



G A M Y U

Issue #13

June 22, 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. Ivan Bender | 7. Linda Havatone | 13. Cody H. Susanyatame |
| 2. Robert Bravo, Jr. | 8. Tasha P. Havatone | 14. Sherlene Susanyatame |
| 3. Rudolph Clark, Sr. | 9. Sylvia Jackson | 15. Twila R. Warbington |
| 4. Hilda Cooney | 10. Ronald Quasula, Sr. | 16. Sharon H. Whatoname |
| 5. Sherry J. Counts | 11. Emma Tapija | 17. Sheri K. Yellowhawk |
| 6. Earlene Havatone | 12. Ruby Steele | |

NOTICE

PRIMARY ELECTION

SATURDAY, JUNE 23, 2012

MULTI-PURPOSE BUILDING

8:00 AM TO 5:00 PM

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Regular Council Meeting

Monday, July 9, 2012

@ 8 am.

VOTE FOR WILLIAM "CLAY" BRAVO

I AM THE SECOND ELDEST SON TO PHILIP AND LENA MCGEE-BRAVO. I AM PROUD TO SAY MY MOTHER SERVED ON THE TRIBAL COUNCIL INCLUDING BEING CHAIRPERSON. MY GRANDFATHER WAS CHARLES MCGEE ONE OF THE FIRST HUALAPAI TRIBAL CHAIRMAN.

I HAVE LIVED ON THE HUALAPAI RESERVATION ALL OF MY LIFE—AND YOU ALL KNOW ME. I ATTENDED JUNIOR COLLEGE AT COLLEGE OF THE SEQUOIAS IN VISALIA, CA AND YAVAPAI COLLEGE IN PRESCOTT, AZ. IN THE EARLY 1990s, I SERVED ON THE TRIBAL COUNCIL. I HAVE WORKED ALL MY ADULT LIFE INCLUDING FOR THE TRIBE'S NATURAL RESOURCES DEPARTMENT FOR THE LAST 20 YEARS. MY PRIORITIES & GOALS HAVE NOT CHANGED ALL THESE YEARS: I BELIEVE WE MUST WORK TOGETHER AND KEEP POSITIVE, I STRONGLY BELIEVE THAT EVERY TRIBAL MEMBER SHOULD BE TREATED EQUALLY, AND EVERY TRIBAL MEMBER SHOULD BE AFFORDED THE SAME OPPORTUNITIES TO SUCCEED. WE ARE EQUAL. MY PLATFORM IS SIMPLE:

- I WANT TO ENSURE THE HUALAPAI TRIBAL CONSTITUTION IS FOLLOWED, AND THE CIVIL RIGHTS OF TRIBAL MEMBERS MUST NEVER BE VIOLATED.
- I WANT TO IMPROVE THE EDUCATION OPPORTUNITIES FOR OUR YOUTH BY ENSURING THAT THEY HAVE ACCESS TO THE RESOURCES THEY NEED TO BE SUCCESSFUL IN SCHOOL.
- I WANT TO DEVELOP A HUALAPAI TRIBAL LANGUAGE ARTS PROGRAM WHICH IS NOT DEPENDENT TOTALLY ON GRANT RESOURCES. OUR OWN HUALAPAI TEACHERS WHO UNDERSTAND AND SPEAK HUALAPAI MUST STAND UP AND TAKE THE LEAD TO TEACH US ALL.
- I WANT TO DEVELOP A PLAN FOR ANNUAL PER CAPITA DISPERSMENT FOR TRIBAL MEMBERS, ESPECIALLY FOR THE ELDERLY AND THE YOUNG PEOPLE. HOW YOU ASK, VERY SIMPLE—STOP PAYING UNNECESSARY LAWYER FEES AND INSTEAD SHARE THAT MONEY WITH ALL TRIBAL MEMBERS
- I WANT THE ENTIRE TRIBE TO VISIT THE ISSUE OF THE CURRENT BLOOD QUANTUM REQUIREMENT FOR ENROLLMENT. FOR MANY REASONS OUR OVERALL BLOOD IS THINNING OUT. WE CAN'T IGNORE IT OTHERWISE OUR TRIBE WILL BEGIN TO FADE AWAY.
- I WANT TO REVIEW EACH TRIBAL GOVERNMENT PROGRAM TO SEE IF THEY ARE WORKING FOR THE PEOPLE. THESE ARE PROGRAMS FOR THE PEOPLE—NOT SIMPLY TO KEEP PEOPLE EMPLOYED. IF WE CAN IMPROVE PERFORMANCE AND PRODUCTION, I'M ALL FOR IT.
- LASTLY, OUR TRIBAL COUNCIL MUST PUT THE PEOPLE FIRST-NOT THEMSELVES. COUNCIL MEMBERS MUST SERVE AS ROLE MODELS. I WILL DEFINITELY INVOLVE THE MEMBERSHIP. THE BEST WAY TO DO THAT IS TO KEEP THE PEOPLE INFORMED. ALL COUNCIL MEETING MINUTES WILL BE POSTED ON OUR TRIBAL WEBSITE. FOR THOSE THAT DO NOT HAVE COMPUTER ACCESS I WILL MAIL YOU THE MINUTES.

I THINK YOU WILL AGREE WITH ME THAT THE TRIBAL COUNCIL MEMBERS MUST BE A TEAM AND CREATE CHANGE FOR THE BETTERMENT OF THE TRIBE. IT WILL BE A NEW BEGINNING FOR US.

Wm Clay Bravo

4-22-12

Dear Hualapai Tribal Members,

It is with great pride I can say I am Hwal'bay, My name is Robert Bravo Jr. I am running for the Vice-Chairman of the Hualapai Tribe. My professional background is business. I have over 25 years of upper business management and leadership experience. Family is of most importance to me. I enjoy hunting, camping, fishing, golfing and spending quality time with my children. My father and mother are Robert Bravo, Sr. and Marilyn "Imus" Bravo. My father was born and raised in Nelson Arizona where his father Torivio Bravo was raised from the age of 14. My mother Marilyn is full blooded Hwal'bay. My paternal great grandmother is Queenie Imus who was married to John "Wath-nack-a-ma" Imus who was an Indian Scout for the U.S. Army. My maternal great grandmother was Alma "Lane" Fielding from the Big Sandy Alma was married to Tom Lane who was from the Blue Mountain area.

It is my honor to be a Hualapai Tribal member. Our Constitution permits all tribal members to share in the responsibility of tribal government. The responsibility is not just an elected position, but to become a leader of our nation to help make decisions that will be in the best interest of our people and our land.

Here is my interpretation of what a council member should focus on:

- As Vice-Chairman I would devote official time to problems of basic policy and act as a liaison between the tribal council and Hualapai people.
- I would promote economic development opportunities to ensure a stable working environment to provide more jobs for Hualapai's, and show the world that Hualapai's are great entrepreneurs.
- I would serve the Hualapai people first and foremost in everything that I do, and not my own personal interests. Putting the Hualapai people first means doing what is in the best interests of the community. After all, that's the reason the council members position exists in the first place.
- I would avoid any conflict of interest that would keep me from putting the Hualapai people first.
- I will focus my efforts on day to day operations and also the future development of the tribe. I feel it is a public official's responsibility to be honest with the public, disclose any possible conflict of interests, and provide information as needed.

We are very blessed to live in such a unique area which is encompassed within 1 million acres of beautiful pristine land. Our reservation borders 108 miles of the Colorado River that is located on one of the World's Seven Natural Wonders, the "Grand Canyon". There are many issues we need to focus on so we continue to be self sufficient and not allow anyone to take away our great opportunities for economic development.

For example, the tribe has been in negotiations with the National Parks on the Colorado River Management Plan. For many years the National Parks has tried to regulate and cap our businesses to less than what the Hualapai River Runners and the Grand Canyon Pontoon operations are currently doing. This means that the amount of passengers the Hualapai Tribe can sell in our tourism operations will be controlled by the National Parks. We also have the "over flights" issue with the National Parks. This is a study by the National Parks to control the airspace over our reservation which would have immediate impact on the operations at Grand Canyon West. We also have boundary issues that need to be resolved. The National Parks claim that the tribe's boundary should be the high water mark. We need to continue to defend our claim that the middle of the river is our reservation boundary mark.

I was fortunate to start working with Grand Canyon Resort Corporation in 1997. During my tenure, I have seen many challenges, and have had the opportunity to be part of the new changes that have currently occurred. I was involved with the runway project team and worked closely with FAA representatives to develop the new runway, In 2002, I participated with tribal council, the GCRC and the National Parks to discuss the Colorado River Management Plan.

If elected, I would gather information and share it with you so all tribal members have a clear understanding of the issue that affect the tribe. Political terms don't last forever, communication is very important. We all must

know what is at risk so our younger generations can continue to protect our rights. We have a great community that every tribal member should take pride in. What can we do as tribal members to make it a better place to live? What can we do to turn Peach Springs into a more cohesive community? My goal as an elected official will be to help make our community a better living place for all members.

We have social issues similar to other communities and reservations. We need to focus and devote more resources on:

- Teen pregnancy
- Substance abuse
- Domestic violence

As your Vice-Chairman it would be my responsibility to help implement programs to curb these and other issues and to help our people. We also must never forget about our culture and traditions. Our parents and grandparents were taught to respect everyone. I feel we must regain that pride and have respect for one another within our community if we are to truly move forward as a united community.

If elected, as your Vice-Chairman, I pledge to lead by example and enforce the Hualapai Constitution and all laws within our Great Nation. I would appreciate your vote and support as your next Vice-Chairman of the Hualapai Nation.

Sincerely,

Robert Bravo, Jr.
Hualapai Tribal Member 00000082

Dear fellow Hualapai members;
If elected as the Vice-Chairman of the Hualapai Tribe, my commitment to our Tribal Members is to always be upfront and honest, to listen to the people and make good sound decisions that will protect the interest of the Hualapai Members and our sacred lands. Respect does not come with a council position; it is earned by doing the right thing. As a business entrepreneur, I have gained respect because I recognize success is a team effort. Many great Hualapai elders taught me not to forget who we are or where we came from. I know that if elected, I will be judged and questioned by many. My commitment is to the Hualapai Nation as a whole and to you as individual Tribal Members. It is not about my personal feelings; it is about what is best for the tribe. I will not hold grudges or live in the past; I live for the now and the future of our children. I will abide by our Hualapai Tribal Constitution that our forefathers lived by. I will not walk away when things get tough, I give you my word, to step up as your Vice-Chairman, and defend our right to build a better future for the Hualapai people.

Sincerely,

Robert Bravo, Jr., Member # 00000082 of the Hualapai Tribe



Vote Robert Bravo Jr. for Vice-Chairman

- Hard worker - Hands on experience
- High work ethics
- Loyal - Been with GCRC more than 10 years
- Dependable - Committed to success of tribe even in difficult situations
- Honesty and integrity
- Business oriented and results driven - Proven results during GCRC leadership
- Protection of tribal assets - Understanding of tribal law and constitution
- Protection of Hualapai Tribal lands and members
- Never look down on others, everyone is equal

Primary Election June 23, 2012

VOTE FOR SYLVIA JACKSON



- From He'la Ba:ja Ko' Bay'a (Milkweed Band)
- Born & Raised in Peach Springs, Arizona
- Lifetime Resident of the Hualapai Reservation
- Knowledge of Hualapai Tribal Oral History, Culture & Language
- Knowledge of History of Water & Land Claim Rights
- Knowledge of History of Tribal Sovereignty & Tribal Ordinances
- Knowledge of History of Tribal Enterprises
- Knowledge & Respect of Tribal & U.S. Constitution, Tribal Council Morale & Code of Ethics, Due Process, All Other Policies & Procedures
- Knowledge of Human & Equal Rights

Educate & Inform Tribal Members of ISSUES of the Hualapai Tribe; Ensure Communication from Tribal Council Meetings to Tribal Members by Ensuring Tribal Administration Monthly Reports; Ensure Financial Quarterly Reports Informing Tribal Members of General Fund and GCRC's Financial Audit Reports;

Learn & Understand Methods of Financial Operations, Cash Management, Contract Administration, and Budgets of GCRC, so that we will know the TRUTH about the Annual Revenues, so they will not lie to us;

Ensure GCRC Develops & Provides Employment Office of Hiring in Peach Springs for Tribal Members; Ensure GCRC to Develop Job Orientation Program (To Train Employees to Accomplish by learning what is expected of them in their job duties) & a Job Achievement Program (For Tribal Members to Achieve Long Term Employment by Implementing Progressive Discipline, while learning to keep their jobs);

Ensure GCRC Provides Friendly & Professional Customer Service Training in all areas of GCW, so our Tribal History and Culture is presented in a positive manner, to maintain the integrity of the Hualapai Tribe.

Review and Resolve the Skywalk controversy by EXPOSING the current contract of Sa Na Wa Agreement; Amend the Agreement to Resolve the litigation of both parties; & Enter into Contract Agreement that will benefit both parties;

Stop Eminent Domain Ordinance. The Ordinance was written to harass. We are a Sovereign Nation, we are to Respect and to Represent our Tribe Respectively;

Resolve and Prohibit the "overlapping" Conflict of Interest of Council Members who are GCRC Employees;

Review Tribal Attorneys Contract, Provide an Annual Report, Terminate if necessary & Acquire An Attorney who is qualified in Indian Law;

Ensure the Education Department Develops a Certification Program in Hospitality for Tribal Members to ensure hiring at Grand Canyon West or other Tribal Programs; Develop Higher Learning classes within the Community for Tribal Members;

Propose to Develop Art Program for Tribal Members to learn to develop their skills in drawing and painting, for the Individual to develop skills to enter the Art World;

Ensure Social Services Provides Assistance to ALL Low Income, Disabled, Misplaced and Homeless Individuals or Families of our community;

Stop Tribal Police Use of Abusive Methods of Arresting and Intimidation of Tribal Members and Resolve & Minimize Mismanagement of Authority & Gas Expenses to Patrol off the Hualapai Reservation;

Rejuvenate our Hualapai Culture back into our Community & into our Tribal Programs through the teachings of our Creator: To Respect One Another, To continue to Preserve & Protect our Tribal Elders & Tribal Members, To Teach the Youth of our traditions and of our past leaders and what they stood for.

RON QUASULA, SR.

I am running to serve on the tribal council again. I believe my past experience as a council member will be an asset. I have lived on the Hualapai reservation most all of my adult life. I speak and understand Hualapai. After retiring from the BIA I was appointed fire chief for tribe. When people are in need I respond to help them—no one can argue against that.

I have watched the actions of the tribal council for the past four years. Too many times the Constitution, Code of Ethics and Oath of Office have been ignored or violated. Obviously there is little or no team work among most of the current council members. Here is some of what I see and propose to fix.

1. When the Constitution, Code of Ethics or Oath of Office are violated I will point this out and will not stop until the matter is corrected.
2. I will make sure tribe's Human Resources policies and procedures are strictly followed.
3. There are simply too many council meetings. No meeting minutes are produced so tribal members are left in the dark. I will ensure the hiring of a professional recorder and have minutes printed and mailed to tribal members who request copies.
4. I will push to get a responsible GCRC board of directors appointed. GCRC should have its own legal counsel and the tribal council's attorneys need to be removed. The council has no business getting directly involved with GCRC daily business operations.
5. There are too many executive meetings where the tribal members/share holders are kicked out of meetings. If the council cannot trust the Hualapai people there is a real problem.
6. Some council members travel too much. Why is it necessary for the constant travel? What really is accomplished that benefit the whole tribe? There are never any written trip reports. That will change if I am elected. If a council member travels—that person must provide a report to the people.
7. When tribal members complain in writing to the council I will make sure that a written response is prepared. I honestly don't think any citizen complaints to the council have ever been answered in the past four years. Complaints are mostly ignored by the council.
8. I will insist that the council meetings are held in a professional manner. Some council members obviously dislike one another as reflected by their words and actions during meetings. The council members need to listen and ask questions. It is not a time to send text messages or play with email or on the Internet. When I am in charge no council member will be allowed to use their cell phones or computers while the council meeting is in session.
9. The most important virtue I see very lacking is professional ism and respect for one another on the tribal council. The council members must set the example and be role models.
10. I will make sure that each month Wanda Easter puts out a report on tribal financial accounts. What money is coming in and what money is going out—for what.

If you want an honest and responsive leader, vote for me. Thank you.

Baja,

My name is Michael J. Whatoname, I am from the Juniper Mountain Band / Hualapai Mountain Bands. I am a 4/4 Hualapai and speak fluent Hualapai. I forward you the following to read and think to make the right choice! History and fate has always met at a single place and a single time. Again, we meet at a place to make a choice. My mission is simple and not the oldest, recently, certain Council members have forgot the most basic to do right from wrong, to do what is simple to serve you, by listening to you. Now in a Legal battle between each-others, at your expense.

Recently, we have come to live with moments of uncertainty with a whirlpool of confusion marked and embedded into your minds filled with debate, lies and confusion, without prosperity, and a promise of direction. My goal is to try and rebuild the integrity of the tribal council. This will be a tough endeavor, however, I believe that with your help it can and will be done. To continue to Educate, our children, and provide the essential needs of the people, more parents must get more involved with your children's Education. There are problems everywhere not only in the North, South, East or West, yes, even here on the Hualapai Land.

Many complex issues are before us, they must be dealt with not with one but with everyone. We must never forget our grandfathers who fought without education, however, with courage, honor and pride. Not only thinking for themselves however, for everyone. That nobility and pride to stand and be heard even if deaf ears fell, they believed what was the right of a man to flourish, to stand together to be the People of the Tall Pines. This was done for survival. As, your leader, there is no today if there is no promise of tomorrow. I don't believe in making promises, I just do it!

In 1976 I left the Hualapai Indian Reservation, entering into a different society, I learned that you either lead, follow or get out of the way. If you don't speak you will not be heard, I had to learn how to be aggressive. Yes, I am an aggressive man. Many don't like to hear my voice because of my aggressiveness. You have to be aggressive, to get what you want. I also learned how to be strong and vocal

and while I served this Country in the United States Army, representing the Hualapai tribe.

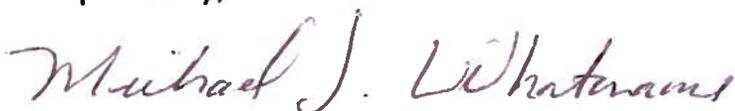
I believe whether it wishes us well, or ill, that we will pay any price, bear any burdens and hardships, we must support everyone. To oppose any foe, to reassure the success of the tribe, spiritually and physically we must share to achieve and promise ourselves a better tomorrow, with a leader who will make the right choices, as I ask you to do. To, measure each problem with thought and act not in haste or blindness, but with facts. I will be faced with challenges, not only from pending new and old issues, however, from those who do not want change. To rebuild your needs, remember, I cannot do this without your support.

I look forward into the future, with the thought that one day we will have sidewalks for you to walk on. Cleaning up our community, have better homes, and clean yards. Have a nice looking downtown, providing history for tourists to read. For every tourist to understand and see that there is a small reservation with a clean town. But, again, this is all up to you, as to what you want!

I will work closely with all of the departments. I often go to Council meetings where Programs enter their final stages to complete their hard work, with a Resolution. Yet, many times Council table's the issues due to more information, or more time to review for unknown reasons. This is usually due to having to work and spread out thin. I believe that if you are on council that you should not have a job, but focus on council issues.

Work hard at the Governmental Level, to secure and meet the needs we desire. Support all of the Boards. Turn over full responsibility of the Corporation Board to the Board, and stop micromanaging. There is no need for a liaison between the Council and the Board. There must be trust. Make sure that each Director is doing what is required of them to oversee their Departments.

Respectfully,



Michael J. Whatoname 2012

VOTE
PHILBERT WATAHOMIGIE, SR.
FOR
HUALAPAI TRIBAL VICE-CHAIRMAN

PHILBERT SPEAKS HUALAPAI LANGUAGE, KNOWS THE HUALAPAI TRADITION & CULTURE.

PHILBERT IS HONEST, TRUSTWORTHY, FAIR, HE IS A LEADER.

HE WILL LISTEN TO THE PEOPLE'S VOICES AND SPEAK UP FOR THE PEOPLE!!!

PHILBERT WILL STAND BY HIS BELIEFS AND PRINCIPLES.

MOST OF ALL HE WILL UPHOLD THE HUALAPAI TRIBAL CONSTITUTION.

My name is Sharon Havatone (Whatoname). I'm a member of the Hualapai Tribe; I also speak my language. I've been employed with Grand Canyon West for 13 years and I am proud to say that within all the years that I've been with GCRC, I crossed trained in most of the departments and 2 years ago I was promoted to Gift Shop Supervisor.

I'm the daughter of Delbert C. Havatone, born to Agnes Havatone (Honga), fathers name Roger Havatone from Big Sandy's Band.

While living on the reservation he worked with the roads department, he also served as council, Vice Chairman & Chairman. We are very lucky to have a father who taught all his children everything that we know now.

My mothers name was Julia A. Boney, my mother was a housewife, she was also one of the women who was employed making Hualapai Dolls.

I have lived on the reservation all my life, I attended and graduated from Isabella Miller Elementary School. I also attended Phoenix Indian High School where I graduated with the class of 1981.

In all the years that I grew up on the reservation, we had council members who worked together and stood together knowing that they had the responsibility to the Hualapai Tribe and not for themselves. Not all council members traveled to attend meetings, only the chosen ones went and brought their reports back to the council and to the community. This is how the community knew what was going on, he also said you don't go to meeting after meeting, not unless you know how it's going to BENEFIT to the Hualapai Tribe. Back then Vice-Chairman & Chairman stayed back from all the trips knowing that their responsibility was needed within the community.

We forgot our ways of parenting in teaching our children the responsibilities of work and being dependable. I've heard people say we are all unique in our own ways, so don't let anyone ever say that you aren't. So lets all work together and support one another as a community.

As candidate for Council, I will work with the Hualapai people, I will listen to your concerns, I will do what's best for the people and most important, we are the Hualapai Tribe.

If I am elected into Council, I will do my best to serve you as the Hualapai Tribe and community as a whole.

My father was my Teacher, Advisor, Mentor and Council, Thanks to him.....



My Introduction

May 14, 2012

Gam'yu Hwal'bay Ba;j,

My name is Tasha Havatone from the Big Sandy Band (Enrolled with the Hualapai Tribe # 00001559). I am ½ Hualapai and ½ Navajo. I am 26 years old. I was born to Mrs. Sharon Havatone – Whatoname and my Step-Father Mr. Wayne Whatoname Jr. My maternal grandmother is Mrs. Julia Ann Boney - Havatone (Pine Springs) and my maternal grandfather is Mr. Delbert Chris Havatone (Big Sandy). I am a mother of 2 Daughters, Juliana Desiree Nez 9 years old and Taelene Rayniece Nez 6 years old. On March 5, 2012 @ 8:10 PM I gave birth to my first born son, Deveon Amaree Nez, Unfortunately our creator had other plans for him and he is no longer with us.

When I was growing up as a child my grandpa Delbert taught me that you have to learn to do for yourself, work hard for what you want, don't depend on someone else to do it for you because they're not all ways going to be here, close family ties, but most of all he said be proud of who you are, learn our language. I believe I have done right by all his teachings except learn my language. I started working when I was 13 years old, thanks to the WIA program. I have had several different job titles since the age of 13 from being a waitress at the Hualapai Lodge to being a Telecommunications Equipment Operator (Dispatcher) for the Bureau of Indian Affairs. My current job title is Administrative Assistant with the Hualapai Adult Detention Center.

Recently I was asked, "Where have you been hiding all this time?" My answer to you is that I have lived here (Our Hualapai Reservation) my whole life, except for when I left to Chemawa to finish High School. I graduated in May 2005 and I returned home (Our Hualapai Reservation). I have been quiet too long, I have kept a low profile, until now... I can no longer act blind to the things I hear and see. So now I am here, out in the open. I am not here to start trouble but to bring out the truth; if you feel that I am personally against you, your incorrect... sometimes people do what I do because it's the RIGHT thing to do. I put my name in for a council position for this upcoming election in June because I feel that I can make a difference. I understand that most of you have been or felt betrayed, misled, misunderstood, neglected and ignored which has put all of us in a position of mixed emotions on who to vote for. I know how you feel and I understand. When you elect me for a council position I will not make promises I can't keep. The only promise I will make to you now is to do my best. I think it is time for my generation to get involved with what is going on. We are the future leaders of the Hualapai People and now it's our time to take a STAND.

I do not think it is fair that our own Hualapai people think that it is okay to walk around, shake your hand, and pretend to be your friend for the moment, just because they want your vote.

Do Not Vote for me just because of the family I come from, the job I have or if you think you will personally gain something.

Vote for me because I am a woman who does not mind change, not easily intimidated, opinionated, open-minded, I know right from wrong, adaptable to any situation put in my path, I have a strong will to learn & seek out the truth, knowledgeable with our tribal law and order code, election ordinance and constitution. if I don't know the answer to a question you may have, I will simply tell you I don't know, I will give you a time frame so that I can research your question and at the end of the time frame I will have your answer.

VOTE FOR TASHA P. HAVATONE
 › For Council

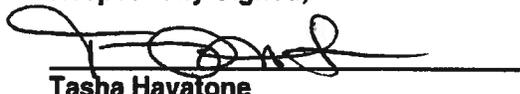
HUALAPAI PEOPLE

05/14/2012

1. Why do we continue to vote for people who continue manipulate our Law & Order Code, Election Ordinance and Constitution?
2. Why do we allow these same people to run in our Tribal Elections?
3. Why do we continue to pretend that there is nothing **WRONG** going on?
4. Be **HONEST** with yourselves and take a stand for what is **RIGHT**, **DO NOT** continue to allow ourselves to look like fools.

They promise to be HONEST, TRUTHFUL, and to uphold our TRIBAL LAWS but after you are done reading the attached order you will see for yourselves that they do not intend to do any of that, by MANIPULATING our Tribal Pro Temp Judges with their LIES.

Respectfully Signed,



Tasha Havatone

SOURCE WATER PROTECTION PLAN FOR THE WATER AT PEACH SPRINGS

The Hualapai Tribe, through the Hualapai Department of Natural Resources, received funding from the United States Environmental Protection Agency to prepare a Source Water Protection Plan (Plan) for the water source at Peach Springs. The Plan will identify the area around the springs to be protected, evaluate potential contamination sources, contain a susceptibility analysis and provide for public education regarding protection of the water. In addition, the cisterns and pump house will be fenced to protect the facilities. Finally, samples of the water will be tested to determine appropriate uses for the water. Copies of the Source Water Protection Plan will be available at the Tribal Office, Department of Natural Resources and the Cultural Center.

The project will be complete by September 30, 2012.

Obama Moves to Settle 41 Tribal Trust Cases for \$1 Billion

www.indiancountrytodaymedianetwork.com | By Rob Capriccioso | April 11, 2012

WASHINGTON – The Obama administration announced April 11 its intent to resolve 41 long-standing disputes with Indian tribal governments over the federal mismanagement of trust funds and resources.

Ignacia Moreno, assistant attorney general at the U.S. Department of Justice, said the settlements will amount to a combined total of \$1.023 billion to the 41 tribes for past federal mismanagement.

Beyond money, the settlements also set forth a framework for promoting tribal sovereignty and improving nation-to-nation federal-tribal relations, while trying to avoid future litigation through improved communication, Moreno said.

Wyn Hornbuckle, a spokesman for the Justice Department, told *Indian Country Today Media Network* that the Obama administration is choosing not to announce a breakdown of monies to each tribe, “leaving it at discretion of the tribes.” He said that the decision was made “in deference to the tribes” out of “respect for their confidentiality.” Some of the settlements – about 35 – are available with the D.C. district court, Hornbuckle said, but the others are filed as “dismissed,” so they are not public record.

Hornbuckle said that the money for the settlements does not have to be approved by Congress; rather, it comes out of the United States’ Judgment Fund.

The announcement was made at a White House ceremony, with Attorney General Eric Holder, Secretary of the Interior Ken Salazar, Senior Advisor to the President Valerie Jarrett, and other senior members of the Obama administration joining tribal leaders in attendance.

“May we walk together toward a brighter future, built on trust, and not acrimony,” said Hilary Tompkins, Solicitor General of the Interior Department, at the event. “And when I say the word trust, I don’t mean the legal definition of that word, I mean the dictionary’s definition of that word—assured reliance on the integrity, veracity, justice, friendship, or other sound principle of a person or thing...”

Tompkins is a Navajo Nation citizen, and she personally helped sort out the legal parameters of the deals.

“I know it hasn’t been easy to get to this point,” Holder later added, thanking tribal leaders and agency officials for their negotiation efforts. He said the settlements represented “a model for fairness and success.” The negotiations took 22 months, according to the White House.

Salazar called the settlements a “deliverance” on the promise Obama made to Indians when campaigning for president in 2008. He added that some in his orbit had advocated continuing fighting lawsuits against the tribes, but advocates within the administration decided that settlement was the better and right route.

Charlie Galbraith, an associate director in the White House Office of Intergovernmental Affairs, called the development “a significant step forward in the resolution of tribal trust cases pending against the United States,” in a blog post on the White House website.

“Many of the cases include claims by the tribes that go back over 100 years,” Galbraith said, adding that the deal represented “good-faith cooperation and hard work of the administration and 41 American Indian tribes

in working out fair and honorable resolutions of the tribes' claims."

The announcement is one of several settlements the Obama administration has announced with individual Indians and tribes since 2009.

In 2010, the administration settled the \$760 million *Keepseagle* case brought by Native American farmers and ranchers against the U.S. Department of Agriculture. They alleged discrimination by the agency in its administration of loan programs.

President Barack Obama also signed into law the Claims Resolution Act in December 2010, which included the \$3.4 billion *Cobell* settlement agreement that aims to resolve a lawsuit over the management and accounting of more than 300,000 individual American Indian trust accounts. That settlement is still on appeal in federal court. It was first announced by the administration in December 2009.

The Claims Resolution Act also included four water rights settlements, meant to benefit seven tribes in Arizona, Montana, and New Mexico.

In October 2011, the Obama administration reached a \$380 million settlement with the Osage Nation over the tribe's long-standing lawsuit involving the federal government's mismanagement of trust funds and trust resources. That settlement featured measures designed to improve the trust relationship between the tribe and the United States.

Chief James Allan, Coeur d'Alene tribal chairman, said at the event that he believes Obama has done more for tribes than the last five presidents combined.

Gary Hayes, chairman of the Ute Mountain Tribe, thanked the U.S. agencies for moving to settle the lawsuits that have already proven costly to tribes as they have carried out their legal challenges for years. He also thanked the Native American Rights Fund for its role in assisting tribes on the deals.

"The seeds that we plant today will profit us in the future," Hayes said. "These agreements mark a new beginning, one of just reconciliation, better communication...and strengthened management..."

The tribes affected by the settlements, as listed by the White House, are:

1. Assiniboine and Sioux Tribes of the Fort Peck Reservation
2. Bad River Band of Lake Superior Chippewa Indians
3. Blackfeet Tribe
4. Bois Forte Band of Chippewa Indians
5. Cachil Dehe Band of Wintun Indians of Colusa Rancheria
6. Coeur d'Alene Tribe
7. Chippewa Cree Tribe of the Rocky Boy's Reservation
8. Confederated Tribes of the Colville Reservation
9. Confederated Salish and Kootenai Tribes
10. Confederated Tribes of the Siletz Reservation
11. **Hualapai Tribe**
12. Kaibab Band of Paiute Indians of Arizona
13. Kickapoo Tribe of Kansas
14. Lac du Flambeau Band of Lake Superior Chippewa Indians
15. Leech Lake Band of Ojibwe Indians
16. Makah Tribe of the Makah Reservation
17. Mescalero Apache Nation
18. Minnesota Chippewa Tribe
19. Nez Perce Tribe
20. Nooksack Tribe
21. Northern Cheyenne Tribe
22. Passamaquoddy Tribe of Maine
23. Pawnee Nation
24. Pueblo of Zia
25. Quechan Indian Tribe of the Fort Yuma Reservation
26. Rincon Luiseño Band of Indians
27. Round Valley Tribes
28. Salt River Pima-Maricopa Indian Community
29. Santee Sioux Tribe
30. Shoshone-Bannock Tribes of the Fort Hall Reservation
31. Soboba Band of Luiseño Indians
32. Spirit Lake Dakota Nation
33. Spokane Tribe
34. Standing Rock Sioux Tribe of the Fort Yates Reservation
35. Swinomish Tribal Indian Community
36. Te-Moak Tribe of Western Shoshone Indians
37. Tohono O'odham Nation
38. Tulalip Tribe
39. Tule River Tribe
40. Ute Mountain Ute Tribe
41. Ute Tribe of the Uintah and Ouray Reservation



Canine/Feline Vaccination Clinic

When: **June 23rd (Saturday) 10am - 2pm**

Where: **Peach Springs Fire Department
921 Hualapai Way**

Pricing:

Rabies : 1 year/ 3 year - *FREE!*

FREE Rabies Vaccines provided by Hualapai Animal Control/Parker I.H.S. Environmental Health

DA2PP: (dog) Distemper Parvo - 1 year - \$ 10

FVRCP: (cat) Feline Parvo - 1 year - \$10

Bordatella: Kennel Cough - \$10

Dewormer - \$5 (sm. Dog) \$7 (lrg. Dog)

Microchip \$20 - (includes registration)

----Veterinarian Service from former Plateauland Mobile Veterinarian----

CASH ONLY

**Contact HUALAPAI ANIMAL CONTROL for more information
(928) 769-2810 or hualapai_animalcontrol@hotmail.com**

[All pets must be controlled by leash or carrier]

5th Annual Hualapai Jr. Rodeo Series And Finals

Series Dates: June 23, 2012

Finals Date: July 28, 2012



Events:

Dummy Roping
Dummy Team Roping
Stick Race
Goat Ribbon Pull
Goat Tying

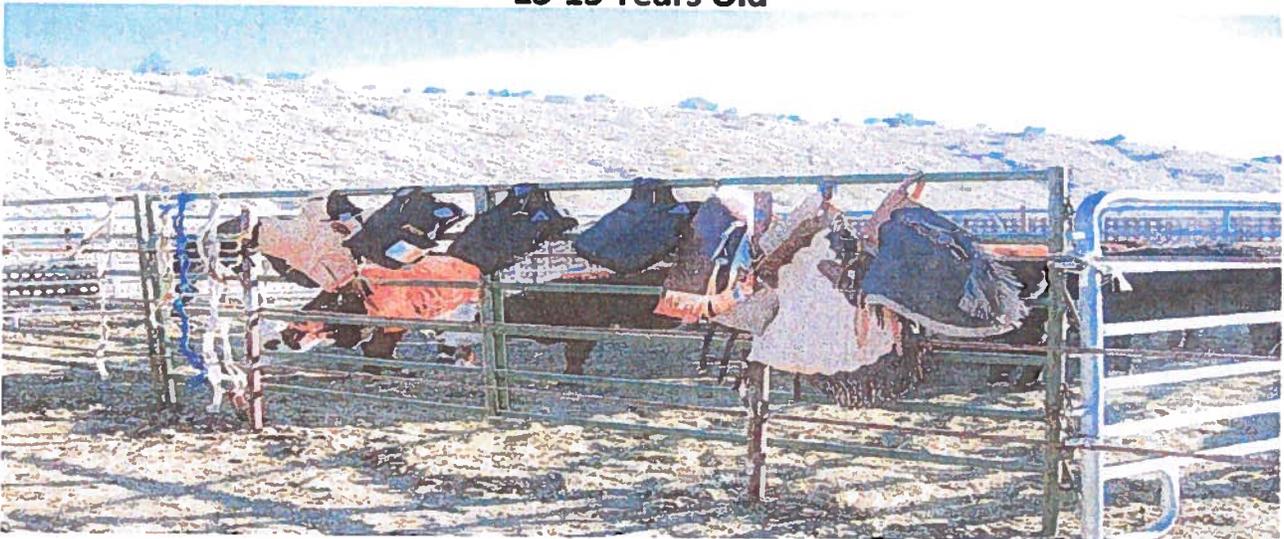
Mutton, Calf, Steer, and Bull Riding

Age Groups: 0-5 years Old

6-9 Years Old

10-12 Years Old

13-15 Years Old



Attend 2 out of the 3 Series events and qualify to win end of the year prizes

High Point Leaders will win Event Buckles and All Around Saddles

Entry Forms and Waivors Available at Natural Resource or online at Hualapai.org

For any information Please Call Winkie Crook or Annette Bravo at (928)769-2254



Hualapai Juvenile Detention and Rehabilitation Center
PO Box 250/108 Highview
Peach Springs, Arizona 86434
Phone #: (928) 769-1611
Fax #: (928) 769-1655



June 8, 2012

Dear Community Members,

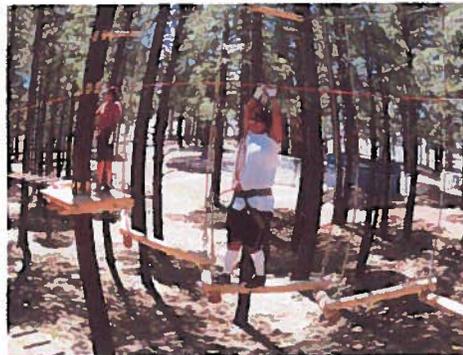
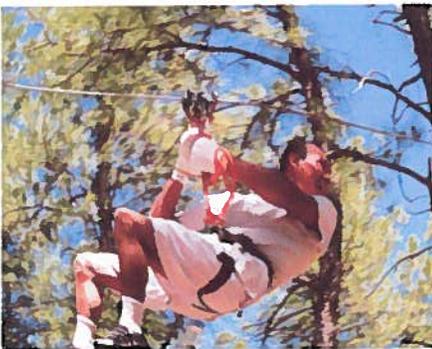
On May 29, our Positive Warrior Work Service (PWWS) youth, a Reentry youth, HJDRC staff (Leroy, Patrick) along with Jolene Decker from Boys and Girls Club went to Flagstaff's Xtreme Adventure Course. This is a new attraction located at the Coconino County Fairgrounds in the tall pines of Flagstaff.

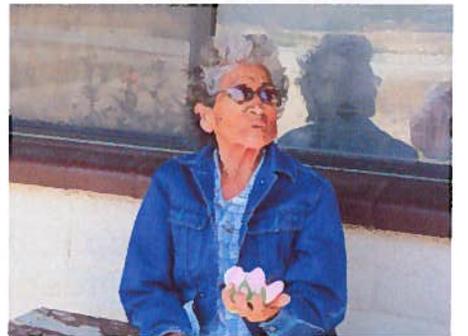
The youth were extremely nervous and anxious upon arrival at the fairgrounds. There are four courses ranging from least difficult to difficult, you have to wear a harness with two ropes and clips for safety lines. Some of the courses have bridges, planks with ropes, zip lines, cargo nets, a rock climbing station, ladders, barrels, etc.

At times the youth wanted to quit but with encouragement and determination they were very surprised on how far along they got. One of the courses has a 450 foot zip line and is 30 feet above ground. Their hearts were racing with anticipation and shock on how they were able to keep pursuing this journey. As they continued to the next course they had to climb up two 30 foot rope ladders and then fly across another zip line. On the last course which is 55 feet above ground these obstacles are even more difficult swinging from ropes and rings. Again this is all being done in the tall pines by the end of the fourth course three of the five youths completed all courses and the remaining two were overcome with exhaustion but only had two obstacles left. Out of the three adults who participated two (male & female) completed all four courses and the last adult completed the third course.

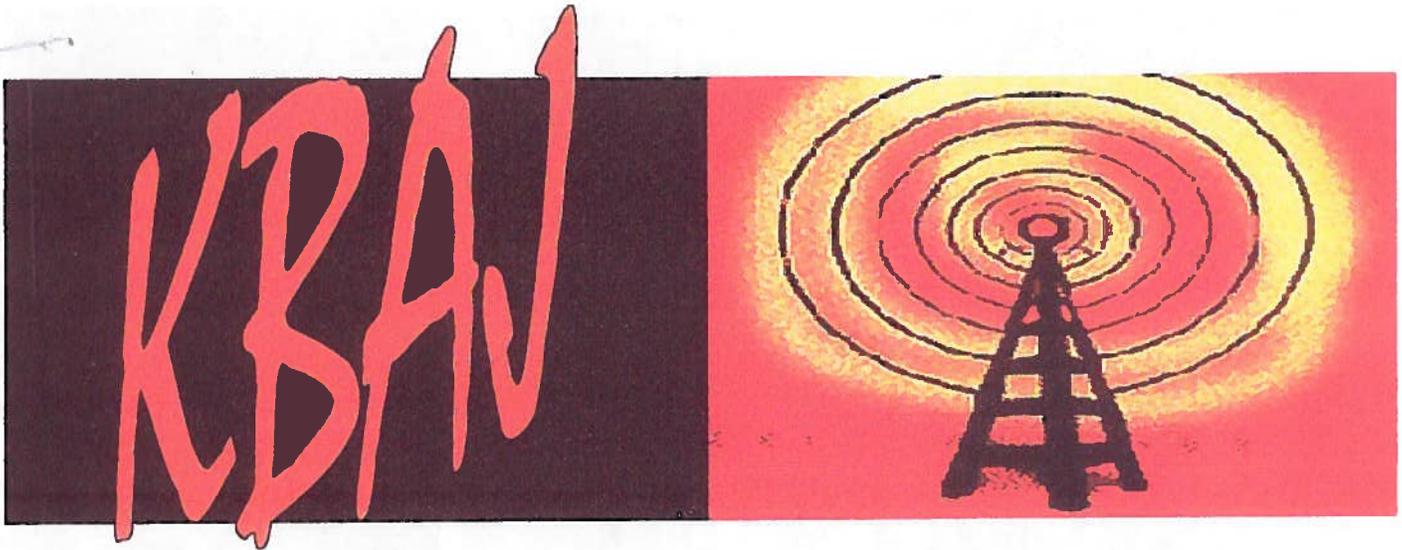
We were very proud of all of them for conquering their fear of heights, fear of falling and most importantly their fear of failure. They are all winners for trying and challenging themselves.

Patrick Gonzales,
PWWS





Mothers Day 2012



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.**

Education, Training & Employment

Peach Springs Unified School District is looking for dynamic and highly energetic teachers for the 2012-2012 school year!

POSITIONS AVAILABLE:

Kindergarten Teacher
Title I Reading/Math Teacher

Physical Education Teacher
Math Specialist

SUMMARY:

Peach Springs Unified School District is located on the Hualapai Indian Reservation in Peach Springs, Arizona. Our school is located in a rural area, approximately 50 miles east of Kingman, Arizona on Route 66 and just south of the Grand Canyon. We currently serve a population of 200+ students in grades K-8. Our staff is currently working tirelessly to improve our school status and student achievement scores.

PRIMARY DUTIES AND RESPONSIBILITIES:

The Certified Teacher shall serve as the primary classroom instructor for students at the assigned grade level or content area. The Certified Teacher shall plan, organize and present instruction and instructional environments which help students learn subject matter and skills that will contribute to their educational and social development. The Certified Teacher implements an educational program that encourages student learning and success and is designed to fulfill student potential for intellectual, emotional, physical, and social growth. In order to respond to the individual needs and abilities of students, the Certified Teacher must work closely with other staff, the administration and other programs of Peach Springs School.

QUALIFICATIONS, EDUCATION, SKILLS AND ABILITIES REQUIRED:

- Current Arizona Department of Education Elementary teaching certificate with SEI endorsement or ability to obtain the same
- Ability to qualify for highly qualified teacher status for appropriate teaching assignment
- Current fingerprint clearance card
- Kindergarten teacher must have Early Childhood endorsement
- Math Specialist must have Math endorsement

Additional qualifications that would be highly desirable include: Beyond Textbooks, Positive Behavior Intervention & Supports, Responsible Thinking Process and Formative Assessment Training and/or experience.

OTHER:

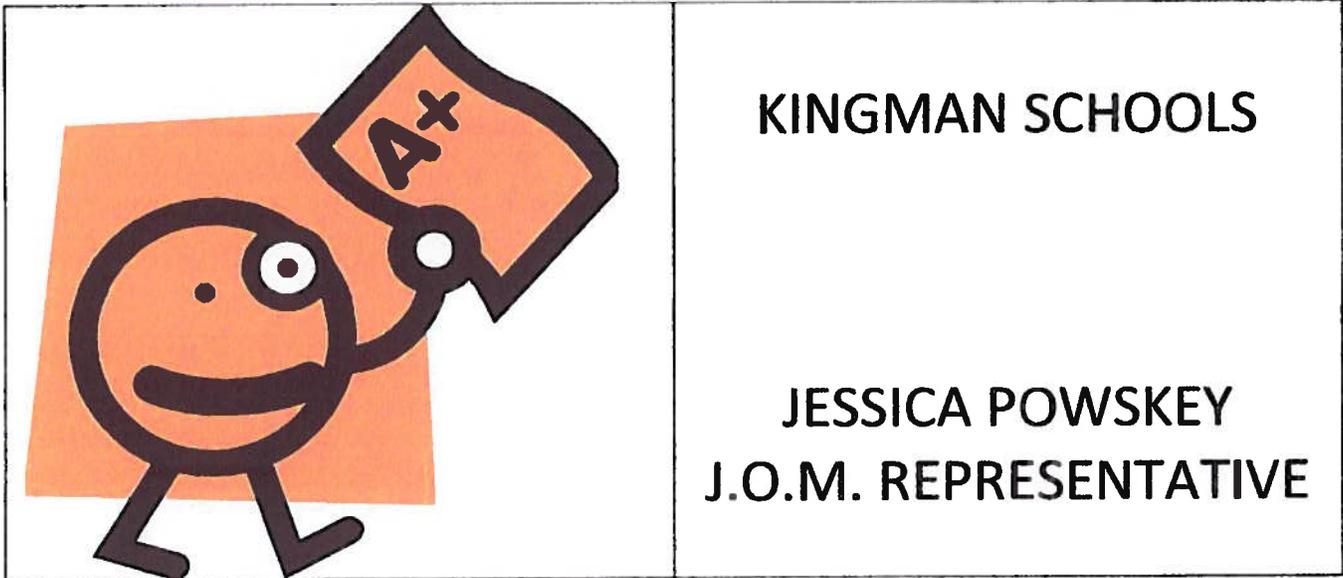
Salary commensurate with Peach Springs Unified School District pay scale and experience. The school provides medical, dental, vision and life insurance for employees at no cost. Employee housing is available at very reasonable rates. Daily shuttle available from Kingman, AZ. Student loan forgiveness may be applicable as school is a Title 1 School with 100% free and reduced lunch.

Please contact the school administrative secretary at (928) 769-2202 for an application. Current resume, three current letters of reference, copies of all college transcripts, fingerprint clearance card and Arizona teacher certification required to complete application packet.

GRADUATION RECOGNITION

ATTENTION all Hualapai tribal graduates of 2012 - Jr. High/High School/College, submit to the Hualapai Education office a copy of your diploma & tribal I.D. upon completion of school. Stipends will be issued at the graduation dinner on July 19, 2012. Any questions, please call the Education Office at (928) 769-2200.

Hualapai Tribal Fall Scholarship deadline---JULY 1st.



PARENTS AND GUARDIANS,

SCHOOL IS OUT AND REPORT CARDS ARE IN THE MAIL!

INCENTIVES ARE AVAILABLE TO STUDENTS -

- ACADEMIC ACHIEVEMENT (CITIZENSHIP, GOOD OR PERFECT ATTENDANCE, GRADES)
- ACTIVE SCHOOL PARTICIPATION,
- ACTIVE LEADERSHIP OR POTENTIAL ARTISTIC ABILITY (FINE ARTS, MUSIC, DRAMA, DANCE, AMERICAN INDIAN CULTURAL OR AMERICAN INDIAN CRAFTS)
- SPORTS ACHIEVEMENT, OR
- IMPROVED BEHAVIOR/ATTITUDES.

IF YOU HAVE NOT SUBMITTED YOUR CHILD'S CERTIFICATE OF INDIAN BLOOD FOR THE 2011-2012 SCHOOL YEAR- YOU CAN SUBMIT FOR 2012-2013 SCHOOL YEAR.

FUNDS HAVE BEEN ALLOCATED FOR STUDENTS WHO HAVE ALREADY SUBMITTED THEIR CERTIFICATE OF INDIAN BLOOD FOR 2011-2012 SCHOOL YEAR.

IF YOU HAVE ANY QUESTIONS- CALL ME AT THE DEPARTMENT OF HUALAPAI EDUCATION & TRAINING CENTER (928) 769-2200.

Health & Safety Information



Do You Use Apps?

Please read even if you don't use apps, you could still win!

The Health, Education and Wellness Center is exploring the possibility of making smart phones equipped with health apps available to community members who are interested in making healthy lifestyle changes.

Before we can apply for a grant, we need to know who is currently using smart phones and apps.

If you answer (even if you don't use a smart phone or apps) and return this short questionnaire, you will be entered into a raffle for one of two **\$25 gas cards**.

yes	no	
		1. Do you regularly use a smart phone to make calls, text or use an app?
		2. Do you know what an app is?
		3. Do use apps? If so, how many do you have loaded on your phone? _____.
		4. If you have loaded apps on your phone, were they all free? If you paid, what is the average cost you paid for an app? _____.
		5. If you use apps, are any of the apps health related? If so, please provide the names of the health apps you use: (If you don't use apps – leave answer blank)
		6. Would you be willing to learn to use a health app?
		7. If a program paid the costs (for the ipod touch and app), would you be willing to use an app at least three times a week for 6 months?

Your age range (yrs): (circle) 18-25 26-35 36-45 46-55 56-65 65 and over

Gender: Female or Male

CUT or TEAR NEATLY ----- ✂ -----

Name: _____

Contact phone: _____

At boxes at the Radio Station (next to old IHS Building), the Health Department or the Tribal Office, place your answers in one box and the slip with your name and contact information in the other box. Drawing for gas card will be **July 6!**

Thank You!

Exercise slows muscle wasting from age and heart failure

May 07, 2012

Study Highlights:

- A four-week exercise program for heart-failure patients slowed muscle-wasting and improved their exercise capacity, regardless of age.
- The study confirms that exercise can reduce inflammation in skeletal muscle.
- Findings offer a possible avenue for future drug therapy to treat muscle-wasting in heart failure patients.

DALLAS, May 7, 2012 – Exercise can counteract muscle breakdown, increase strength and reduce inflammation caused by aging and heart failure, according to new research in *Circulation*, an American Heart Association journal. The benefits for heart failure patients are similar to those for anyone who exercises: there's less muscle-wasting, and their bodies become conditioned to handle more exercise. Age of the patients didn't matter, either, researchers found.

"Many physicians – and insurance companies – still believe that cardiac rehabilitation does not really help in old age. This study clearly falsifies this belief," said Stephan Gielen, M.D., lead co-author and Deputy Director of Cardiology at the University Hospital, Martin-Luther-University of Halle, Germany.

Between 2005 and 2008, researchers recruited 60 heart-failure patients and 60 healthy volunteers. Half of each group was 55 years and younger and the other half, 65 years and older, resulting in an average age difference of 20 years between the groups. Half the participants in each age group were randomly assigned to four weeks of supervised aerobic training or no exercise. Researchers took muscle biopsies of all participants before and after the intervention.

In both age groups, four training sessions of 20 minutes of aerobic exercise per day, five days a week plus one 60 minute group exercise session was associated with increased muscle force endurance and oxygen uptake. Heart failure patients 55 and under increased their peak oxygen uptake by 25 percent, while those 65 and over increased it by 27 percent.

Using biopsy results, researchers found that levels of a muscle protein indicating muscle breakdown, known as MuRF1, were higher in participants with heart failure than in their healthier counterparts. However, exercise reduced MuRF1 and reduced muscle inflammation, measured by levels of a protein called TNF-alpha.

The strength of participants' leg muscles was measured before and after the exercise. Younger and older heart failure patients increased muscle strength after the four-week exercise regimen. Muscle size was unaffected.

These findings offer a possible treatment to the muscle breakdown and wasting associated with heart failure and suggest that exercise is therapeutic even in elderly heart failure patients. The findings also suggest an avenue for drug development to slow muscle breakdown in heart failure patients.

"Exercise switches off the muscle-wasting pathways and switches on pathways involved in muscle growth, counteracting muscle loss and exercise intolerance in heart failure patients," Gielen said. According to the American Heart Association, about 5,700,000 Americans age 20 and older have heart failure.

"Over the last three decades, hospital admissions for heart failure have increased fourfold and will continue to do so, due chiefly to the aging of the population," Gielen said. Estimates of costs vary, but are in the tens of billions of dollars per year in the United States alone, researchers said.

The lead co-author is Marcus Sandri, M.D. and other co-authors are Irina Kozarez, M.D.; Jurgen Kratzsch, M.D.; Daniel Teupser, M.D.; Joachim Thiery, M.D.; Sandra Erbs, M.D.; Norman Mangner, M.D.; Karsten Lenk, M.D.; Rainer Hambrecht, M.D.; Gerhard Schuler, M.D. and Volker Adams, M.D.

■

9 things you can do to be happy in the next 30 minutes

By Gretchen Rubin / Published May 25, 2012 / Real Simple

Being happier doesn't have to be a long-term ambition. You can start right now. In the next 30 minutes, tackle as many of the following suggestions as possible. Not only will these tasks themselves increase your happiness, but the mere fact that you've achieved some concrete goals will boost your mood.

- 1. Raise your activity level to pump up your energy.** If you're on the phone, stand up and pace. Take the stairs instead of the elevator. Put more energy into your voice. Take a brisk 10-minute walk. Even better...
- 2. Take a walk outside.** Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning.
- 3. Reach out.** Send an e-mail to a friend you haven't seen in a while, or reach out to someone new. Having close bonds with other people is one of the most important keys to happiness. When you act in a friendly way, not only will others feel more friendly toward you, but you'll also strengthen your feelings of friendliness for other people.
- 4. Rid yourself of a nagging task.** Deal with that insurance problem, purchase something you need, or make that long-postponed appointment with the dentist. Crossing an irksome chore off your to-do list will give you a rush of elation.
- 5. Create a more serene environment.** Outer order contributes to inner peace, so spend some time organizing bills and tackling the piles in the kitchen. A large stack of little tasks can feel overwhelming, but often just a few minutes of work can make a sizable dent. Set the timer for 10 minutes and see what you can do.
- 6. Do a good deed.** Introduce two people by e-mail, take a minute to pass along useful information, or deliver some gratifying praise. In fact, you can also...
- 7. Save someone's life.** Sign up to be an organ donor, and remember to tell your family about your decision. Do good, feel good—it really works!
- 8. Act happy.** Fake it 'til you feel it. Research shows that even an artificially induced smile boosts your mood. And if you're smiling, other people will perceive you as being friendlier and more approachable.
- 9. Learn something new.** Think of a subject that you wish you knew more about and spend 15 minutes on the Internet reading about it, or go to a bookstore and buy a book about it. But be honest! Pick a topic that really interests you, not something you think you "should" or "need to" learn about.

Superfoods that could help you lose weight

Posted: 05/24/2012 By: EndPlay Staff Reports

Dieting isn't exactly an enjoyable experience. It usually involves some kind of deprivation from foods you enjoy: carbs, sugar, red meat or dairy. So instead of thinking of what you can't eat, take a look at the foods that you not only can eat, but will actually help you on your weight loss journey.

Good Housekeeping reported that Americans spend around 30 billion dollars a year on products to help keep the weight off. Unfortunately, most of that money goes down the drain because the products don't work. But there is good news. Research is now showing that there are superfoods that will help fight sugar cravings and even boost your metabolism.

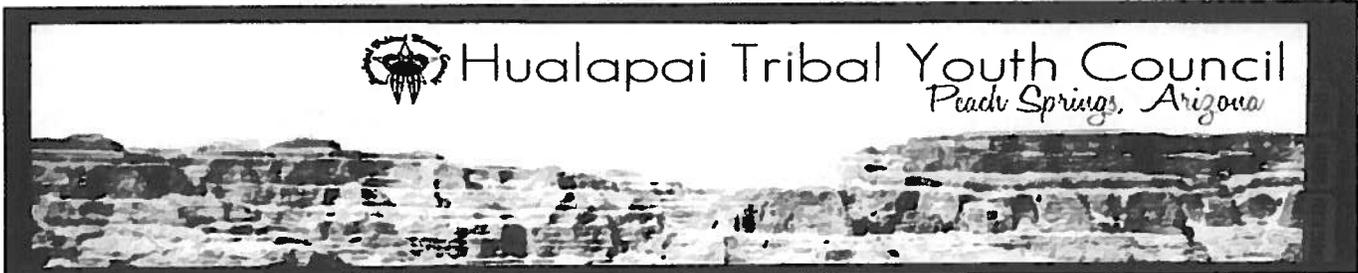
Here are some superfoods that you can start incorporating into your diet right now. You just might shed those pesky five pounds that have been lurking around, just in time for bathing suit season.

- **Apples** – Self.com reported that eating an apple as a snack helped people eat less at their next meal. There have also been studies that have shown that the antioxidants in apples help prevent extra belly fat.
- **Avocado** – This fruit often has a reputation for being fattening – there are 65 calories in a quarter of a medium-sized avocado. However, this fruit is a great substitute for things like mayonnaise because it replaces the bad fats with the good fats, U.S. News & World Report explained. It's an easy and healthy way to save some calories.
- **Beans** – This very versatile food is low in calories, but also contains cholecystokinin. Good Housekeeping explained that cholecystokinin is a digestive hormone that acts like a natural appetite suppressant. Another bonus to this superfood is it can lower your cholesterol because of its high fiber content.
- **Eggs** – Eat this superfood for breakfast and curb your appetite for the rest of the day. Good Housekeeping reported that the protein in eggs prevents an early spike in blood sugar which helps you fight cravings.
- **Watermelon** – Not only is this summer staple delicious, it's filled with antioxidants and contains lycopene which has been shown to help fight cancer. Watermelon is also high in water content and contains only 50 calories per cup, according to U.S. News & World Report. The high water content helps you eat less and keeps you full longer.
- **Yogurt** – Nutritionists agree that plain is best, but eating yogurt is a great superfood to add to your diet. Self.com reported that it has the perfect combination of carbs, fat and protein and keeps blood sugar level. Like avocado, you can substitute yogurt for mayonnaise in dishes like potato salad.
- **Grapefruit** – Eating a half of a grapefruit before each meal or drinking a serving size of the juice three times a day aided in people losing weight, according to Good Housekeeping . In a study, grapefruit's phytochemicals reduced insulin levels which sometimes can convert calories into energy instead of fat.

FOR ALL THE LATEST UPDATES ON YOUTH COUNCIL & JUNIOR COUNCIL, TEEN EVENTS, & TEEN INFORMATION

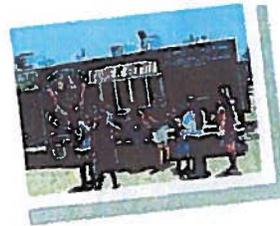
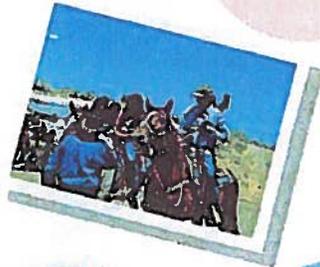


Hualapai Tribal Youth Council
Peach Springs, Arizona



www.hualapaiyc.com

...Making Memories!!



Yummy, healthy recipes for the month of June!

Steak

Fajitas!



Serves 4; serving size: 1/4 recipe

Ingredients

- 1/2 Tbsp olive oil
- 2 Tbsp lime juice
- 1 Tbsp chopped red pepper
- 4 cloves garlic, chopped
- 3/4 lb lean skirt steak, thinly sliced

Preparation

1. Combine 1/2 Tbsp oil with lime juice, red pepper, and garlic; mix well. Add steak to marinade and refrigerate for 3 hours

or overnight.

2. With a slotted spoon, remove steak from marinade.
3. In a small pan, heat the marinade.
4. Cook steak in a large sauté pan over high heat for 2 minutes. Add onion and green pepper; cook for 2 minutes more. Add heated marinade.
5. Place steak mixture in tortillas. Serve with sour cream, refried beans, and salsa.

Nutrition Information

Exchange/Choices

- 1 1/2 Starch
- 2 Vegetables
- 2 Lean Meat
- 2 Fat

Calories: 345

Calories from fat: 135

Total fat: 15.0 g

Saturated fat: 4.8 g

Cholesterol: 35 mg

Sodium: 595 mg

Total Carbohydrate: 33 g

Dietary Fiber: 5 g

Sugars: 6 g

Protein: 21 g

BEEF nutrition.org  Today's Beef Choices

More than one million beef farmers and ranchers raise cattle in every state in the country. They use the diverse resources available in their local areas to produce nutritious, safe and delicious beef. For consumers, that means there are a variety of beef choices such as grain-

finished, grass-finished, natural and certified organic beef. From the pasture to the plate, the entire food chain works together to ensure high-quality and healthy beef for Americans. So, no matter what you desire, there is a great beef choice for you.

All beef is:

Grass-Fed

All cattle spend a majority of their lives eating grass on pastures

Natural

Most beef does not contain any additives and is not more than minimally processed^{1,2}

Nutritious

Beef is a powerful protein and an excellent or good source of 10 essential nutrients

Safe

Vigilance on farms, rigorous safety inspections and strict government guidelines ensure the highest level of safety

Grain-finished

Cattle

Grass



Grass-finished

Beef can be:

Grain-finished

- Cattle spend most of their lives grazing on pasture, then spend 4 – 6 months in a feedlot
- Fed scientifically and healthy balanced diet of grains, such as corn, wheat or soybeans
- May judiciously be given FDA-approved antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Have continuous access to clean water and room to grow and roam



Grass-finished

- Cattle spend their entire lives grazing on pasture
- May judiciously be given FDA-approved antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Can be difficult to produce year-round in North America due to changing seasons and weather conditions



Naturally raised

- Cattle can be grain-finished or grass-finished—look at the label for details
- Have never received antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Must be certified by USDA's Agricultural Marketing Service³



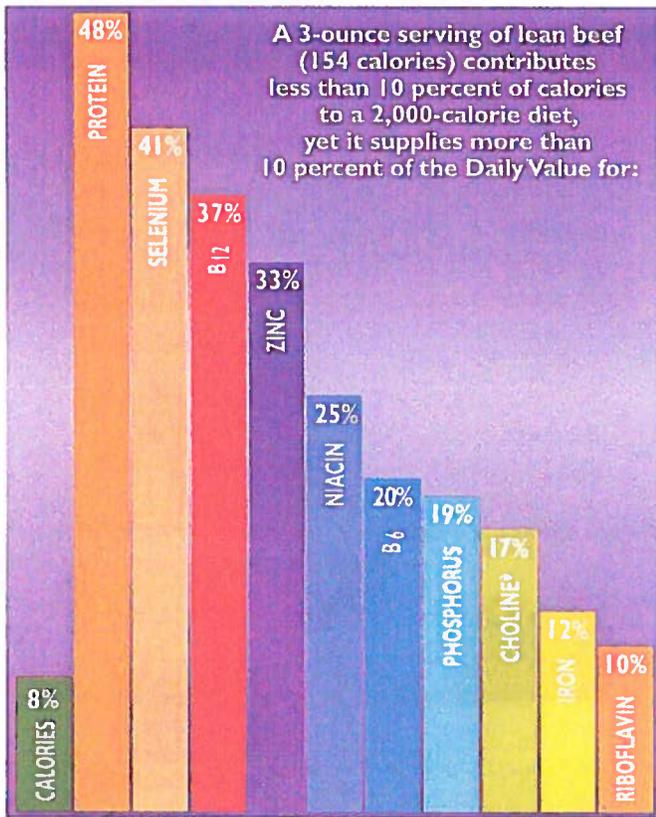
Certified organic

- Cattle can be grain-finished or grass-finished, as long as the feed is 100% organic
- Have never received antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Must be certified by USDA's Agricultural Marketing Service⁴
- Look for the official label



Nutrient-rich beef

All choices of beef are excellent or good sources of 10 essential nutrients and there are 29 cuts of beef that meet government guidelines for lean. Several of the key nutrients in beef, specifically iron and choline, are known to be lacking in the diets of many Americans, especially women and children. Research shows beef offers several health benefits including heart health, muscle development and weight management.



U.S. Department of Agriculture, Agricultural Research Service, 2009 USDA Nutrient Database for Standard Reference, Release 22. Nutrient Data Laboratory home page www.nal.usda.gov/fnic/foodcomp

*A 3-ounce serving of lean beef provides approximately 17% of the highest adequate intake for choline (550 mg).

Dietary Reference Intakes, Institute of Medicine of the National Academies, National Academies Press, Washington, DC, 2006.

Guidance for Industry, A Food Labeling Guide. U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition, April 2008. <http://www.cfsan.fda.gov/~dms/2lg-toc.html>

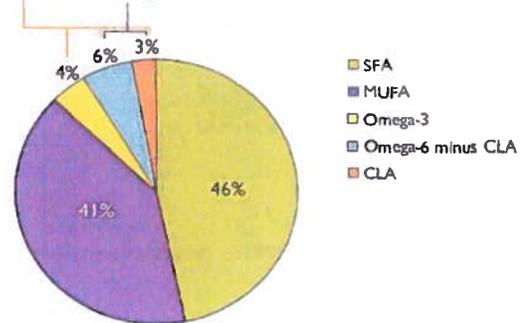
Beef's beneficial fatty acid profile

While an animal's diet can impact beef's fatty acid profile, it remains primarily monounsaturated and saturated fatty acids regardless of the feeding practice. For example, extended grain feeding can actually increase the amount of monounsaturated fat, which has cholesterol-lowering effects. And, feeding grass longer can influence the amount of omega-3 fatty acid in beef. Either beef choice offers the same health benefits in a healthy, balanced diet.

Half the fatty acids in beef are monounsaturated, the same heart-healthy kind found in olive oil. One-third of the saturated fat in beef is stearic acid, which has a neutral effect on blood cholesterol levels and is the same fat recognized in chocolate for its benefits. Polyunsaturated fatty acids represent the smallest class of lipids found in beef which include omega-3, omega-6 and conjugated linoleic acid (CLA).

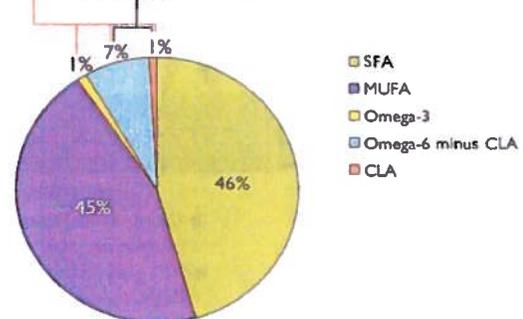
Grass-finished beef fatty acid profile

Total polyunsaturated fats = ~ 13%
Total omega-6 = ~ 9%



Grain-finished beef fatty acid profile

Total polyunsaturated fats = ~ 9%
Total omega-6 = ~ 8%



While all beef offers small amounts of omega-3 fatty acids and can contribute to omega-3 intake, the American Heart Association recommends fatty fish such as salmon as the primary source for omega-3 fatty acids.

1 USDA FSIS Labeling Terms http://www.fsis.usda.gov/FactSheets/Meat_&_Poultry_Labeling_Terms/index.asp

2 This definition only applies to how the meat was processed after the cattle were harvested and does not apply to how the animals were raised. Efforts are underway to coordinate FSIS' regulation of natural claims with the AMS voluntary "naturally raised" marketing claim standard. <http://www.fsis.usda.gov/OPPDE/rdad/FRPubs/2006-0040A.htm>

3 January 2009, Federal Register: Vol. 74, Num. 12

4 Organic Foods Production Act, <http://www.ams.usda.gov/nop/FactSheets/ProdHandE.html>

5 Daley et al. Nutrition Journal. 2010. 9:10.



Shaping our Local Food Systems

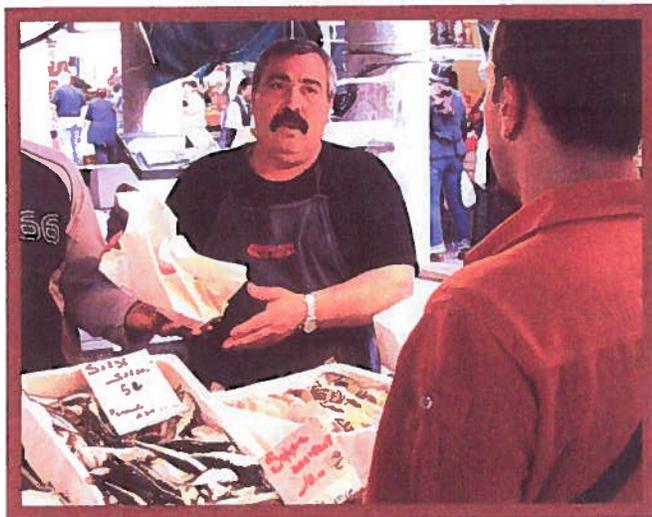


PHOTO: K. Mamen

Imagine having access to an abundance of healthy local food produced by people you trust and from land you know and love.

Imagine diverse varieties of delicious seasonal foods that form the basis of a distinctive local cuisine.

Imagine farmers making a living from the land and providing food for local bakers, butchers, and grocers.

This vision is possible... but it depends on having **local control of our food and agriculture**.

What does it mean to shape local policies about our food?

Communities and their elected representatives can make choices that protect the health, safety, and welfare of their citizens. Local control of food allows communities to participate in making decisions about their food supply. Urban and rural communities have a better ability to make sure that food production, distribution, and marketing are carried out in ways that are healthy for the local economy and the environment. Strong local influence over food and agriculture ensures that relevant policies are determined by public interest, not corporate profits. To meet the unique needs of a community, local jurisdictions should have unique standards differing from state or federal laws.

Why should food be controlled locally?

The local control of our food supply helps secure the health and welfare of communities. Local authority strengthens democracy and gives citizens a more direct stake in a healthy future. Local control of our food improves:

- **Health:** With greater local control, we are able to build food systems that improve community health. We can select foods and ingredients based on the qualities of flavor, freshness, and nourishment instead of factors favoring short-term shareholder profits.
- **Food security:** When communities manage their food systems, they are better able to create a healthy, affordable, and stable food supply. In this way, the needs of marginalized segments of the community are met. Conversely, large food manufacturers and retailers inadvertently yet systemically compromise community food security.

For example, they encourage: (a) global-scale food distribution systems that are subject to disruption; (b) large-scale, chemical-intensive, monocultural production; and (c) store closures in low income communities where profits are not as high.



PHOTO: Gabriella Fabbrì

- **Local economies:** Local control makes it easier to create an economic environment that fosters locally owned and operated food and agricultural businesses. This keeps more money cycling in the local economy. When stores source food and other products locally, even more money is returned to the local community.
- **Environment:** Food that is locally produced and sold typically comes from small- and mid-scale, sustainable farms. Creating stronger ties between communities and their local food systems fosters a connection to the land and better protects nature. One of the biggest benefits is a significant reduction in long-distance transport, a leading consumer of fossil fuels and contributor to climate change.
- **Community cohesion and civic engagement:** Local food systems build community and develop regional identity and character. They provide more meaningful livelihoods for food and agriculture workers, encourage community interaction, and build respectful relationships.



[environmentalcommons](http://environmentalcommons.org)

Who decides...

- If food should be labeled with the country of origin?
- If public institutions buy food from local farms and suppliers?
- If genetically modified foods should be grown?
- If local shopping districts provide healthy alternatives to fast food?
- If sewage sludge is used on fields in our communities?
- If water and air pollution from nearby factory farms is acceptable?

As a Matter of Fact:

- Locally adapted seed varieties are dwindling. Just 10 companies sell half of all seeds worldwide.^a In one recent decision, Seminis, the leading U.S. seed supplier, removed 2,000 varieties of commercial seed from circulation.^b
- Strong corporate control has meant record profits for the leading multinational food corporations, while consumers and producers suffer. Consumer food prices have remained stagnant for the past 2 decades^c and more than half of all farms in the U.S. reported a net financial loss in the last Census.^d
- If Californians shifted to purchasing 50 percent more food from in-state sources, it would generate \$6.91 billion in additional economic activity for the state and create 27,000 new jobs.^e
- Diversified agriculture from local farms provides environmental benefits such as reduced contribution to climate change, enhanced water quality, and a reduction in soil erosion.^f

*References and contact information may be found at EnvironmentalCommons.org/LocalFood

Denial and Being Well with Diabetes

By Ronnie Dixon,
Te-Moak Tribe
of Western
Shoshone

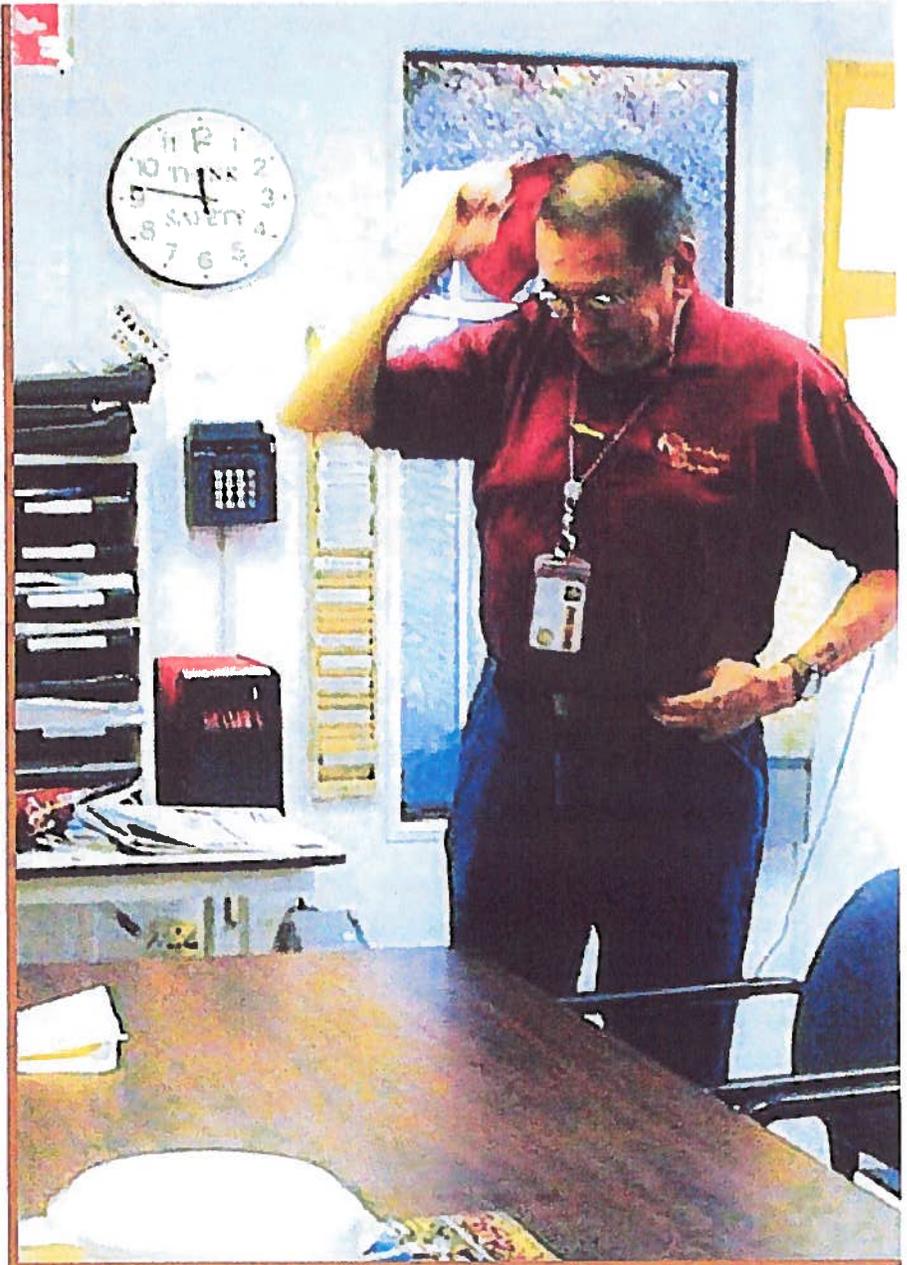


Photo illustration courtesy of the Eastern Band of Cherokee Indians

SOMETIMES, when I am having difficulty in my life, I wonder how my ancestors were able to survive. They had to be hardy people, healthy of mind, body, and soul to live in this oftentimes harsh land. Surely they had strong beliefs in the Creator. Surely they believed that they had a spiritual purpose here on Earth. I wonder how they would have handled getting diabetes. I wonder if they would have been stopped in their tracks by denial.

There was a time I thought I was in pretty good shape. I was maintaining a walk of sobriety from alcohol. During those 18 sober years, I had dealt with many phases of denial, then acceptance.

Little did I know that another disease was soon to make its way into my body. Even though diabetes runs in my family, I never thought I would get it. I thought that since I had stopped drinking, and was living a good and spiritual life, it would never happen to me. I was smug.

Now I see that the smug feeling was a form of denial. There were signs that I denied: dizziness and vision changes. I denied that I could have diabetes. I rationalized, "You are tired. You've been out in the sun too long. You need to get in better shape. You need to toughen up."

Some of my denial might have been related to childhood teachings. I had been taught that a man doesn't show pain or weakness. He doesn't ask for help unless it is absolutely necessary. Going in to get checked for diabetes seemed like a weak man's thing to do.

Yet, I knew there was something wrong. I knew I needed help. Instead, I chose to keep defining myself as a "rugged individual," as a self-reliant man. I told myself that all the symptoms would pass.

They got worse: frequent urination, cuts and bruises that were slow to heal, cravings for sweets, constant thirst, loss of

appetite, and feeling tired and irritated.

One day I looked in the mirror and was shocked! I was skin and bones. Shortly after that, I was working a horse in my corral, and I became so weak that I didn't dare get on. That was the final piece of sagebrush that broke the packhorse's back. Tears came to my eyes. I felt so sad and helpless.

At the clinic. I was told I had diabetes. I told myself that I accepted it, but was still filled with anger, blame, and self-pity. I pretended it wasn't such a big deal. I pretended I could

**When my denial
started to fade,
I was able to take
control of my life.
I started managing
my diabetes.**

overcome it by myself. When I wasn't feeling so grandiose, I hid out. I isolated myself from others.

I realize now that all of these feelings were related to denial. And all of them were necessary for me to move on to being well with diabetes.

THERE WAS A TURNING point. I recall being at home after a long day, feeling all alone. I thought of all the early deaths in my family that were related to alcohol and diabetes. I was overcome with self-pity.

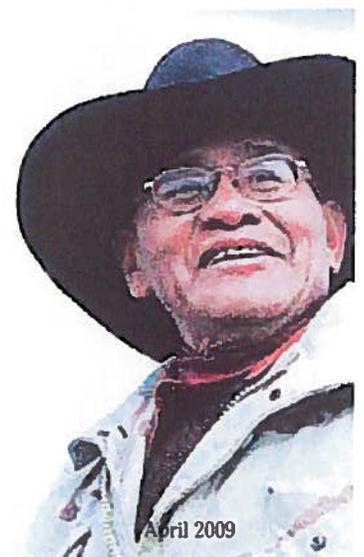
My little dog, Biscuit, sensed my sadness and despair. She came up to me and laid her head on my knee. She lifted her paw to be shaken.

That simple act got me thinking about the possibility of dying from diabetes, and leaving all that I love, my children, my horses, my dog. Suddenly, tears began to pour from my eyes, and I began to sob uncontrollably. It was as if all of my feelings had turned to water, as if a movement had begun. I looked to the sky and began to pray. I felt the power of a force greater than I. Hope began to return.

When my denial started to fade, I was able to take control of my life. I started managing diabetes. I started sharing my feelings with others. I started relying on others for help.

I BELIEVE THAT THE Creator has restored me to health—emotional, physical, spiritual and mental. I no longer deny that I have diabetes, and must take certain steps to be healthy. I accept that diabetes is a part of my life.

**Ronnie
Dixon**



April 2009

To all those who are in recovery, dealing with diabetes and dealing with denial, I hope my story has helped. I believe that we are meant to share our worst moments with others to help them heal. We have been

chosen by the Creator to do this. With the Creator's help, we can go forth every day and walk a sacred circle of life. The walk at times might be hard, but we can do it, one step at a time.

Ronnie Dixon is an adolescent drug court counselor and horse trainer. He can be reached at (775) 340-2129. ❖



“Do your daily dips.”

Rocco Clark (Yakama) teaches powwow dancing as a way to stay physically fit. “Dipping” is the basic powwow dance movement of bending at the knees and bouncing lightly to the drum beat. Says Rocco, “Dip to at least one song a day. Dipping is a way to get physical exercise and prevent diabetes.”



Teresa Choyguha (Tohono O'odham) asked herself "What do I have going for me?" One of the answers was the love of her son, Roberto Narcho.

How to Take the Doom and Gloom Out of Diabetes

by Teresa M. Choyguha (Tohono O'odham), Wellness Presenter

Finding out you have diabetes can be a shock. At first, you may see only the bad things. You may think about your parents or grandparents having diabetes. The images can be gloomy -- blindness, amputations and dialysis. But as you learn more, you learn you can live well with diabetes. Our knowledge about diabetes and how to prevent or delay complications has increased. There is hope! Many people live long, healthy lives with diabetes. You can be one of those people.

Changing how you look at diabetes helps. First, you may see a lot of "doom and gloom." Let's change that! Let's try to look at some positives. Being positive and taking action will help you. You can reduce stress. You can have more energy to change eating and activity habits.

If you have diabetes, try thinking less about what you do not have. Think more about what you do have. If you have a few good eating habits, look at those. If you do some physical activity, consider that a plus. If you don't drink alcohol or smoke, that is a plus.

Make a list of the things you have going for you. Consider these good things:

- Indian people have a history of eating good foods -- fruits, vegetables, game meat. We can eat more of those kinds of food. Eating right is natural for us.
- Being active is natural for many tribal members. In the Tohono O’odham Tribe, youth to elders are encouraged to be active. When my tribe plays a women’s soccer game, everyone runs the field, including the Elder women.
- We have strong communities. We are used to giving to other people. We care about others. Our connections to other people will help us with diabetes.
- We are spiritual people. We are used to praying to the creator. We can ask for courage to help our diabetes.

As you go on your journey with diabetes, you will find more positives:

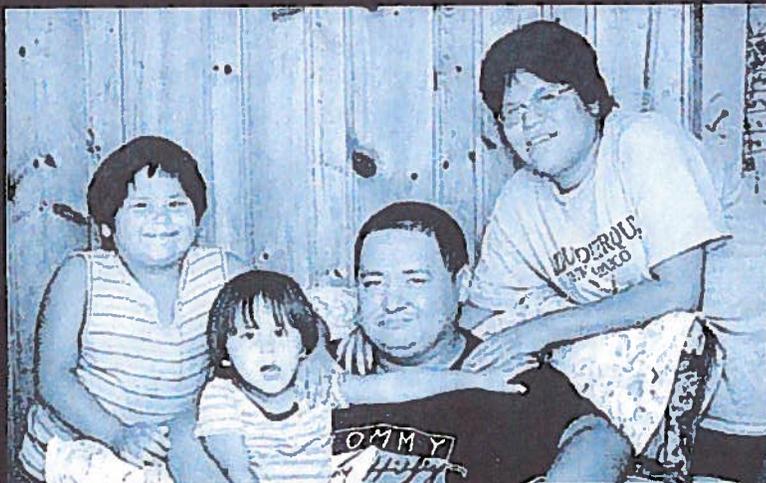
- Diabetes can give structure to your life. It gives you a solid reason for waking up early to walk. It makes you commit to daily activities. It encourages self-discipline -- something to be proud of!
- You will make new friends. You might find a new walking partner at work. You might meet someone new at the fitness center. You will notice others who are taking care of their health, and these people can help support you.

- Taking care of yourself will make you feel good. Being active and eating right can help you lose extra weight and help you feel good. Your self-confidence can grow as you make good changes in your life.

Having diabetes can lead to great changes in your life. You can develop a positive way of thinking. You can slowly form new habits. Diabetes does not have to be a bad thing. It can be a part of your life, a part of your wellness journey.



Teresa has passed on her positive outlook and good habits to Roberto. “Water and milk are my favorite drinks!” says Roberto.



“We thank the Creator for our children.”

Jeff and Tanya Keezer (Leech Lake Ojibwe) have diabetes and a happy family life. They are raising daughters Seneca and Anevay to be active every day and avoid sugar foods.

Moving Past Grief

By Regina Lamar-Whitewolf (Blackfeet/Wichita), Counseling Psychologist, Lawton Indian Health Service

Grief is a common feeling for people who find out they have diabetes. Many people feel grief because they have lost something. They may think, "I miss my life before diabetes. Nothing will ever be the same. My life is over." Finding out you have diabetes can cause sadness. It is helpful to understand this feeling. Understanding it helps us to move on and feel better.

It is also helpful to understand that there may be other reasons for grief. Loved ones have died. There has been sadness in the family. The community has faced hardships. The grief of having diabetes is often not a person's only reason for sadness. This grief is piled on top of other sadness.

The first step to feeling better is to recognize the grief. Talking about it with a loved one or a health care provider can help. There are other things you can do to feel better. It is possible to have a happy life. Grief can bring wisdom and strength. Step-by-step, a person can move from feelings of grief to feelings of contentment and joy.

Here are some steps to feel better:

Take a break from your sadness.

- Relax with deep breathing. Breathe deeply. Place a hand on your stomach. Feel your hand move with each breath.
- Be kind to yourself. Think kind thoughts about yourself. You are worthy of love. Talk to yourself with love.
- Close your eyes and think about a peaceful place. Put yourself in that special place.

Take steps every day to find joy. Do at least one thing each day that brings you happiness.

- Listen to music you like.
- Take a warm bath.
- Laugh often.
- Give some one a hug. Accept a hug. Hold the hand of a loved one.

Take care of your physical body.

- Be active. Walk with a loved one. Ride a bike with your child.
- Get plenty of rest.
- Eat less fat and less sugar food and drinks.
- Stop non-ceremonial use of tobacco.
- Avoid using alcohol.

Take care of yourself, the Creator and your traditions.

- Stay positive and be kind to yourself. Create a positive self-image.
- Honor the Creator.
- Connect with Mother Earth.

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



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

"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.

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

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Pharmacy (Refills): 769.2992 • EMS (After Clinic Hours): 769.2233

“IMPROVING PATIENT CARE”



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.

PEACH SPRINGS HEALTH CENTER

Summertime School Health Kick-Off

▶ June 25 & 26, 2012

Beat the crunch of preparing for the New School Year and kick the Summer off with a Healthy Start!

HEAD START

- Immunization Update
- Physicals (includes lab work)
- Dental Check-Up (new enrollees only)

Grades K - 12

- Immunization Update
- Sports Physicals (if needed)
- Dental Check-Up

Call Thomasena @ 769-2921
to make an appointment!

COMMUNITY MESSAGES

Letter of Apology

I would like to apologize to Michael J. Whatoname, Chairwoman Louise Benson, Councilwoman Wynona Sinyella, Kent Whatoname and Cody Susanyatame for not first reviewing a recent letter submitted for publication in the Gamyu where they were mentioned negatively. While the Tribe encourages guest editorials and letters for publication, we also expect each author to practice discretion in choosing language which injures none.

To our guest authors, I have cited the GAMYU article submission policy in its entirety as follows:

“You may express your opinions but may not personally damage individual reputations, write gossip-related editorials about individuals’ behavior, lifestyles, or express in writing irresponsible statements which can be construed as libel or slander.”

Respectfully,
Kevin A. Davidson, Director
Planning and Economic Development Department

Sending out a special “Get Well” message to BIG MAMMA. You get better and be home with all your family that love and miss you terribly. You are the heart an i sound of the fam.

Get well. Love ya, Lena

To my babe,
I know you have made so much progress. I’m proud of you. Stay the strong man that you are - Have a wonderful Father’s Day! I love you gigantius (haha).
Love you hun, Len



To ALL the Rocha boys,
HAPPY FATHERS DAY!! Now you are ALL “dada's” - Make it a Special Day!
And to the Granddaddy Rocha, have a good one and enjoy your day guys...
Love, Lena

Happy Father’s Day to Big Ron, Ronnie, (Grampa) Shane, Jalen & Big C (Clarence)! Have a good day you guys!
Love, Len

Wishing my father Richard Walema Sr. a Happy Father’s Day!! I know it’s been a difficult 3 years for you as well as for us. The 30th of this month marks 3 yrs for the loss of our mother, within the 3 yrs we’ve all endured all sorts of situations which have tested everything she has taught us. Thankfully for her we know right from wrong and speak our minds knowing it’s not wrong to speak the truth.

I know all the credit doesn’t just go to her because you two were a team raising and teaching us essential values to get through life. Mom was our stronghold that kept us together and spiritually guiding us through the most crucial times of our lives of course disciplining us as old as we were. Looking back at the childhood we were given was very comfortable. We didn’t have to experience divorce, alcohol or domestic violence in our home. Of course there were some financial struggles but somehow you always managed, to make we didn’t have to go without.

I want you to know you are loved and thought of every day. The obstacles you’ve been put through along with your health issues are upsetting to see you go though; hopefully it’s almost over so you can take care of yourself. I know I was angry at you for running for office because I knew how you were going to be treated. What I’ve observed watching council from 1994 to present the individuals who selected to sit in these positions are either passive or dishonest people; they are quick to eliminate the one who speak up. I was told by a peer how much you’re hated on by the others. This was not a group you could fit in with because the person you are and all the jobs you held in your life were based on discipline and integrity. People like us are considered a threat because we are not easily intimidated. Sometimes I think this is a bad thing but know sitting there watching things happen that aren’t right, we are just as much at fault for not saying anything.

Regardless of you being the absent parent I’m proud of all the accomplishments you’ve made in life. I know it was necessary to stay away from us because you didn’t want to burden us with the political issues but we still hear it all and seen it on Facebook. I seen where a family member of the person posting derogatory things about the political updates someone mentioned a deceased family member that person got offended. That’s exactly how we all in the community feel when our family members are attacked.

But nothing said could change the love I have for you because through the bad there are a lot of good times. Along



with laughs we shared, of course the serious talks telling my sister and I how boys will be. One day you leave this earth I have a lot of memories to hang on too like waking up and being painted up, my 1st jump rope you bought me because I was supposed to learn how to jump rope but used it to repel off fences and the time you taught me how to skip, you looked like a giant bear skipping up and down the sidewalk. I remember the 1st Christmas I had with you in '83 when I wanted Bernard the St. Bernard but was all sold out. Somehow you managed to get him for me.

I remember my 1st rodeo you took me too and of course the Army vs. Navy game when we were stationed in Colorado. If you didn't decided to go away, I wouldn't have had the opportunity see the world at such a young age. I tell the kids what it's like to live in overseas, tell them about Hawaii where their parents were born and different things you showed us.

There is so much you've done as a father, we have a tendency to forget what matters and the things you've already proven. I know the one thing I hang on to the most is you telling me "Cowgirl don't cry"... that little phrase has helped create the nothing fazes me attitude. Funny because it's something you continue to say to your granddaughters. I laugh at Clarence when his sister cries; he'll say the same thing. She just looks at him and smiles. Even though I don't see you much I would like to know to have a Happy Father's Day and hope you enjoy your day! I love you very much!

Love,
Marla Bradley

Children's Action Alliance

A Voice for Arizona's Children Since 1988

May 23, 2012

What do President Barack Obama, U.S. Senator Olympia Snowe and Oprah Winfrey have in common?

Like 60,000 children in Arizona today, they were raised by their grandparents or other relatives for part of their childhoods. This practice, called kinship care, has been growing in Arizona and throughout the nation.

The Arizona Grandparent Ambassadors are asking every state legislator and every legislative candidate to read a new report, called *Stepping Up for Kids: What Government and Communities Should Do to Support Kinship Families*. The report, published by The Annie E. Casey Foundation, highlights effective policies that states are already pursuing to help kinship families thrive. These include policies to make use of federal resources and to make existing supports more relevant for kinship caregivers. Learn more about kinship care in Arizona - Arizona Grandparent Ambassadors Op-Ed.

The next deadline for Gamyu submissions will be on Friday, June 29, 2012 by 5:00 p.m.



REMEMBER—to attach an information sheet with your articles.
RECYCLE—your newsletters by passing them onto another reader.

Thank you

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