

GAMYU

Newsletter of the Hualapai Tribe

Veteran's Day Breakfast
Monday, November 12, 2012
8:00 am
Multi-Building



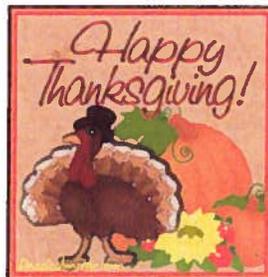
**Community
Thanksgiving
Dinner**

Monday, November 19, 2012

6:00 pm

Tribal Gym

Everyone Welcome!!



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

Tribal Environmental Review Commission

There will be a Regular TERC meeting on November 14, 2012 at 10 a.m. at the Cultural Department. Please call the Planning Department if anyone has something to put on the agenda for this meeting.

Agenda

1. Roll Call
2. Approval of Minutes for September 19, 2012 meeting.
3. Welcoming of Phillip Wisely as new commissioner.
4. FYI-All permit and posting dates:

a.	2012-035	Doug Albert-construct a shade ramada for Sundance.	10/23/12
b.	2012-036	Dezert Design Sign for Hualapai Lodge.	10/08/12
c.	2012-038a	BIA Forestry-prescribed burns for compartments 5, 6, & 8.	10/23/12
d.	2012-038b	Dezert Designs-Cultural Dept new sign	11/02/12
5. Present chapters 7-10 of Master Plan for TERC approval or disapproval.
6. Safe Route to school grant application – Flora
7. Other Business
8. Meeting Adjourn

PUBLIC MEETING

The Planning Department is planning a public meeting on November 15th at 5:00 PM at the Multi-Purpose Building to review the START session.

RSVP by November 14th
Dinner will be served.



Highlights of the Draft Land Use Element of Hualapai Tribe's Master Plan

The Planning and Economic Development Department staff would like to invite you to review the Draft Land Use Element of the Hualapai Tribe's Master Plan. This is a follow-up to the article that appeared in the August 3, 2012, edition of the Gamyu, where the need and purpose of the draft Master Plan was first provided, "The Master Plan is a statement of community values and aspirations, written as goals and policies, and shown on maps and diagrams, which aim to preserve the natural environment and enhance the built environment. The Master Plan provides the basis to guide the Tribal Environmental Review Commission and Tribal Council when making land use and related decisions. The Master Plan is a tool for managing community change to achieve the desired quality of life." Highlights of the Draft Land Use Element, including goals, objectives and policies are presented for your review and comment. Being a draft document, we, the Planning and Economic Development Department staff, need the community to help us perform a "light of day" review of the Plan's goals and policies to ensure they follow the vision of the Hualapai.

The Land Use Diagram and the Land Use Element both function as a guide for all implementation strategies for development including zoning. However, they do not have the effect of rezoning any property. The maps give an indication of the existing and possible future land uses within a given area. The Land Use Element indicates a range of residential densities, which already exist or may be possible in the future in a certain area. However, a particular land use projection by the Land Use Diagrams does not automatically guarantee a specific zoning will be approved on a specific site. The Tribal Council can consider rezoning request in terms of available infrastructure and access when determining the proper zoning. The Land Use Diagrams are also not static in that they may be amended by the Planning and Economic Development Department and Tribal Council when conditions warrant. However, the Land Use Diagrams should not be viewed as a super-layer of zoning subject to monthly revisions and changes.

Land Use Areas have been based on the constraints of topography, the potential of successful infrastructure development, and an assessment regarding accessibility. The need to incorporate existing areas dedicated to forestry and ranching has been incorporated, as has the need to preserve substantial portions of the Reservation undisturbed for future generations of Hualapai.

The boundaries of each Land Use Area establish the limits of the area designated to allow development and do not indicate that any resulting development will continuously sprawl to consume the designated area.

The following items are addressed in the Land Use Element of the Master Plan:

- Designates the proposed general distribution and location and extent of such uses of land for housing, business, industry, agriculture, recreation, education, public buildings and grounds, open space and other categories of public and private uses of land as may be appropriate to the municipality.
- Includes a statement of the standards of population density and building intensity recommended for the various land use categories covered by the plan.
- Identifies specific programs and policies that the Tribe may use to promote infill or compact-form development activity and locations where those development patterns should be encouraged.
- Includes consideration of air quality and access to incident solar energy for all general categories of land use.
- Includes policies that address maintaining a broad variety of land uses including the range of uses existing in the municipality when the plan is adopted, readopted or amended.

Proposed Land Use Categories

Land uses within the Reservation are designated as Residential, Commercial, Industrial, Recreation, Agricultural, Historical, Renewable Energy, or Undeveloped Open Space. There are also four combination land use categories including Agricultural/Residential, Agricultural Business, Tribal Government/Commercial, and Commercial/Industrial.

It is recommended that additional land use categories be researched and eventually included such as Agricultural/Renewable Energy and Mixed Use to allow for sustainable urbanization to be established in strategic locations on the Reservation.

Residential Land Uses are broken into four separate categories that are characterized in terms of density, and which specify a number range of dwelling units per acre (du/ac) as follows:

- Rural Density – 1 dwelling per one acre +
- Low Density – 1-2 dwelling units per acre
- Medium Density - 3-8 dwelling units per acre
- Intermediate Density - 9-16 dwelling units per acre

Commercial Land Uses include those serving the Tribal community, regional tourist attractions, and services along the major roadways including Historic Route 66 and BIA Route 18.

Development criteria for the community commercial land uses demand that property development standards insure compatibility with adjacent non-commercial land uses. Regional commercial uses shall be designated in areas that are in or near adequate infrastructure and are accessible to a large population base that would be necessary to support such commercial centers usually located along major arterials. Commercial services along historic Route 66 and BIA Route 18 provide for traveler-oriented establishments such as truck stops, hotels, motels, RV Parks and full-service automotive gas stations.

Industrial Land Uses provide for the development of industrial areas in suitable locations and are broken down into two categories:

- **Light Industrial:** These areas will accommodate industrial business activities that are not offensive to nearby commercial and residential uses. Development of such designated lands would be limited to uses such as light manufacturing, assembly, research and development, wholesale distribution (warehousing), construction, other types of low-intensity industrial activities.
- **Manufacturing Industrial:** These areas are characterized by industrial businesses and uses having more intensive types of industrial processes such as mechanical and/or chemical processing, extractive uses, materials transfer, multiple-shift operations, large structures. However, development in regards to major source pollutants which emit 100 tons or more of criteria pollutants such as sulfur dioxide should be discouraged.

Recreational Land Uses include developed recreational areas such as public parks, as well as lands that are held for, or identified for, recreational use. These include recreational properties that will have public access (non-Tribal-Member) on a fee-paid basis, due the underlying nature of the land use.

Agricultural Land Uses include land developed for forestry, ranching or farming purposes as well as lands that are held for, or identified for, ranching or farming purposes.

Historical Land Uses includes land set aside for the preservation of land and buildings historically used by the Tribe for religious and/or cultural purposes. This includes but is not limited to the historical school facilities located in Valentine.

Renewable Energy Land Uses provide for the development of areas in suitable for the development of sustainable energy sources for the Reservation on the including:

- **Wind Farm:** These are areas that have been identified by the Tribal Council in association with various Tribal Departments as appropriate locations for the generation of electricity using wind power. The locations were selected based on topography, wind power generation potential, and proximity to Mohave Electric's existing 69kV radial line that feeds Peach Springs.
- **Solar Fields:** These are areas that have been identified by the Tribal Council in association with various Tribal Departments as appropriate locations for solar power generation. The locations were selected based on topography, sunlight exposure time, and proximity to customers for both residential and commercial uses.

Undeveloped Open Space Land Uses include lands that are held for, or identified for, preservation. This includes areas that are preserved due to cultural sensitivity or preservation of the natural environment. Open Spaces also include areas that are not likely to be developed due to topography, which may include hilltops, washes, and canyons, etc. Areas that are not accessible by vehicles or that cannot support infrastructure development are also included in this category.

Combination Land Uses include land best suited for a combination of land uses. These are broken down into four categories:

- **Agricultural/Residential:** These areas will include large acreage residential lots zoned for small scale ranching and/or farming.
- **Agricultural Business:** This will include the land in the vicinity of the Wildlife Fishery Facility and any other lands suited for similar agricultural business opportunities.
- **Tribal Government/Commercial:** These areas will include existing and proposed Tribal Cultural and Government buildings where community commercial land uses would serve the needs of employees working in these buildings.
- **Commercial/Industrial:** These areas will include portions of the Reservation isolated from residential and community developments through which major roadways run. In such locations a combination of traveler oriented establishments such as truck stops, and full-service automotive gas stations along with light industrial land uses would optimize the economic development of the land.
- **Agricultural/Renewable Energy:** These areas allow traditional agricultural pursuits such as ranching to coexist with renewable energy projects. For example, the land used for a wind turbine tower is typically less than one acre after construction and comprises a small percent of the wind farm's total area. This small foot print on the land will allow animals to freely graze.
- **Mixed Use:** Reserved for urbanizing areas where land uses have followed an organic pattern of urban development. Disparate land uses may be placed adjacent to one another provided they meet certain design and performance criteria so as not to be nuisance to one another.

MASTER PLAN GOALS, OBJECTIVES and POLICIES

Goal 1: To recognize the distinct character of individual planning areas and encourage land use patterns that are consistent with the goals of the General Plan and each area's own objectives.

Objectives

- 2.1 Locate future urban development, where practical, within or adjacent to existing urban areas in order to eliminate sprawl and strip development, to assure the provision of adequate urban services, to preserve agriculture, forestry and open space land uses, and to maximize the use of funds invested in public facilities and services.
- 2.2 Establish diverse, compatible, and functional land use patterns and, when necessary, amend the existing land use pattern to prevent urban and rural decay.
- 2.3 Establish and maintain a functional balance between employment opportunities and available housing to meet the needs of the community.
- 2.4 Create quality residential areas which function as integral neighborhood units with schools, parks and other community service facilities as their centers.
- 2.5 Create adequate regional, community and neighborhood commercial facilities that are compatible with adjoining land uses.
- 2.6 Design commercial and industrial development to provide an attractive safe and healthy environment which does not have an adverse impact upon the surrounding areas.

Policies

- 2.1 The Tribe shall use Area Plans to establish any additional special goals and policies necessary to reflect and enhance the character of outlying communities and other designated urban and suburban areas. These Area Plans shall be adopted as an amendment to the Hualapai Tribe Master Plan.
- 2.2 For those areas of the Reservation with approved Area Plans, the goals and policies of these plans shall apply. Modifications to existing area plans shall comply with the current Master Plan policies.
- 2.3 The Land Use Diagram contained in each Area Plan shall be interpreted according to the policies set forth in the Land Use Element of this Master Plan.
- 2.4 Any proposed change to the Master Plan or Area Plans should be developed through a process including:
 - a) Re-analysis of natural resources, existing land use, population and economic characteristics, community character and design, existing and planned public facilities and services, community preservation goals, and development trends;
 - b) A current consideration of possible alternatives for area development and selection of a preferred alternative;
 - c) An examination of the definition of goals, policies, maps and implementation measures appropriate for the area and consistent with Tribal policies and community goals;
 - d) Public involvement throughout the proposed amended plan's development process; and
 - e) Public hearings and Council adoption of the Area Plan as a General Plan amendment.
 - f) An examination of environmental modifications including climate change, drought, etc. and the implementation of adaptation strategies.

Area Plans may provide more detailed goals and policies for issues addressed in this Master Plan, including (but not limited to) natural resources, land use, community design, housing, economic development, parks and recreation, public services, water, wastewater and transportation.

- 2.5 The Tribe shall adopt or modify the Master Plan and Area Plans with the participation of residents and with the involvement of other community organizations or interest groups the Tribe determines will be affected by any alteration to the Area Plan.
- 2.6 The Tribe shall modify the Master Plan and Area Plans in response to the general state of the community when necessary to encourage hope and movement in a positive direction to maintain a thriving and vibrant community moving toward sustainability.
- 2.7 Area Plans shall be reviewed at a minimum every two years to gauge progress toward stated goals and to address challenges.

CONCLUSION

Each planning area offers a unique set of circumstances requiring critical responses and activities to ensure each community's traditional land use pattern allows for continued progressive development which provides adequate infrastructure, such as road-

ways and utilities, and support services and facilities to provide for the needs of Tribal members and visitors. The Master Plan Goals and Policies apply to alterations to the designated land use patterns on the Hualapai Indian Reservation and the character of those land uses. Later segments in this General Plan detail goals and policies applying to elements of individual and general project development within the designated Land Use Areas. We have copies of this chapter available for review at the Planning Office. Highlights of additional chapters will be forthcoming. Please feel free to visit our office to pick up a copy and ask us questions about the Plan and how you can become more involved in writing the final draft.

**HUALAPAI TRIBAL YOUTH COUNCIL
2012 ELECTIONS**

**VOTE
FOR**

NOV 17

**GENERAL YOUTH COUNCIL ELECTIONS
10:00AM- 2:00PM MULTIPURPOSE BUILDING**

Voting is open to Peach Springs Youth ages 14-25
For more information contact the Youth Service office at (928) 769-2207 or visit our website: www.hualapaiyc.com

May 3-4, 2013
Kingman Family Festival

10 X 10
BOOTHS
SPECIAL PRICE
INSIDE OR
OUTSIDE
\$100.

MOHAVE COUNTY
FAIRGROUNDS
2600 FAIRGROUNDS BLVD.
KINGMAN, AZ

ALL VENDORS WANTED

FOOD VENDORS
CRAFT VENDORS
JEWELRY VENDORS
HOBBY VENDORS

FEATURING

BMX SHOWS
CAR SHOW
K-9 SHOW
BIRD SHOW
LIVE BANDS
FOOD & DRINKS
BOUNCE HOUSES
CRAFT BOOTHS
BEER BOOTH
AND MUCH
MORE!

CALL (928) 642-6241
FOR MORE INFO.

HUALAPAI TRIBAL JUDICIARY THE DESK OF THE CHIEF JUDGE

BEGINNING NOVEMBER 19, 2012, THE TRIBAL COURT CLERK'S WINDOW WILL CLOSE AT 4:00 P.M. EACH CLERK HAS ADMINISTRATIVE DUTIES THAT WILL BE CONDUCTED DURING THIS TIME. THIS WILL ALLOW THE CLERKS TO COMPLETE THEIR DAILY TASKS AND PREPARE FOR THE NEXT DAY. ALL PLEADINGS MUST BE FILED PRIOR TO 4:00 P.M. OR YOU WILL HAVE TO WAIT UNTIL THE NEXT BUSINESS DAY AT 8:00 A.M. SORRY FOR INCONVENIENCE THIS MAY CAUSE.

Duane Yellowhawk
Hualapai Tribal Chief Judge

HUALAPAI TRIBAL COURT SECURITY INFORMATION

Citizens entering the Tribal Court Building may be subject to security screening, including the following:

- Passing through a metal detector;
- Having handbags and briefcases inspected;
- And, if necessary, being checked by a hand-held metal detector.

Cell phones, pagers, packages, and electronic devices of any kind are also subject to inspection.

Weapons of any kind are strictly prohibited. If weapons are brought into the Courthouse, you will be asked to remove them from the building.

Prohibited items include, but are not limited to, the following:

- Guns, ammunition and explosive materials,
- Swords, utility blades, knives, razor knives and blades, pepper spray and mace.
- Illegal substances, including illegal drugs,
- And any type of dangerous or hazardous property or material.

Food items and drinks, other than water, are also prohibited from being brought into the courtroom. For a more detailed list of prohibited items you may contact the Court.

COURTROOM STANDARDS

While your case is proceeding through the court system, please observe the following standards:

- No weapons are permitted in the Hualapai Tribal Courthouse.
- Sit quietly in the courtroom whenever court is in session. The proceedings are being recorded and background noise may interfere with the quality of the recording.
- Any issue that causes a distraction to the court proceedings will not be tolerated. Person(s) causing such distractions will be asked to leave the courtroom.
- When addressing the Judge, stand at the table provided before the bench. Do not approach the bench.
- No food, drink or gum chewing is allowed in the courtroom.
- Smoking is prohibited by law in all areas of government buildings.
- Do not appear before the Court under the influence of alcohol or any illegal substances or immediately recovering from substance use.
- Avoid bringing small children to court. If you must, please have an adult monitor their behavior outside the courtroom, so that they play quietly. Adult and child may be asked to leave the court building if the child becomes noisy or unruly while in the court building.
- Respect the court and wear suitable clothing to court. It is inappropriate to wear clothing that carries offensive pictures and slogans or clothing that does not cover the body appropriately, will not be tolerated. Hats must be removed before entering the courtroom.

**HUALAPAI TRIBAL JUDICIARY
FROM THE DESK OF THE CHIEF JUDGE**

BE INFORMED THAT THIS IS A LIST OF DEFENDANTS WHO HAVE OUTSTANDING COURT FINES AND AN ORDER TO SHOW CAUSE IS ISSUED AGAINST EACH DEFENDANT. ORDER TO SHOW CAUSE HEARINGS ARE SCHEDULED FOR NOVEMBER 13, 14 & 15, 2012 AT 9:00 A.M. AND 2:00 P.M. LIST IS AS FOLLOWS:

1. Bedker Beecher	2009-CR-432	\$250.00
2. Leon Beecher	2011-CR-334	\$200.00
3. Renee Beecher	2012-CR-113	\$780.00
4. Louie Butler	2011-CR-409	\$75.00
5. Richard Campos	2010-CR-507	\$500.00
6. Ivan Chavez	2008-CR-379	\$400.00
7. Brittnee Cook	2011-CR-075	\$200.00
8. Morgan Cook	2012-CR-126 & CC	\$650.00
9. Lahoma Crook	2012-CR-199	\$200.00
10. Felicia Crozier	2010-CR-414 & 424	\$250.00
11. Franshon Crozier	2009-CR-233	\$300.00
12. Raphael Crozier	2009-CR-004	\$168.00
13. Tori Crozier	2009-CR-425 & 2011-CR-144	\$800.00
14. Grace Dashee	2012-CR-328	\$500.00
15. Kimberly Davis	2010-CR-183 & 565	\$600.00
16. Justin Davis	2008-CR-327	\$180.00
17. Lance Davis	2008-CR-099	\$300.00
18. Thomas Davis	2011-CR-057 & 441	\$150.00
19. Herbert Dini III	2011-CR-253	\$950.00
20. Emmett Domingo	2010-CR-012 & 2011-CR-399	\$240.00
21. Gary Gonzales Jr.	2012-CR-410	\$100.00
22. Ayesha Havatone	2012-CR-179	\$200.00
23. Brandon Havatone	2011-CR-268	\$200.00
24. Donna Herrera	2012-CR-163	\$200.00
25. Falcon Honga	2011-CR-129	\$85.00
26. Cassius Manakaja	Multiple cases	\$1,000.00
27. Joseph Montana Jr.	2008-CR-419	\$390.00
28. Ty Marshall	2009-CR-130 & 2010-CR-440	\$1,100.00
29. John Matuck	2012-CR-243	\$250.00
30. Levi Matuck	Multiple cases	\$1,050.00
31. Leeshana Matuck	2011-CR-391	\$100.00
32. Jerri Mapatis	2011-CR-300	\$425.00
33. Lois Nodman	2012-CR-249	\$100.00
34. Bruce Paya	2012-CR-045, 226 & 320	\$500.00
35. Kenneth Paya	2011-CR-443	\$281.00 restitution
36. Darren Pablo	2011-CR-472	\$300.00
37. Edwina Siyuja	2009-CR-022 & 283	\$600.00
38. Clifford Siyuja Jr.	2008-CR-294	\$250.00

39. Trysta Sinyella	2011-CR-374	\$250.00
40. Amanda Santistevan	2011-CR-315 & 2012-CR-215	\$600.00
41. Joshaye Smith	2012-CR-325	\$100.00
42. Stephanie Smith	2012-CR-042 & 144	\$350.00
43. Valance Smith Sr.	2012-CR-103	\$150.00
44. Noah Sinyella	2012-CR-210	\$400.00
45. Amanda Susanyatame	2011-CR-459	\$200.00
46. Joseph Talieje Sr.	2012-CR-139	\$100.00
47. Deangelo Walema	2012-CR-041 & 266	\$350.00
48. Tisha Watahomigie	2009-CR-401 & 2011-CR-181	\$650.00
49. Valen Tino Washington	2011-CR-380	\$200.00
50. Francis Walema	2011-CR-354	\$200.00

PLEASE MAKE EVERY EFFORT TO PAY YOUR COURT FINE IN MONEY ORDER OR BANK CASHIER'S CHECK FORM, TO: THE HUALAPAI TRIBAL COURT.

IF YOU WERE SERVED WITH YOUR NOTICE FOR ORDER TO SHOW CAUSE AND YOU'VE MADE A PAYMENT IN FULL YOU MAY FILE A MOTION (REQUEST) TO VACATE YOUR O.S.C. HEARING AND YOU MAYBE EXCUSED TO APPEAR AS SCHEDULED, OTHERWISE YOU WILL NEED TO APPEAR FOR YOUR HEARING. PAYMENT IN FULL WILL CLOSE YOUR CASE FILE.

ADDITIONALLY, THERE WILL BE AN ADDITIONAL LIST OF DEFENDANTS THAT HAVE NOT YET BEEN SCHEDULED FOR AN ORDER TO SHOW CAUSE BUT WILL BE FORTH COMING. SHOULD YOU HAVE QUESTONS PLEASE CALL THE COURT AND WE WILL GLADLY ASSIST YOU, THANK YOU.

Housing Choice Vouchers Fact Sheet

What are the housing choice vouchers?

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and disabled to afford decent, safe and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single family homes, townhouses and/or apartments.

The participant is free to choose any housing that meets the requirements of the program and is not limited to units located in subsidized housing project.

Housing choice vouchers are administered locally by public housing agencies (PHAs). The PHAs receive federal funds from the U.S. Department of Housing and Urban Development (HUD) to administer the voucher program.

A family that is issued a housing voucher is responsible for finding a suitable housing unit of the family's choice where the owner agrees to rent under the program. The unit may include the family's present residence. Rental units must meet minimum standards of health and safety; as determined by the PHA.

A housing subsidy is paid to the landlord directly by the PHA on behalf of the participating family. The family then pays the difference between the actual rent charged by the landlord and the amount subsidized by the program. Under certain circumstances, if authorized by the PHA, a family may use the voucher to purchase a modest home.

Contact the following agencies to find out what assistance may be available to help with your rent payments. Contact William Shaw, One North Central Ave., Suite 600, Phoenix, AZ 85004; or call at (602) 379-7100.



Chief Executive Officer
Jennifer R. Turner



Welcome Message

Derrick J. Penney

Chairman of the Board of Directors

I would like to take this opportunity to announce the hiring of Jennifer Turner as GCRC's new Chief Executive Officer. Ms. Turner comes to GCRC from Michigan where, for many years, she led the Saginaw Chippewa Tribe's Migizi Economic Development Company. Ms. Turner's experience coincides perfectly with GCRC's tourism products and our commitment to customer service.

Please join the Board of Directors in welcoming Ms. Turner to the Hualapai Nation, GCRC and Arizona.

GRAND CANYON Resort Corporation
PO Box 359, 16500 Hwy 66
Peach Springs, AZ 86434
www.grandcanyonwest.com

P 928.769-2419 ext 123

F 928.769.2450

Jennifer_turner@grandcanyonresort.com

Meet our C.E.O

Q: Tell me a little about yourself?

I was born and raised in Michigan. My parents owned two businesses while I was growing up and I started working in the businesses when I was 16. They operated the businesses from our home, so I have always been surrounded by business. I learned the meaning of providing good customer service at a very early age. I helped put myself through college by working two part-time jobs. My father was a military man and an entrepreneur. He taught me that any job worth doing was worth doing right the first time! I can credit him for my strong work ethic and my sense for running successful businesses.

Q: Tell me about your experience working with Saginaw Chippewa Tribe in Michigan?

Working for the Saginaw Chippewa Indian Tribe was an amazing experience. I started out working for the Zibiwing Cultural Center and quickly learned that whatever your real job was in the organization didn't matter – supporting the cultural center and its mission came first and foremost. I learned so much about the history of the Saginaw Chippewa Indian Tribe and Anishinabe people and their culture. I assisted with Spirit Feasts, Repatriation Ceremonies, Petroglyph Cleansing Ceremonies, and many other community events. I was the first person to move into the new Zibiwing Center when construction was completed in 2003. The Zibiwing Center has gone on to become a world renowned Native American Museum/Cultural Center and has won numerous prestigious awards. Looking back on the experience, I believe that starting my career with Zibiwing gave me a great sense of balance, purpose, and determination going forward. I am very proud of the career I went on to build at the Saginaw Chippewa Indian Tribe. Five different Tribal Council Administrations put their faith in me to manage, create, and lead successful teams and businesses and I am grateful for all the opportunities I was given there. I had several Tribal Elders that helped guide me and mentor me through the years and it was hard to say goodbye.

Q: How did you come to be employed with the Hualapai Tribe?

I was first contacted by a recruiter who had seen the work I was doing as CEO of the Migi Economic Development Company for the Saginaw Chippewa Indian Tribe. At the time we were just completing construction of the 243 room Soaring Eagle Waterpark & Hotel and the 68 site Soaring Eagle Hideaway RV-Park. The recruiter discussed the opportunity that existed with GCRC and the Hualapai Tribe. I had visited Arizona on a few different occasions and I really fell in love with the area. When I came for my second interview with the GCRC Board of Directors, Tribal Council and a site visit of GCW and Peach Springs, I knew this is where I was meant to be. I am very excited to be leading the Grand Canyon Resort Corporation and I look forward to serving the GCRC Board of Directors, Tribal Council, and the Tribal Membership.

Q: What asset does Grand Canyon West possess which you see as not being fully developed? Grand Canyon West has the potential to become a world class tourist destination. The Skywalk is so amazing and I felt so lucky to get to walk out onto it during the interview/site tour process. GCRC and the Tribe have already done some great things with the site so far. I would really like to see us finish the Skywalk Building and provide our guests with some cultural and historical perspectives. Focusing on the Skywalk Building would give our guests a much more complete experience and build extra revenue streams for GCRC and the Tribe. Future development could take on many different elements such as a welcome center, a gas and convenience store, our own Park & Ride shuttles, an RV Park, and hopefully a full-service hotel and conference center. I would love to see Grand Canyon West hosting Tribal conferences and gatherings, have the ability to offer all-inclusive wedding packages, and offer our guests additional dining options. I would also like to see the Ranch expand and offer guests some additional amenities and experiences.

Q: What would you like to achieve in your first 6 months as the GCRC CEO? First Year I am a very goal oriented person and leader. One of my goals in the first 6 months is to become very familiar with GCRC - all of our employees, the jobs they perform, and the strengths and weaknesses of our current business enterprises. I firmly believe that in order to understand the operation, you have to get out and work side by side with the employees to get a feel for how things work, what challenges exist, and what can be done to improve the businesses and the corporation as a whole. I already have dates set up to work as a shift leader for the day at the Lodge, as well as get on the bus in Peach Springs, head to GCRC, and job shadow one of our hard working staff members for the day. I am excited about the opportunity to do this and look forward to sharing my experiences. Another goal I have is to work with the GCRC Board of Directors, Tribal Council, and the Tribal Membership and find out what development opportunities they are interested in seeing completed in the next 3 years. As the CEO of GCRC, it is important to me that we are all heading in the same direction and share the same vision. I will be facilitating a strategic planning session in January with both the GCRC Board and Tribal Council to establish some clear and development goals. I know one common goal that we all share is to move forward with the development needs that we have at GCW and continue to push forward with our strategic goals. Once GCRC has some established goals for the next 3 years, it is then my job as CEO to ensure we achieve and accomplish them. I look forward to leading that process and ensuring economic sustainability for the next seven generations for the Hualapai Tribal Nation.

Q: What are you well known for? He is said the world's biggest rabbit. Are you into Flemish Giants? Well I do have a pet rabbit. I don't know about the biggest rabbit in the world, but he may very well make it the oldest rabbit in the world. I bought him when he was just 6 weeks old for \$800 and he is 13 years old now. I would have to say that he was a good investment. I believe the Guinness Book of World Records has the oldest rabbit as 14 years old. We'll see!





Grand Canyon Resort Corporation Board of Directors Names Jennifer Turner as CEO

Written by Hualapai Tourism

Tuesday, 23 October 2012 14:16

GRAND CANYON WEST, AZ (October 22, 2012) Effective October 1, 2012, Grand Canyon Resort Corporation has selected Jennifer Turner to serve as its Chief Executive Officer (CEO). Grand Canyon Resort Corp – referred to as “Hualapai Tourism” – is fully owned by the Hualapai Tribe, which manages Grand Canyon West (home of the Skywalk), Hualapai River Runners (the only one-day whitewater rafting through the Grand Canyon) and the Hualapai Lodge on Historic Route 66.

“Jennifer Turner has a track record of being a highly productive and results driven leader. Having worked with the Saginaw Chippewa Tribe of Michigan for more than a decade, she shares our vision for economic development and job creation, ensuring a better future for the Hualapai community,” said Carrie Imus, tribal member and Vice-Chair of Grand Canyon Resort Corporation’s Board of Directors.

Turner, who has a degree from Saginaw Valley State University, brings experience in successful management of tribal owned businesses with strength in lodging, retail and a forte in tourism. In recent years, she pitched, gained approval, managed and completed the Saginaw Chippewa Tribe’s Soaring Eagle Water Park & Hotel complex that includes a 243-room hotel and a 45,000 square foot indoor water park.

“I am passionate about working with diverse groups, coaching and mentoring them to build cohesive teams that strive to accomplish goals,” said Turner. “I am enthusiastic about the opportunity that the Grand Canyon Resort Corporation Board of Directors has presented me. Together, we will take Hualapai Tourism to new levels.”

About Hualapai Tourism:

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



FIRST THINGS FIRST

Ready for School. Set for Life.

PUBLIC NOTICE OF MEETING OF THE Arizona Early Childhood Development and Health Board Hualapai Tribe Regional Partnership Council

Pursuant to A.R.S. §8-1194(A) and A.R.S. §38-431.02, notice is hereby given to the members of the First Things First - Arizona Early Childhood Development & Health Board, Hualapai Tribe Regional Partnership Council, and to the general public that the Hualapai Tribe Regional Partnership Council will hold a *Regular Meeting open to the public on November 14, 2012, at 9:00 a.m. at the Peach Springs Unified School District, located at 403 Diamond Creek Road in Peach Springs, Arizona, 86434.* Some members of the Regional Partnership Council may elect to participate telephonically.

Pursuant to A.R.S. § 38-431.03(A) (1), A.R.S. § 38-431.03(A) (2) and A.R.S. § 38-431.03(A) (3), the Regional Partnership Council may vote to go into Executive Session, which will not be open to the general public, to discuss personnel items, records exempt from public inspection and/or obtain legal advice on any item on this agenda.

The Regional Partnership Council may hear items on the agenda out of order. The Regional Partnership Council may discuss, consider, or take action regarding any item on the agenda. The Regional Partnership Council may elect to solicit public comment on any of the agenda items.

Meeting Agenda

Call to Order/ Welcome

Rev. Pete Imus, Chair

Possible Approval of October 10, 2012 Meeting Minutes

Rev. Pete Imus, Chair

Call to the Public

Rev. Pete Imus, Chair

This is the time for the public to comment. Members of the Regional Partnership Council may not discuss or take legal action regarding matters that are not specifically identified on the agenda. Therefore, pursuant to A.R.S. §38-431.01(H), action taken as a result of public comment will be limited to directing staff to study the matter, responding to any criticism, or scheduling the matter for further consideration and decision at a later date. Public comments relative to a specific agenda item may be heard during the discussion of that item.

Regional Partnership Council Member Updates and Announcements

Regional Partnership Council Members

Grantee Presentation and Update -- Hualapai Maternal Child Health Program

Jennifer Pope, RN, Hualapai MCH Program

FTF Evaluation Plan

Ashley Pascual, Regional Director

(Discussion and Possible Recommendations)

Data Dashboard

Tribal Data Specialist

FY2014 Funding Plan Final Draft

Rev. Pete Imus, Chair

(Discussion and Possible Action)

Regional Director's Report

Ashley Pascual, Regional Director

(Discussion and Possible Recommendations)

Board Update

October Board Meeting Summary

CEO visit in 2013

Regional Update

Regional Council Member Recruitment

FY2013 Financial Expenditures Report

Next Meeting

Rev. Pete Imus, Chair

9:00am

December 12, 2012

Adjourn

Rev. Pete Imus, Chair

Dated this 5th day of November 2012

THE WHITE HOUSE
Office of the Press Secretary

For Immediate Release

November 1, 2012

NATIONAL NATIVE AMERICAN HERITAGE MONTH, 2012

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA
A PROCLAMATION

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country's character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our Nation, and we renew our commitment to respecting each tribe's identity while ensuring equal opportunity to pursue the American dream.

In paying tribute to Native American achievements, we must also acknowledge the parts of our shared history that have been marred by violence and tragic mistreatment. For centuries, Native Americans faced cruelty, injustice, and broken promises. As we work together to forge a brighter future, we cannot shy away from the difficult aspects of our past. That is why, in 2009, I signed a bipartisan resolution that finally recognized the sad and painful chapters in our shared history. My Administration remains dedicated to writing a new chapter in that history by strengthening our government-to-government relationship with tribal nations while enhancing tribal sovereignty and tribal self-determination.

Because we know that the best ideas for tribal nations come from within, my Administration has continued to engage tribal leaders in developing an agenda that respects their expertise on matters affecting American Indians and Alaska Natives. In collaboration with tribal nations, we are making critical investments to improve health and education services, create jobs, and strengthen tribal economies. In July, I was proud to sign the Helping Expedite and Advance Responsible Tribal Homeownership (HEARTH) Act into law, which will enhance tribal control over the leasing of Indian lands. Last December, I signed an Executive Order to expand educational opportunities for Native American students. It aims to preserve Native languages, cultures, and histories while offering a competitive education that prepares young people to succeed in college and careers. And under the Tribal Law and Order Act and the Safe Indian Communities initiative, we are continuing to work with tribes to build safer communities. My Administration also supports the United Nations Declaration on the Rights of Indigenous Peoples.

Many longstanding Native American legal claims against the United States have been resolved, which will help accelerate the restoration of trust in our relationships with tribal nations. The settlements that came out of these claims -- including the historic Cobell and Keepseagle settlements, as well as more than 50 settlements in cases alleging Federal mismanagement of tribal trust funds and resources -- will put an end to decades of litigation and help drive economic development in tribal communities in the years to come. In partnership with tribal nations, my Administration has addressed injustices and built new avenues of opportunity for American Indians and Alaska Natives. As we celebrate National Native American Heritage Month, let us move forward in the spirit of mutual understanding and mutual trust, confident that our challenges can be met and that our shared future is bright.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2012 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 23, 2012, as Native American Heritage Day.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of November, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

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Education & Training Information

Valentine Elementary School

Valentine Elementary School is seeking applicants for Teacher's Aide/Para Professional. Position is M-Th, approximately 8.25 hours per day. Must be highly qualified having one of the following; an Associate's Degree, 60 hours of coursework documented on an official transcript from an accredited institution of higher learning, or passage of formal state assessment.

To apply, email resume to gmattice@mcss.k12.az.us, or fax to (928) 769 2389. Contact George Mattice, Monday through Thursday at 928-769-2310 for more information.

Position begins Jan. 7, 2013. Open until filled.

COMPUTER LAB

Monday thru Friday (Business Hours)

Adults 8:00am to 12:00pm

On-Line Schooling/GED 12:00pm to 4:00pm

1st-8th Grade 4:00pm to 5:00pm

Monday thru Thursday (EVENINGS)

13yrs old to adults 5:00pm to 7:00pm

- **30 Minutes LIMIT for each computer.**
- No Children under 6 yrs of age allowed in the lab.
- If you are to print, only one computer is accessible to print (**FEES APPLY.**)
- **NO FOOD OR DRINKS ALLOWED IN THE LAB!!**
- Computer lab will be closed subject to change.

ANNOUNCING CLASSES WITH VIVIAN SUE PARKER, HUALAPAI TEACHER

ON-LINE HIGH SCHOOL OR GED CLASSES WILL BE HELD AT THE HUALAPAI EDUCATION COMPUTER LAB

THE TIME FOR THESE CLASSES ARE:

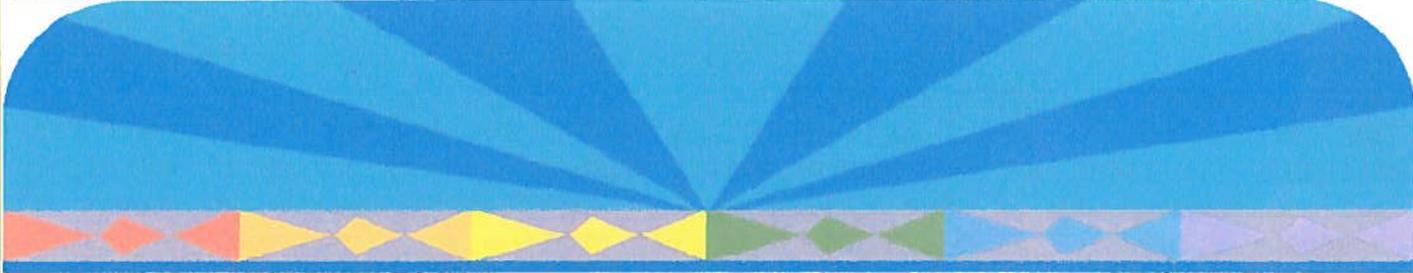
MONDAY - FRIDAY
12 NOON - 4:00 P.M.

THE COMPUTER LAB IS OPEN
MONDAY - THURSDAY
5:00 P.M. - 7:00 P.M.

THIS TIME IS SET ASIDE FOR 13 YEARS OLD - ADULTS.

I AM AVAILABLE TO HELP WITH ON-LINE HIGH SCHOOL CLASSES OR GED COURSES DURING THIS TIME OR USE OF THE COMPUTERS.

IF YOU HAVE QUESTIONS, PLEASE CALL VIVIAN AT (928) 769-2200.

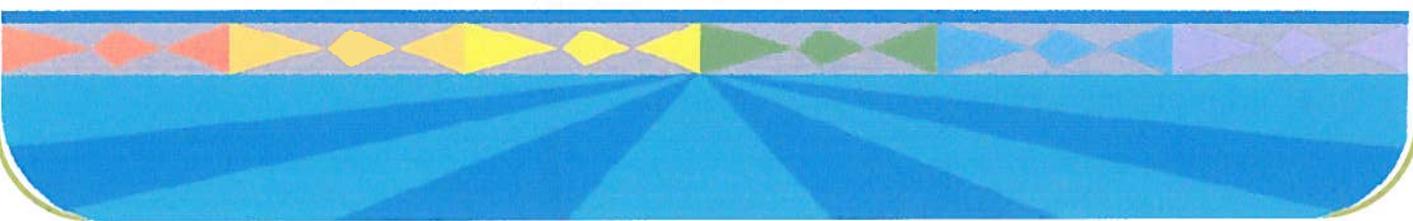


Inter Tribal Council of Arizona, Inc.
28th Annual
Indian Child and Family Conference
December 6-7, 2012

Radisson Ft. McDowell Resort
10438 N. Fort McDowell Road
Scottsdale/Fountain Hills, Arizona

ABOUT THIS CONFERENCE

The Inter Tribal Council of Arizona, Inc. (ITCA) is pleased to announce its 28th Annual Indian Child & Family Conference to be held December 6-7, 2012 at the Radisson Ft. McDowell Resort located in Scottsdale/Fountain Hills, Arizona. This year's conference will focus on current and relevant issues related to tribal social services, family services and behavioral/mental health spanning children, youth, adults and elders. The goal of the conference is to assist tribal family/social service programs to build and strengthen the tribal service delivery systems that address the needs of our American Indian children and families.



The 28th Annual ITCA Indian Child & Family Conference
December 6-7, 2012
Radisson Fort McDowell Resort
Scottsdale Fountain Hills, Arizona

WHO SHOULD ATTEND

Conference attendees represent a diverse field of advocates that service American Indian children and families and may include but are not limited to:

- social workers
- case workers
- domestic violence advocates
- foster parents
- foster care workers
- youth service workers
- behavioral and mental health workers
- early childhood providers
- supervisors
- program managers
- administrators
- policy makers, and
- tribal leaders

Conference attendees will walk away with an abundant amount of information and skills as they are engaged by our keynote and general session speakers throughout the 1½ day conference.

CONFERENCE OBJECTIVES

- Participants will develop strategies for teamwork and positive collaborative efforts to meet the needs of American Indian children and families.
- Participants will increase their knowledge base and gain information regarding service delivery methods and practices to ensure and protect the health, safety, and emotional and physical well-being of American Indian children and their families.
- Participants will hear about and gain knowledge of best practices in tribal behavioral health and social work.

HOTEL INFORMATION

The Radisson Ft. McDowell Resort is excited to be this year's host hotel for the 2012 ITCA Indian Child & Family Conference. The resort is located on the Fort McDowell Yavapai Indian Reservation in beautiful North Scottsdale.

The special room rate for the conference is \$99.00 (plus 12.75% room tax). To make reservations please call 1-800-333-3333 and mention "ITCA Indian Child and Family Conference" or go on-line to www.radissonfortmcdowellresort.com.

The cut-off date to receive the conference rate is **November 16, 2012**.

The 28th Annual I.C.A. Indian Child & Family Conference
December 6-7, 2012
Radisson Fort McDowell Resort
Scottsdale Fountain Hills, Arizona

CONFERENCE AGENDA-AT-A-GLANCE

WEDNESDAY, DECEMBER 5, 2012

5:00PM – 7:00PM Early Registration

THURSDAY, DECEMBER 6, 2012

7:30am Continental Breakfast
8:30am Welcome & Opening Prayer
9:00am General Session I
10:15am Break
10:45am General Session II
12:00pm Lunch (provided) – General Session III “Keynote”
1:30pm General Session IV
2:45pm Break
3:15pm General Session V
4:30pm Adjourn

FRIDAY, DECEMBER 7, 2012

7:30am Continental Breakfast
8:30am Opening Remarks
9:00am General Session VI
10:15am Break
10:45am General Session VII
12:00pm Adjourn

The 28th Annual ITCA Indian Child & Family Conference
 December 6-7, 2012
 Radisson Fort McDowell Resort
 Scottsdale/Fountain Hills, Arizona

REGISTRATION FORM

3 WAYS TO REGISTER		
1. Fax 602-258-4825 Attention: ICF Conference	2. Mail Inter Tribal Council of Arizona, Inc. 2214 North Central Avenue, Suite 100 Phoenix, AZ 85004 ATTN: ICFC-Verna Johnson	3. Online Starting November 2012 www.itcaonline.com
PARTICIPANT INFORMATION		
Please print or type (as it will appear on your name tag):		
Name: _____		
Tribe/Organization: _____		
Mailing Address: _____		
City: _____		State: _____ Zip: _____
Phone: _____		Fax: _____
Email: _____		
CONFERENCE REGISTRATION FEES		
<input type="checkbox"/> Early Registration	\$100.00	Postmarked by November 21, 2012
<input type="checkbox"/> Regular and on-site Registration	\$125.00	Postmarked after November 21, 2012 and on-site.
METHOD OF PAYMENT		
Enclosed is my check or money order payable to <i>Inter Tribal Council of Arizona, Inc.:</i>		
<input type="checkbox"/> Check	<input type="checkbox"/> Money Order	Amount: _____
CANCELLATION POLICY		
Refunds, less a \$50 administration fee, will be made if a written cancellation notice is postmarked or faxed by November 21, 2012. There will be no refunds for cancellations after November 21, 2012. Cancellations after November 21, 2012 or "No Shows" are still due and payable in full to cover meals and conference materials purchased based on the registration received by you or your agency. If you have registered and unable to attend, someone else may attend in your place.		

Health & Safety Information

Important Milestones By The End Of 3 Months

Babies develop at their own pace, so it's impossible to tell exactly when your child will learn a given skill. The developmental milestones listed below will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course.

Social and Emotional

- Begins to develop a social smile
- Enjoys playing with other people and may cry when playing stops
- Becomes more expressive and communicates more with face and body
- Imitates some movements and facial expressions

Movement

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

Vision

- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

Hearing and Speech

- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head toward direction of sound

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range.

- Does not seem to respond to loud noises
- Does not notice hands by 2 months
- Does not follow moving objects with eyes by 2 to 3 months
- Does not grasp and hold objects by 3 months
- Does not smile at people by 3 months
- Cannot support head well by 3 months
- Does not reach for and grasp toys by 3 to 4 months
- Does not babble by 3 to 4 months
- Does not bring objects to mouth by 4 months
- Begins babbling, but does not try to imitate any of your sounds by 4 months
- Does not push down with legs when feet are placed on a firm surface by 4 months
- Has trouble moving one or both eyes in all directions
- Crosses eyes most of the time (occasional crossing of the eyes is normal in these first months)
- Does not pay attention to new faces, or seems very frightened by new faces or surroundings
- Experiences a dramatic loss of skills he or she once had

From CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5 by Steven Shelov, Robert E. Hannermann, © 1991, 1993, 1998, 2004 by the American Academy of Pediatrics. Used by permission of Bantam Books, a division of Random House, Inc.

Read to your child every day.

FIRST THINGS FIRST
aztf.gov

www.cdc.gov/actearly



Learn the Signs. Act Early.

Developmental Screening

FACT SHEET

What is child development?

A child's growth is more than just physical. Children grow, develop, and learn throughout their lives, starting at birth. A child's development can be followed by how they play, learn, speak, and behave.

What is a developmental delay? Will my child just grow out of it?

Skills such as taking a first step, smiling for the first time, and waving "bye bye" are called developmental milestones. Children reach milestones in playing, learning, speaking, behaving, and moving (crawling, walking, etc.). A developmental delay is when your child does not reach these milestones at the same time as other children the same age. If your child is not developing properly, there are things you can do that may help. Most of the time, a developmental problem is not something your child will "grow out of" on his or her own. But with help, your child could reach his or her full potential!

What is developmental screening?

Doctors and nurses use developmental screening to tell if children are learning basic skills when they should, or if they might have problems. Your child's doctor may ask you questions or talk and play with your child during an exam to see how he or she learns, speaks, behaves, and moves. Since there is no lab or blood test to tell if your child may have a delay, the developmental screening will help tell if your child needs to see a specialist.

Why is developmental screening important?

When a developmental delay is not recognized early, children must wait to get the help they need. This can make it hard for them to learn when they start school. In the United States, 17 percent of children have a developmental or behavioral disability such as autism, intellectual disability (also known as mental retardation), or Attention-Deficit/Hyperactivity Disorder (ADHD).

In addition, many children have delays in language or other areas. But, less than half of children with problems are identified before starting school. During this time, the child could have received help for these problems and may even have entered school more ready to learn.

I have concerns that my child could have a developmental delay. Whom can I contact in my state to get a developmental assessment for my child?

Talk to your child's doctor or nurse if you have concerns about how your child is developing. If you or your doctor think there could be a problem, you can take your child to see a developmental pediatrician or other specialist, and you can contact your local early intervention agency (for children under 3) or public school (for children 3 and older) for help. To find out whom to call in your area about these services, contact the National Information Center for Children and Youth with Disabilities at www.nichcy.org/states.htm or call the Centers for Disease Control and Prevention (CDC) at 1-800-232-4636. In addition, CDC has links to information for families at www.cdc.gov/actearly. If there is a problem, it is very important to get your child help as soon as possible.

How can I help my child's development?

Proper nutrition, exercise, and rest are very important for children's health and development. Providing a safe and loving home and spending time with your child – playing, singing, reading, and even just talking – can also make a big difference in his or her development.

For other ideas of activities to do with your child, and for child safety information, go to www.cdc.gov/nceh/child/ and look in the "developmental milestones" section.

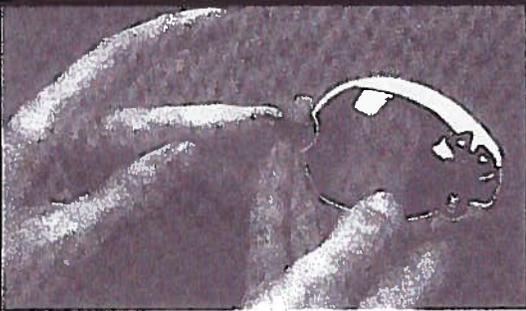
Read to your child every day.

www.cdc.gov/actearly

FIRST THINGS FIRST
azrtf.gov

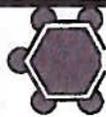


Learn the Signs. Act Early.



Free and open to everyone

Flu shots
Hemoglobin A1C test
Blood pressure check
Blood sugar check
Diabetic supplies
Healthy snacks and recipes
Door prizes



Diabetes Expo

Tuesday, November 13
4:00 - 7:00 pm

In the Del E. Webb Wellness Center conference rooms

Get free information from local health care professionals on

Nutrition • Healthy Cooking • Weight Loss • Physical
Fitness • Heart Health • Medications and Insulin • Resources in our
Community • And much more!



Outpatient Diabetes Program

For more information, call (928) 692-4607

3269 Stockton Hill Road • Kingman, Arizona 86409 • (928) 757-2101 • <http://www.azkrmc.com>



Healthy Alternative to French Fries:

Spicy Sweet Potato Wedges

By Health.com, June 04, 2012

Cholesterol-free french fries? You got 'em. Baking these peppery sweet potatoes at high heat ensures a soft interior and a slightly crisp and caramelized exterior without all the added fat of frying. Plus, one serving supplies all your daily vitamin A and C, and is only 153 calories!

Ingredients:

- 6 medium sweet potatoes (about 2 1/4 pounds)
- Cooking spray
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon black pepper

Instructions:

1. Preheat oven to 500 F.
2. Peel potatoes; cut each lengthwise into quarters.
3. Place potatoes in a large bowl; coat with cooking spray.
4. Combine sugar, salt and peppers, and sprinkle over potatoes, tossing well to coat.
5. Arrange potatoes, cut sides down, in a single layer on a baking sheet.
6. Bake for 10 minutes; turn wedges over;
7. Bake an additional 10 minutes or until tender and beginning to brown.

10 healthy foods under \$1

Published October 23, 2012 | Real Simple

Eating healthy doesn't have to be a luxury. Dietitian Laura Stadler, M.S., R.D., the owner of New York City-based Laura Stadler Nutrition and Barry Swanson, Emeritus Regents Professor at Washington State University's School of Food Science, helped put together a list of nutritious foods that won't bust your budget.

Lentils (about \$1.49 per pound or \$0.11 per ¼-cup dry serving): Native to Southwest Asia, lentils are small disk-shaped seeds that are commonly found in Indian and Middle Eastern dishes. "Lentils provide 3 grams of fiber per ½-cup serving. Plus, they are rich in folic acid and vitamin B6 and are a great vegetarian source of iron," says Stadler. "Cook or serve them with a good source of vitamin C, like tomato, red pepper, or a squeeze of lemon, to make the iron more absorbable."under \$1

Kiwis (about \$0.50 each): Named for the fuzzy brown national bird of New Zealand, kiwis are packed with nutrients, such as fiber, vitamins C and E, and potassium. They also contain the phytonutrient lutein, which can help protect the eyes against macular degeneration and cataracts. Slice or scoop out the emerald green flesh for a tangy snack. Or better yet, leave on the fuzzy brown skin to increase your intake of fiber and vitamin C.

Canned Salmon (about \$4.89 per 14.75-ounce can or \$0.90 per 2-ounce serving): Salmon is a great source of omega-3 fatty acids, which have been found to help reduce inflammation and the risk of heart attacks. Because our bodies cannot make these helpful substances, we must get them from our diet and supplements. "Salmon also provides vitamin D, which is important for bone health and may also reduce the risk of heart disease and some cancers," says Stadler.

Bananas (about \$0.45 each): One of the most highly consumed fruits in the U.S. (27 pounds per person every year!), bananas are rich in fiber, vitamins C and B6, and, most notably, potassium, a mineral known to control blood pressure. One medium banana contains more than 400 milligrams of potassium, about 13 percent of the recommended daily amount. This versatile fruit is great raw, cooked, or frozen, so stock up the next time you're in the market.

Oatmeal (about \$4 per 42-ounce can or \$0.18 per ½-cup dry serving): This unassuming breakfast option contains soluble fiber, which may help lower cholesterol and consequently the risk of heart disease. For a quick breakfast, Stadler recommends making overnight oatmeal: "Cover ½ cup oats with 1 percent milk or soymilk and place in the fridge. In the morning, top with your choice of grated apple, berries, dried fruit, slivered almonds, walnuts, or ground flaxseed and drizzle with 1 teaspoon honey."

Brown Rice (about \$1.99 per pound or \$0.18 per ¼-cup dry serving): Compared with white rice, brown rice provides more nutritional bang for your buck. "It has more fiber and therefore a lower glycemic index than white rice, so it will give you a steadier level of energy," says Stadler. This is because brown rice does not undergo the processing that white rice does, which removes many disease-fighting nutrients, such as fiber, vitamin E, and antioxidants.

Navel Oranges (about \$0.84 each): Seedless and sweet, navel oranges have a belly button-like protuberance on the blossom end. (In case you're wondering, it's actually a second small orange.) These citrus fruits are an excellent source of potassium, vitamin C, and folate, which can help prevent neural-tube birth defects. Look for the best ones from mid-fall to early summer.

Baby Carrots (about \$1.45 per pound or \$0.27 per 3-ounce serving): Cute as a button, baby carrots aren't actually tiny, young carrots. In fact, they're full-size carrots that have been trimmed down to size. Regardless of their origins, these easy-to-eat vegetables are an excellent source of beta-carotene, a pigment that gives them their bright color. In the body, beta-carotene is converted into vitamin A, which promotes eye health. Vitamin A is also an antioxidant that protects the body against oxidation and gives the immune system a boost.

Popcorn (\$3.49 per 9-ounce box or \$0.39 per 1-ounce serving): While butter-soaked movie-theater popcorn has a bad reputation, plain air-popped popcorn is a great whole-grain snack that adds up to only 30 calories per cup. Whole-grain foods contain the entire grain kernel, which means that they have more nutrients than refined grains and can help reduce the risk of stroke and diabetes. For a tasty snack, Stadler suggests topping plain popcorn with "a teaspoon of olive oil for heart-healthy monounsaturated fat and a couple of tablespoons of nutritional yeast to add flavor and vitamin B12."

Chickpeas/Garbanzo Beans (\$1.19 per 15.5-ounce can or \$0.31 per ½-cup serving)

An important legume in Middle Eastern and Indian cuisines, chickpeas are low in fat, high in fiber, and a great plant-based source of protein. "Chickpeas have approximately 5 grams of protein per ½ cup, almost as much as 1 ounce of meat has," says Stadler. "I recommend that my patients add rinsed and drained chickpeas to salads for a more satisfying and hearty dish."

Additional Turkey Cooking Methods

Scottie Misner and Evelyn Whitmer

Microwave Cooking

When microwaving a turkey, check the owner's manual for the size bird that will fit in your oven, as well as the time and power level to use. Using a microwave cooking bag ensures the most even cooking. Smaller turkeys, 12-14 pounds are the maximum size allowed for most microwave ovens. Allow 3" oven clearance on top and 2-3" of space around the bird. Do not stuff the turkey. Cook the turkey by itself.

The turkey needs to reach a minimum internal temperature of 165° F in the innermost part of the thigh and wing and the thickest part of the breast before removing it from the oven. Let the bird stand for 20 minutes after removing it from the microwave before it is carved.

Barbecue Grill

Turkey parts can be cooked on a barbecue grill. A whole turkey or turkey parts can be cooked in a covered kettle grill. Charcoal makes a good, hot fire. Try lining the grill with heavy-duty aluminum foil to aid even cooking and easy cleanup. Stack the coals in a pyramid and follow the directions on the lighter fluid. Once the coals are white-hot, spread them to form an even layer. Be sure racks are 6 to 8 inches from the embers for an even heat without too much intensity. Add new coal to maintain a temperature of 225-300 ° F. Small turkey quarter roasts are excellent for this method of cooking. Young fryer-roaster turkeys, weighing 6 to 8 pounds, can be cut into individual servings. The turkey pieces will take at least an hour to cook, depending on their size and thickness. Turn them occasionally while they are cooking; if they start to char, raise the grill farther from the heat.

The turkey needs to reach a minimum internal temperature of 165° F in the innermost part of the thigh and wing and the thickest part of the breast before removing it from the grill. Let the bird stand for 20 minutes after removing it from the grill before it is carved.

Covered Grill

Arrange charcoal on both sides of the fire bowl with a drip pan in the center of the coals. If your grill only has one burner, place a pan of water under the grate to create heat. If your grill has many burners, place the turkey away from the flames. This can be done by turning off one of the burners and placing the turkey over the off burner. Place a whole turkey on a rack over the drip pan and cover the grill. Add a few briquettes to each side of the drip pan every hour. To give it a hickory or mesquite smoked flavor, sprinkle one-half of a cup of water-soaked hickory or mesquite chips or flakes over the coals during the last half hour of cooking. If you prefer a heavier hickory-smoked flavor, add more chips or flakes.

You should allow 15 to 18 minutes per pound for an unstuffed turkey cooked on a covered grill. For a stuffed turkey, allow 18 to 24 minutes per pound.

Whole, unstuffed turkeys can also be cooked on a special rotisserie that turns the meat slowly on a rotary spit over direct heat. Since rotisseries vary greatly, follow the directions that come with the appliance. Before turning on the spit, be sure to balance and mount the bird so that it does not slip as the spit turns.

References

- Abgrall, Mary & S. Misner, Additional Turkey Cooking Methods, University of Arizona Cooperative Extension, June 1998.
- Food Safety and Inspection Service, USDA, Food Safety of Turkey...from Farm to Table http://www.fsis.usda.gov/Fact_Sheets/Turkey_from_Farm_to_Table/index.asp, April 2006
- Food Safety and Inspection Service, USDA, Turkey: Alternate Routes to the Table. http://www.fsis.usda.gov/Fact_Sheets/Turkey_Alt_Routes/index.asp#3, October 2006
- Butterball, Plan, Prep and Serve.

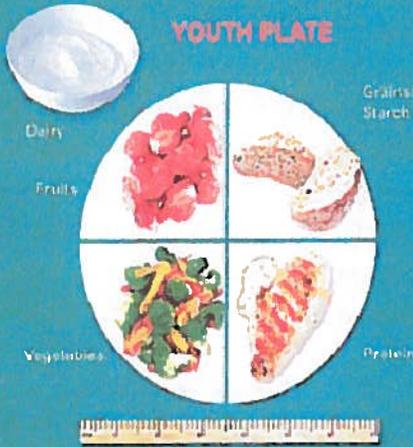
More My Native Plates for Your Family

Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

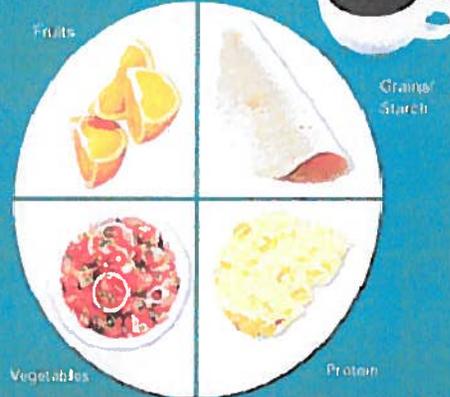
Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth

BREAKFAST



Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

Pictured Here

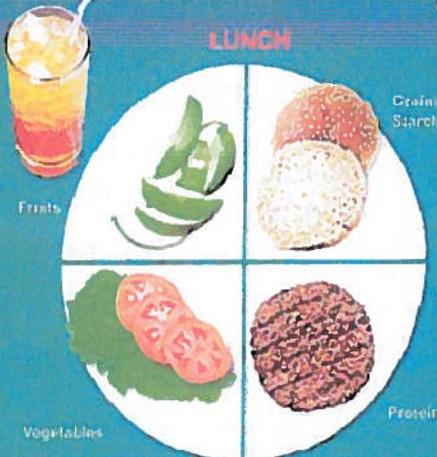
- Medium sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

Lunch Tips

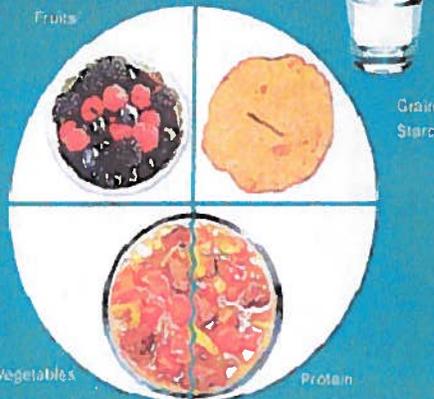
- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



DINNER



Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water

For more ideas, go to www.choosemyplate.gov and look for Food & Plates. Prepared by: Nutrition Services, Division of Chronic Treatment and Prevention, and based on the USDA My Plate. For more information, go to www.choosemyplate.gov



Community Messages

PEACH SPRINGS HEALTH CENTER CONTRACT HEALTH SERVICE

943 Hualapai Way
Peach Springs, Arizona 86434
(928) 769-2900

Contract Health Service will no longer be paying for eye glasses. If you have any questions, please call or drop by our office.

Contract Health Service Staff

Family & Friends of Mary Beth Suathojame

We would like to thank all of Mary's friends and family who helped with the ramada and the grave. Also, thank all of those who brought food to the residence and those who prepared the food. We also would like to thank GCRC for all their donations. This was a difficult for us to deal with this sudden loss but with all your support it was helpful. Thank you.



From Minerva Querta, Maxine Suathojame and Lois Nodman

Happy 2nd Birthday Dominik Nodman

Happy Birthday Dom, may you have a blessed day. We all love you and you bring happiness to our lives.

Love Mom & Brother & One up above



Love Knows No Boundary



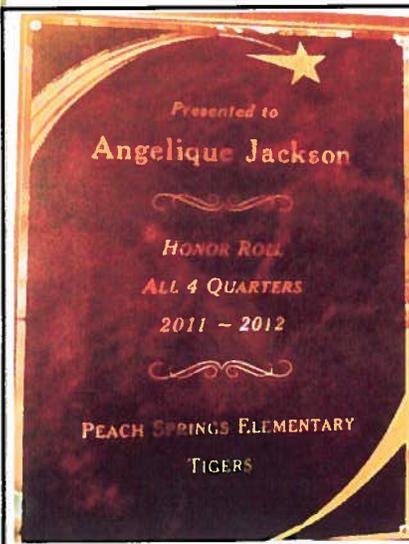
Lucinda,

Babe, you're the best that's ever happened to me. I'm so in love with you, that it's hard to say good-bye, "so I'm not". I'm writing to let you know that I wish you the best of luck in going back to school. I hope that your love for me doesn't fade or drift away, like the driftwood down at the river.

Here's 232, which stands between us, but you know I can swim that. I love you more than life itself, that's why I'm gonna make the swim (up river as they say). But don't worry I'll make it across with open arms. I'm sorry that our boat flipped over, and we went our separate ways. I guess that's just the way life goes. I want you to know that I will always love you no matter what and I hope that you'll forgive me.

Love always and forever, Lance B. Jackson

P.S. I love you



Congratulations

Angelique Jackson Received a this plaque & a \$50 Gift Card from Wal-Mart from J.O.M.

I would to say how proud I am of her achievement & Hope that she continues to excel!

Angelique is in now 2nd Grade and has also received Honor Roll for the 1st Quarter of this

2012-2013 School Year. "Good Job Angelique! We are all proud of you!"

Love, Auntie Kasana & Rosie, Uncle Cam, Doc, Sal & Terry, Grandma Sylvia, Great- Grandma Jeanie & Your Daddy Billy!

GAMYU ARTICLE DEADLINE

THE DEADLINE FOR GAMYU ARTICLES (ISSUE #24) WILL BE ON FRIDAY, OCTOBER 16, 2012 BY 5:00 P.M.



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