

# G A M Y U

Issue #10

May 11, 2012



## NOTICE

### GENERAL ELECTION

JUNE 2, 2012

SATURDAY

MULTI-PURPOSE BUILDING

8:00 AM TO 5:00 PM

TRIBAL MEMBERS WILL BE VOTING FOR CHAIRMAN, VICE-CHAIRMAN AND THREE (3) COUNCIL MEMBERS.

## NOTICE

### FORUM FOR CHAIRPERSON, VICE-CHAIRPERSON AND COUNCIL MEMBER CANDIDATES

COME AND LISTEN TO WHAT THE CANDIDATES HAVE TO SAY

WHERE: MULTI-PURPOSE BLDG.

WHEN: Wednesday, May 23, 2012

TIME: 5:00 PM TO 8:00 PM

PLEASE COME PREPARED WITH YOUR QUESTIONS FOR THE CANDIDATES.

#### Inside this issue:

Community  
Events & Information 2

Education & Training 16

Health & Safety 20

PRIMARY ELECTION  
MAY 3, 2012  
Abstract Sheet

Ballots Printed	<u>600</u>		
Ballots Cast	<u>416</u>		
Ballots Rejected	<u>69</u>	Spoiled Ballots	<u>12</u>
Ballots Unused	<u>103</u>		
TOTAL	<u>600</u>		

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**CHAIRMAN:**

William Clay Bravo	<u>188</u>
Sherry J. Counts	<u>236</u>
Rudolph Clark, Sr.	<u>164</u>
Joshua Gordon	<u>98</u>
Cody H. Susanyatame	<u>48</u>

**VICE – CHAIRMAN:**

Robert Bravo, Jr.	<u>134</u>
Hilda Cooney	<u>111</u>
Sylvia Jackson	<u>59</u>
Ronald Quasula, Sr.	<u>130</u>
Emma Tapija	<u>79</u>
Michael J. Whatoname	<u>58</u>
Philbert Watahomigie, Sr.	<u>162</u>

Election Board Committee:  
Angeline Walema, Judge  
Brenda Martin, Clerk  
Leatrice Smith, Clerk  
Clara Mahone, Clerk  
Steven Havatone, Marshall

## COUNCIL CANDIDATES 2012

### (REVISED)

**Chairman**

1. William Clay Bravo
2. Sherry J. Counts

**Vice-Chairman**

1. Robert Bravo, Jr.
2. Philbert Watahomigie, Sr.

**Council Members**

- |                       |                          |
|-----------------------|--------------------------|
| 1. Ivan Bender        | 8. Ronald Quasula, Sr.   |
| 2. Rudolph Clark, Sr. | 9. Emma Tapija           |
| 3. Hilda Cooney       | 10. Ruby Steele          |
| 4. Earlene Havatone   | 11. Cody H. Susanyatame  |
| 5. Linda Havatone     | 12. Sherlene Susanyatame |
| 6. Tasha P. Havatone  | 13. Twila R. Warbington  |
| 7. Sylvia Jackson     | 14. Sharon H. Whatoname  |

Special Recall Election  
May 2, 2012

ABSTRACT SHEET

Ballots Printed 300

Ballots Cast 281

Ballots Rejected 2

Spoiled Ballots 0

Ballots Unused 17

Total 300

.....

Special Recall Election-Sheri K. Yellowhawk

VOTES


YES

216

NO

65


Hualapai Election Board Committee.



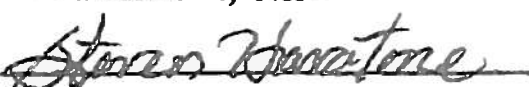
Angeline Walema, Judge



Brenda Martin, Clerk



Clara Mahone, Cler



Steven Havatone



Leatrice Smith, Alternate

To All Hualapai Tribal Members:

First of all, I want to thank you for the all support you have shown me after deciding to run for council. Your support, encouragement and thoughtful words will always be with me. It is with great respect that I must send this notice of my recent decision to withdraw my name from the election ballot. Around the time I decided to run for council, I was residing in Peach Springs; meaning this is where I physically lived, where I slept each night and where I had my personal belongings. Along with this decision, I thought of my grandpa and how happy he would be if I was to be involved in making a positive difference in the Tribal Government. I've always wanted to do right by him regardless of what anyone else said. I also know that making a right decision based on fact would always make him happy.

In reading this, you may feel this is my personal business, but it will help to understand why I have come to this decision. I want to explain my reason for withdrawing from the election ballot. When my family and I first got a post office box in Peach Springs, we were physically living at 101 Coyote Street; this allowed us to get a box for free because we were physically residing at this address. My mailing address became P.O. Box 658, Peach Springs, Arizona. About two years ago, my family and I moved into my in-laws house. After some time after moving, we received a notice from the post office to update our information. It was then that we had to PURCHASE a post office box because my in-laws had already established a box under that residence. So we purchased the post office box to keep it and we currently have it. Around the beginning of February, my in-laws decided to move back and it was of best intentions that my family and I look for a place of our own. Prior to them moving back, my family and I were making plans to build a home but the Tribal Council would not give us the opportunity to build and live as we had planned. We received notices from the Housing Department stating that the wait time for a home would be 72 months. Time went by and we started to look for temporary residences off the reservation but close enough to not be so far away. We were able to find and rent an apartment in Valley Vista and that is where we now reside as of February 12, 2012. Living in Valley Vista is temporary and we do not plan on buying a home and staying there. We plan to return and reside on the reservation once an opportunity arises but until then we do not reside on the Hualapai Reservation.

There is a need for the Hualapai Tribal Constitution and Bylaws to help lead the Tribe to a successful government. The reason I cannot run for council is because it states according to the **CONSTITUTION**,

**Article VIII – Elections, Section 5. Qualification for Office.** (a)(2) is a RESIDENT of the reservation for at least one (1) year.

ALSO

**ELECTION ORDINANCE Article IV– Qualifications, Section 1. Qualifications of Office**

(a)(2) is a RESIDENT of the reservation for at least one (1) year.

&

(c) The Election Board shall interpret the one year residency requirement for candidates to mean at least one year **IMMEDIATELY** prior to the general election.

Therefore, according to the definition of residence it states:

"A **residence** is an establishment where it was originally or currently being used by a host as their main place of dwelling or home. Architecturally, a residence is typically a house, mansion, cottage... A residence is offered to travelers as temporary lodgings where they can rent a room."

**Residence** may more specifically refer to **Home**.

A **home** is a place of residence or refuge... it is usually a place in which an individual or a family can live and store personal property.

I am not out to fool my people into thinking I am a resident when I am not. I'm a Hualapai and my family is Hualapai. Many of us and me included, are looked at and seem to carry the label of 'dumb' on our foreheads but I know for a fact we are not. This label that is put on many of our people would and should be considered an insult and should not be tolerated. Therefore, we should not act blind but to use our common sense and do what is right.

The younger generation (my generation): we are next in line, WE are smart and intelligent and it's time for us to step up. do what is right and start cleaning things up!

*Olin Beecher*  
Olin Beecher



## PUBLIC NOTICE



Hualapai Planning Department  
887 Highway 66  
Peach Springs, AZ 86434  
Phone: 928-769-1310  
Fax: 928-769-1377

Tribal Environmental Review Commission  
Released: May 11, 2012

The Hualapai Planning Department announces that on May 11, 2012, it will commence a 45-day public review notice of the changes in the Tribal Environmental Review Commission Rules which were passed by the Tribal Environmental Review Commission on March 21, 2012. Copies of the changes of the Tribal Environmental Review Commission Rules will be available at the Hualapai Planning Department, Cultural Department and Tribal Office. If you have any questions or changes please call Michelle Zephier at 769-1310 or email her at [michelle\\_zephier@yahoo.com](mailto:michelle_zephier@yahoo.com).

# 14<sup>th</sup> 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...





Nya diyevich ma:d hank gik'  
ya:yk diya:y kya



*"A Healthy Family is a Happy Family"*

guest Speakers

horseback riding

food

golf

fun



entertainment

lots of activities

# *Mother & Daughter Festival*

*Music Mountain High School*

*Friday, June 1, 2012*

*8:00am—4:00 pm*

*a schedule of events to follow*

For more information contact committee member:

Monica Romo @ 769-2216 email: [mrromo@hualapai-nsn.gov](mailto:mrromo@hualapai-nsn.gov)

**Alcohol and Drug Free event**





This is to inform the general public  
**Grand Canyon Resort Corporation**

HUMAN RESOURCES has a new telephone number to call.

**928-769-2640**

You may reach the staff at these  
Extensions:

Audrennia Powskey 3  
Human Resources Clerk/Applications

Diva Hale extension 4  
HR Generalist II

Ann Sampson 5  
Benefits Coordinator

Leila Parker 6  
Drug Testing Coordinator  
and Workman's Compensation

Vivian Parker  
Human Resources Director 7

Process of Hiring at Skywalk, Grand Canyon West, River Running, and Lodge conduct their own interviews at their departments. Human Resources will send applications to the Supervisors and Managers and they choose who to interview. Human Resources DOES NOT schedule interviews for these departments. The Supervisors and Managers use a **NEW HIRE PROCESS FORM** to let Human Resources know, who they have chosen for a position with their department.

Once the NEW HIRE PROCESS form arrives in Human Resources an appointment is scheduled. The person hired has the responsibility to call and set up an appointment at Music Mountain HR office to do a drug test, complete paperwork and if required a background check. Orientation is completed with the new hire at the same time paperwork is processed along with the drug test.

If you have an application on file with Human Resources, please inform us if you have a new home or cell phone number.





**Are you interested in participating in the development and oversight of a local radio station by being a member of an advisory board for a local radio station?**

- **On April 5, 2012, Tribal Council directed the current Tribe EPCH internet radio station staff to "solicit participation and facilitate the convening of a radio station advisory board, which shall include, but not be limited to, Hualapai community members and radio professionals for the purpose of providing oversight of the operation of a Hualapai Tribe terrestrial radio station."**
- **In general a radio station advisory board provides the radio station with feedback on programming; may provide guidance regarding budget, policy and staffing matters; may assist in fund raising if applicable; and, will ensure the radio station is meeting community needs and interests in programming and content.**
- **Initially participants/members of the advisory board will be determining the recommended goals and mission, structure and operation of the advisory board itself for presentation to, and approval of the Tribal Council.**
- **For more information contact Terri Hutchens or Tim Vaughn at (928) 769-1110.**



CHECK IT OUT!!!!

EPCH youth live on the air:

Listen at :

[www.kidstar.org](http://www.kidstar.org)

Select network stations

Select **EPCH**



Check out our FACEBOOK page

**EPCH**

Become a fan !

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

## PEACH SPRINGS YOUTH RADIO

Congratulations to EPCH youth broadcaster incentive point winners for the period ending April 27, 2012:

- ♦ **Joshua DeFord**-990 points-winner of Skullcandy dual drive stereo headphones, Chili's, Diamond Creek Restaurant and iTunes gift certificates and a musical DVD
- ♦ **Jasmine Smith**-435 points-winner of Chili's, Diamond Creek Restaurant and iTunes gift certificates and music poster
- ♦ **Micah DeFord**-400 points-winner of Chili's, Diamond Creek Restaurant and iTunes gift certificates
- ♦ **Annette Smith**-380 points-winner of Chili's, Diamond Creek Restaurant and iTunes gift certificates
- ♦ **Sonwai Jackson**-300 points-winner of an Diamond Creek Restaurant and iTunes gift card

Youth participants receive incentive points for participating in the EPCH radio broadcasting program by interviewing radio guests, making radio announcements and live appearances, preparing and hosting radio shows, including writing scripts and doing audio production of radio public service announcements and by participating in the NARCH health research radio project by researching, writing, performing and doing audio production for the social influence radio drama. Youth participate after school Monday through Thursday school and 10-3 Fridays.

For more information about the EPCH and NARCH projects or if you are interested in becoming a youth broadcaster please call Terri Hutchens or Tim Vaughn at 769-1110 or stop by the radio station near the Healthy Heart building.

# E-PCH

Hey peach listeners you can  
win prizes!! Listen at

[Www.kidstar.org](http://Www.kidstar.org)

-Select Network Stations

-Select E-PCH



*Call Tim, Terri, or  
Krista for details at  
769-1110*

## PEACH SPRINGS YOUTH RADIO

EPCH youth broadcasters and staff will be stopping by all departments to see if staff are listening. If you are caught listening to the Peach you automatically win a prize.





## HUALAPAI DEPARTMENT OF NATURAL RESOURCES

P O. BOX 300 • PEACH SPRINGS, ARIZONA 86434 • 928-769-2254 • 928-769-2255 • FAX 928-769-2309

### OUTREACH NOTICE

**HUALAPAI TRIBE DEPARTMENT OF NATURAL RESOURCES IS  
OFFERING UP FOR SALE TO THE HIGHEST BIDDER(S), UP TO 13,500'  
OF SCH80 PVC PIPE.**

THE PIPE ARE IN 20' SEGMENTS. THERE ARE SOME COUPLINGS INCLUDED.  
THIS PIPE IS SOLD AS IS AND THERE ARE NO WARRANTIES OR  
GUARANTEES.

THE PIPE CAN BE VIEWED AT THE DEPARTMENT OF NATURAL RESOURCES,  
IN THE YARD ACROSS FROM THE ADULT DETENTION CENTER.

- BIDS SHALL INCLUDE:**
1. PRICE WILLING TO PAY FOR EACH 20'  
SEGMENT OF PIPE.
  2. HOW MANY SEGMENTS THAT ARE DESIRED.
  3. TOTAL PRICE WILLING TO PAY

**PLEASE SUBMIT YOUR SEALED BID TO:**

HDNR  
P.O. BOX 300  
PEACH SPRINGS, AZ 86434

For Immediate Release: April 27, 2012  
Contact: Dennis Godfrey 602-417-9499  
Jerry Crockford 505-360-0473

### **Comments Sought on Proposed Northwestern Arizona Wind Farm**

PHOENIX, AZ -- The Bureau of Land Management (BLM) today begins a 45-day comment period on the draft environmental impact statement (EIS) for a proposed wind farm project in Mohave County, Arizona.

BP Wind Energy (BP) proposes to build up to 283 wind turbines on federal lands managed by the BLM and the Bureau of Reclamation. The site is about 40 miles northwest of Kingman. The Mohave County Wind Farm is proposed to provide up to 500 megawatts of electricity.

BP's proposal is for 38,099 acres of BLM land and 8,960 acres of Reclamation land. The draft EIS also considers two alternatives that would each reduce the amount of public land used by about 25 percent. The BLM has not identified a preferred alternative in the draft EIS.

The purpose of the comment period is to give the public a chance to provide input on the draft EIS, which was released today. The comment period ends on June 11, 2012.

Meetings at which the public can learn about the Mohave County Wind Farm and comment on the draft EIS will be held at these times and locations:

<b>Location</b>	<b>Date</b>	<b>Time</b>	<b>Address</b>
Peach Springs	May 14	2-4 p.m., presen-	Hualapai Cultural Center
Kingman	May 15	6-8 p.m., presen-	Kingman Public Library
White Hills	May 16	6-8 p.m., presen-	White Hills Community Center
Dolan Springs	May 17	6-8 p.m., presen-	Dolan Springs Community Cen-

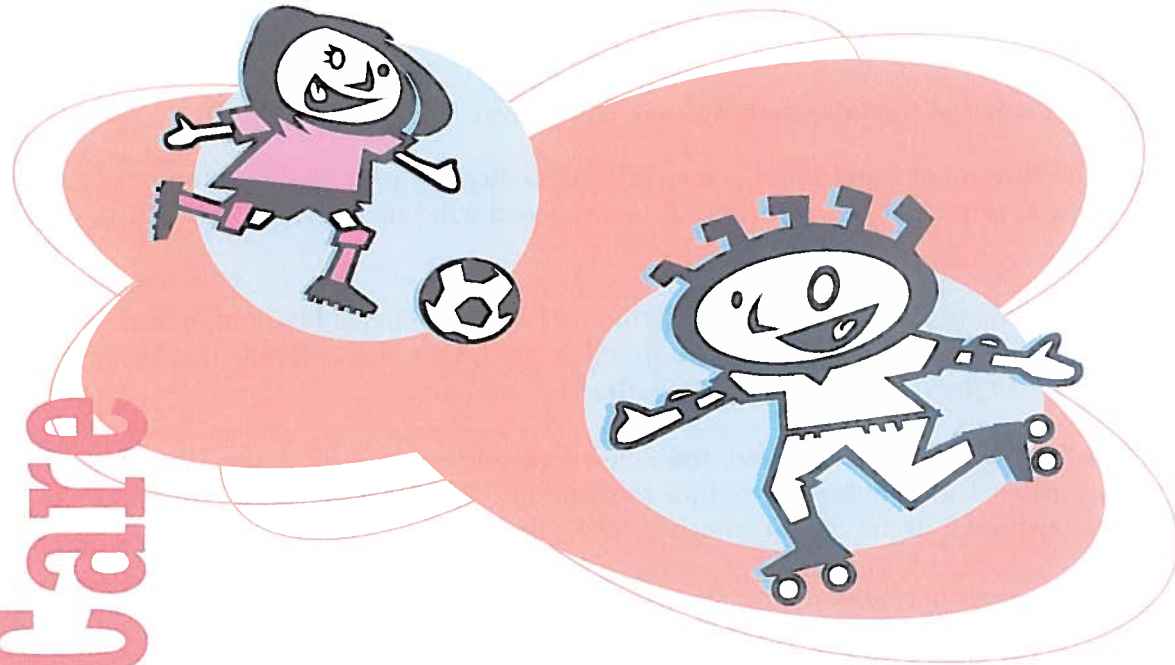
The draft EIS is available at <http://www.blm.gov/az/st/en/prog/energy/wind/mohave.html>. Comments may be submitted by either of the following methods:

✦ Mail or other delivery service: BLM Renewable Energy Coordination Office, Arizona State Office One North Central Ave. Suite 800 Phoenix, AZ 85004, ATTENTION: Jackie Neckels  
E-mail: [KFO\\_WindEnergy@blm.gov](mailto:KFO_WindEnergy@blm.gov).

The BLM manages more than 245 million acres of public land – the most of any Federal agency. This land, known as the National System of Public Lands, is primarily located in 12 Western states, including Alaska. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. In Fiscal Year (FY) 2011, recreational and other activities on BLM-managed land contributed more than \$130 billion to the U.S. economy and supported more than 600,000 American jobs. The Bureau is also one of a handful of agencies that collects more revenue than it spends. In FY 2012, nearly \$5.7 billion will be generated on lands managed by the BLM, which operates on a \$1.1 billion budget. The BLM's multiple-use mission is to sustain the health and productivity of the public lands for the use and enjoyment of present and future generations. The Bureau accomplishes this by managing such activities as outdoor recreation, livestock grazing, mineral development, and energy production, and by conserving natural, historical, cultural, and other resources on public lands.

-BLM-

# Hualapai Child Care



**Would you like to work out of your home?**

**The Hualapai Child Care Program is in need of qualified child providers.**

- Obtain a First Aid/CPR Certification.**
- Obtain a Food Handler's Card.**
- Pass the local background investigation.**
- Obtain a Federal Clearance Card.**
- Must like to work with children**
- Provide quality activities, and**
- Be physically fit to meet the demands of active children.**

**Summer is approaching fast– the demand for care-givers is high, call our office for more information.**

***Jessica Powskey (928) 769-2200***





FOR IMMEDIATE RELEASE

## Hualapai Honor “Help for Heroes” with Ceremony Commemorating International War Veterans at Grand Canyon West

**GRAND CANYON WEST, AZ (April 25, 2012)** At Grand Canyon West in Northwestern Arizona, Hualapai veterans hosted a ceremony celebrating friendship-in-arms for a group of international veterans that fought side-by-side in the Iraqi and Afghan wars. Hualapai tribal members and veterans, along with 24 brave men from Great Britain, South Africa, Scotland, Ireland and Canada were in attendance. The ceremony featured Hualapai prayers, the “Flag Song,” “Victory Song” and a 21-Gun Salute. During a special moment, Rudy



Clarke, a Hualapai Tribal Member, blessed the entire group and touched the legs of some with an eagle’s feather for healing. The eagle holds special meaning to Native American tribes and holds a particular importance to the Hualapai as the eagle delivers the prayers of the people from the earth to the heavens. After the ceremony, the group enjoyed lunch at the Hualapai Ranch and walked out nearly 4,000 feet above the floor of the Grand Canyon on the Skywalk at Eagle Point. The ceremony was part of the “Help for Heroes” program, [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk), which celebrates friendship-in-arms and offers support for current wounded veterans of the coalition forces.



“This event was one of the most moving, heartfelt moments of my life,” said Leora Azoulay, Owner of Incentives By Design, the company responsible for coordinating this “Help for Heroes” event. “It was amazing to witness the respect and brotherhood shared by veterans, young and old. Seeing the people that have fought to protect our freedom have an experience like this at Grand Canyon West was truly special. The Hualapai were the most gracious hosts.”

The Hualapai and “Help for Heroes” veterans left with feeling of solidarity, connection and strength.

### 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), 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, and 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 raft 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](http://www.hualapaitourism.com) or by calling 1-888-868-9378 - internationally at (001)-928-769-2636.

# # #

### Media Contact:

Colin Daviau – 702-889-9378 - [pr@bestamericandestinations.com](mailto:pr@bestamericandestinations.com)

### Marketing Contact:

Allison Raskansky – 702-889-9378 – [marketing@bestamericandestinations.com](mailto:marketing@bestamericandestinations.com)



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

# Education & Training Information



## **Peach Springs 8th Grade Promotion Ceremony**

- **Thursday, May 24th at 6PM-7PM**
- **Peach Springs School Gym**
- **We would like to extend our invitation to all family members of our students as well as all community members**

## **PEACH SPRINGS SCHOOL FIELD DAY**



**MAY 24TH  
8AM-12NOON**





May 11, 2012

## PEACH SPRINGS SCHOOL

P.O. Box 360

Peach Springs, AZ 86434

928 769 2613

Mr. S. Dunsmore, Superintendent

### Hualapai Cultural Center Student Art Expo

The following students from Peach Springs Elementary School participated in the *Hualapai Cultural Center Art Expo*. The show is part of the Route 66 Fun Run event.

Jaylenne Quasula, 8<sup>th</sup> Grade  
Lela Havatone, 8<sup>th</sup> Grade  
Kobe Siyuja, 7<sup>th</sup> Grade  
Breanna Watahomigie, 8<sup>th</sup> Grade  
Alex Woody, 7<sup>th</sup> Grade  
Dakota Honga, 8<sup>th</sup> Grade  
Lewis Gene, 5<sup>th</sup> Grade  
Braeden Bender, Kindergarten  
Marvin Majenty, 6<sup>th</sup> Grade  
Meadow Jackson, 3<sup>rd</sup> Grade  
Ines Siyuja, 2<sup>nd</sup> Grade  
Taylariesa Siyuja, 2<sup>nd</sup> Grade  
Damaris Parker, 2<sup>nd</sup> Grade  
Spring Havatone, 2<sup>nd</sup> Grade  
Sunny Jackson, 1<sup>st</sup> Grade  
Orion Holmes, Kindergarten  
Serenity Havatone, 1<sup>st</sup> Grade  
Angelia Reyes, 1<sup>st</sup> Grade  
Donavan Franco-Ward, 4<sup>th</sup> Grade  
Oriahnah Street, 8<sup>th</sup> Grade  
Kix Strawbuck, 8<sup>th</sup> Grade  
Carmella Beecher, 3<sup>rd</sup> Grade  
Ahmad Blackowl, 5<sup>th</sup> Grade  
Seren Sullivan, 5<sup>th</sup> Grade  
Valance Smith, 4<sup>th</sup> Grade

***Thanks go out to the Cultural Center and the Hualapai Tribe for their partnership and continued support of the students and our school.***

**Congratulations to these young artists!**

### Art Students of the Week

Congratulations to these young artists!

Cornell Powskey, 3<sup>rd</sup> Gr. Ms. Quasula  
Arnell Powskey, Super-K, Mr. Umbs  
Avis Sumatzkuku, Super-K, Mr. Umbs  
Elizabeth Samson, 2<sup>nd</sup> Grade, Ms. Imus



Promoting  
Understanding  
In Math

- Point out ways you use math in everyday life. When you are shopping together, have your child compare prices and choose the best buys.
- Give your child the opportunity to handle dollars and cents. Have him or her find the correct amount to pay for a meal or calculate a fair tip.
- Show your child how to divide a cake or pie into similar pieces for a number of guests. This is fractions at work!

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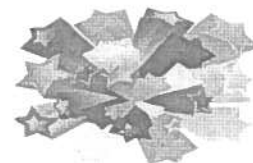


*Typewriter* is the longest word that can be made using letters on the top row of a keyboard.

If you were to spell out numbers on your keyboard, you would not use the letter *a* until you go to type the word *thousand*.

© EducationWorld.com

**"Success comes in cans, failure in can'ts."**



The Phoenix Indian Center is proud to announce  
the Freeport-McMoran Copper & Gold Scholarship Program.



**FREEPORT-McMORAN  
COPPER & GOLD FOUNDATION**

# NATIVE AMERICAN Scholarship Program

## 2012-2013 School Year Application

### Tribes that are funded:

- Hualapai
- San Carlos Apache
- White Mountain Apache

### Priority primary degree programs for funding:

- Business or business-related majors  
(e.g., accounting, finance,  
economics)
- Engineering
- Geology
- Math
- Science or science-related majors  
(e.g., chemistry, biology)
- Sustainability
- Technology (e.g., computer science,  
programming, database)

### Secondary degree programs for funding:

- Education (e.g., teaching)
- Health (e.g., nursing, public health)
- Safety (e.g., occupational safety)

An orientation session will be held at the  
Phoenix Indian Center on May 22, 2012  
at 5:30PM.

Watch the PIC webpage for further an-  
nouncements or email [fmscholar-  
ship@phxindcenter.org](mailto:fmscholarship@phxindcenter.org)  
regarding orientation and webinar  
sessions.

**Download Undergraduate  
Application**

The scholarship is funded by the Freeport-  
McMoran Copper and Gold Foundation and  
administered by the Phoenix Indian Center, Inc.  
It is the goal of Freeport-McMoran to create  
strong relationships with the students funded  
by this scholarship who are becoming model  
employees of the future.

For more information visit  
[www.phxindcenter.org](http://www.phxindcenter.org)

**Administered by  
Phoenix Indian Center**



**Phoenix Indian Center, Inc.**  
[fmscholarship@phxindcenter.org](mailto:fmscholarship@phxindcenter.org)

Phone: 602.264.6768

Fax: 602.274.7486

4520 North Central Avenue, Suite 250  
Phoenix, Arizona 85012

## **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**

# Health & Safety Information



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:

High Fever (101 or greater)  
Children with fevers, ear aches, or a bad cough  
Abdominal pain  
Shortness of breath  
Chest pain  
Injury within 24 hours, including sprains, strains and lacerations  
Any infected-appearing wound  
Severe pain  
Asthma attack with wheezing or difficulty breathing

### Conditions and needs requiring an appointment:

Medication refills  
Follow-up appointments  
Routine shots  
Cold symptoms: If your cold has not improved  
Well Child exam/Immunizations  
School or employment physicals  
Routine dressing change  
Diabetic check-ups  
Lab reviews  
Suture removal  
Well woman exam  
Injuries greater than 24 hours old

**Emergencies will be screened by a Nurse.**

Medical Appointments: 769-2920 • Dental Appointments: 769-2903  
Pharmacy (Medication Questions or Refills): 769-2992



## *They asked a favor, it became her success.*

My name is Michelle Zephier, I have been with the Healthy Heart for a little over a year. Not only have I lost weight but my diabetes is under control. The reason for my wanting to be healthy came from a little favor my awesome kids had me make, "to lose some weight and eat healthier 'cause they want me around for a LONG, LONG, LONG time." Now I love my kids so much that I would do anything for them and this time they were asking me to do something to make sure I'm around longer. I had to at least try and it worked with Healthy Hearts help and teachings. So guess what, I had my mom Connie Powskey make me a promise to try to be healthier so she can be with me longer, and I went with her to sign up for the Healthy Heart Program. I know it's hard in the beginning. I'm the kind of a person who has to see it to believe it so I have posted the last blood work results I have just gotten completed and let you be the judge of the Healthy Hear Program works.

Thank you Healthy Heart from the: Zephier family.

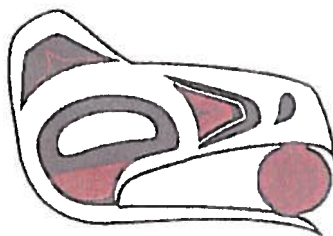
### *Seeing is believing, check out Michelle's results.*

	2011	2012
Total cholesterol	170	119
Triglycerides ( <i>bad cholesterol</i> )	513	154
LDL (no LDL, triglycerides were too high) ( <i>bad cholesterol</i> )		50
HDL ( <i>GOOD cholesterol</i> )	23	38
<b>GOALS:</b> Total cholesterol	<200	
Triglycerides	<150	
LDL	<100	
HDL	40 men 50 women	
A1c		6.3%
Blood Pressure		112/74



LOST 45 POUNDS

Melva Withers:  
"I thrive on  
exercise."



"There is a  
way out of this  
sticky web of  
diabetes, but  
it's up to you."

Melva Withers  
(Athabaskan)

"In 1999, I found out I had diabetes. At the time my knees were going out, and I needed a cane to walk. At the medical center, I learned that exercise could mend this old body. I found out that exercise is the key. I found out I can control diabetes. *I am the person who has to take care of my body. It is up to me to stay well. It's so simple.*

"For example, today I exercised for one hour and 20 minutes. I exercise twice a day, in the morning and in the evening. I thrive on exercise. I've learned how to eat fewer carbs. I eat 45 grams for each meal. I eat healthy, whole grain carbs or fresh fruit.

"My blood sugar levels have gone down. In the morning, they used to be 140. Now they are 90-110.

"I live in my body. I have to do it right. Now I don't need a cane. I'm 70 years old, and every day is good. *I am fit and able to do what I did when I was 50.*"



"I don't know  
if I can avoid  
diabetes forever,  
but I hope for  
the best."

Alan Williams  
(Tlingit/Haida)







LOWERED CHOLESTEROL, BLOOD PRESSURE, AND BLOOD SUGAR

## Mary Underwood: Information is Power

Mary Underwood (Athabascan) has prediabetes. She has learned information is power. She has learned that she can prevent diabetes.

When she started learning about what high blood sugar does in a person's body, she found it easy to make lifestyle changes. "I learned real information, not scare tactics. I learned how high blood sugar affects a person's heart, eyes, kidneys, and limbs. The information was sobering."

What Mary learned immediately changed the way she viewed food. Mary likes to cook and realized many of the recipes she used contained high fat or high sugar. "I learned how to change a recipe and make it healthy," she says.

This new knowledge impacted what Mary thinks about every time she eats. "I think about the fat and sugar content of what I am eating. I buy a grilled chicken sandwich without mayo instead of a double cheeseburger."

Mary also learned about the health benefits of exercising. "I've seen it with my own eyes," she says. "I rode a stationary bike for 20 minutes, and my blood sugar dropped 20 points."

This inspired Mary to be more active. She rides a stationary bike every day for 30 minutes, walks, and swims. "I would have never done this without seeing and understanding the benefits. I hate exercise.

It's a battle for me to do it. But the information gave me discipline." ●



"Money can buy you almost anything. But, it won't buy you good health and longevity. Diet and exercise does!"

Mary Underwood  
(Athabascan)



"I learned I could put a thought in my head, like walking on the treadmill, and then do it."

Angie Santa Ana (Cup'ig)

LOST 14 POUNDS

## Angie Santa Ana: Overcoming the Addiction of Food

Angie Santa Ana (Cup'ig) has three children. When she was pregnant with her last child, Angie had gestational diabetes.\* Now Angie has prediabetes.

"When I was younger, I drank alcohol. I think when you have one addiction, and that stops, you move on to something else. I think my body is addicted to white flour and sugar. I learned from my college instructor that we can get addicted to certain foods. It's easy to do because in the world we live in, so many foods are heavily processed."

"I've lost weight in unhealthy ways before. Now, I am learning I can lose weight in a healthy way. I learned that if I walk on a treadmill and burn 200 calories, and do that several times a week, I can lose weight. That is pretty amazing! It is amazing to know that I can take care of my body, my temple." ●

## 5 Ways to Boost Your Self-Worth

*Posted By Angela Taylor on April 11, 2012*

I just received a valuable lesson on self-worth from a surprising source: My accountant. It wasn't intentional—she was simply talking about savings, interest and expenses as she went through my neatly organized documents. I just happened to find deeper meaning in her words.

**Her advice:** Don't spend more than you have.  
**My interpretation:** Good boundaries are imperative—never give more help or attention than you are willing to receive.

**Her advice:** Budget. Know where your money is going.

**My interpretation:** Be mindful of how you spend your time. Always have the basics—like sleep, exercise and rest—"budgeted" for, and prioritize whatever else is important to you, like travel, self-improvement, socializing or a day at the spa.

**Her advice:** Allocate and diversify your assets.

**My interpretation:** Don't base all your self-worth on one person, skill or quality. If this "stock" performs poorly, you're broke. A better option: Diversify your relationships, skills and qualities.

**Her advice:** Don't be afraid to make changes. If a stock no longer performs well or you decide to become more or less aggressive, you can sell and invest in a different stock.

**My interpretation:** Embrace change. Be open to learning from your life and allow yourself to let go of "old ways" when they no longer serve you.

**Her advice:** Don't worry about dips and losses. They're totally normal.

**My interpretation:** You do not lose value every time you fail, stumble or make a mistake. It's not about perfection—it's about overall performance over time.

As you survive tax season and look toward next year, consider investing in your self-worth—not just your net worth. **What investment would you like to make in your self-worth?**

## Berry Smoothie

Prep Time: 3 minutes — Total Time: 3 minutes

Makes 1 serving

### INGREDIENTS

3/4 cup frozen blackberries  
1 frozen banana  
1 Tbsp Smart Balance Omega 3 Peanut Butter  
1 cup plain nonfat yogurt

### DIRECTIONS

Combine all ingredients in a blender until smooth, about 2 minutes.

### NUTRITIONAL INFORMATION

**Calories:** 358

**Protein:** 17g

**Carbohydrate:** 56g

**Dietary Fiber:** 12g

**Total Fat:** 9g

**Saturated Fat:** 1.6g

**Cholesterol:** 0mg

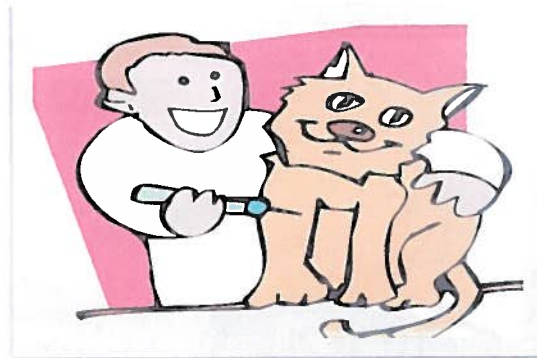
**Calcium:** 504mg

**Sodium:** 156mg

**Sugar:** 36g

FREE

## RABIES CLINIC



Saturday, May 19<sup>th</sup> @

66 Park, 10:00am-2:00pm

(Across from Hualapai Lodge)