welch
Mrs. Dixon's class

March 9, 2012

Dear Ms. Benning,

My name is Heidi Howell. I am a 4th grade student at Countryside Elementary in Surprise, Arizona. I am writing to thank you for the Arizona Nations and Art book that was donated to our class. The reason why I like this book is because, it has a lot of detail and picture in it. Plus it shows how life was back then. We can use this book in class is, we can refer back to it when we are writing how they make it and how they were it. We can also use it for silent reading. Two things I thought were interesting is the jewelry and the little pot, tray, and jug. The jewelry is so beautiful I would totally wear them!!! I think the pot, tray, and jug were cute because they were so tiny!!! This book is a great addition for learning about Arizona cultures. Thank you again.

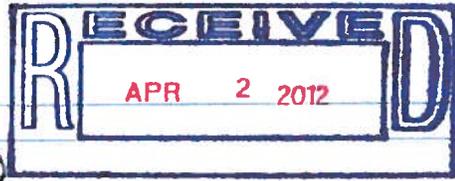
Sincerely,

Heidi

Howell

Ms. Dixon's Class

MARCH 9, 2012



Dear Ms. Benning

My name is Nathan. I am a 4th grade student at Countryside Elementary in Surprise, Arizona. I am writing to thank you for the Arizona Nations and art book that was donated to our class. I like this book because it's telling cultures from all around the world! I read it during reading time. I found that there were over five tribes living in Arizona. I also found out that a girl fought in a war in Iraq and died, in honor they named a peak and a freeway after her. This book will help us understand more about the cultures we have learned during social studies. Thank you again

sincerely,
Nathan
Gonzalez
Mrs. Dixon's
class

Dear Ms. Benning,

My name is Arrow Encino. I am 4th grade student at Countryside Elementary in Surprise, Arizona. I am writing to thank you for the Arizona Nations and Art book that was donated to our class. I like it because it talks about WW II. We can use this book for social studies for WW II and Navajo Code Talkers. I found interesting a baby strapped in a bed like thing and not a stroller I also found interesting how the Navajo Code Talkers say things like a destroyer is called shark and shark mean Ca-Lo that's what I found interesting. This book is a great addition for learning about Arizona's cultures. Thank you again.

Sincerely,
Arrow Encino
Mrs. Dixon's class

2424 E. Maren Dr.
Chandler, AZ 85249
March 29, 2012



Hualapai Tribe
PO Bbx 179
Peach Springs, AZ 86434

Dear Hualapai Tribe:

I'm a fourth grader at Hull Elementary school in Chandler, Arizona. My class is working on a special project about Arizona Indian tribes. I will be doing research on your tribe. This a very exciting project.

I would appreciate any help you could give me. I am interested in any brochures or printed material like (a flag, business brochures, a seal, etc.) And any hobbies that you have or other info. about your tribe.

Thank you for your help. I look forward to your response.

Sincerely,
Trevor Trevor

2424 E. Maren Drive
Chandler, AZ 85249
March 29, 2012



Hualapai Tribe
PO Box 179
Peach Spring, AZ 86434

Dear Hualapai Tribe:

I am a fourth grader at Hull Elementary School in Chandler, Arizona. My class is working on a special project about Arizona Indian tribe. I will be doing research on your tribe. This is a very exciting project.

I would appreciate any help you could give me. I am interested in any brochures or printed material concerning the history, climate of your region, arts and crafts, and any other facts about your tribe.

Thank you for your help. I look forward to your response.

Makenzie

March 9 2012

Dear Ms. Benning

My name is Jacyl Gilley. I am a 4th grade student at Countryside Elementary in Surprise, Arizona. I am writing this letter to thank you for the Arizona Nations and Art book that was donated to our class. I liked the book because Arizona history is something that I am interested in, and your book had lots of Arizona history. I think that I would use your book for social studies to find information on things that I don't know or want to know. Two things that interested me is about Montezuma Castle and the Navajo code talkers. I found Montezuma castle interesting because there was some facts that I didn't know. The Navajo code talkers interested me because I didn't know that Navajo code talkers are still alive. This book is a great addition for learning about Arizona cultures. Thank you again.

Sincerely,
Jacyl Gilley
Mrs. Dixon's class

March 9, 2012

Dear Ms. Benning,

My name is Kaiden Bradley. I am a 4th grade student at Countryside Elementary in Surprise Arizona, I am writing to thank you for the Arizona: Nations & Art book that was donated to our class. I like this book because when I'm not doing anything I can read it. We could use it for Social Studies for when we learn about different cultures. I thought the memory of Lori Ann pieStew was interesting. I also thought the mini pot and frag that was made by horsehair was also interesting. This book will help us understand more about the cultures we have learned during Social Studies. Thank you again.

Sincerely,
Kaiden Bradley
Mrs. Dixons class

Dear Ms. Benning,

My name is Jenna Necaise. I'm a 4th grade student at Countryside Elementary in Surprise, Arizona. I am writing to thank you for the Arizona: Nations and Art book that was donated to our class. I liked this book because it has some cool facts about tribes that I've learned about in school. I can use this book by reading it during Social Studies to find out more facts about the tribes that I might learn about. One thing I found interesting about this book is that it states codes that were used by the Navajo during World War II. I found this interesting because I wanted to know what codes did the Navajo use back in World War II. Another thing I found interesting about this book is that the pictures weren't drawn, they were taken by a photographer. I think this is interesting because a great book actually has pictures in it that weren't drawn! This book will help us understand more about the cultures we have learned during Social Studies. Thank you again.

Sincerely,
Jenna Necaise
Mrs. Dixon's class

3-19-12

Dear Havlapai nation,

Thank you for the book Arizona's Nations and Arts. The book is good because it says a lot of facts and history about Arizona. My favorite page is about what they make for survive like cloths from animal skin to keep warm. I hope in future 4th graders should get this books so the could learn about Arizona to fast and the history. Thank you again for books.

Your friend,
Cristhian Miranda

