

Newsletter of the Hualapai Tribe

GAMYU



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NOTICE

GENERAL ELECTION

SATURDAY

JULY 28, 2012

MULTI-PURPOSE BLDG.

8:00 AM TO 5:00 PM

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

Hualapai Tribal Election Board

NOTICE OF GENERAL ELECTION 2012

TO THE REGISTERED VOTERS OF THE HUALAPAI TRIBE:

NOTICE IS HEREBY GIVEN THAT THE POLLING PLACE LISTED BELOW WILL BE OPEN FROM 8:00 A.M. TO 5:00 P.M. ON SATURDAY, JULY 28, 2012,

FOR VOTING IN A GENERAL ELECTION TO ELECT A CHAIRMAN, VICE-CHAIRMAN AND THREE (3) COUNCIL MEMBERS

POLLING PLACE:
MULTI-PURPOSE BUILDING
470 HUALAPAI DRIVE
PEACH SPRINGS, ARIZONA 86434

2012 TERMS TO EXPIRE

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

Warm Line

The warm line operates from 5pm to 10:30pm seven (7) days a week.

The warm line is there as a friendly, supportive voice to help a person deal with stress, issues in recovery and to alleviate loneliness and isolation. It operates in the dark hours, after all clinic hours are over as a support system.

If you need a friendly supportive voice, give the warm line a call.

1-888-404-5530

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. Cody H. Susanyatame |
| 3. Hilda Cooney | 10. Sherlene Susanyatame |
| 4. Earlene Havatone | 11. Emma Tapija |
| 5. Linda Havatone | 12. Twila R. Warbington |
| 6. Tasha P. Havatone | 13. Sharon H. Whatoname |
| 7. Sylvia Jackson | 14. Sheri K. Yellowhawk |

Hualapai Tribal Election Board
07/11/12

June 29, 2012

Dear Hualapai Community Members,

I greet you all with good thoughts for you and your family. I would again like to thank you for your support in the primary election it has been a long season but will soon be over on July 28, 2012. As we look into the future for our people we have great opportunities to continue to build upon the positive thoughts and visions of past leaders and council members.

Our heritage as Hualapai people is rich and filled with great potential we must continue to build on the positive values that have been instilled within us by our ancestors. We need to continue to provide education, jobs and housing so that our people can come home to live and work here.

We do have challenges that are before us but none of these are so big that **unity and strong leadership** cannot solve. There is nothing that needs to be changed here all we need to do is follow the Hualapai Constitution, Oath of Office, Code of Ethics, Law & Order Code, and Policies and Procedures to resolve any issues that occur. These documents have been developed as a source to lead us and to bring us through not just crisis but day-to-day living.

I have no intention of doing anything alone but need help and support as we all look to the future to create sound resources for our children. We must provide the encouragement to our youth to get a good education so that they can be the leaders of the future. Our elders need to be encouraged and supported as they struggle with their own concerns. All generations are important and must be heard.

Most of you know me in this community and know how I am and what I talk about. I have seen a lot of negative things in my life and now that I am older I realize those things were wrong. I promote health for all the community and work to resolve the issues that cause us sorrow and pain. It is hard not to feel sorrow when the children that you knew growing up are dying from alcohol abuse. How can we as a community address this issue?

The Hualapai community has been a leader in accomplishing many things we have developed ideas that have influenced other Native communities and we should be proud. When one of our loved one dies that means there is one less person to continue to fight for our future. We cannot change the behavior of anyone if we do not believe and provide them hope for a better tomorrow.

I believe that we can bring success for all the Hualapai people by promoting the resources that are available and provide fair access. I will continue to work towards providing fairness, honesty and truth and be accountable for my action and reactions.

Thank you for your vote even if you don't vote for me vote for someone. May God Bless and keep you and your family.

Respectfully Submitted


Sherry J. Courts

June 29, 2012

Joh! Gamiyuje? E'eh Hankyu, gma giya:jiny nya mul mi squi:d jume. July 28, 2012 im viyamyay yuh. Nyi ham be nya Hwalbay mulva mi yo:j a. Nya wam si:v jik nya mul Philbert Watahomigie, Sr., mi squid:j'm Hwalbay ba jahiwi. Ga yum yi da'op yid, nyach gwe ba nyi wi:wo wi. Du bany disway: mik va wi:m jum nyuch gak hanya da'op kyu. Nyach gak bad'm sidik gwe ga han jivda:da da'op ay wi, Gamulva da wi:k nyu wi: ji nya kwi. Nyu yu:m, yahank ba wamsi:v, mulvi han ba mi yo:ja, baj a han ba mi sqi:d ja.

I would like to thank those of you who have voted for me as the Hualapai Tribal Council Vice-Chairman to run in the general election on July 28, 2012. I am running to help the Hualapai People.

There is so much disrespect towards tribal members and it is the time to stop disrespecting each other. I am not the only one who is able to make the changes needed in our leadership so vote for those good people who will be there to want change for the leadership and for the people.

I struggled to get my education as in my day there was not that much money to pay for an education but I finally completed my education and returned back to Peach Springs, AZ in 1974 to teach and coach the boys basketball team. I worked at the school for 29 years as a teacher, coach, student council sponsor, Hualapai language and culture teacher. Today, you are the parents, middle aged and young, know me and my strengths which will guide our tribe in the next 4 years. You know me as being honest and trustworthy. I never turned my back on you and always was there to help you in your studies and when you had problems. You have made your choices, some good and bad, and I am still here to help you get what you are wanting to achieve.

My first and foremost agenda is to bring you open communication as to what is going on in the Tribal Council meetings, both on and off the reservation, behind closed doors in executive sessions. Nothing should be secret. All council members should account for their actions, why they cast their vote as they did. All tribal council meetings and the financial reports are public records and should be given as a monthly report and whenever requested. Council members should be honest and let you know the truth.

Ma'h hankyu,
Philbert Watahomigie, Sr.

2nd Annual Hualapai Housing Fair

Thursday, July 26, 2012

9a.m. - 4p.m.

Multi Purpose Building

LEARN ABOUT:

- Updates on New Homes
- Animal Control
- Health & Sanitation
- 184 Loan Process
- Maintenance
- Grease Fires and Prevention
- Budgeting Your Finances
- Operating A Fire Extinguisher
- Housekeeping Tips
- Fire Safety
- Higher Education
- Unclogging Drains
- Renters & Homebuyers Insurance
- Land Leases



****KIDS CLINIC****

**Garden Project
Presented by:
HOME DEPOT**

Available to the first 75 kids



****PET SHELTER****

**Dog House Project
Presented by:
HUALAPAI HOUSING
DEPARTMENT**



**- Raffles - Door Prizes - Food -
Come Join Us!**

ALL TENANTS AND APPLICANTS ARE ENCOURAGED TO ATTEND

Housing Applicants Will Receive Preference Points for Attending

CERTIFICATES & GIFTS FOR THOSE WHO ATTEND



2nd Annual Youth Rodeo
Supai, Arizona
Friday & Saturday, August 10 11, 2012
(During the Peach Festival)



**Events include woolly (sheep) riding, calf riding,
dummy roping, ribbon (goat) racing, & barrel racing**
Ages 3 to 12, by categories **Must wear western attire**
Sign up at the Sinyella yard @ 8:00 am Friday morning

For more information contact:

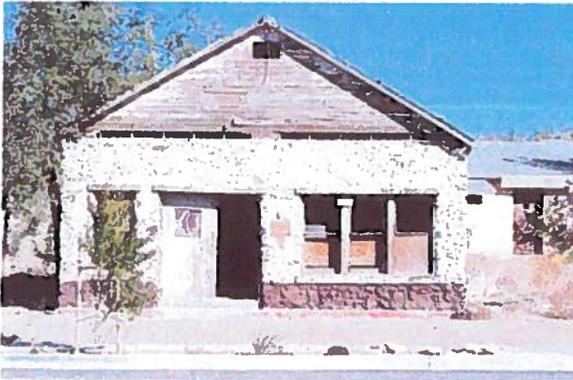
Gloria Susanyatame at 769-1355 or Bernita Paya at 448-2152

Sponsored by the Havasupai Diabetes Program

All Cowboys and Cowgirls Gear Up!

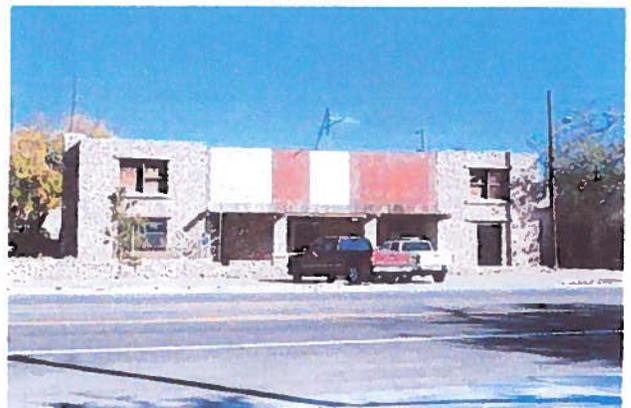
Hualapai Tribe Recipient of National Park Service Route 66 Corridor Preservation Program Cost-Share Grant

The Hualapai Tribe recently received a grant award from the *National Park Service Route 66 Corridor Preservation Program*, National Trails Intermountain Region. The Hualapai Department of Cultural Resources will administer the project to design, construct and install additional signage for the Historic Peach Springs Trading Post Gas; the Trading Post; and the John Osterman Gas Station. The garage, (photo right circa 1930s) recently nominated to the National Register of Historic Places, was one of several privately-owned & operated businesses in the town of Peach Springs during the 1930s through 1950s. The building, constructed by Osterman in 1923, was a vernacular design of poured concrete block and was built in the tradition of the "House with Bays" form. It featured an office to resemble a small house and then had a series of attached garage bays. It is a variation with a much larger garage bay than the office section. The garage is indicative of the large amount of repair work the station undertook in addition to the sale of gasoline and other automotive products.



The Trading Post Gas Station (photo left) was constructed in 1927 adjacent to the Peach Springs Trading Post by Ancel Taylor. This gas station was one of several in the town. This gas station was a profitable business along with the trading post which marketed to tourists and sold baskets, rugs, jewelry, pottery and other handmade goods by local Hualapai.

The Historic Peach Springs Trading Post, (photo right) circa 1932 on the front street of Route 66. The Trading Post was listed on the National Register of Historic Places in 2005. The building was built by Ancel Taylor and completed in 1928. It served as a trading goods store and was one of the Hualapai Tribe's first economic ventures in the 1950's. The building served many uses for various tribal offices after the mid 1970's due to Interstate 40's freeway project completion. Today the Hualapai Forestry and Game & Fish Departments are located within the trading post.



"The Cultural Resources Department would like to especially thank the Grand Canyon Resort Corporation for the matching grant of \$10,000 to help construct these signs and also the Planning and Economic Development Department for writing a winning grant application."

HOUSING IMPROVEMENT PROGRAM

The Hualapai Planning Department will be taking all new and renewal Housing Improvement Program (H.I.P) applications **any time before September**. NO APPLICATIONS WILL BE ACCEPTED AFTER **AUGUST 31** OF EACH YEAR, NO EXCEPTIONS. The Planning Department will submit all COMPLETED applications to Bureau of Indian Affairs (B.I.A.) before OCTOBER of each year. The H.I.P. program is a challenging program and is run by the Bureau of Indian Affairs, so all deadlines must be met.

Once a year, the Planning Department will need to update each and every file that will be resubmitted the following year. If the update is not completed by August 10th of each year, the applicant will be taken off the list and ask you to reapply the following year. If you have any questions or need assistance filling out the application, please call the Hualapai Planning Department at (928) 769-1310.

TRIBAL BOUNTY PROGRAM

July 10, 2012

Effective immediately: We will no longer issue Tribal Bounties during the months of June, July, and August

Take Precautions: Nearby communities have reported cases of rabies in coyotes and foxes. Rabies can be spread from these animals to humans by being bitten by infected fleas. To reduce possible exposure to rabies, when handling a coyote, please wear rubber gloves and a mask. Have a trash bag handy too. You can turn the trash bag inside out, take bottom outside part of bag with one hand and grab coyote, then work entire trash bag over Coyote to encase the coyote in bag without touching it.

If the coyote you are hunting is acting strangely (is walking toward you, acting tame, acting mad, is hostile, foaming at the mouth, etc.) it may have rabies. If you shoot this coyote **DO NOT BRING IT INTO THE COMMUNITY.** Contact the Natural Resources Department or Animal Control with the location of the animal, so that we can remove it.



Please contact Annette Bravo or Garwain Singella, Wildlife, Fisheries, and Parks Program at 769-2255, if you have any questions.

New Hualapai Tourism Overnight Air Tour Available!

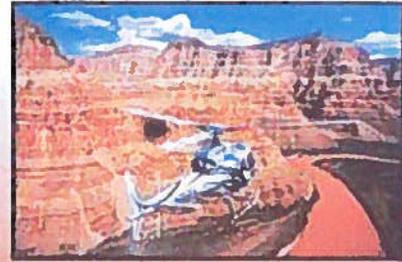
NEW HELICOPTER OVERNIGHT AIR TOUR

*A new overnight air tour package from Las Vegas!
Arrive to Grand Canyon West via helicopter, spend the night in
canyon-facing cabins and enjoy a day on the rim.*



Grand Canyon West and an overnight stay at the Hualapai Ranch

- **Hotel transfers**
- **Enjoy a majestic flight from Las Vegas to Grand Canyon West via a state-of-the-art jet helicopter with 180° panoramic views**
- **Stay the night at the Hualapai Ranch's canyon-facing cabins and enjoy cowboy hospitality**
- **Includes dinner and continental breakfast at the Hualapai Ranch**
- **Experience all of Grand Canyon West's three viewpoints**
- **Add options such as the Skywalk and horseback rides**
- **Return transportation by ground back to Las Vegas**



HUALAPAI TOURISM

WWW.HUALAPAITOURISM.COM

For more information on this tour or the destination contact:
marketing@bestamericandestinations.com

About Hualapai Tourism: Grand Canyon Resort Corporation, which is wholly owned and operated by the Hualapai Nation, manages Grand Canyon West, Hualapai River Runners (whitewater rafting), 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 or by calling 1-888-868-9378 - internationally at (001) -928-769-2636.

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

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

HUALAPAI TOURISM

Best American Destinations

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

First Nations Development Institute Awards \$450,000 to 11 Native Food-System Projects

PR Newswire - USNewswire

To: NATIONAL EDITORS

LONGMONT, Colo., July 18, 2012 -- First Nations Development Institute (First Nations) today announced it has awarded a new round of grants totaling \$450,000 to 11 American Indian, Alaska Native and Native Hawaiian organizations. The grants, made possible by the W.K. Kellogg Foundation of Battle Creek, Michigan, were awarded under First Nations' Native Agriculture and Food Systems Initiative (NAFSI).

All of the funded NAFSI projects aim to enhance Native control of their local food systems - especially in addressing issues such as food insecurity, food deserts, and health and nutrition - while simultaneously bolstering much-needed economic development in those communities.

The grantees, award amounts and projects are:

- Columbia River Inter-Tribal Fish Commission, Portland, Oregon, \$44,403 - The four treaty tribes (Nez Perce, Umatilla, Warm Springs and Yakama) have long used the river as an integral part of tribal culture, diet and economy. However, tribal fishermen have been at the bottom of the fish-marketing chain and have not shared in its full economic value. This project will improve that by developing an entrepreneurial program to teach proper food handling and harvest safety practices along with business and marketing strategies.
- Dine College, Tsaile, Arizona, \$44,959 - The project will address the lack of access to healthy, affordable and traditional foods in the region directly around the college and revitalize traditional food systems by establishing a regional food policy and a farmers market, and conducting public education about Navajo food-system issues and agriculture.
- Fort Peck Assiniboine & Sioux Tribes, Poplar, Montana, \$13,080 - Purchase and install two walk-in freezers, a walk-in fridge and antibacterial shelving at the Wolf Point Food Bank to replace many noncommercial units. The food bank serves nearly 300 emergency food baskets each month to residents of the Fort Peck Reservation and five counties. Freezer space will be rented to families for a nominal fee, which will be held in an account for them as a match for purchasing a home freezer.
- Hunkpati Investments, Inc., Fort Thompson, South Dakota \$45,000 - The initiative will provide fresh vegetables, gardening and entrepreneurial education, and youth employment on the Crow Creek Reservation. A planned community garden will have 10 personal plots for community members, leaving the rest for communal gardening. The project will facilitate community-wide farmers markets, provide nutrition and gardening education via the Boys and Girls Club, and will provide work for teens by hiring them to care for the garden and run the farmers markets.
- Inupiat Community of the Arctic Slope, Barrow, Alaska, \$44,660 - Provide locally grown vegetables, herbs and edible flowers by using innovative technology to grow organic produce hydroponically with Tower Gardens(R) and LED lights, thus eliminating the need for soil and, during the winter, sunlight. The produce will allow Arctic Slope natives to improve their diets and long-term health. Currently available plant-based foods are prohibitively expensive. The project also will allow the school system to take advantage of a farm-to-school program.
- Northwest Indian College, Bellingham, Washington, \$43,703 - The Swinomish Indian Tribal Community is committed to strengthening its food systems to improve the health of members through increased access to fresh produce. The recently established Swinomish Food Sovereignty Committee is developing a long-term food system plan. This project will complete a community garden space; provide education on gardening, food harvesting and preparation; and offer support and materials for home container gardens.
- Oglala Sioux Parks and Recreation Authority, Kyle, South Dakota, \$45,000 - This project makes a traditional food source, buffalo, readily available to Oglala Lakota tribal members who otherwise would not have access to the meat. There is no outlet to purchase it on the Pine Ridge Reservation unless a tribal member purchases a bison hunt, which is limited and expensive for low-income families. The opportunity to buy processed buffalo meat allows tribal members to purchase just what they need instead of paying the cost of a hunt and the processing of hundreds of pounds of meat at a time. It will be available at tribal farmers market sites and transported in a mobile freezer truck to rural areas.
- The Oneida Tribe of Indians of Wisconsin, Oneida, Wisconsin, \$34,861 - The project will improve traditional food security through enhanced food-preservation processes of organic heirloom white corn (a culturally important tribal food), which will prevent crop loss due to mold, pests and insects. This project will address improvements in white corn harvesting, storage, shelling and the processing of products.

- Painted Desert Demonstration Project (doing business as The STAR School), Flagstaff, Arizona, \$44,334 - The k-8 STAR School adjacent to the Navajo Nation will partner with the Navajo community of Sandsprings Farm on recently partitioned Hopi lands to pilot the first farm-to-school project in northern Arizona as a model for Navajo and Hopi schools and farms. They will collaborate to research and document state and federal requirements, certify the farm to supply public school meals strengthen school gardens, prepare and disseminate a farm-to-school procedure manual, and mentor additional Navajo and Hopi initiatives.
- Taos County Economic Development Corporation, Taos, New Mexico, \$45,000- TaosCounty Economic Development Corporation will be the lead coordinator of a new Native American Food Security and Food Systems Alliance. The purpose of the Alliance will be to build a national Native movement and voice on Native food security and food system control. This will include developing a collaborative group of Native leaders who are concerned with Native food security, hunger and nutrition issues.
- Waimea Hawaiian Homesteaders' Association, Inc., Kamuela, Hawaii, \$45,000 - The "Farming for the Working Class" program enables Native Hawaiian homesteaders to actively begin farming fallow land. It consists of hands-on training, classroom learning and business training. Wow Farm, a successful farming enterprise, developed a highly productive greenhouse. That system will be taught to participants, allowing them to grow healthy crops that provide additional income along with fresh produce.

About First Nations Development Institute

For more than 30 years, using a three-pronged strategy of educating grassroots practitioners, advocating for systemic change, and capitalizing Indian communities, First Nations has been working to restore Native American control and culturally-compatible stewardship of the assets they own - be they land, human potential, cultural heritage, or natural resources - and to establish new assets for ensuring the long-term vitality of Native American communities. First Nations serves rural and reservation-based Native American communities throughout the United States. For more information, visit www.firstnations.org.

CONTACT:

Randy Blauvelt
 First Nations Senior Communications Officer
 (303) 774-7836, rblauvelt@firstnations.org
 SOURCE First Nations Development Institute

Oil Industry Booms -- in North Dakota

State Is Riding High as Firms Develop Better Ways to Tap Huge Bakken Shale Deposit, Raising Hopes for U.S. Production

www.wsj.com / By BEN CASSELMAN

KILLDEER, N.D.—A massive oil reserve buried two miles underground has put North Dakota at the center of a revolution in the U.S. oil industry, a shift that has radically altered the fortunes of this remote area.

The Bakken Shale deposit has been known and even tapped on occasion for decades. But technological improvements in the past two years have taken what was once a small, marginally profitable field and turned it into one of the fastest-growing oil-producing areas in the U.S.

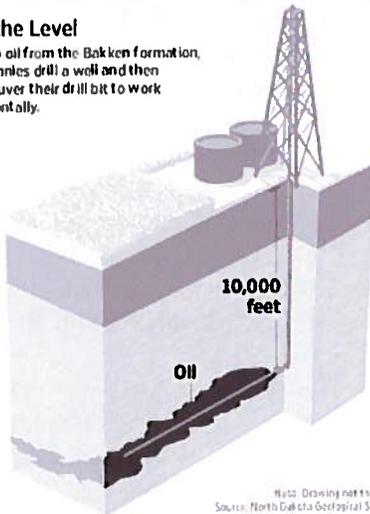
The Bakken Shale had helped North Dakota oil production double in the past three years, surging to 80 million barrels in 2009—tiny relative to the more than seven billion barrels consumed by the U.S. every year, but enough to vault the state past Oklahoma and Louisiana to become the country's fourth-biggest oil producer, after Texas, Alaska and California. If current projections hold, North Dakota's oil production could pass Alaska's by the end of the decade.

"Most people felt like they could kind of write off the oil industry in the U.S., and that's just a long way from the truth," said Harold Hamm, chairman and chief executive of [Continental Resources Inc.](http://www.continentalresources.com), CLR_+1.29% one of the biggest Bakken producers. "The fact of the matter is that a lot of people quit looking for oil." Continental reported Thursday that its North Dakota oil production doubled in 2009 and would continue to grow rapidly this year.

The Bakken Shale could contain up to 4.3 billion barrels of recoverable oil, according to the U.S. Geological Survey. That would make it the biggest oil field discovered in the contiguous U.S. in more than 40 years—and

On the Level

To tap oil from the Bakken formation, companies drill a well and then maneuver their drill bit to work horizontally.



Note: Drawing not to scale
Source: North Dakota Geological Survey

many in the industry believe the amount of recoverable oil could be even greater as new technology allows companies to tap more of it.

U.S. oil production has fallen by nearly 50% since its peak in the 1970s. Even with the Bakken Shale, U.S. oil production isn't expected to ever return to 1970s levels, and even the most optimistic projections of production from the North Dakota field don't account for more than a small fraction of total U.S. oil demand. But new production from the Bakken Shale, combined with other big oil discoveries in California and the Gulf of Mexico, helped U.S. oil production rise last year for the first time since 1991, according to U.S.

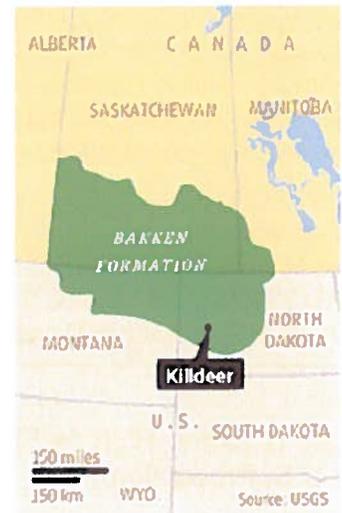
Production has grown so rapidly here, 100 miles south of the Canadian border, that companies had to build a rail line to transport their oil to market, since there wasn't a big enough pipeline in the state to handle the oil. Companies have scrambled to find labor in a state with fewer than a million people, and to keep drilling rigs running when the wind chill pushes temperatures to 50 degrees below zero. Booming Bakken oil production

has helped North Dakota escape the worst of the economic downturn. The state's unemployment rate was 4.3% in December—more than five percentage points below the national level—and the state government projects a surplus for the current budget cycle.

The impact has been especially notable in the oil-producing western part of the state, making millionaires of local ranchers who sell access to oil beneath their properties. Oil-field workers have flooded the western city of Williston, leaving it with a chronic shortage of hotel rooms and making housing scarce. In Dickinson, three hours to the south, a labor shortage has the local McDonald's offering \$300 signing bonuses. And here in nearby Killdeer, a town of 700 people that lies in the heart of oil country, oil workers jockey with locals for lunchtime tables at the Buckskin Bar & Grill, which serves burgers made from locally raised buffalo.

"Who expected oil? It's just, 'oh, gee whiz, oil!'" said Pam Reckard, 66 years old, as she waited for lunch at the Buckskin on a recent Thursday.

Ms. Reckard and her husband, Ben, said many locals, having seen past booms and busts, are taking a cautious approach to the region's newfound oil wealth. The Reckards are still driving their 1990 Dodge pickup despite having two successful oil wells drilled on their 1,120-acre ranch, which Mr. Reckard's family has owned since 1915. But they have noticed the changes. "There are a lot of people that were not from North Dakota," Ms. Reckard said.



ND tribal refinery get final permit approval

www.BismarckTribune.com | Associated Press | June 30, 2012

MAKOTI (AP) - The Three Affiliated Tribes has received the final permit approval for its plan to build an oil refinery on the Fort Berthold Reservation in northwest Northwest Dakota.

The U.S. Environmental Protection Agency on Friday approved a permit for the discharge of water.

Tex Hall, chairman of the Three Affiliated Tribes, said the Mandan, Hidatsa and Arikara Nation can now move forward to build the Thunder Butte Refinery west of Makoti. He says the next step is to get a pipeline that will move oil and gas from the west side of the Missouri River to the refinery site east of the river.

Hal said the refinery would refine crude oil from North Dakota for use on the reservation and elsewhere. ■

The United States Department of the Interior - Office of the Special Trustee for American Indians (OST)
is seeking information on Individual Indian Money (IIM) account holders listed below.

If you are or you know an account holder whose whereabouts is unknown to OST, please contact OST and provide the following information: Name of account holder (First, M.I., Last Name), Current Address, Telephone/Cell Number, or e-mail address. OST will contact the account holder to update the IIM account.

For more information contact: **BENEFICIARY CALL CENTER @ TOLL FREE 888.678.6836**

OR

Renelda Paya, Accounting Technician
USDOI-OST-Truxton Canon Field Operations
13067 E Hwy 66
Valentine, AZ. 86437
Ph#: 928.769.3301 Fax# 928.769.2438

Davetta Hill, Fiduciary Trust Officer – Truxton
USDOI – OST – Colorado River
Ph# 928.669.7130 Fax# 928.669.7192

WHEREABOUTS UNKNOWN List for Truxton Canon as of June 29, 2012

ALLEN	CONSUELA S	HONGA	FALCON L	PACHECO	RICARDO J
ANDERSON JR	EARLWIN J	HONWYTEWA	ANGELA	POWSEY	PHYLLIS C
BANDIN	ANTHONY J	HONWYTEWA	DONALD D	RODRIGUEZ	BERNADETTE C
BARTLETT	WILLIMA	HONWYTEWA	MARY LOU	RODRIGUEZ	EVELYN M
BEAUTY	JANET M	HOOD	AMBER L	RODRIGUEZ	MIGUEL
BENN	LOREN R	HOOD	MERTLE E	SALAZAR	GEORGINA
BILLIANOR	ANTHONY J	HOUGH	PATRICIA J	SALAZAR	ROLAND J
BLACKOWL	ANTOINETTE F	HUNTER	MANDY S	SALAZAR-VALENZUELA	BERNADINE A
BOX	CHARLENE	HUNTER	MICHELLE L	SINE	LOTTIE SYLVIA
BRADLEY	LOUELLA	HUNTER SR	JARVIS R	SINE	QUAS-TA-QUAL-KA H
CHERRY	DEON P	JACK	TYLER MS	SINYELLA	FLORA N
CHERRY	LATHESHA Y	JACKSON	HAMARLY P	SMITH	THOMAS A
CLARK	VIOLA	JACKSON	REGGIE D	SOTO	JESSE A
COBB	KEESHA RENA	JACKSON JR	VALGENE	STEWARD	DARIUS L
DAVIS	CAROL A	JAMES	LELAND O	STEWARD	TYLER T
DOMINGO	EMMETTE G	JAMES	RENEE L	THOMAS	ARLENE DENISE
DOMINGO	ROSELYN ANN	JOHNSON	BRIAN J	TOKESPETA	OPAL J
ELLIS	KATRINA P	JOHNSON	LILLIAN	VAUGHN	ANTHONY D
FRANCO	SUMMER W	JOHNSON	MARIO EDWARD	WALKER	RAINBOW S
GARCIA JR	RUBEN NAOLA	JOHNSON-DEVOS	CHRISTINE M	WHAGADO	JERRY
GOODSON	SHERRON DEL (BONEY)	JONES	SAMERIA A		
GROVER	LUTHER (MAENNCHÉ)	MAHONE	FLORA N		
HANNA	AMANDA S	MAHONE	RICHARD H		
HANNA	CARLTINA F	MAJENTY	IRA GEORGE		
HANNA	GABLE	MARRIETTA	DENNIS		
HANNA	GARNETT B	MCDANIELS	WILLA LOUISE		
HANNA	ROBERT	MCGEE	TONI P		
HANWYTEWA	MARVIN	MILLS	SUMMER S		
HAVATONE	DAYTON M	MOCASQUE	RICARDO R		
HAVATONE	EFFIE H (MENDOZA)	NICHOLAS	MORNING STAR		
HAZELWOOD	LORNA G	OSIFE	MATILDA J		
HONGA	CLOVIS J	PABLO	PHYLLIS		

OST TRUXTON CANON ALSO HANDLES HOPI ACCOUNTSFor more information contact: **BENEFICIARY CALL CENTER @ TOLL FREE 888.678.6836**

Renelda Paya, Accounting Technician
 USDOJ-OST-Truxton Canon Field Operations
 13067 E Hwy 66
 Valentine, AZ. 86437
 Ph#: 928.769.3301 Fax# 928.769.2438

Elizabeth Sparks, Fiduciary Trust Officer – Hopi
 USDOJ – OST – Crownpoint
 Ph# 505.786.6048 Fax# 505.786.6042

WHEREABOUTS UNKNOWN List for HOPI as of June 29, 2012

ADAMS	GLORY A	KOIIYAQVAPTEWA	LARLENE	SHELTON	VAL G
ALLISON	MARVIN K	KOOYAQUAPTEWA	BUDDY R	SILAS	BOBBY L
AMES	BILLY MEAD PIESTEWA	KOOYAQUAPTEWA	DONOVAN L	SKILLENS	ANGELA M
AMES	ROBERT HAROLD	KOOYAQUAPTEWA	MARLINDA A	SOCKYMA	LOU ANN
ANTONE	FRANKLIN	KOOYAQUAPTEWA	SHELLY	TALAHYTEWA	PHILTON A
BALDWIN	MARLENE	LEFTHAND	LYNNESE A	TALAS	MARTIN
BATALA	DARRELL KEITH	LOMAINTEWA	FRANCIS	TALASHOMA	DARIN D
BECENTI	EDITH LAHPOO	LOMAINTEWA	LUKE C	TALAYUMPTTEWA	GRACE K
BROWN	RAPHEAL L	LOMAINTEWA	MARK D	TAYLOR	LUCINDA
CARL	ELWIN R	LOMAWAIMA	EVA DIANE	TAYLOR SR	WAYNE
CASHEN	BLANCHE V	LOMAY	LUCINDA A	TEMOKE	CYNTHIA
CHAPIN	GLORIA H	MARRIETTA	EMERON L	TEWA	TERRANCE DEAN
CHAVARRIA	LONGINO L	MASAQUAPTEWA	CARL G	TODDY	REYCITA
CHAVARRIA	VALENTINO	MASAQUAPTEWA	MARGARET M	TOMOSIE	SHIRLEY A
COIN	PAULINE	MASAYESVA	BRENDA	TSAWATEWA	THOMAS
COOKA	CONSTANCE	MEDINA	LORI J	TSOSIE	MARY N
COOKA	TOM C	MONDRAGON JR	ORLANDO R	TUCHAWENA	JUDITH
CURTIS	NATALIE	MOORE	RONALD	TUNGOVIA	BRYAN M
DANN	CYNTHIA N	MOOYA	JOAN	TUNGOVIA	HOWARD
DAWASEVAYA	MODONNA	MYRON	WILFRED	TUNGOVIA	LORI A
DENNIS	LARSON	NAHA	MARY A	WADSWORTH	CHERYL DIANE
DENNIS	OLIVIA ANN	NAMINGHA JR	WAYLAND L	WALKER	LANCE T
DENNIS	VICTORIA J	NASEYOMA	CORDELL G	WALKER	LISA A
DIAZ	AUDREY KAY	NATSEWAY	BERNARD A	YAZZIE	JANICE S
DIXSON	IRMA MAE	NAVAJO	JOLYNN A	YOIWYMA	DONNELLY C
DODGE	ALEX MATTHEW	NAVAYESTEWA	BELLE PAVINGAMA	ZEENA	VELMA J
DODGE	BARRY	NUMKENA JR	RICHARD		
DODGE	MARINA	ONSAE	CARL ALEX		
DUWYENIE	DICK	ONSAE	GLADYS		
FIGUEROA	ANTHONY ALEXANDER	OUTAH	BETTY L		
GASHWESEOMA	MARTIN	OUTIE	TIMOTHY A		
GEORGE	GREGORY	PABLO	GILBERT R		
GEORGE	TIMOTHY	PARRY	PHYLLIS J		
GEORGE	VAUGHN	PASSMORE	ETHEL LYNN		
GEORGE	VINCENT	PAVINYAMA	LEWIS R		
GIBSON	PEARLINA	PAVINYAMA	REYNALDA H		
HARVEY SR	LOREN J	PAVINYAMA	SPENCER T		
HAWEE	TERRANCE	PHILLIPS	GLORIA A		
HOLMES	DOROTHY L	PHILLIPS	JULIAN M		
HOLMES	JOSEPH E	PIESTEWA	LOY CARR (COIN)		
HOLMES (HONEYUMPTTEWA)	CHARLENE	PIESTEWA	TERRY LORRY		
HONAHNI	THERESA LOIS	POLEQUAPTEWA	DORA A		
HONANHNIE	WESLEY	POLEVYUMA	REGINA		
HONYUMPTTEWA	HARRISSA	POLEYESTEWA	LORRAINE		
HUMA	CELESTE J	POOYOUMA	FERN M		
HUMA	DAMON S	PORTILLO	N B		
HUMA	SONAO-MANA J	PRESTON	GARY L		
HUNTER	COLETTE D	PRESTON	ULYNDA J		
HUNTER	DOROTHY L	SANDERSON	PAMELA C		
HUNTER	HEATHER L	SANDERSON	TERRANCE DEWIGHT		
ISUFUKU	WESLEY	SATALA	FRED LEWIS		
JENKINS	ARNOLD R	SATALA	ROBERT		
JENKINS	ERROLL S	SEARS	DAVID C		
JENKINS	ROYCE M	SEKAYUMPTTEWA	CARRIE L		
JOHNSON	VINA	SEKAYUMPTTEWA	TRACY M		
JOKA	GARRELL RAY	SERNA	JOSEPH C		
KAYE	CHARLES B	SERNA	RUSSELL		
KAYE	TINA M	SEUMPTTEWA	MARGARET G		
KEEVAMA	SAYLOR JOAB	SEWEINGYAWMA	MARCUS A		
KENNEDY	RUDOLPH D	SEWEINGYAWMA	RAMSON C		
KINALE	KATHERINE L	SHEBALA	VIVIAN F		
KINALE	VONETTE J	SHEBOLA	KATHLEEN L		
KOIIYAQUAPTEWA	HARRIS H	SHELTON	JAY C		
KOIIYAQUAPTEWA	MICHAEL H	SHELTON	PAUL WESLEY		

Eulogy

Pamela "I.O." Havatone was fluent in the Hualapai language and she was very proud to say she was Native American and a full-blood Hualapai. She was the youngest of 10 children born to Delbert Chris Havatone and Julia Ann Boney Havatone. Pamela attended Peach Springs Elementary during her childhood and pre-teen years, graduating 8th grade, 9th and 10th grade she attended Phoenix Indian High School, for the last 2 years of high school 11th and 12th grade she attended Seligman High School Graduating with her High School Diploma.

During her years in school she was active in sports such as basketball, softball, and volleyball. She also learned silk screening which brought to light her talent, she loved to draw. During the summer months she participated in different leagues with her older siblings who formed a team called "Deltones." Her father Delbert Havatone attended most of their games, cheered them on, and laughed when they did something crazy. During these activities she was recognized as the Most Valuable Player (MVP) and they received numerous amounts of trophies for good sportsmanship, even winning championships.

In her early 20's after graduating high school she started her own silk screening business using her own art. In her early 30's she worked at Best Market doing different duties such as a meat cutter, janitorial work, and of course restocking. In her early 40's she started working with Grand Canyon West Corporation as a cook. Within this job her potential flourished, she was always willing to learn with an open-mind and open-heart, she was self-disciplined, a hard worker, determined, caring, helpful and treated everyone equal. With this attitude she became the food and beverage supervisor. She worked with each and every employee and would help them get to where she knew they could be. She wasn't easily swayed when it came to her job duties and she always made sure that her cooks were at their best and ensured that her department would pass inspection each and every day. Her employment history ends with this job which became her life and her passion until her last breath. She never had children of her own but she was always willing to help her siblings care for her nieces, nephews and grandchildren. She admired each and everyone of them, cared for them and loved them all the same.

She had many friends who she loved and cared for as well. When times got hard she was always there with a smile. She was thankful to have all her friends, the memories you made together, the laughs, the fun, she enjoyed it all.

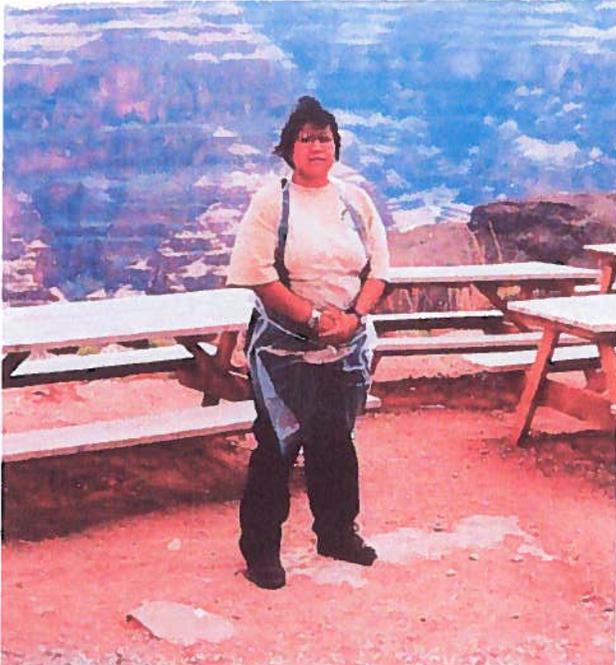
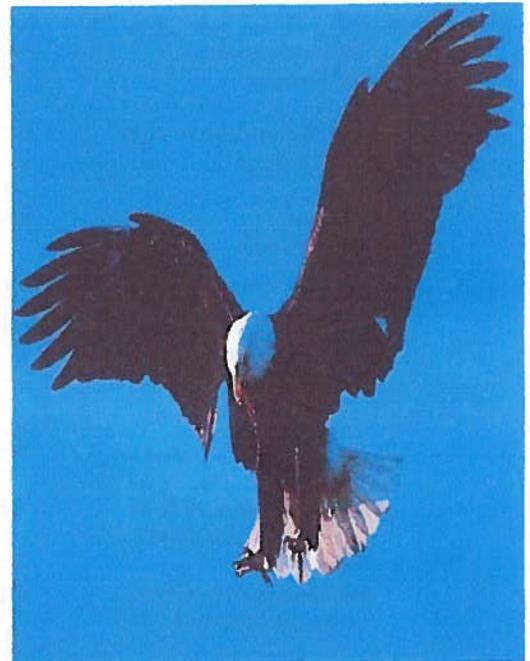
With her caring nature she would help someone with all that she had. When she would see her relatives she would call to them "hey cousin, aunt, or uncle." she would never forget to say hello when she was out in the community.

PAM HAVATONE

16 YEARS AT

GRAND CANYON WEST

THANK YOU PAM!



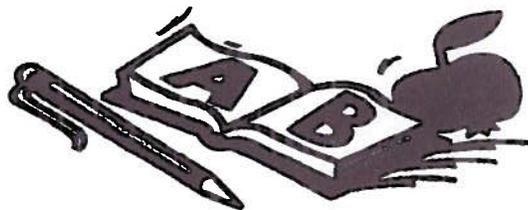
EDUCATION & TRAINING

Back to School Schedule

	<u>School starts</u>	<u>Enrollment Dates</u>
Kingman High School North (928)692-6480	August 9, 2012	Seniors July 27, 2012 Juniors July 30, 2012 Sophomores July 31- August 1, 2012 Freshman August 2-3, 2012
Seligman School (928)422-3233	August 15, 2012	
Peach Springs Elementary (928)769-2613	August 1, 2012	
Headstart (928)769-2244	September 4, 2012	

BOARDING SCHOOLS

	<u>Travel Dates</u>	<u>School starts</u>
Flandreau Indian School Flandreau, SD (605) 997-3773	August 27-28, 2012	August 29, 2012
Chemawa Indian School Salem, OR (503) 399-5721	September 2-3, 2012	September 4, 2012
Riverside Indian School Anadarko, OK (405) 247-6670/ (1-888) 886-2029	August 16, 2012	August 17, 2012
Sherman Indian School Riverside, CA (951) 276-6326	August 20, 2012	August 21, 2012
Theodore Roosevelt School Fort Apache, AZ (928) 338-4464	August 1, 2012	August 2, 2012



Gwe Spoja Yiwo
Department Hualapai Education & Training
Education Program
PO Box 179
460 Hualapai Way
Peach Springs, AZ 86434-0179

Peach Springs Unified School District #8

403 Diamond Creek Road
P.O. Box 360
Peach Springs, Arizona 86434
Telephone: (928) 769-2613
Fax: (928) 769-2214

July 10, 2012

Dear Peach Spring Elementary Parents/Guardians:

Welcome to the 2012/2013 school year! We would like to meet you and your child during the meet the teacher event on Tuesday, July 31st. You can drop in anytime between 1:00 p.m. and 3:00 p.m. to meet your teacher and see the classroom. The first day of school is Wednesday, August 1st. Breakfast will be served from 7:15 a.m. to 7:45 a.m. daily. Please remember school is in session from Monday to Thursday each week excluding holidays. As the new district/school leader, I am asking for everyone to recommit to our school program. The Peach Springs Elementary School program shall be a partnership between parents, students, and staff who work together to provide a strong education that encourages students to pursue academic and social excellence. Our combined efforts will make a difference!

Below is the daily schedule. Please make a note of this information.

Kindergarten student hours: 7:45 a.m. - 3:00 p.m.

Grades 1st- 8th student hours: 7:45 a.m. - 4:00 p.m.

The instructional program will consist of core subjects Reading, Language Arts, Social Studies, and Mathematics. Specials students will be offered are Physical Education/Health and Art classes.

We will be focusing on many areas that will help us increase student learning. These areas are: students setting academic goals using data, teachers ensuring student engagement techniques during a lesson, applying higher-order questioning throughout a lesson, and continual assessing for re-teaching or enrichment. Additionally, all staff members are required to complete professional development annually to remain current with educational best practices.

Starting in August, we will continue to communicate with our parents and students on a monthly basis. School information will be available on the back of the monthly school lunch menu. Please post this information to stay informed. Keep in mind our overall goal is to help *all* students become *great* individuals with the leadership skills to make a difference in their everyday life. I ask that you speak to your child about the importance of education, being respectful student citizens, cultural diversity, and trying their best everyday. We look forward to working with you.

Sincerely,



Dr. Anthony J. Perkins
Superintendent/Principal

Board Members:

Leila Parker, Board President
Roger Mueller, Board Clerk
Emma Tapija, Member
Pete Imus, Member

Administration:

Dr. Anthony J. Perkins, Superintendent/Principal
John Livingston, Business Manager
TK Cruz, Accounts Specialist
Melanie Menzes, Admin. Assistant

Bus #1	
AM	
Highview/Blue Mtn.	7:10 a.m.
Blue Mtn/Coyote	7:13 a.m.
Highview/Coyote	7:16 AM
Eagle/Blue Mtn.	7:22 AM
Blue Mtn/Tall Pine	7:25 AM
Housing	7:28 AM
Canyon View/Diamond Creek	7:31 AM

Kindergarten dismissal is at
3:00 p.m.

1st - 8th Grade Dismissal is at
4:00 p.m.

All PM drop off times will vary
upon the number of students
riding the buses and weather
conditions.

Bus #2	
AM	
Kingman H.S.	6:00 a.m.
Milkweed House #1406	6:45 a.m.
Milkweed House#1413	6:50 a.m.
Milkweed House #1420	6:55 a.m.
Music Mountain Rd	
House #2	7:00 a.m.
House #5	7:05 a.m.
House # 11	7:10 a.m.

Buck & Doe Rd
7:15 a.m.

Diamond Creek Circle
7:25 a.m. & 7:30 a.m.

Nelson Rd
7:35 a.m.

Peach Springs Unified School District #8



2012

2013

Home of *your* Tigers and Warriors

Mission Statement

To educate and encourage in an atmosphere where all who enter are safe, respectful, and responsible.

Goals

Striving for 90% of our students to be on or above grade level in Mathematics, Reading, and Writing by creating a **partnership** between parents, students, and staff who work together to provide a strong education that encourages students to **pursue academic and social excellence.**

Core Academics

Mathematics, Science, Reading, Language Arts, and Social Studies

Specials

Physical Education, Health, Computers, and Art Classes

Sports

Volleyball (Girls), Basketball (Boys and Girls), Cross Country (Co-ed), and Baseball (Co-ed)

Now offering...

Academic Goal Setting Using Student Data, Yearbook Club, Student Council, Response to Intervention, Exceptional Student Services, Career Speakers, Family Engagement, Career Explorations, Cultural Awareness, Gifted Program (2013) and Counseling

For more information please call 928.769.2202

A new commitment to our students

Peach Springs Unified School District #8 2012-2013 CALENDAR

July

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Student Days:			Teacher Days: 3			

August

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Student Days:			Teacher Days: 18			

September

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
Student Days:			Teacher Days: 15			

October

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
Student Days:			Teacher Days: 15			

November

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
Student Days:			Teacher Days: 14			

December

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
Student Days:			Teacher Days: 12			

January

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
Student Days:			Teacher Days: 15			

February

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
Student Days:			Teacher Days: 15			

March

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Easter - March 31					
Student Days:			Teacher Days: 12			

April

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
Student Days:			Teacher Days: 18			

May

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Student Days:			Teacher Days: 14			

June

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
Student Days:			Teacher Days: 0			

- Teacher work day (no students)
- No students, No teachers
- Testing Window
- Minimum Attendance Days
- 40th Day
- 100th Day
- New Teachers Start Date

- July 27, 30 - 31 First day for teachers/District Orientation
- Aug 01 First day for students
- Sep 03 Labor Day Holiday
- Sep 13 Early Release and Parent/Teacher Conferences
- Oct 04 End of 1st grading period
- Oct 8 - 11 Fall Break
- Oct 17 40th Day
- Nov 12 Veteran's Day Holiday
- Nov 21 - 23 Thanksgiving Holiday
- Dec 20 End of 2nd grading period
- Dec 24 - Jan 4 Winter Break

- Jan 21 Martin Luther King Holiday
- Feb 07 Early Release and Parent/Teacher Conferences
- Feb 18 President's Day Holiday
- Feb 21 100th Day
- Mar 07 End of 3rd Quarter
- Mar 11 - 14 Spring Break
- Mar 31 Easter
- Apr 8 - 19 AIMS Testing Window
- May 23 Early Release Day/Last Day of School
- May 24 Teacher check out
- May 27 Memorial Day

STUDENT DAYS:

1st Grading Period	37
2nd Grading Period	37
3rd Grading Period	34
4th Grading Period	40

TEACHER DAYS:

1st Semester Total	77
2nd Semester	76
	152 days
	156 New Teacher Days

Total 148 days



Hualapai Head Start child Round-up



July 24, 2012

At 8:30 am - 4:30 pm

Hualapai Multi-Purpose Building



crayons

Lunch will be Provided



**come Meet with Head Start Staff
& Local Service Providers**

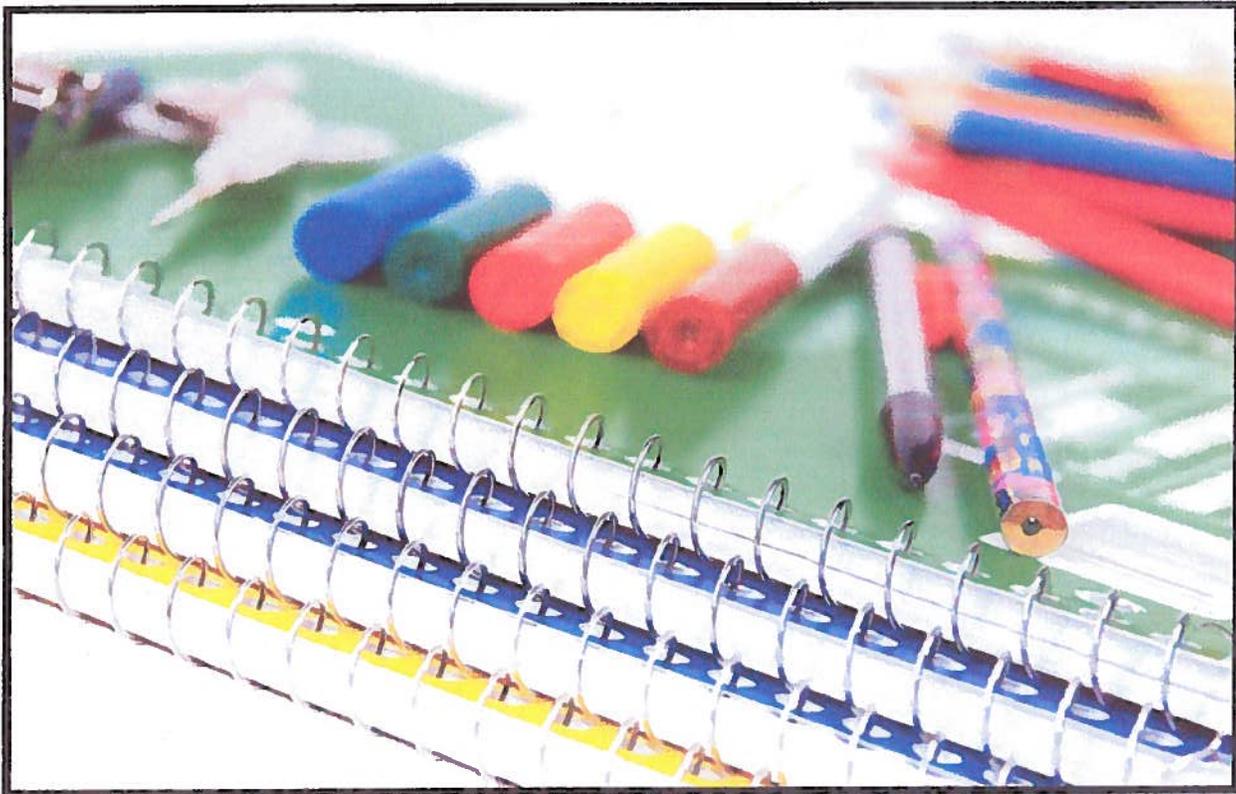


*Any Questions Call The Hualapai Head
Start Center*

(928) 769-2244



Back to school Bash!



August 06, 2012

Boys and Girls Club of Peach Springs

Lunch will be provided at 12:00 pm

School Supplies will be distributed after lunch.

***Must be present to receive school supplies.**

For more information, Contact Helen J. W. Querta at (928) 769-2200.

Department of Hualapai Education & Training

HEALTH & SAFETY INFORMATION

DIABETES & THE NATIVE AMERICAN POPULATION



Emphasizing the Use of Traditional Foods

Brought to you by: Intertribal Bison Cooperative & Administration for Native Americans

DIABETES: An Epidemic in Native American Communities

Prior to the 1950s, diabetes was very rare in the Native American community. Over the last 50 years it has increased and reached epidemic proportions in all populations, but particularly the Native American population. Current research indicates that one out of six Native Americans have been diagnosed with diabetes, and many more are unaware that they have or are at risk for the disease.

For additional information visit the ITCB website at:

www.itcbison.com



Contributing Factors

The Native American population currently suffers from the highest rates of Type 2 diabetes. In some communities the rate is as high as 60%. The Indian population further suffers from high rates of cardiovascular disease and various other diet

related diseases. Studies indicate that Type 2 diabetes commonly emerges when a population undergoes radical diet changes.

Native Americans have been forced to abandon traditional diets rich in wild game, bison, and plants and now have diets similar in composition to average American diets. This change in the food system has had devastating effects on the health of Native American people.

Historically, Native Americans were a high-protein, low-carbohydrate people. Studies show that Indian people whose ancestors were hunter/gatherers have a different response to carbohydrates—they release more insulin after eating carbohydrates than someone whose ancestry is better adapted to that diet.

Another factor that contributes to diabetes is the change of lifestyle. Pre-reservation, most Native American people were hunter/gatherers who led physically demanding lifestyles and had a diet that was high in fiber, yet low in calories and fat.

Today, most of us have inactive lifestyles and eat a high fat diet that is not compatible with our genetics.

Bison Meat

Bison meat is low in fat and cholesterol and is compatible to the genetics of Indian people. Bison meat was the main diet of the Plains Indians who never had cancer, never had heart disease or heart attacks, and lived to be 85-90.

Bison meat is a good source of conjugated linoleic acid (of CLA), an important cancer-fighting fat. It is rich in the vitamin betacarotene, a vital antioxidant that reduces cancer by preventing cell degeneration. It is also rich in a balanced combination of essential fatty acids, -the omega-3

fatty acids.

A serving of bison meat also has as much calcium as a 6 oz glass of milk, as much potassium as a medium banana, and contains vitamins E, B6 and B12.

Studies indicate that including bison meat in your diet can reduce the risk of diabetes and other diet related diseases.



What is Diabetes?

Diabetes is a disease marked by high levels of blood glucose or sugar resulting from defects in insulin production, insulin action, or both.

Type 2 Diabetes occurs when the body does not make enough insulin or cannot use the insulin it makes effectively.

Symptoms of Type 2 Diabetes

The most common symptoms of diabetes are tiredness, unusual thirst, increased appetite, blurry vision, infections that won't heal, and numbness or tingling in the hands or feet.

Prevention

We need to look to our past and remember what healthy lifestyles our ancestors had and try to incorporate that into our lives.

- Be physically active for at least 30 minutes a day for 5 days a week.
- Eat foods that are high in fiber & protein.
- Eat foods low in fat.
- Eat more fruits and vegetables.

For Further Information

For further information about diabetes visit the IHS website at:
www.ihs.gov/medicalprograms/diabetes

Other Educational Materials:

- Website: www.itbcbison.com
- Brochure number: ITBC1
Bison the Healthier Red Meat
- Brochure Number: ITBC2
Cooking with Bison
- Brochure Number: ITBC3
Traditional Uses of Bison

For more information on where you can purchase bison meat, please contact ITBC

itbc@itbcbison.com

**“Restoring the bison,
restores the people.”**



Brought to you by:
 Intertribal Bison Cooperative &
 Administration for Native Americans

2497 West Chicago Street
 Rapid City, SD 57702

www.itbcbison.com

Phone: 605-394-9730

Fax: 605-394-7742

Email: itbcbison@itbcbison.com

Plan to Prevent Diabetes**Get 30 to 60 minutes of moderate physical activity on most days.**

- Walk with family or a friend.
- Play traditional games.
- Dance to your favorite music.
- Lift hand weights, stretch, or ride an exercise bike while you watch TV.
- Chop wood, do housework, garden or do other yard work.

**Eat Less sodium, saturated fat, trans fat, cholesterol, and sugar.**

- Season food with herbs and spices instead of salt.
- Trim the fat off meat and the skin off chicken.
- Bake, broil, boil or roast instead of frying.
- Use a small amount of vegetable oil instead of lard or butter.
- Drink water and sugar-free beverages.

**Eat more fiber.**

- Choose whole grains, fruits, vegetables, and beans.
- Add fruit to your lunch.
- Add vegetables to soups and casseroles.

**Stay at a healthy weight. Lose weight if you are overweight.**

- Eat smaller portions—Do not go back for a second serving.
- Drink water or other calorie-free drinks.

**If you smoke, stop.**

- Ask your doctor, family, or friends to help you to quit smoking.

**Maintain a Healthy Weight! Stay Active and Feel Better!**

Did you know that losing even a small amount of weight can lessen health problems that result from being overweight? This section will discuss healthy ways to lose weight or maintain a healthy weight.

Mary's Problem: *Mary and her family like to have snacks while they watch television. Recently, she has noticed that her family has gained a little too much weight.*

Mary says she and her family gained weight because:

- “Our family sits in front of the TV for hours. We snack even after having a large dinner.”
- “The kids no longer play outside like they used to. They watch TV, play video games, and use the computer.”
- “I don't have time or energy to go for a walk.”
- “We eat at places where the food is cheaper. We order large hamburgers, French fries and sodas.”

Mary: *“The doctor told me that being overweight affects my heart and my health. My family and I have started walking to lose the extra pounds.”*

Does Mary's family situation sound like yours? If so, it is time to make some healthy changes! Contact the Healthy Heart Program, 769-1630.

How To Start Your Family Plan To Lose Weight

Remember:

- If you are overweight or obese, losing a small amount of weight can help you lower your risk of heart disease.
- Lose weight slowly, about 1 to 2 pounds a week.
- Pick a day to begin.
- Change one thing at a time, and stick to each one.
- Be physically active. Walk or dance for 30 to 60 minutes on most days.

Try These Steps To Lose Weight.

1. Choose heart healthy foods.
 - Choose fat-free or low-fat (1%) milk and cheese.
 - Eat fruit and vegetable with your meals.
 - Drink water or other calorie-free drinks instead of regular soda.
 - Eat lean cuts of meat and fish*



**Pregnant and breastfeeding mothers: Talk to your health care provider to find out what types of fish are lower in mercury. Mercury may be harmful for your baby.*

Mary: "We took steps to lose weight slowly. We are now at a healthy weight. My cousin followed a diet that offered a fast and easy way to lose weight. She lost weight initially, but she gained it all back"



2. Prepare foods the healthy heart way.
 - Bake, boil or broil foods instead of frying.
 - Cook beans and rice without lard or bacon.
 - Use fat-free or low-fat dressing on your salad.
3. Read the nutrition facts on the food labels to choose foods lower in calories and sugar.

- Eat small meals and healthy snacks throughout the day instead of one big meal.

Compare the nutrition facts for water and regular soda.

Which one is the better choice?

Water

Nutrition Facts	
Serving Size 1 bottle (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Regular Soda

Nutrition Facts	
Serving Size 1 can (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 30g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Answer: The water is the better choice. Regular soda has 140 calories and 39 grams of sugar. The water has no calories or sugar.

- When eating out:
- Split a main dish with a friend.
 - Order two small side orders, such as a half sandwich and salad, instead of a large entrée.
 - Divide your main dish in half as soon as you get it. Ask your server to wrap the other half "to go".



AMERICAN COLLEGE OF SPORTS MEDICINE
LEADING THE WAY

Sports Medicine Bulletin

A WEEKLY NEWS AND INFORMATION RESOURCE FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE

Energy drinks —What you need to know!

By Amy Eichner, Ph.D. and Erin Hannan

Viewpoints presented in SMB commentaries reflect opinions of the authors and do not necessarily reflect positions or policies of ACSM.



Amy Eichner, Ph.D., is Special Advisor on Drugs and Supplements at the U.S. Anti-Doping Agency, where her responsibilities include their dietary supplement policy and providing related education to their stakeholders. Dr. Eichner previously led USADA's Drug Reference Department. Prior to joining USADA, she conducted medical research at Harvard University and Massachusetts General Hospital. During the period immediately before coming to USADA, she directed an accredited calibration and testing laboratory dedicated to biocompatibility testing of medical devices for the Therapeutic Goods Administration in Australia.

Erin Hannan is Communications and Outreach Director for the U.S. Anti-Doping Agency. Her work focuses on ensuring that competing athletes and our nation's youth are equipped with tools and skills for making healthy, informed and ethical choices for their lives. With a background in enterprise marketing, branding, communications and outreach initiatives, her responsibilities at USADA include facilitating communications with competing ath-



letes to foster ethical, healthy and informed behaviors, as well as developing comprehensive educational resources to promote these aims. This article first appeared in the April 2012 e-newsletter of the Professionals Against Doping in Sports. The PADS initiative is jointly led by ACSM and USADA. This topic has broad relevance to many exercise and sports settings, so it is also being presented here for our SMB readers. For more about PADS and to become a subscriber to the PADS newsletter, see the website at: professionalsagainstdopinginsports.org.

You may already know this, but there are significant differences between sports/electrolyte drinks (those that contain carbohydrates and electrolytes) and the "Energy" drinks that are now all the rage. But what you may not know is just how significant, and potentially serious, these differences can be. All of these names for drinks can be confusing – don't be fooled. The ingredients can be deceiving. If your patients are drinking something that advertises itself as an "Energy Drink," they are probably helping themselves to a healthy (or more likely unhealthy) dose of stimulants. A more proper name for this class of drinks could be "Stimulant Drinks."

Energy for Sports Performance

Before we go further, let's remember how basic nutrients provide energy for muscular activity and performance. Glucose is the body's prime source of fuel for regenerating ATP, which is the essential energy currency required of athletes performing high intensity exercise. Carbohydrates (sugars) are a direct source of glucose, but the body can also make glucose by burning amino acids and fats. Glucose is like the coal in a power plant. When our bodies need more energy, they burn more glucose, just like when energy needs in a city increase, more coal is burned (or nuclear fuel, or gas - you get the picture).

In contrast, stimulants bind to neurons and activate them. But stimulants cannot substitute for glucose or the energy it produces. Using the analogy above, when you consume stimulants, it's as if airflow to coal in the furnace of a power plant were suddenly and greatly increased. Yes, you get a big increase in the amount of energy being released but only because you are burning the coal up all at once. When the coal is gone, it's gone. Stimulants make people feel like they have more energy but it is mostly because it is all being burned up at once.

Dissecting a Label

When was the last time you carefully examined an ingredient label for an "energy" or stimulant drink? Take a look at this example. If you bought this drink, would you actually know what you were drinking? Would your patients?

Looking at the label above, would you have known that tyrosine and phenylalanine, ingredients commonly added to energy products, can interact with a lot of medications? One of the ingredients, methylsynephrine, is a stimulant that is on the World Anti-Doping Agency (WADA) Prohibited List. If a patient asked you to describe what the different ingredients are for, would you be able to advise them? Do you know where the ingredients come from? Did you know that Kola Nut and Guarana are both sources of caffeine? Can you tell how much caffeine is in one serving of this product? Did you know that citrus aurantium (also called bitter orange) contains synephrine which also has stimulant properties? Synephrine is not prohibited, but added together with all of the other ingredients, could cumulatively pose health dangers.

Did you know Yohimbe interacts with anti-depressants? Did you know that Ma Huang is the plant source for ephedra? Ephedra is an extremely strong stimulant that was taken off the market years ago by the FDA because it caused many adverse health effects and even some deaths. Nonetheless, ephedra is still finding its way into dietary supplements.

Stimulants can cause positive anti-doping tests

There are several stimulants that are on the WADA Prohibited List that pop up in dietary supplements and sometimes in stimulant drinks. Take a look at the examples below. It is possible that your patients may be unwittingly drinking one or more of these prohibited ingredients.

On the Prohibited List as:	But sometimes also called:
Methylhexaneamine	Geranium (extract, stems, or oil), geranamine, "geranium surge" and other madeup names. 1,3-Dimethylamyline, dimethylpentylamine.
Octopamine	β,4-Dihydroxyphenethylamine; p- Hydroxymandelamine; ND-50; Noroxedrine; p-Norsynephrine
Oxilofrine	Methylsynephrine
Phenpromethylamine	Fenprometamina; Phenpromethamine; Phenpromethaminum; Phenylpropylmethylamine; "Benzedrine." Benzedrine itself is an amphetamine like stimulant, but it seems the name may also be used as code for phenpromethylamine. <i>Acacia rigidula</i> (the ingredient label may list this plant but the product might have phenpreomethylamine and other substances in it).

Keep in mind that stimulants are prohibited as a category for those athletes being tested during a competition (except for caffeine and synephrine, neither of which are currently prohibited, but are both in the WADA Monitoring program). The example product and label discussed earlier could cause a positive anti-doping test. Stimulants in dietary supplements are not limited to what you find in bottles or cans on shelves - they can also come in powder form that can be mixed up by the user. They are also found in the grocery check-out line decorated with bracelets and other gimmicks to attract young consumers.

Physicians speak out on dangers of energy drinks

The American Academy of Pediatrics has discouraged the use of energy drinks by children and adolescents. Even caffeine can cause neurological and cardiovascular problems, and should be avoided. This AAP report can be read on www.aap.org/advocacy/releases/may3011studies.

And for a chilling real-life example of the dangers of such drinks read: Dakota Sailor's story on ESPN. This high school football star nearly died after drinking two cans of a widely distributed commercial beverage labeled as a 'high performance energy drink.'

Seven drivers arrested for DUI in impaired driving campaign

RENO, Nev. (KRNV & MyNews4.com) -- The Washoe County Sheriff's Office has successfully completed their share of the "Joining Forces" "Impaired Driving" awareness and enforcement campaign. The Sheriff's Office joined the Reno Police Department, Sparks Police Department and the Nevada Highway Patrol during this campaign, which ran from June 29 through July 8.

Sheriff's Office patrol staff assigned to this enforcement campaign initiated 162 traffic stops and arrested seven drivers for DUI. Additionally, of the 162 traffic stops, there was nine drug related arrest and one fugitive arrest. Seventy-nine citations were issued for speeding violations and 12 citations for drivers' license related violations. Other notable violations observed were; 14 vehicle registration violations, 21 vehicle equipment violations, two seat belt violations, 14 no valid proof of insurance violations and three cell phone use while driving violations. All other miscellaneous citations and written warnings totaled 84.

Although a driver may be stopped for one violation, during the deputy's investigation, several other violations may be observed. It's possible that one driver could be issued a citation for numerous violations.

The "Joining Forces" "Impaired Driving" awareness and enforcement campaign is made possible by grant funding received from the Nevada Department of Public Safety/Office of Traffic Safety. "Joining Forces" is a multi-jurisdictional law enforcement program that promotes statewide enforcement in the areas of: DUI, seat belt, and speed and pedestrian safety. The purpose of this event is to educate the driving public in regards to DUI laws, to enforce the community's no tolerance stance towards impaired driving and to remind people that it's never safe to drive impaired.

The Sheriff's Office uses a nationally recognized data driven approach to reducing crime and increasing public safety in our community. Sheriff's Office data has shown a high incidence of traffic violations, traffic accidents, traffic problems and DUI arrests in this particular area. The Sheriff's Office continues to be a data-driven law enforcement agency, where we proactively fight crime in the region and provide the best possible services to the citizens of our community.

The Sheriff's Office reminds the public to drink responsibly, designate a sober driver, and utilize a taxi service or public transportation. It's always best practice to have a safety plan before starting your festivities. Motorist should know that law enforcement personnel are out enforcing DUI laws year-round.

Submitted by Tribal Motor Vehicle Crash Project & Youth Council

Seat belt leads to electronics

Published: July 11, 2012 | www.upi.com

SACRAMENTO, July 11 (UPI) -- California police said they discovered a trove of apparently stolen electronics in a car they attempted to pull over due to the driver not wearing a seat belt. Sacramento police said an officer attempted to pull over a Ford Thunderbird near West El Camino and Northgate but the driver sped off with his two passengers, KTXL-TV, Sacramento, reported Wednesday. "Immediately the vehicle fled [and] we initiated a pursuit. It lasted about 10 minutes and maybe hit speeds 50-60 miles per hour," police Sgt. David Nasca. Nasca said the chase came to an end when the Thunderbird hit into the side of a parked Mercedes and crashed between two poles.

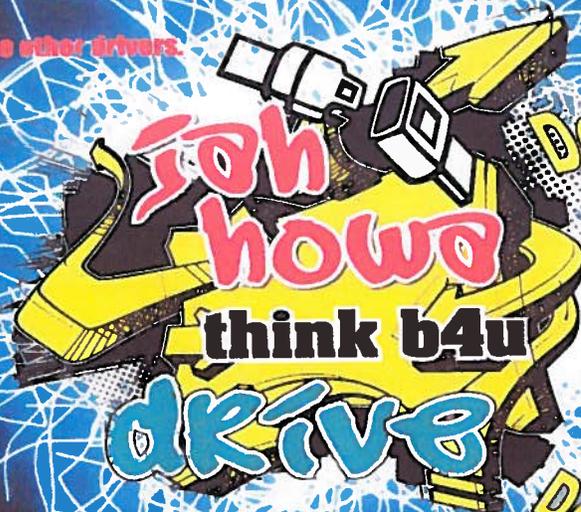
Police said all three suspects attempted to escape on foot, but they were able to nab the driver, a male on early release parole, and one passenger, a 16-year-old juvenile with an outstanding warrant.

The driver, whose name was not released, was taken to a hospital after swallowing some drugs while fleeing. Police said they are trying to determine the origins of the electronics found in the back seat of the car.

Submitted by the Tribal Motor Vehicle Crash Project & Youth Council

When getting behind the wheel of a vehicle you should always Think b4u Drive!

- Buckle up
- Don't text and Drive
- Don't Drink and Drive
- And always watch out for the other drivers.



Don't text and Drive

Don't Drink and Drive

Buckle Up b4u Drive

Brought to by the Tribal Motor Vehicle Crash Project & Youth Council

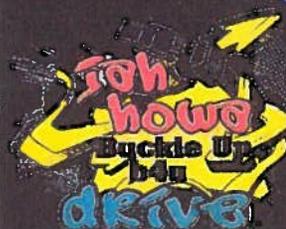


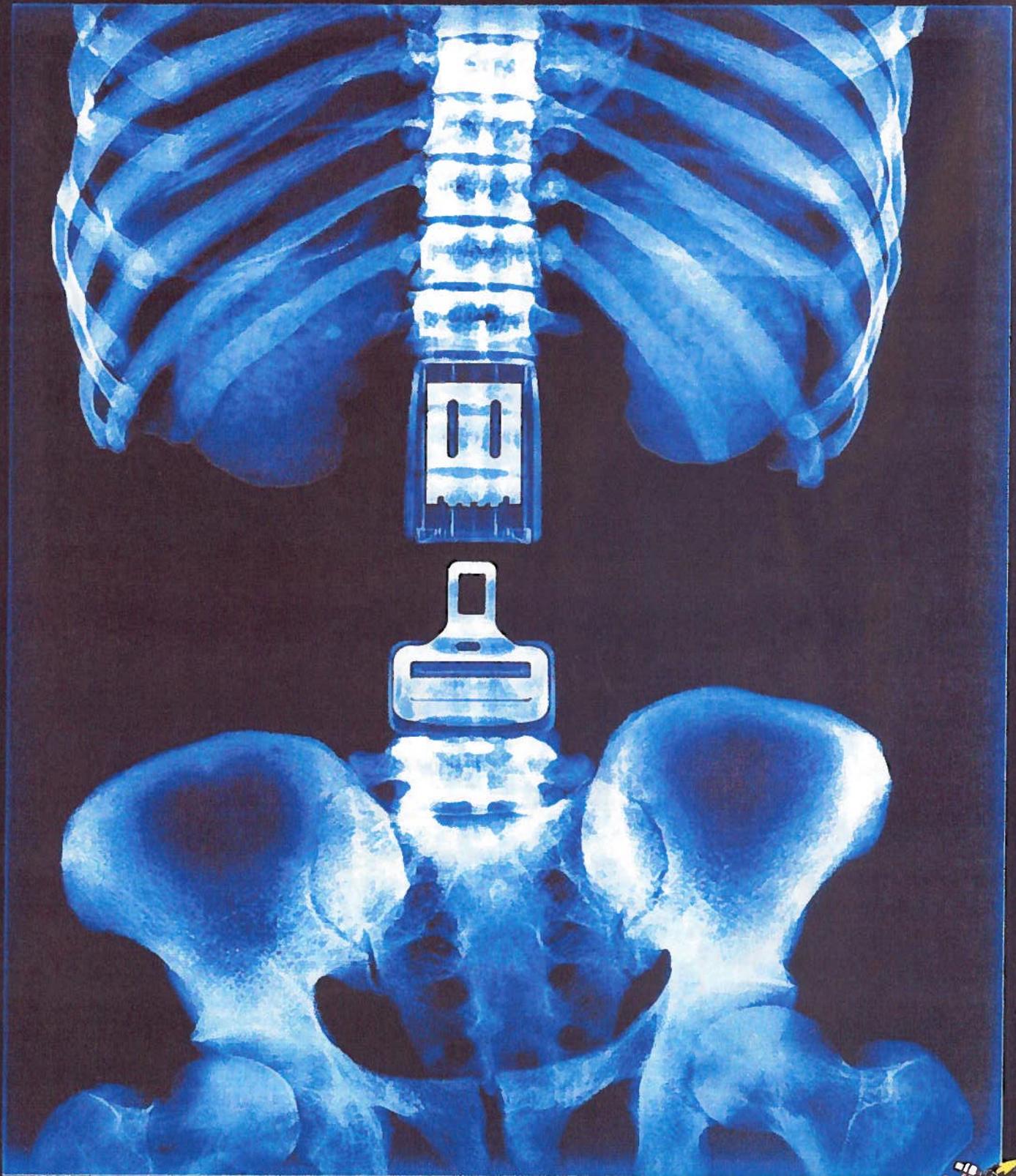
Rear seat belts are there for a reason.

Use them

Buckle up behind. You can make a difference

Brought to you by the Tribal Motor Vehicle Crash Project & Youth Council





Brought to you by the Tribal Motor Vehicle Crash Project & Hualapai Youth Council

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One click could change your future. Belt up.

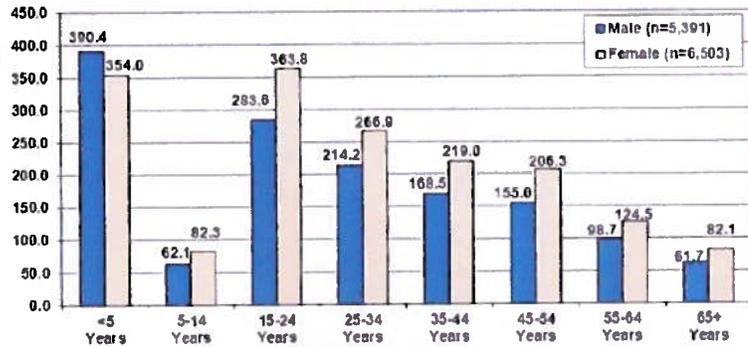


Awareness of Dangers of Prescription Drugs



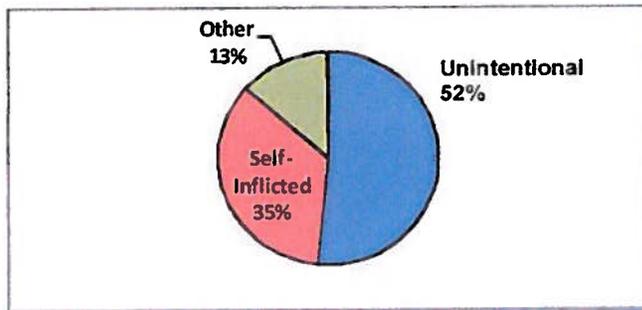
Non-Fatal Poisoning-Related Emergency Department Visits, Arizona, 2010

Rates per 100,000 Residents by Age Group and Sex



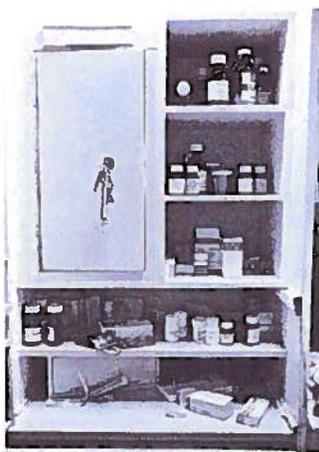
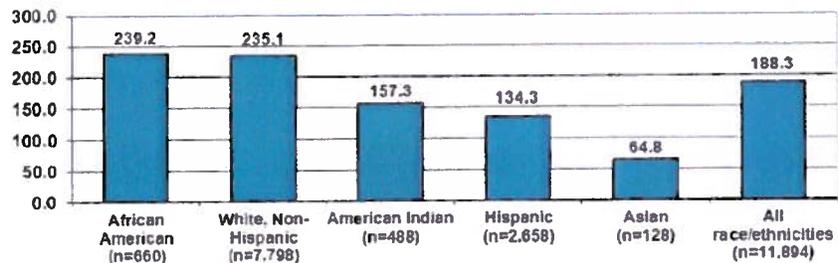
There were 11,894 non-fatal poisoning-related emergency department visits. 20% of them were among children under 15 (n=2,348).

By Manner



The 6,907 non-fatal inpatient hospitalizations cost a total of \$179.6 million; the 11,894 non-fatal emergency department visits totaled \$46.9 million, 56% of which was paid by Medicare, Medicaid, or AHCCCS

Age-Adjusted Rate per 100,000 Residents by Race/Ethnicity



Resources for development of this fact sheet were provided through funding to the Arizona Department of Health Services from the Centers for Disease and Control and Prevention, Cooperative Agreement U17CE002023 Core Violence and Injury Prevention Program. July 2012



American Association of Poison Control Centers

NEWS RELEASE

For Immediate Release

May 17, 2012

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AAPCC and Poison Centers Issue Warning About Concentrated Packets of Laundry Detergent

ALEXANDRIA, VA.—The American Association of Poison Control Centers and the experts at America's 57 poison centers are urging the public, especially parents, to keep highly concentrated "single dose packs" of laundry detergent up and away from children, according to Debbie Carr, AAPCC executive director.

Poison centers are reporting a recent uptick in calls about exposures of children to laundry detergents packaged in small, single-dose packets. Some young children and toddlers who swallow these small packets have become very ill and have required hospitalization. Other children have gotten the product in their eyes, resulting in significant eye irritation. Some children have been exposed when the product burst after putting it into their mouths.

The following are examples of exposures to children who have become ill from concentrated laundry detergent packets:

- Ten minutes after a 20-month-old swallowed a laundry detergent packet, the child developed profuse vomiting, wheezing and gasping and then became unresponsive to even painful stimuli.
- A 15-month-old who bit into a pack and swallowed a mouthful had profuse vomiting and, after arrival at a hospital, had to be put on a ventilator for airway protection.
- A 17-month-old bit into a packet and then rapidly developed drowsiness, vomited, breathed the product into the lungs, and had to be put on a ventilator.

"The rapid onset of significant symptoms is pretty scary," said Dr. Michael Beuhler, medical director of the Carolinas Poison Center. "Other laundry detergents cause only mild stomach upset or even no symptoms at all. Although, we aren't certain what in the product is making the children sick, we urge all parents and caregivers to make sure laundry detergent packs are not accessible to young kids."

The American Association of Poison Control Centers recommends the following steps:

- Always keep detergents locked up and out of the reach of children.
- Follow the specific disposal instructions on the label.
- If you think a child has been exposed to a laundry detergent packet, call your local poison center at 1-800-222-1222 immediately.

For more information, the media may contact Loreeta Canton, AAPCC communications manager, at 703.894.1863, 703.391.0626 (cell phone) or canton@aapcc.org or Brett Schuster, communications assistant, at 703.894.1859 or [Schuster@aapcc.org](mailto:schuster@aapcc.org).

The AAPCC supports the nation's 57 poison centers in their efforts to treat and prevent drug, consumer product, animal, environmental and food poisoning. Members staff the Poison Help hotline at 1-800-222-1222 that provides free, confidential, expert medical advice 24 hours a day, seven days a week, 365 days a year from toxicology specialists, including nurses, pharmacists, physicians and poison information providers. In addition, the AAPCC maintains the only poison information and surveillance database in the United States, providing real-time monitoring of unusual poisoning patterns, chemical exposures and other emerging public health hazards. The AAPCC partners with federal agencies such as EPA, HRSA and the CDC, as well as private industry.

To learn more, visit www.aapcc.com, like us on Facebook, follow us on Twitter, or read our blog at aapcc.wordpress.com. To join your voice with other poison center supporters, register for the AAPCC advocacy network at www.capwiz.com/aapcc—click on "Action E-List."



Keep Highly Concentrated Packets of Laundry Detergent Locked Up and Out of the Reach of Kids

If you use highly concentrated liquid laundry detergent that comes in small packets, you'll want to heed this warning from the experts at America's 57 poison centers: Always keep them locked up high and out of the reach of kids!

These new laundry packets dissolve in the washing machine. Because they are colorful and squishy, they are attractive to children. They can look like candy or something fun to play with. But some young children who have put these small packets into their mouths and swallowed some of the detergent have become very ill and have been hospitalized. Others have gotten it into their eyes, causing severe irritation.

Poison centers receive many calls each year about children getting into laundry detergent. Usually, swallowing laundry detergent causes mild stomach upset or even no symptoms. Poison center experts say the new laundry packets seem to be different. Some children exposed to them experience excessive vomiting, wheezing and gasping. Some get very sleepy. Some even have had trouble breathing and have needed a ventilator to help them breathe.

The experts at your local poison center urge parents and caregivers to:

- Always keep detergents locked up, high, and out of the reach of children.
- Follow the instructions on the product label.
- Call your local poison center at 1-800-222-1222 **immediately** if you think a child has been exposed to a packet of highly concentrated liquid laundry detergent.



Photo – Iowa Statewide Poison Control Center

For more information, call your local poison center.

1-800-222-1222





Poison centers receive many calls each year about children getting into laundry detergent. Usually, swallowing laundry detergent causes mild stomach upset or even no symptoms.

•Poison center experts say the new laundry packets seem to be different.

•Some children exposed to them experience excessive vomiting, wheezing and gasping. Some get very sleepy.

•Some even have had trouble breathing and have needed a ventilator to help them breathe.

Look-Alike Products

Soft Peppermint Candies (various brands)



Laundry Detergent Pods



DOMESTIC VIOLENCE

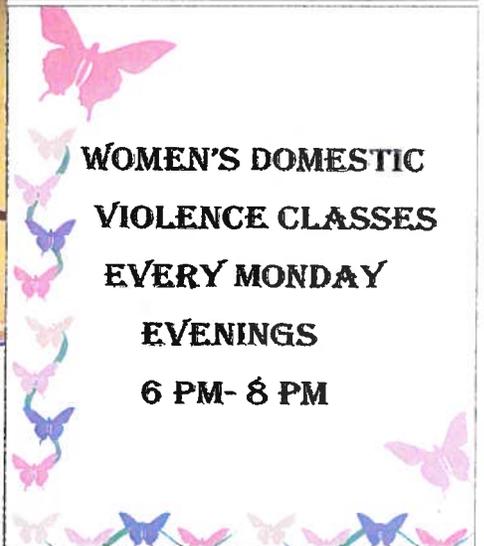
BATTERERS INTERVENTION

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

Warm Line

The warm line operates from 5pm to 10:30pm seven (7) days a week.

The warm line is there as a friendly, supportive voice to help a person deal with stress, issues in recovery and to alleviate loneliness and isolation. It operates in the dark hours, after all clinic hours are over as a support system.

If you need a friendly supportive voice, give the warm line a call.

1-888-404-5530

Community Messages

Community Thank You

We just wanted to thank Dr. Robyn Purdum, Chiropractor physician, for always traveling so far and doing an awesome job in helping the natives, young and old, of Peach Springs!
You are appreciated.

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



Hualapai Tribal Youth Council
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DISCOUNT

The next deadline for Gamyu submissions will be on Friday, July 27, 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