



G A M Y U

Newsletter of the Hualapai Tribe

Issue #19

September 12, 2012



Sept. 3, 2012

Members of the Hualapai Tribe:

By now, you've likely read various media reports about the American Arbitration Association's announcement regarding the Grand Canyon Skywalk. The Tribal Council and I wanted to share some important facts with our community and address any of your concerns.

It was recently reported that the Association awarded Las Vegas developer David Jin millions of dollars as part of the ongoing contract dispute over management of the Skywalk. This unenforceable arbitration "award" is just another example of Mr. Jin's army of attorneys attempting to confuse the issues in order to undermine our right to economic self-determination.

Here are the facts: arbitration in this case can only be ordered by a federal court of competent jurisdiction. In our case, as a federally recognized sovereign nation, that would require an order from a U.S. District Court (federal) judge. That has not happened. The AAA has no authority in this matter and we did not participate in the arbitration. As you'll recall, each time Mr. Jin has brought lawsuits before the federal and tribal courts, he has seen his cases dismissed.

Another fact: We have always considered an array of legal options to bring this painful and avoidable matter to a resolution. That includes paying Mr. Jin fair-market value for the Skywalk management agreement. We remain eager to move forward and find a resolution to this situation, but Mr. Jin has refused to negotiate in good faith.

It is also a fact that the Hualapai Tribe has been successfully managing the operations at the Grand Canyon Skywalk since we terminated our contract with Mr. Jin. We are proud of this accomplishment and believe it bodes well for completing the work Mr. Jin failed to complete, while giving our tens of thousands of visitors the experience they deserve.

This issue has always been about fairness, about right and wrong. We entered our development agreement with Mr. Jin nearly a decade ago with high hopes and in good faith. Since the Skywalk's 2007 opening, Mr. Jin has failed to complete a single project



improvement other than the glass bridge. Worse, he indicated that he had no intention of ever doing any further construction of the project improvements.

After the Skywalk opened, Mr. Jin's company accepted the responsibility of handling all money paid by visitors to the unfinished attraction. The accountability for these funds has been nonexistent and were an abuse of Mr. Jin's fiduciary trust.

Put simply, nothing that occurred during AAA's invalid arbitration hearings changes any of those facts.

We will of course, keep you posted as this matter moves forward. Please be confident that the Skywalk is being well-managed, and now has the potential become the world-class attraction that we envisioned.

Sincerely,


Sherry J. Counts
Chairwoman, Hualapai Tribe

Grand Canyon Skywalk developer asks court to enforce \$28.6 million binding arbitration award against Hualapai Nation

PHOENIX – September 12, 2012 – The developer of the Grand Canyon Skywalk (GCSD) is asking the U.S. District Court in Arizona to enforce payment of the \$28.6 million award it won against the Hualapai Nation. The two sides have been in dispute ever since the Hualapai tribe stopped paying management fees to GCSD. The Skywalk, which is still in operation, is the horse-shoe-shaped viewing platform that provides breathtaking views 4,000 feet above and 70 feet over the west rim of the Grand Canyon. In a motion filed with the district court on September 11, the Skywalk developer cites the August 16th award from the American Arbitration Association, which says the tribe's actions were unlawful. In the decision, the arbitrator sides with Skywalk developer David Jin saying, "Mr. Jin and GCSD kept his promises to the tribe; breached no material provision of the 2003 agreement; and, in the bargain, suffered damages."

The dispute centers on revenue generated by tourists visiting the glass platform, which was conceived and built by GCSD. While GCSD has met all of its obligations in the construction of the Skywalk and associated visitors' center, the Hualapai tribe failed to provide power, water and wastewater disposal preventing the completion of the visitors' center by GCSD. That part of the project remains unfinished. The Hualapai tribe contends that GCSD agreed to finance construction of the Skywalk, a visitors' center, as well as all on-site and off-site utilities. However, according to the Hualapai's own leadership, it was always the Hualapai's responsibility to provide water, sewer and electricity to the site. Tribal member and former Hualapai Grand Canyon Resort Corporation (GCRC) Interim CEO, Robert Bravo, Jr., said in a 2012 sworn affidavit, "I know from being both a member of the tribe and involved with GCRC in various capacities that it was always anticipated that the tribe would solely be responsible for bringing utilities to Eagle Point and Skywalk. ... Importantly, the tribe has been attempting to get federal funding to install these utilities for the time I have been involved with GCRC."

In his statement under oath in the arbitration, Steven Ray Beattie, former chief financial officer for the Hualapai and the employee who negotiated the contract with GCSD principal, David Jin, testified that water, power, paving the road, providing a waste treatment plant and a phone line were "all in our land-use plan and were well understood to be the tribe's responsibility to do, without question." Specific contractual provisions between GCSD and the Hualapai require that any disputes between the parties be resolved at binding arbitration. The Hualapai tribe initially participated in the process, agreeing in the selection of the arbitrator, exchanging some information and paying to participate in the arbitration. However, when it became clear that the Hualapai tribe would have to turn over point-of-sale information showing the number and pricing of tickets sold by the tribe, the Hualapai Tribal Council instead voted on a resolution to exercise eminent domain, effectively taking the Skywalk back for themselves and cutting GCSD out of the 25-year deal. The Skywalk is anticipated to generate more than \$100 million over the next 10 years.

"The actions of the Hualapai tribe are inappropriate and I believe a judge will confirm that it was illegal," said Ted Quasula, former chairman of the tribe's corporation board of directors when the agreement was signed with GCSD. "This business grab by my own tribe hurts all Native American nations because it raises serious questions for American and foreign investors who must have a level of trust when dealing with tribal nations across the United States."

Within the Hualapai tribe itself, leaders are perplexed by the actions of a handful of tribal members who have strong-armed other tribal members. Jin’s attorney, Mark Tratos, calls the tribe’s action “a risky legal maneuver and a campaign to discredit GCSD and David Jin – all in an effort to retain the profits for themselves.” According to a sworn affidavit of Louise Benson, Hualapai Tribal Council chairwoman, “I believe the passing of the resolution, taking Mr. Jin’s interests, is both embarrassing to the tribe and to Mr. Jin and was done with no plans for proper operation and management of the Skywalk whatsoever.” Jin says he is looking forward to the United States District Court enforcing his \$28.6 million award, but is saddened by the actions of some members of the Hualapai and hopes that the tribe resolves its internal struggles. “I want to get back my partnership with the Hualapai. We need each other to deliver a world-class experience for American and foreign tourists who travel by the thousands each day to enjoy the Hualapai culture and the Grand Canyon, in its entire splendor, from our Skywalk,” he said.

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Hualapai Nation Police Department

NEWS RELEASE

**HUALAPAI NATION POLICE DEPARTMENT TAKING BACK
 UNWANTED PRESCRIPTION DRUGS SEPTEMBER 29 AT 103 EAGLE
 STREET OFFICE, PEACH SPRINGS, ARIZONA 86434**

[Peach Springs, AZ] – On September 29 from 10 a.m. to 2 p.m. the Hualapai Nation Police and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your medications for disposal to the HNPDP Office at 103 Eagle Street. The service is free and anonymous, no questions asked.

Last April, Americans turned in 552,161 pounds—276 tons—of prescription drugs at over 5,600 sites operated by the DEA and nearly 4,300 state and local law enforcement partners. In its four previous Take Back events, DEA and its partners took in over 1.5 million pounds—nearly 775 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Four days after the first event, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an “ultimate user” of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents’ controlled substances in certain instances. DEA is drafting regulations to implement the Act. Until new regulations are in place, local law enforcement agencies like the Hualapai Nation Police and the DEA will continue to hold prescription drug take-back events every few months.



Got **Drugs?**

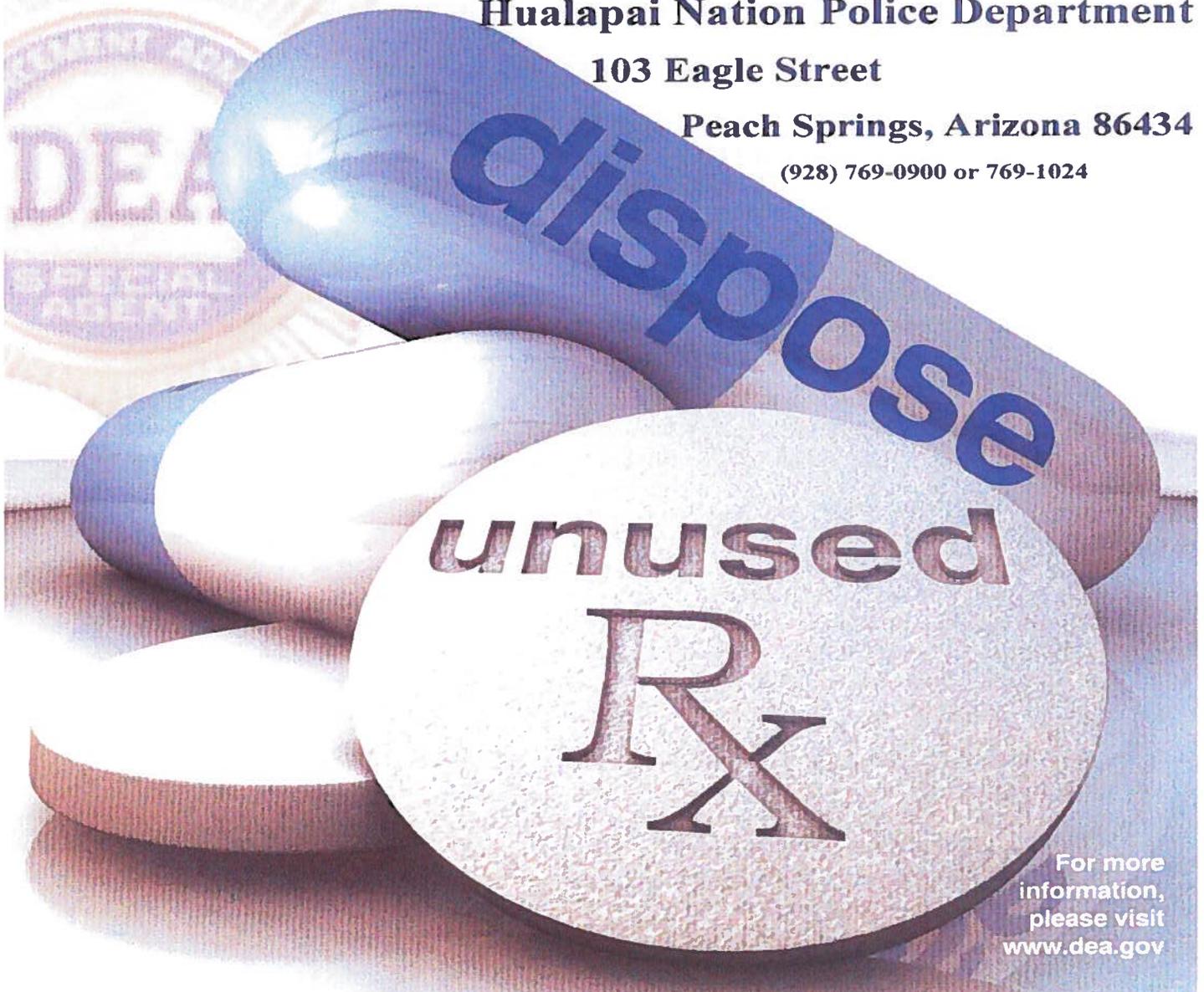
Turn in your unused or expired
medication for safe disposal
Saturday, September 29th
10 a.m. – 2 p.m.

Hualapai Nation Police Department

103 Eagle Street

Peach Springs, Arizona 86434

(928) 769-0900 or 769-1024



For more
information,
please visit
www.dea.gov



The Hualapai Tribes Corporation is requesting proposals for services.

September 5, 2012

The R.F.P. is for services for vehicle detailing. Tribal member business preference is given. Business person must have proof of complete tools to do job and liability insurance. The work will be done at the G.C.R.C. offices at 16500 highway 66, Peach Springs Az.

This job includes; complete washing and rinsing of the outside of the vehicles and cleaning of the inside. The cleaning of the inside means vacuuming all floors, seats, dash and thoroughly around hard to get places. Thus a complete standard professional detail job, inside and out. On site water is provided, no other products will be provided, all products used to clean will be required to V.O.C. free and bio-degradable.

The units can be full size trucks, some crew cabs and some cars. An average of 5 vehicles a week will need to be detailed. Please provide a clear proposal describing your business and your capabilities along with the fee per truck, one price and fee per car, one price. Two prices for detailing vehicles. The Grand Canyon Resort Corporation will accept proposals till September 26, 2012. Any questions please contact; jack_ehrhardt@grandcanyonresort.com office;ex.152 cell 9282665440. Thanks

grand canyon resort

P.O. BOX 359 PEACH SPRINGS ARIZONA 86434 P 928 768 2410 F 928 768 2450 www.grandcanyonresort.com

On behalf of the Buck-N-Doe 4-H Club, I would like to invite everyone to the 56th Annual Mohave County Fair in Kingman, Arizona. The fair and 4-H/FFA events begin on September 13-16, 2012. All the members with livestock entries will officially weigh-in their animals on Wednesday evening (9/12/12) beginning @ 6pm (previous years animals were weighed in on Thursday mornings). Listed below is a partial schedule, so come on out and see the events and show your support for our club members. Senior members are ages 14-19 years old and Junior members are ages 9-13 years old.



Thursday, September 13, 2012:

11:00 AM Livestock Judging
7:00 PM Swine Showmanship (Sr. Members first and Jr. after)
Swine Market Conformation by weight class

Friday, September 14, 2012:

4:00 PM Market Sheep Showmanship (Sr. members first and Jr. after)
Market Sheep conformation by weight class
7:00 PM Market Beef Showmanship (Sr. members first and Jr. after)
Market Beef conformation by weight class

Saturday, September 15, 2012:

4:00 PM Buyers BBQ
 5:30 PM 4-H/FFA Parade of Champions
 6:00 PM Livestock Auction

All our photography, food preservation, Breads, and clover kid entries will be located in the 4-H/FFA Exhibit Hall.

2011-2012 Buck-N-Doe 4-H Club
 Livestock Project member listing

Market Beef Project

Flynn Watahomigie
 Nuce Marshall
 Diago Querta
 Justine Kelly
 Dallas Morgan
 William "Dante" Bravo
 *Samantha Sullivan

Market Swine Project

Taylor Lewis
 Teri Lewis
 Payton Chamberlain
 Tyleen Manuel
 *Samantha Sullivan
 Shyralyn Marshall
 *Trey Honga
 Kateri Watahomigie
 Tahne Siyuja
 Nathaniel Bravo
 Angel Bravo

Market Sheep Project:

*Trey Honga
 Taylaquay Marshall
 Norasia Fielding
 *Jozua Fielding

*Listed more than once & enrolled in more than one market project

**Rangeland Monitoring based on the
 Guidebook to Rangeland Monitoring and
 Assessment**

This training course based on the *Guidebook to Rangeland Monitoring and Assessment* covers basic concepts for collecting, interpreting, and use of rangeland data for management planning and decisions. Although there are many technical manuals on range monitoring, and there have been numerous workshops aimed to teach people how to collect monitoring data using different techniques, this *Guidebook* and training course have different objectives.

The emphasis in this course will be on why we monitor and make assessments, what should be measured or observed for various objectives, where the data should be collected, and how the data should be interpreted and used for management planning and decision making. The course will cover fundamental principles and concepts involved in rangeland assessment and monitoring to help you design and conduct range evaluation that is scientifically sound and useful in land management. It will involve both classroom and field learning.

This course will be most useful to ranchers, other landowners, and agency personnel who have some prior experience in rangeland monitoring and assessment.

The *Guidebook to Rangeland Monitoring and Assessment* is authored by range professionals of the Natural Resources Conservation Service, Forest Service, Arizona Cattle Growers' Association, University of Arizona, Arizona State Land Department, Bureau of Land Management, and Arizona Natural Resource Conservation Districts

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey Silvertooth, Director, Cooperative Extension, College of Agriculture and Life Sciences, The University of Arizona.



The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.



Doug Tolleson
 V Bar V Ranch
 4005 N. Forest Road 618
 Rimrock, AZ 86335



**Rangeland Monitoring
 Based on the
 Guidebook to Rangeland
 Monitoring and Assessment**



Thursday, October 4, 2012
 8 am – 4 pm

Mormon Lake Forest Service Office 4373
 S. Lake Mary Road,
 Flagstaff, AZ 86001

**Rangeland Monitoring based on the
Guidebook to Rangeland Monitoring
and Assessment**

8:00-8:05	Welcome and Logistics	11:15-12:00	General Recommendations (Continued) George Ruyle and/or Judith Dyess Basis for these recommendations: Basic Inventory Photographs Ground Cover
8:05-8:25	Introduction to the Course: The Importance and Function of Rangeland Evaluation for Range Management Planning and Decisions. Lamar Smith, (UA Retired) Range Management Consultant, Cascabel Range Management Consultants George Ruyle, Range Management Specialist Judith Dyess, Rangeland Inventory Assessment & Monitoring Coordinator, Region III, FS	12:00-1:00	LUNCH (provided)
8:25-10:05	Basic Concepts and Principles: Lamar Smith Ecological Site Concepts Inventory and Point in Time Assessments Monitoring—Deciding What, When, Where, and How to Measure How to Increase Precision (Repeatability) of Monitoring Data Interpretation of Monitoring Data	1:00-1:30	Travel to Field Site
10:05-10:20	BREAK	1:30-4:00	Field Exercise Judith Dyess, Wayne Robble, FS, Lamar Smith, George Ruyle, Del Despain, UA Ecological Site Terrestrial Ecosystem Unit Inventory Discuss Sampling Protocol Define Macroplot Utilization Discuss Data Analysis / Interpretation
10:20-11:15	General Recommendations for Arizona Inventory, Monitoring, and Assessment Del Despain, Research Specialist Basic Vegetation Attributes for Range Monitoring – Pros and Cons Arizona: What Attributes Do We Monitor Today and Will That Change in The Future?	<p>Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Connie Forsyth, (520) 384-3394. Requests should be made as early as possible to allow time to arrange the accommodation.</p> <p>Questions: Contact George Ruyle at 520-621-1384, gruyle@gmail.com or Doug Tolleson 928-554-8991, dougt@cats.arizona.edu.</p>	

Rangeland Monitoring based on the *Guidebook to Rangeland Monitoring and Assessment*
OCTOBER 4, 2012
Registration Deadline: September 20, 2012

Name (s) (please print) _____

Address: _____ Phone: _____ Email: _____

Number of persons attending _____ x \$15.00 = \$ _____ Amount

Cost: \$15 per person (includes lunch and guidebook)
Make checks payable to: University of Arizona
Register by mailing this form with payment to: Cooperative Extension, 4005 N. Forest Road 618
Rimrock, AZ 86335

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

Hualapai Tribe
Department of Planning & Economic Development
P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434
Phone (928) 769-1310 * Fax (928) 769-1377

The Planning Department is looking for one new TERC Member.

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) Board. The TERC Board has recently accepted Commissioner Erin Forrest resignation, which leaves a vacancy on the board. Below is a summary of what TERC is and what their function is.

Under the Hualapai Environmental Review Code (HERC) the TERC Board has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The TERC Board is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any site within Hualapai Tribal lands, in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If any person is interested, you can pick up an application at the Hualapai Planning Department, fill it out and turn it in. **The Dead Line for all applications is September 18, 2012.** If you have any questions please feel free to contact me at 769-1310.

Respectfully,

Kevin Davidson
Planning & Economic Development



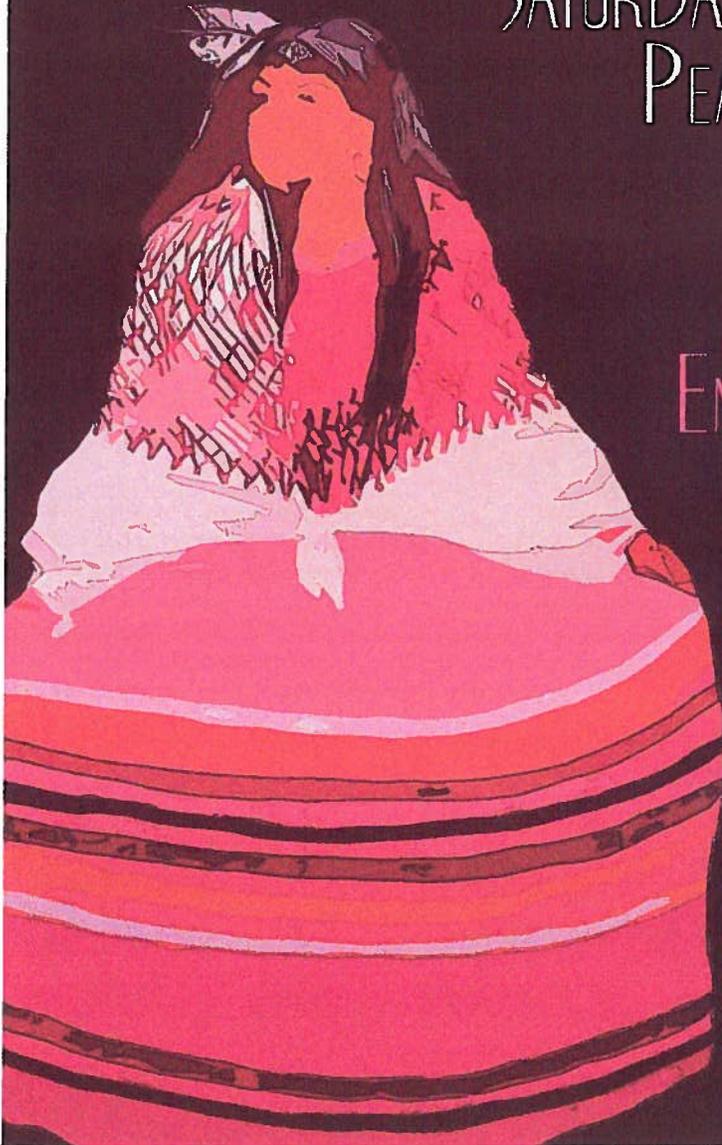
2012 Miss Hualapai Pageant

"Strengthening Hualapai Identity"

SATURDAY SEPTEMBER 22, 2012

PEACH SPRINGS ELEMENTARY

5:30 PM



ENTRY FEE:

AGES 5 & YOUNGER- FREE

AGES 6 & OLDER- \$3.00



FOR MORE INFORMATION CONTACT DARIENE BENDER
OR MONIQUE ALVIREZ AT (928) 769-2207



If you are between the ages of 14-25 & a resident of Peach Springs, You are eligible to run for any of the Youth Council offices. Packets can be picked up from the receptionist at the Health Education & Wellness, Training Center, Boys & Girls Club, and The Tribal Office. For more information contact the Youth Services office @ 769-2207 or visit our website www.hualapaiyc.com

Self-Nomination Form Deadline	SEPTEMBER 28, 2012	5:00PM
YC Candidate Debate	OCTOBER 27, 2012	12:00-4:00PM
Primary Youth Council Elections	NOVEMBER 3, 2012	10:00AM-2:00PM
General Youth Council Elections	NOVEMBER 17, 2012	10:00AM-2:00PM
Youth Council Inauguration/Dance	DECEMBER 1, 2012	6:00PM-11:00PM

ALL EVENTS WILL BE HELD AT THE MULTIPURPOSE BUILDING
 The Hualapai Tribal Youth Council encourages everyone to participate regardless of past issues and past behavior as long as the negative behavior discontinues once a part of the Youth Council

HUALAPAI PROBATION DEPARTMENT

Date: August 22, 2012
To: Community Members
Re: Community Service Hours

The following individuals listed below are court ordered by the Hualapai Tribal Courts to complete community service hours.

Defendant Name	# of hours
Crook, Deanna	80
Crozier, Augustine	40
Crozier, Conrad	14
Gala, Curtis	25
Gala, Judy	42
Havatone, Lyle	69
Havatone, Drametria	21
Honga, Cougar	145
Sinyella, Noah	40

Defendant Name	# of hours
Marshall, Peter J	100
Mahone, Marijo	74
Nodman, Clayburne	30
Tapija, Lydell	51.5
Walema, Casey	40
Washington, Valentino	30
Whatoname, Phyllis	54
Yazzie, Larry Jr.	80
Christine Vaughn	75

Contact me as soon as possible to arrange date, time and location to complete.

Thank You,



Brett Gilstrap
 Adult Probation Officer
 Work # (928) 769-2895

Hualapai Lodge News

This month our employees celebrated birthdays and longevity with a Mexican Buffet and birthday cake. We gave out years of service pins to everyone that completed their full years of service. Celebrating their hire anniversaries were:



Pictures above from left to right, back row: Aurelia Sinyella-12 yrs, Debra Paya-12 yrs, Tammy Wolford-10 yrs, Delooria Walker-10 yrs. Seated in front: Christy Case and Rhodena Walema both 14 years!



Pictured above are Hualapai Lodge and Call Center employees that enjoyed the Employee Pow Wow!

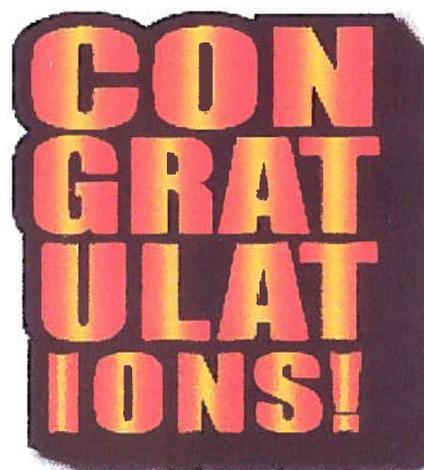
Management announced that for a second month in a row the Lodge was profitable!
Way to go Team!

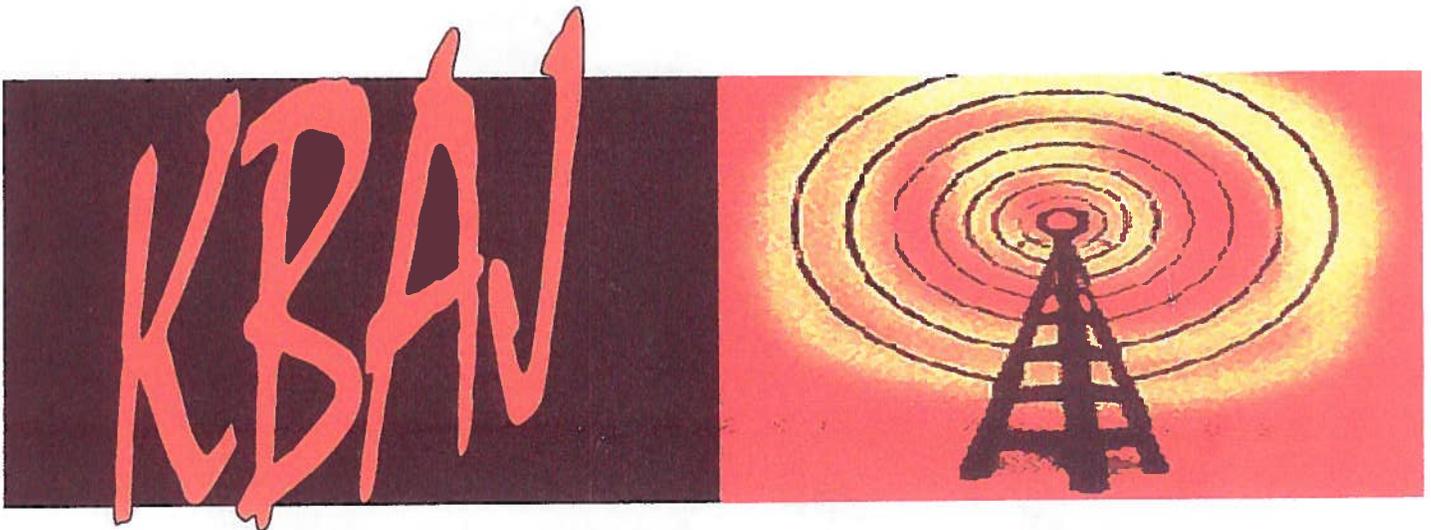
- June—
- Christy Case—14
- Rhodena Walema—14
- Tammy Wolford--10
- SharMarie Torres—8
- Raven Honga—4
- Paula Stephenson—2

- July---
- Debra Paya—12
- Deloria Waler—10
- Missey Sarno—9
- Shanna Salazar—7
- Bowman Yarmata—3

- August—
- Nancy Echeverria—7
- Rondi Quasula—3
- Richard Riggs-2
- Alina Kisemh-1

- September—
- Gabriel Kane--7





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.**
-

E-PCH



Need A Fun After-School Activity?!



Check out our FACBOOK page

EPCN

Become a fan!

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

PEACH SPRINGS YOUTH RADIO

- Youth 10-25 welcome
- Have fun with music!
- Learn about and participate in a radio drama- writing, acting and producing (can earn \$\$)
- Learn about and participate in d.j.'ing, journalism/interviews and reporting, directing and producing including computer sound effects, technical operations, marketing and promotion and computer graphics
- Great incentives including gift cards, music accessories, C.D.'s, activity passes and trips!
- Can earn community service and community restitution hours
- Mon-Thurs after school until 6 pm and Fri 10am to 3pm



Contact Terri, Tim or Krista if you want to be a youth broadcaster at 769-1110.

Local Food Systems: Getting Involved

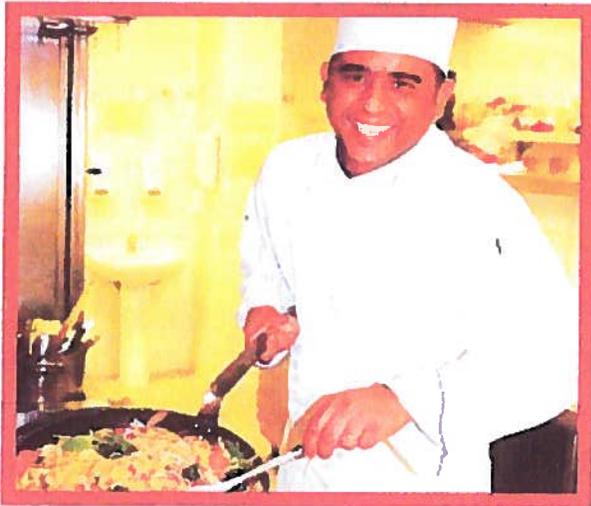


PHOTO: Cindy Kalamajka

The broad movement to decentralize food and agriculture into locally owned and operated enterprises is gaining momentum. Many individuals, businesses, and organizations are working to guarantee an accessible and affordable supply of healthy, fresh food from regional sources. Local control of food and agriculture helps farmers stay in business and strengthens local economies by keeping more money circulating locally. It also reduces the ecological impact of industrial-scale food production and distribution.

To strengthen the movement for local control, alternative policy frameworks and food system models are necessary. In addition to these positive structures, it is important to counter the many threats to local food systems, such as further industry consolidation and policies written to favor global agribusiness.

Each of us can be a meaningful part of restoring and strengthening our local food systems through the many roles we play:

As Citizens

Let us re-empower ourselves as citizens in our communities! Strong local policies can address shortcomings in state and federal policies, which often do not take into account the unique conditions of local areas. Steps toward local participation include:

- working to elect people who champion sustainable local agriculture,
- getting to know our city council members and local county supervisors,
- encouraging the integration of local foods and their distribution into city planning, and
- starting local food policy councils.

As Consumers

We can make a significant difference simply by purchasing food directly from local producers and processors instead of multinational companies. We can encourage restaurants and grocery stores to buy locally and directly from farmers by asking for local products, and help build direct links between farmers and the rest of the community through Community Supported Agriculture (CSA) and other buying club initiatives. (See for example www.farmtocity.org) For local food sources in your area, visit www.localharvest.org.

As Entrepreneurs

There are many ways to help foster our local food economies. We could start a farmers' market, help a local farm establish a Community Supported

> Agriculture (CSA) program, develop local processing facilities, start a community kitchen, or invest in our local food economy.

As Community Organizers

Strong communities facilitate the local control of food. Help revitalize the web of community life by forming alliances and pooling of resources, reviving local community centers and granges, organizing neighborhood events such as local food meals, supplying educational slideshows or posters (see for example: www.isec.org.uk/ustoolkit.html), or simply starting conversations about local food with friends and neighbors.

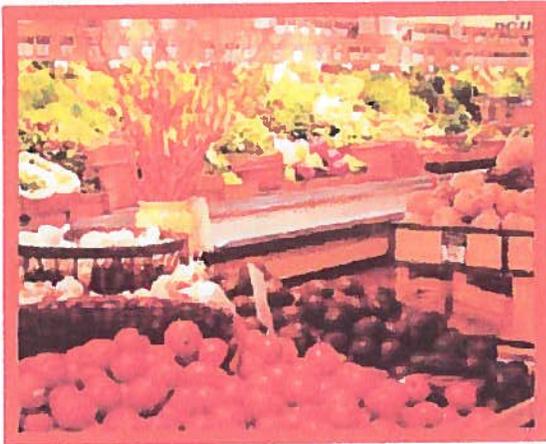


PHOTO: Sacramento Natural Foods Cooperative

As Artists

Food is a central element of culture and can bring incredible joy to our lives. When we prepare a beautiful meal, it can inspire and heal our spirits as well as our bodies. A landscape of locally grown food also has an aesthetic dimension that conveys real beauty and vibrancy. Exploring the art of food is a great way to appeal to and engage people in their local food system.



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



PHOTO: Jim Coleman

As Philosophers

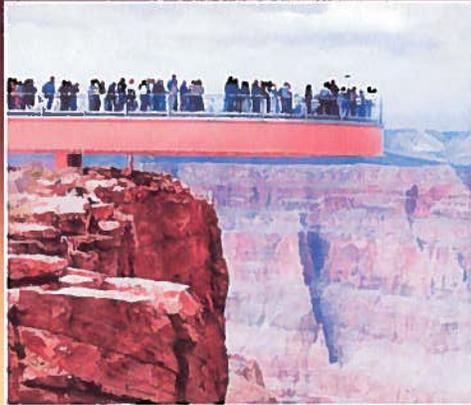
Rethinking our own actions and how they fit into the bigger picture can help us live more in line with our values. Asking questions is effective in planting the seed of awareness. Asking store owners, restaurants, and grocery produce managers where their food comes from can build awareness of, and support for, local food in subtle and powerful ways.

As a Matter of Fact:

- In January 2006, the coalition Missourians for Local Control successfully stopped state legislation that would have restricted local communities' ability to enact ordinances that prevent health impacts caused by industrial livestock operations.
- In 2006, the city council of Hercules, a town of 23,000 east of San Francisco, invoked eminent domain – a typically pro-business measure – to block Wal-Mart from building a 99,000 square foot (9,200 sq meter) store near the town's waterfront.
- In California, the cities of Point Arena and Arcata protected local foods from possible contamination by passing ordinances restricting the growing of genetically modified crops.
- The Business Alliance for Local Living Economies, a network of business people from across the continent interested in fostering strong local economies, grew 35% in the first half of 2006. The Alliance now includes 34 local groups totaling over 5,000 members.

*Contact information may be found at EnvironmentalCommons.org/LocalFood

Hualapai Tourism Makes Another "TOP" List



GRAND CANYON SKYWALK

VOTED TOP 5

**GRAND CANYON ADVENTURES
BY EXPERIENCE AZ MAGAZINE**

Look for the feature in the Fall-Winter issue!



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

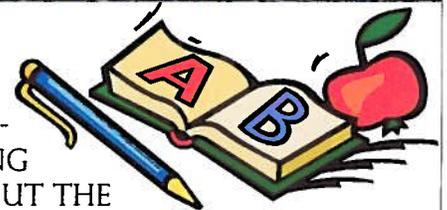
Education & Training Information

DEAR PARENTS/GUARDIANS,

HERE ARE SEPTEMBER'S UPCOMING EVENTS:



❖ THE SCHOOL WILL BE HAVING A CURRICULUM NIGHT ON SEPTEMBER 20, 2012 FROM 5:00 P.M. TO 7:00 P.M. WE WILL BE SERVING HOTDOGS, CHIPS AND A DRINK. ALSO, WE WILL BE HANDING OUT THE PARENT/STUDENT HANDBOOKS FOR 2012 —2013 SCHOOL YEAR. THIS CURRICULUM NIGHT WILL BE FOCUSED ON DISCUSSING WHAT EACH GRADE LEVEL IS LEARNING.



WE CANNOT EDUCATE YOUR CHILD/CHILDREN WITHOUT THEM BEING PRESENT. OUR STUDENT TARDY AND ABSENT RATE IS QUITE HIGH AND WE NEED YOUR HELP TO MAKE SURE YOUR CHILD/CHILDREN ARE ON TIME AND PRESENT ALL DAY.



Volleyball News!!

Our volleyball coach is Mr. Daniel Umbs and Miss Rondiann Quasula. Practice is Monday, Tuesday and Thursday from 4pm to 5pm. Parents will need to pick up their student after practice or send in a note giving your child permission to walk home.



Cross Country News!!

Ms. Linda Schifano is our cross country coach! Runners will practice on Monday, Tuesday and Thursday from 4pm to 5pm. Parents will need to pick up their students after practice or send in a note giving your

child permission to walk home.



Sports Requirements - Participants must have three completed forms turned into the appropriate coach: guardian permission, student questionnaire and a completed physical. Only one physical is required per year.

All players must maintain a "C" average or better, student must attend school regularly with no tardies. Our players must maintain a positive sportsmanship at all times, thrive to excel but most of all, serve as a positive role model for other students to follow.



September Calendar of Events



Monday	Tuesday	Wednesday	Thursday	Notes
<p>3 No School – Labor Day See you on Tuesday! Can you tell me why we celebrate Labor Day??</p>	<p>4 Peach Springs Board Meeting beginning at 5:30pm</p>	<p>5 Ms. Imus 3rd grade "Do drop in" 3:30 to 4:00 Parents of Ms. Imus' 3rd grade are welcome to come and visit our "room!"</p>	<p>6 Student Progress reports are going home with students today!!</p>	<p>RSO – Family Fun Day! Saturday, September 8 11:00am to 4:00pm Cook out and obstacle course at the school playground!</p>
<p>10</p>	<p>11 Away Volley Ball Game 3:30 at Parker Az.</p>	<p>12</p>	<p>13 Have fun at the Fair be safe and remember BUT Stranger Danger!!</p>	<p>Mohave County Fair ***** Sept. 12 through September 17th. *****</p>
<p>17</p>	<p>18 Home Volley Ball Game 3:30 Warriors VS Parker Az.</p>	<p>19</p>	<p>20 Curriculum Night!! Parents are invited to come give their input! 5:00pm to 7:00pm *food will be served</p>	<p>Cross Country Meets! 9/15 – Kingman 9/22 – Lake Havasu City</p>
<p>24</p>	<p>25</p>	<p>26 Buzz, buzz, buzz Oh yeah!! 3rd Grade Spelling Bee! Imus scholars VS Quasula Professors Location: Gwawa'vo Time: 3:00 to 4:00pm</p>	<p>27 Parent/Teacher Conference Day EARLY RELEASE DAY!! Kindergarten – 11:30 1st to 8th Grade – 12:00 Conferences begin at 12:00 to 6:00pm</p>	<p>Don't Forget!! Indian Day Activities taking place through out The week of Sept. 24th – September 28th</p>

Peach Springs Unified School District #8 2012-2013 CALENDAR

Revised 08/27/12

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	MT				
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	PR	7	8
9	10	11	12	13	14	15
16	17	18	19	CN	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	PR	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	PR	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						
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	PR	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
- AIMS Test Window
- Early Release-P/T Conferences
- 40th Day
- 100th Day
- New Teachers Start Date
- DIBELS Testing
- Galileo Benchmark Testing

PR Progress Reports / Professional Development MT Meet the Teacher CN Curriculum Night

July 27, 30 - 31 First day for teachers/District Orientation
 Aug 01 First day for students
 Sep 03 Labor Day Holiday
 Sep 27 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 Grading Period
 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 77
 2nd Semester 75
 152 days
 156 New Teacher Days

Total 148 days

SEPTEMBER MENU 2012

Monday	Tuesday	Wednesday	Thursday
3 No School Labor Day	4 Egg with veggies, Wheat tortilla, cheese, orange, milk	5 Manager's Choice	6 Oatmeal, wheat toast, raisins, milk
10 Breakfast Pizza Fruit juice and milk	11 Dates, muffins, Yogurt, milk	12 Rice pudding, bagel, Turkey bacon, apple milk	13 Scramble eggs, Chorizo, wheat tortilla, fruit juice, milk
17 Omelets, potato rounds, wheat toast, milk and fruit juice	18 Manager's Choice	19 Whole grain cereal, banana, sausage crumble, milk	20 Yogurt, granola bar, fruit juice and milk
24 Pancake's, berry Topping, turkey bacon, milk	25 Muffins, sausage patty, fruit juice, milk	26 Cold cereal Cheese sticks, fresh fruit, milk	27 Boiled egg, biscuit, gravy, fruit juice and milk
LUNCH			
3 No School Labor Day	4 Nachos with gr. Beef, lettuce, tomato, Salsa, apricots, milk	5 Minestrone! Turkey sandwich, kiwi, milk	6 BBQ Chicken Wheat rolls, baked sweet potato w/apples, milk
10 Meat loaf, brown rice, green beans, banana, milk	11 Turkey Dogs, broccoli spears, sun chips, apple, milk	12 Manager's Choice	13 Beef Stew Corn muffins, apricots, milk
17 Vegetable soup, Ham sandwich, cantaloupe, milk	18 Pizzaburger fruit cocktail, corn, milk	19 Chef Salad with Black beans, wheat roll, grapes, milk	20 Spanish casserole Green peas, applesauce, milk
24 Chicken Pot Pie Filled fresh pears, milk	25 Tostada's!! Salsa, cantaloupe, milk	26 Pita veggie wrap Apricots, milk	27 Hualapai Taco's Salsa, apples, milk
Breakfast - \$1.00 Reduced - \$.30 Lunch - \$2.50 Reduced - \$.40 Adults - Breakfast - \$1.00 Adults - Lunch \$3.50 Can you guess the new vegetable and fruit for the month??			

Family Nutritional activity! Have your children help cut veggies for this awesome Chicken Vegetable Soup! This serves a family of 6

INGREDIENTS:

- 4 teaspoons oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 2 teaspoon thyme
- 2 cloves garlic
- 4 cups chicken broth or water
- 1 1/2 cups cooked chicken
- 1 cup cooked rice
- 2 cups kale with the stem removed

DIRECTIONS:

1. Heat oil in a medium sauce pan – add onion, carrots. Saute' until veggies are tender. 5-8 minutes.
2. Add thyme and garlic. Saute' 1 min.
3. Add chicken broth or water.
4. Then add the other Ingredients – Simmer for 5 – 10 Minutes

Introduce Kale to your child – it's something new!



9/14/2012

Ref: Kindergarten release Time

Parents/ Guardians

The kindergarten release time will be 2:50 P.M. instead of the 3:00 P.M. release time. Please make arrangements to be home 10 minutes earlier because of this time change. This release time will start on Monday September 17th. Thank you for all your help you given us.

Gary Halbert



Maintenance/Transportation Supervisor

PSUSD#8

928-769-9044

Parent/Teacher Conferences at Peach Springs Elementary

October 4th 12:00 p.m.-6:00 p.m.

Parent/Teacher Conferences have been rescheduled from
Thursday, September 27th to Thursday October 4th 12:00 p.m.-6:00p.m.
due to the Indian Days Parade on September 27th.

There **will not** be a half day on September 27th, however, there **will be**
a half day on October 4th for Parent/Teacher Conferences.

Half day dismissal times: Kindergarten 11:30 a.m. and Grades 1-8 12:00 p.m.



PEACH SPRINGS SCHOOL
P.O. Box 360
Peach Springs, AZ 86434
928 769 2613
Dr. Anthony Perkins, Superintendent

September 21, 2012

Art Students of the Week

We are off to another great year of Art at Peach Springs Elementary. The following Students were selected for the week of August 27, 2012

Taygen Marshall
3rd Grade Ms. Imus

Ines Siyuja
3rd Grade Ms. Imus

Orion Holmes
1st Grade Mr. Umbs

Lonewolf Havatone
1st Grade Mr. Umbs

Jennalee Walker
8th Grade Ms. Deswood

Quanah Quasula
7th Grade Ms. Deswood

DeMichael Bender
7th Grade Ms. Deswood

Congratulations to these creative students!

Tips for Parents

As a parent or caregiver, you are your child's first teacher. You can choose to take an active role in your child's education and the decision to do so is one of the most powerful decisions you can make.

How Can I Help My Child with Reading?

- Spend 30 minutes a day reading to your child or listening to him or her read. You can even ask your child questions about what is going on in scenes in picture books.
- Give your child books as gifts. Pick out books on topics that interest your child; there are even books about favorite television shows and characters.
- Learn about how reading is taught in your child's school.
- Monitor your child's progress by discussing what he or she is learning and by reviewing homework.
- Encourage your child to practice literacy skills in the same way that you would encourage him or her to practice basketball or the piano.
- Applaud the practice and reward children for reading a certain number of books.
- Let your child see you and other important adults reading and writing for practical purposes and for pleasure.
- Make flashcards with new words to learn.
- Make colorful bookmarks with your child.
- Ask your child to tell you about what he/she read in his/her own words.
- Create a special space in your home for reading and writing.
- Take your child to have his or her eyesight checked.

For more information on supporting student success, visit PTA.org.

Next Hualapai Scholarship Deadline is: **November 1st, 2012 for the spring semester**, please get your documents in before then to be eligible for educational assistance. You can pick up the application at the Hualapai Education and Training Center, or on the Hualapai Tribe Website, www.hualapai-nsn.gov, below is the checklist of the documents that need to be turned in.

Department of Hualapai Education & Training Check List

- ___ 1) APPLICATION (APP) - Complete Department of Hualapai Education & Training (DHET) Application with signed contract and personal letter.
- ___ 2) CERTIFICATE OF INDIAN BLOOD (CIB) - Original with official seal verifying legal Hualapai Tribe enrollment. **Required for all first time applicants Continuing DHET students are not required to re-submit CIB unless there is a legal name change.**
- ___ 3) TRANSCRIPT(s) (TRX) - Official college, high school transcripts, and/or GED scores. First year applicants must submit final high school transcript with date of graduation. Continuing recipients must submit an official transcript after each semester. Additional transcripts are required from all previous colleges attended.
- ___ 4) LETTER OF ADMISSION (LOA) - Undergraduate and graduate students must be admitted to a postsecondary institution accredited by one of six regional accrediting associations as recognized by the Hualapai Tribe. Graduate applicants may submit a regular Letter of Admission from the graduate college **and** the graduate degree program. Continuing students will be required to submit LOA once unless status has changed. Enrollment Verification is required from students who have already submitted a Letter of Admission but have not been funded at least one term. Students who have not attended for two consecutive semesters will need to submit a re-admission letter form their respective institution.
- ___ 5) SCHEDULE OF CLASSES - Students must submit a schedule of classes for the semester/quarter/trimester.
- ___ 6) FINANCIAL NEED ANALYSIS (FNA) - Students must complete the Free Application for Federal Student Aid (FAFSA) in accordance with the federal policies. The Hualapai Tribe FNA must be submitted to the Financial Aid Office at your institution every academic year. Upon completion of FNA, the Financial Aid Officer will forward the FNA to DHET. Summer Session(s) FNA's must be submitted separately from Fall/Spring.
- ___ 7) GRADUATION/DEGREE CHECK LIST - All students must submit a graduation/degree check list for continued funding at the beginning of the academic year. All college Juniors and Seniors must submit a graduation/degree checklist for verification of graduation date. It must have your "expected" graduation date and be signed by your advisor.
- ___ 8) STUDENT CONSENT TO RELEASE INFORMATION - Must be signed to release information to person other than the recipient.

General Eligibility

- All applicants must be admitted to a post-secondary institution accredited by one of six regional associations as recognized by the Hualapai Tribe:

MSA - Middle States Associated of Colleges and Schools

NASC - Northwest Association of Schools and Colleges

NCA - North Central Association of Colleges and Schools

SACS - Southern Association of Colleges and Schools

NEASC - New England Association of Schools and Colleges

WASC - Western Association of Schools and Colleges

- The appropriate accrediting association for highly specialized majors including, but not limited to the National Architectural Accrediting Board for schools of architecture.
- Vocational Institutions approved by the Hualapai Education Committee.

Deadlines:

Full Time Applicants

Academic Year
(Fall/Winter/Spring)

July 1

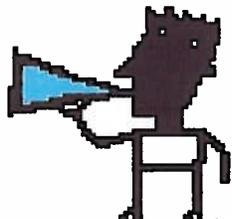
Winter/Spring Term only
Summer Term

November 1
April 1

Send documents to:

Hualapai Education Coordinator
Department of Hualapai Education & Training
P.O. Box 179
Peach Springs, AZ 86434

Telephone: 1-928-769-2200
Fax: 1-928-769-1101



ANNOUNCEMENT

MOHAVE COMMUNITY COLLEGE AT THE NEAL CAMPUS, WILL BE OFFERING EARLY CHILDHOOD DEVELOPMENT CLASSES STARTING NOVEMBER 20 TO DECEMBER 04, 2012.

IF YOU ARE INTERESTED IN ENROLLING AND A HUALAPAI TRIBAL MEMBER- PLEASE SUBMIT YOUR APPLICATION BY NOVEMBER 01, 2012.

THE HUALAPAI CHILD CARE PROGRAM WILL BE RECRUITING STAFF FOR THE CHILD CARE CENTER THAT WILL BE OPENING BY 2014.

IT IS IMPERATIVE THAT YOU START YOUR EARLY CHILDHOOD EDUCATION, THE HUALAPAI CHILD CARE CENTER IS SCHEDULED TO OPEN IN 2014.

IF YOU HAVE ANY QUESTIONS, COME BY THE TRAINING CENTER AND SEE LUCILLE J. WATAHOMIGIE WITH QUESTIONS ABOUT THE CHILD CARE CENTER OR HELEN J. W. QUERTA FOR SCHOLARSHIP INFORMATION.

Department of Hualapai Education & Training
460 Hualapai Way
Peach Springs, AZ 86434
(928) 769-2200

This is a survey to see how many in the community would be interested in training for one of the fastest growing industries in our state, the Wind Technology Program. Salary is approximately \$24.00 per hour, training would be held here in Peach Springs, AZ.

What you would learn while in training:

- Learn how to evaluate a new wind turbine, as well as, operate and repair variable pitch, variable speed wind turbines found on a wind farm.
- Learn how to perform mechanical, hydraulic and electrical component maintenance, repair or replacement of wind turbine parts.
- Learn the latest in industry standards within the wind energy field. We need at least 10 committed participants in order to have the training here in Peach Springs, AZ

Contact Linda Banks at 928-769-2200, or come by the Education & Training, 460 Hualapai Way, M-F; 8:00 am - 11:30 am or 12:00 pm - 4:30pm.

GED Information

- This is a survey to see how many in this community would like to come in to the Education and Training Center to take the GED test. Testing will be made available at the center by Mohave Community College. Contact Linda Banks or Jean Imus at (928) 769-2200 or come by the center located at 460 Hualapai Way, Peach Springs, AZ.
- My office hours are Monday-Friday; 8:00 am - 11:30 am and Noon - 4:30 pm.
- You can do practice sessions and practice testing online through the Education center computer lab 1:00pm - 3:00 pm; Monday through Friday.

HEALTH & SAFETY INFORMATION



OPINION
dave baldrige
via THE OP-ED PROJECT

Combating diabetes in the American Indian community

August 15, 2012 | www.pbs.org | Submitted by Healthy Heart Project



Nearly one in four U.S. teens has diabetes or pre-diabetes. The number of those affected has raced out of control, from 9.9 percent in 2000 to 23 percent in 2008, according to the June issue of *Pediatrics*.

This news doesn't bode well for kids throughout America, who are losing ground daily to the disease. The Centers for Disease Control and Prevention reported last year that 8.3 percent of the U.S. population or about 25.8 million Americans, now have diabetes and more than one-third of U.S. children born in 2000 will suffer from the disease if current trends continue. Unfortunately, no one seems to have found the brake pedal for this runaway epidemic. Good news, however,

appears to be coming from — of all places — Indian country. Despite the fact that American Indians and Alaska Natives still suffer from Type 2 diabetes at a rate more than twice the national average, new evidence indicates that tribes, the Indian Health Service and urban Indian clinics are beginning to successfully combat the disease. The Special Diabetes Program for Indians in particular is reporting some remarkable outcomes.

Since 1998, when the first special diabetes grant programs were funded, the availability of diabetes clinics for American Indians and Alaska Natives has more than doubled, from 31 to 71 percent. Now, more than three-fourths of these clinics provide services by registered dietitians, and nearly 9 out of 10 offer nutrition services. Remarkably, diabetes clinical teams now exist at 94 percent of these reservation and urban-based programs — more than three times the rate of just 13 years ago.

The real story lies in the program's growing record of sustained clinical improvements. Some of the diabetes' programs health outcomes — including reductions in blood sugar and LDL or bad cholesterol — are approaching or have exceeded national Healthy People 2020 goals. These goals are established each decade by the Department of Health and Human Services to monitor the nation's progress toward better health. Additionally, between 1995 and 2006, the incidence rate of end-stage renal disease in American Indians and Alaska Natives with diabetes fell 27.7 percent. This is a rate in decline greater than lowered rates seen in any other racial or ethnic group. The Indian Health Service believes preventing end-stage kidney disease has saved millions of dollars for the federal government in dialysis costs. In 2009, for example, the average cost per patient for dialysis was \$82,000.

If these marked improvements are to continue, Congress will need to re-authorize and provide adequate financial support for the Indian special diabetes project this fall — a \$200 million budget request that would fund about 400 programs. The investment will not only result in healthier and more productive lives for American Indians, but will ultimately reduce federal expenditures. According to Buford Rolin, co-chairman of the Tribal Leaders Diabetes Committee, "Tribes have shown that we can change the diabetes landscape. Now we can create success stories that were unimaginable 13 years ago when these programs started."

He lost over 60 pounds: "This is me now."

Smiles like this used to be rare for Sterling Warjack, age 21, standing with his mother, Patricia Warjack. He started losing weight two years ago. Family and friends say he jokes more and is more outgoing.



Meet Sterling Warjack (Shoshone Bannock), age 21. If you went to high school with him, you would not recognize him today. He has lost over 60 pounds. Instead of a baggy pair of shorts and a triple-X T-shirt, he wears Levis and a polo shirt. But the biggest difference is what he wears on his face: a smile.



To order free *Health for Native Life* magazines, go to www.diabetes.ihs.gov, click **Online Catalog**.

Remembering high school is not fun for Sterling. He weighed 360 pounds. He tells it like it is: "High school is all about looking good."

Sterling was quiet. He says for the four years of high school, he hardly talked to anyone. "I was isolated and depressed and angry all the time."

He felt horrible. He was always tired, had frequent nose

bleeds, and an almost constant headache.

Then, two things happened. His cousin passed away from complications of diabetes. He was in his 40s. And, Sterling went to the doctor and found out he had very high blood pressure. Sterling made an appointment with Erin Brownley, the dietitian at the Shoshone Bannock Clinic. "I was nervous

about seeing Erin. I thought she was going to be like a (fitness) trainer, break me down before she builds me up."

Instead, Erin taught Sterling about his "red light foods" – chips, hamburgers, and pop. At the time Sterling was drinking five cans of pop a day, plus two energy drinks.

Slowly, he began to change

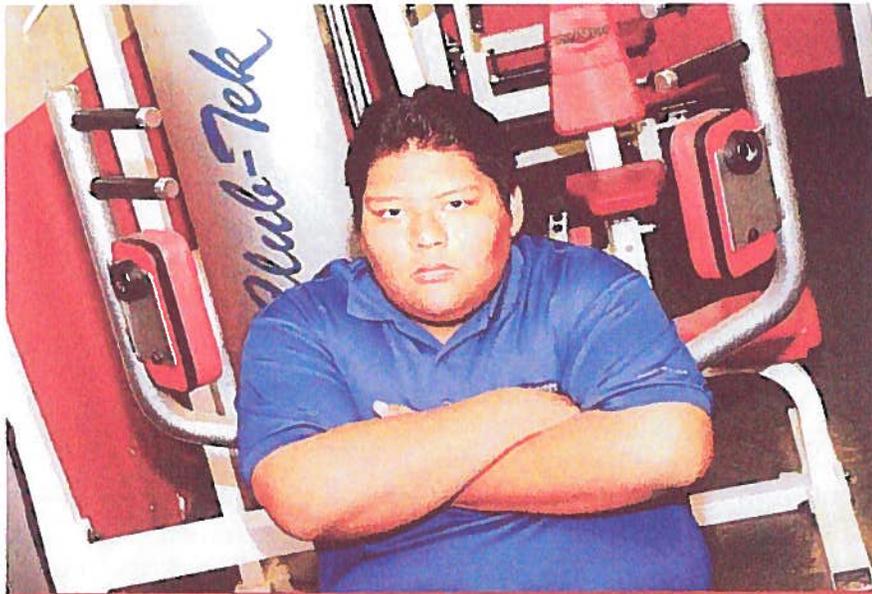


When Sterling first started being physically active, he joined a group of runners and found himself running four miles in the hills near his home!

"It was two miles up, two miles down. My heart was pounding. My legs were burning."

Now Sterling walks and runs regularly. "It's easier," he says.





Lifting weights and boxing has helped Sterling feel better. "I used to sleep until three. Now I wake up at eight. I have much more energy."

his eating habits. "I gave up on fast food, McDonalds hamburgers."

When he got a craving for some fast food, he started going to Arby's or Subway for a sandwich, without chips, fries or pop.

He started working out at the tribal gym. He started running and walking. He learned how to box. He weight trained. "It took me six weeks to start feeling better. But, I kept doing it because I knew it was going to work." Sterling remembers

feeling stronger, and noticing that, every week, he was jogging faster.

Now, Sterling has lost over 60 pounds. A lot of his family and friends tell him he looks better. They tell him he's funnier, tells more jokes, is more outgoing.

Sterling says his personality has changed. His self esteem has gone up. "I have a new vision. I have hope for an active life. I have a goal to travel as a boxer. I feel awesome. The high school student, that was my negative side. This is me now."

Here are steps Sterling used to lose over 60 pounds:

1. Met with health care staff to get a check up, and found personal reasons why he wanted to lose weight and get healthy.
2. Started meeting every week with a dietitian, and followed her tips.
3. Changed his eating habits, cut back on fast food and stopped drinking pop and energy drinks.
4. Stared walking, jogging, weight training and boxing.
5. Keeps his eye on his goals to stay motivated: "I want to be healthy. I want to live a long time."



Produced by IHS
Division of Diabetes
Treatment and
Prevention, 2/2012

At first, Sterling was nervous about seeing Dietitian Erin Brownley.

Erin says people often think she is going to be negative. "Losing weight is a hard thing to do. I don't lecture," explains Erin.

Sterling quickly found out that Erin was there to give him information and support. "She's nice!"



From Heart Problems to Heart Health

It was a normal day for Perry Dyea. He was up early and getting ready to go to work. He felt strange. "I felt a tightness in my chest, a squeezing pressure. I couldn't breathe."

Perry went to the clinic. Thirty minutes later he was in an ambulance going to the hospital.

Perry had "unstable angina." This is when an artery is almost completely blocked. It is like a small heart attack. If not treated, it often becomes a full-blown heart attack. This scared Perry. He changed his eating habits, and started walking. He lost 20 pounds. He did this for five years.

Then he quit exercising. He started gaining weight.

"I guess the fright of the near heart attack wore off," he explains.

Perry wishes he had kept walking. He wishes he had kept the weight off. When he gained the weight back, he needed to have angioplasty. This is when a balloon is put in an artery near your heart to open it up.

But when the doctor checked him, he discovered

that angioplasty was not enough. Perry needed bypass surgery. He had the surgery and recovered.

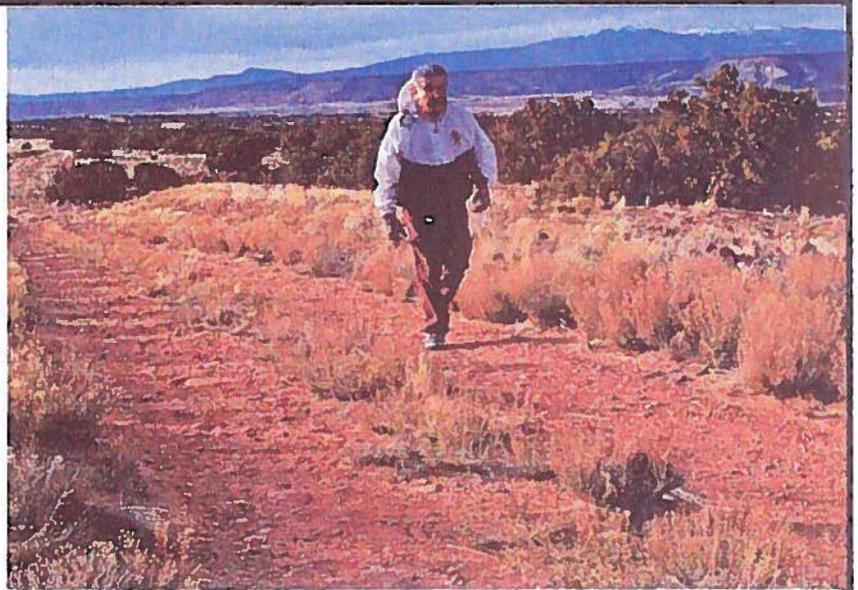
Now, Perry is 55 pounds lighter. He eats less food, and walks almost every day. He has only one regret: he wishes he hadn't gained the weight back. "I believe I would have avoided bypass surgery if I had kept the weight off and kept exercising."



Perry Dyea (right) says staying happy, being with friends, and exercising are keys to staying healthy. They keep his heart healthy. Daily walking helps him maintain his 55-pound weight loss. "If you exercise, you don't have to watch your eating so carefully." Perry is pictured with his friend Ervin Shiosee (Mesita Pueblo).

Tips to a Healthy Heart

How to Prevent Heart Disease



Heart disease is the number one cause of death for Native Americans. It can be prevented by:

- ▶ **Eating more fruits, vegetables and whole grains.**
- ▶ **Eating fewer foods that are salty, high in fat or fried.**
- ▶ **Being active at least 3-4 times a week.** Try walking. Start with 5-10 minutes and work up to 30 minutes at a time.
- ▶ **Losing weight,** even 10-15 pounds makes a big difference.
- ▶ **Stopping smoking or using tobacco.**
- ▶ **Learning to control stress** rather than letting it control you. Do something that makes you smile every day, like pray, walk in nature and be with people you love.
- ▶ **Checking your blood pressure and blood cholesterol levels** with your doctor.

Signs of a Heart Attack or Heart Disease

Perry did everything right. He went to the clinic right away. Learn the signs of a heart attack. But remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives—maybe your own.

The most common heart attack symptom for both men and women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

- ▶ **Your chest hurts or feels squeezed.**
- ▶ **One or both arms, your back, or stomach may hurt.**
- ▶ **You may feel pain in the neck or jaw.**
- ▶ **You feel like you can't breathe.**
- ▶ **You may feel light-headed or break out in a cold sweat.**
- ▶ **You may feel sick to your stomach.**



Produced by IHS Division of Diabetes Treatment and Prevention, 2/2012

The Supernut: Walnuts Pack a Powerful Dose of Antioxidants

 By Alice Park | www.healthland.time.com | March 29, 2011

If you're eager to boost your body's levels of cancer-fighting antioxidants, look no further than the walnut. It turns out that walnuts are the superheroes of the nut world, at least when it comes to content of antioxidants, which can fight the free-radical damage that contributes to cancer, heart disease, premature aging and cell death.

In a presentation to the American Chemical Society, Joe Vinson, a professor of chemistry at Scranton University, reported that a gram of walnuts contains nearly 70 units of polyphenols, a form of antioxidant — more than any of the other nuts Vinson tested. The polyphenols were also up to 15 times more potent than those found in other sources like vitamin E. Vinson told WebMD: "Twenty-eight grams of walnuts (an ounce) have more antioxidants than the sum of what the average person gets from fruits and vegetables."

He's not advocating people replace their apples and spinach (both of which are also high in antioxidants) with handfuls of walnuts, but it's worth noting that the average American could probably afford to add a few nuts to their diet: nuts account for only 8% of our daily intake of antioxidants. Many people may have avoided nuts because they are also high in calories and fat, but experts have reported that the unsaturated fats found in nuts is not as dangerous for the heart as the saturated fats packed in meat and dairy products. And nuts are low in carbohydrates, which means they could play a role in a balanced diet for weight loss, and may even help curb hunger. If you're not a fan of walnuts, you can get polyphenols from other nuts. Based on antioxidant content, according to Vinson, here's how they stack up, from highest to lowest:

Brazil nuts	pistachios
pecans	almonds
peanuts	macadamia nuts

While the findings haven't been replicated yet by other researchers, they certainly suggest that walnuts might be a good source of healthy antioxidants. "A handful of walnuts contains almost twice as much antioxidants as an equivalent amount of any other commonly consumed nut," Vinson told MyHealthNewsDaily. "But unfortunately, people don't eat a lot of them. This study suggests that consumers should eat more walnuts as part of a healthy diet."

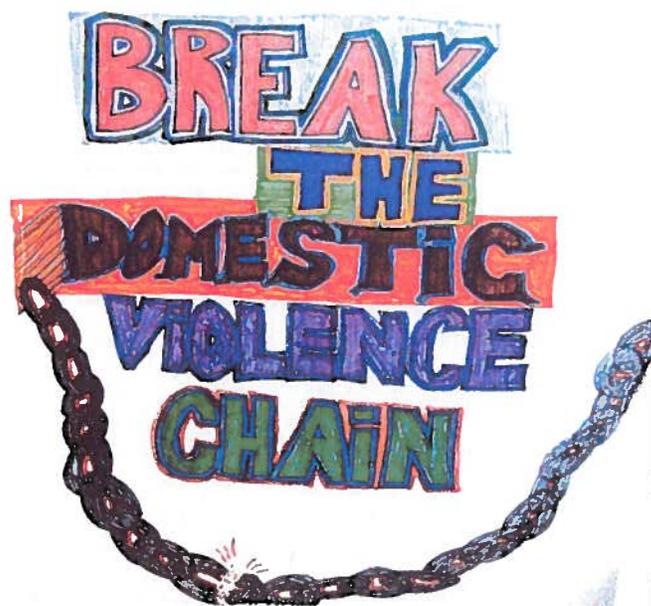
Grief Session

Wednesday 5:15 - 6 PM

Health-Education and Wellness

In response to the numerous losses recently experienced in the community, a grief session will be held at the Hualapai Health-Education and Wellness Department.

Weekly Sessions starting August 15, 2012



BATTERS INTERVENTION

Where: Health Education and Wellness Dept

When: Every Tuesday Nights

Time: 6pm to 8pm

Community Messages

Bring out all the noise makers in celebration of your birthday on the 23rd.

Patricia Kopelva's Birthday, Jesus loves you on your birthday and every day! Have a very happy day with lotsa ice cream and cake... but don't eat the candles.



From all your aunties, uncles and cousins

CONGRATULATIONS!!

TO MY AWA' CARMELLA BEECHER AWESOME WORK DONE GIRL! KEEP UP THAT SCHOOL WORK AND DAYS NOT MISSED. COOL, WE ARE PROUD OF YOU, SO KEEP IT UP M, AS DAD WOULD SAY.

XOXO, MONA, DAD, UNCLE LUKE

REWARD

Reward for return of green amber pendant, silver snakeskin chain and silver Mexican bracelet stolen from car in from of Healthy Heart -or- for information leading to return. They are not very valuable and are not pawn able, but they have a lot of sentimental value.

Call Terri or Tim at 769-1110.

Grand Canyon Caverns

Invites you to the Hide Away Bar

Every Saturday starting July 21st from 6-9 or when the fun stops.

Featuring:

- Kamikaze karaoke with DJ Jerry
- Open microphone for singers and musicians
- 2 Horse shoe pits
- \$.50 cent pool table
- Pizza by the slice

Come out for a fun time

Happy 7th Birthday
Kaydence Crozier
September 19

I would like to wish my daughter a Happy Birthday. You are growing up so fast and I'm not ready for you to. You bring so much joy, excitement love and all the special emotions into my life along with your dad, sisters and brother...and grandma, papa, aunts and uncle too. So let this day belong to you daughter. Have fun on your birthday and I hope you get what you want. We love you so much.

Love, Mom Sonja, Dad, Sisters, and Brother



EARLY LEARNING IS A LIFETIME ACHIEVEMENT

f /AZFirstThingsFirst



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



Hualapai Tribal Youth Council
Peach Springs, Arizona



www.hualapaiyc.com