

December 21, 2012

Gamyu



Newsletter of the Hualapai Tribe

Issue #26

From the Office of Chairwoman, Sherry Counts

December 14, 2012

Dear Hualapai Community members,

Greetings to all! I would like to take this opportunity to wish each and everyone a Merry Christmas and A Wonderful 2013 New Year. I hope and pray that you will all be blessed, healthy, and prosperous. We look forward as a tribal council to work on meeting the needs of the future for the Hualapai community.

The distribution of the \$5.4 million has been done and we are still trying to identify current addresses of tribal members. It is important to update your address with the tribe when you move or make a change please contact enrollment. I hope that this disbursement has helped this holiday season.

The Water Rights issue is moving forward and we will continue to work diligently after the first part 2013.

The Tribal Council has begun working on the 2013 budgets the General Fund budget has been approved. This budget receives requests from departments for support of programs. We receive General Fund money from the business part of the tribe. The money goes to help programs that are not supplemented by grants and to help pay for the resources that benefit the Hualapai community.

We will work on the Gaming Budget the GCRC, GCW, and SNW Budgets. Please remember that it takes a lot of money to run the tribal departments we have 23 departments that we supplement. I know some people believe that the money just sits there and the tribal council uses as they wish. The reality is that there are clearly defined budgets with line items that are in place to ensure the money is utilized correctly. We have over 350 employees that work for the tribe.

The Gaming Revenue provides the Social Gaming for Hualapai Tribal Members which includes utility assistance for 18-65, elderly utility assistance for 65 and older, clothing allowance for those attending school, emergency rental assistance, emergency medical assistance, glasses assistance, and various other assistance. Please pick up your Social Gaming information at the Tribal Office for more information.

In the Skywalk litigation we are still waiting for the Ninth Circuit judge to render their decision. It is important to know that the Skywalk is still having visitors and provides jobs. We will continue to make progress and will recover from the impact of the litigation.

The Hualapai Tribal Council is working together as a team to ensure that we are addressing the needs of the community. Please attend our council meetings and listen to the things that we are doing to provide services to the Hualapai Community. We welcome you to stop by you can ask questions and we will gladly work to give you the answer. Be assured that the we are working for the best interest of the Hualapai Tribe.

Respectfully Submitted,

Sherry J. Counts, Chairwoman of Hualapai Tribe



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The Department of Cultural Resources made a presentation at the Regular Council Meeting on December 5, 2012 on the Golden Valley Cemetery. The Tribal Council was asked to decide on the type of gate entrance to the Cemetery. Council voted 1 in favor of Art Concept #1 and 7 in favor of Art Concept #2 (1 excused)

Fence construction update

December 3, 2012



Hualapai Department of Cultural Resources
P.O. Box 310
Peach Springs, Arizona 86434
Office: 928.769.2223 FAX: 928.769.2235

December 4, 2012

Reference: GOLDEN VALLEY CEMENTARY UPDATE

All pipe rail construction is complete at both burial areas. All posts have been trimmed to uniform 4 foot height. Stone work started November 13, 2012 and continues. Flagstone has been delivered to the project area, with BLM storing the material at a separate location. Stone working is going a little slower than anticipated. The crew is now focusing all efforts on building the columns.



This work requires primarily cutting stone to fit the 2 x 2 ft. templates and fitting them within square frames. Once a good layer is established, mortar is added and stones are laid. It has become an assembly line of sorts with certain individuals shaping and dry laying the stones. They are then followed up by folks laying mortar and

Photo above, taken from the NE corner of the larger burial area. All corners will be built to 4 ft. high. Entrances will be taller.

setting the first row of stones. Once the first layer is installed, the group goes back to the first column and lays the second row, and so on. The corners are slowly being built up as you can only lay 2 courses maximum which must then be left overnight to dry. The crew leader, Justin, has conveyed that they could use more help to keep the process running smoothly. Mr. Sanchez, the BLM KFO Filed Manager also requested additional labor from Hualapai. The HDCR has requested assistance from Public Works,

but to date, only one person was recommended, and that person, as a sub-contractor, never went to the work site. The BLM crew will be losing some help from members of the fire crew due to their prior obligations. Folks will be going on leave soon for the holidays as well which will leave him shorthanded. Any help, even for part of a day, would be greatly appreciated.



Stone courses being built up. Photo taken from NW side.



Photo taken from SW corner facing east.

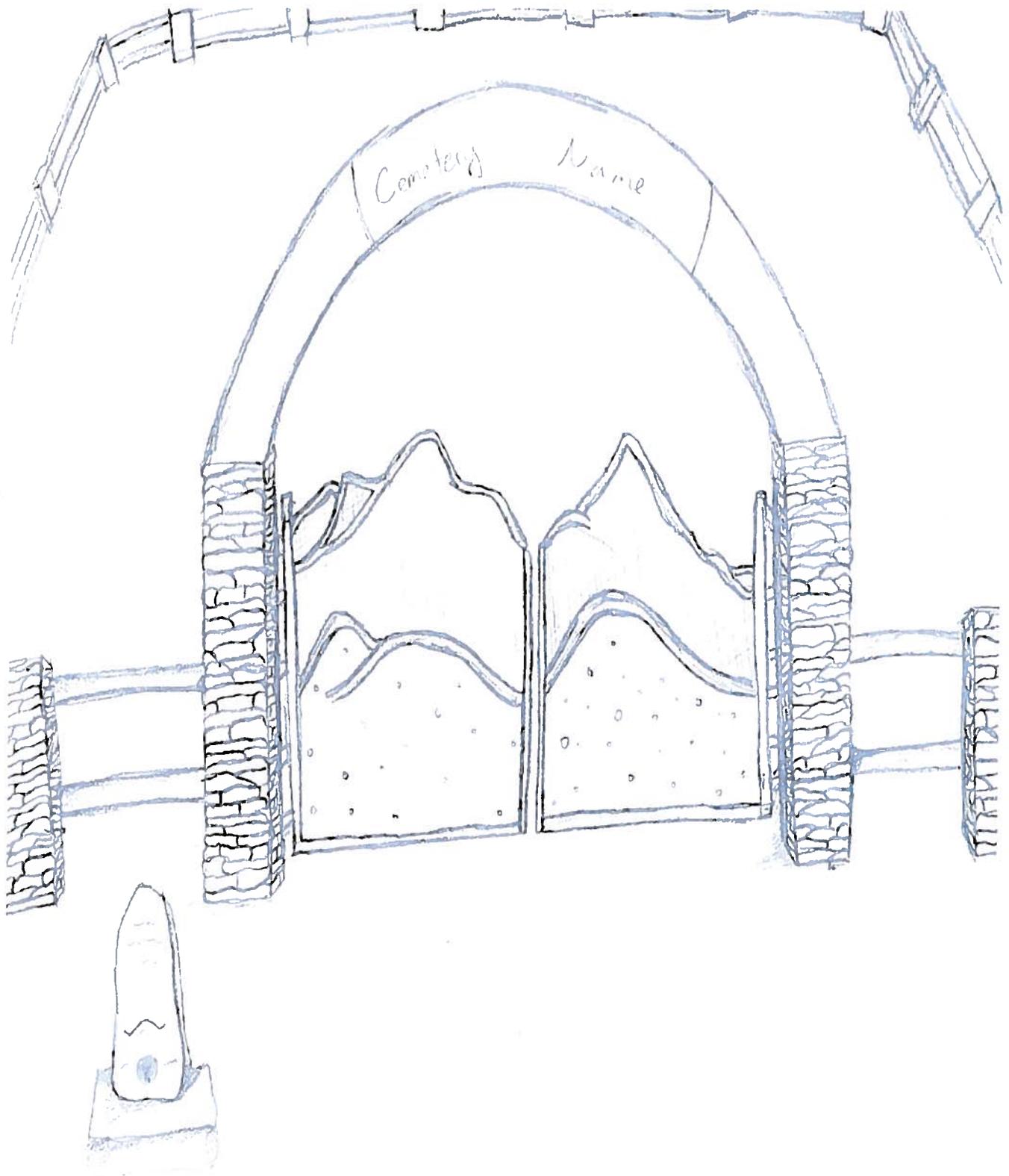


Photo from SW corner facing north.

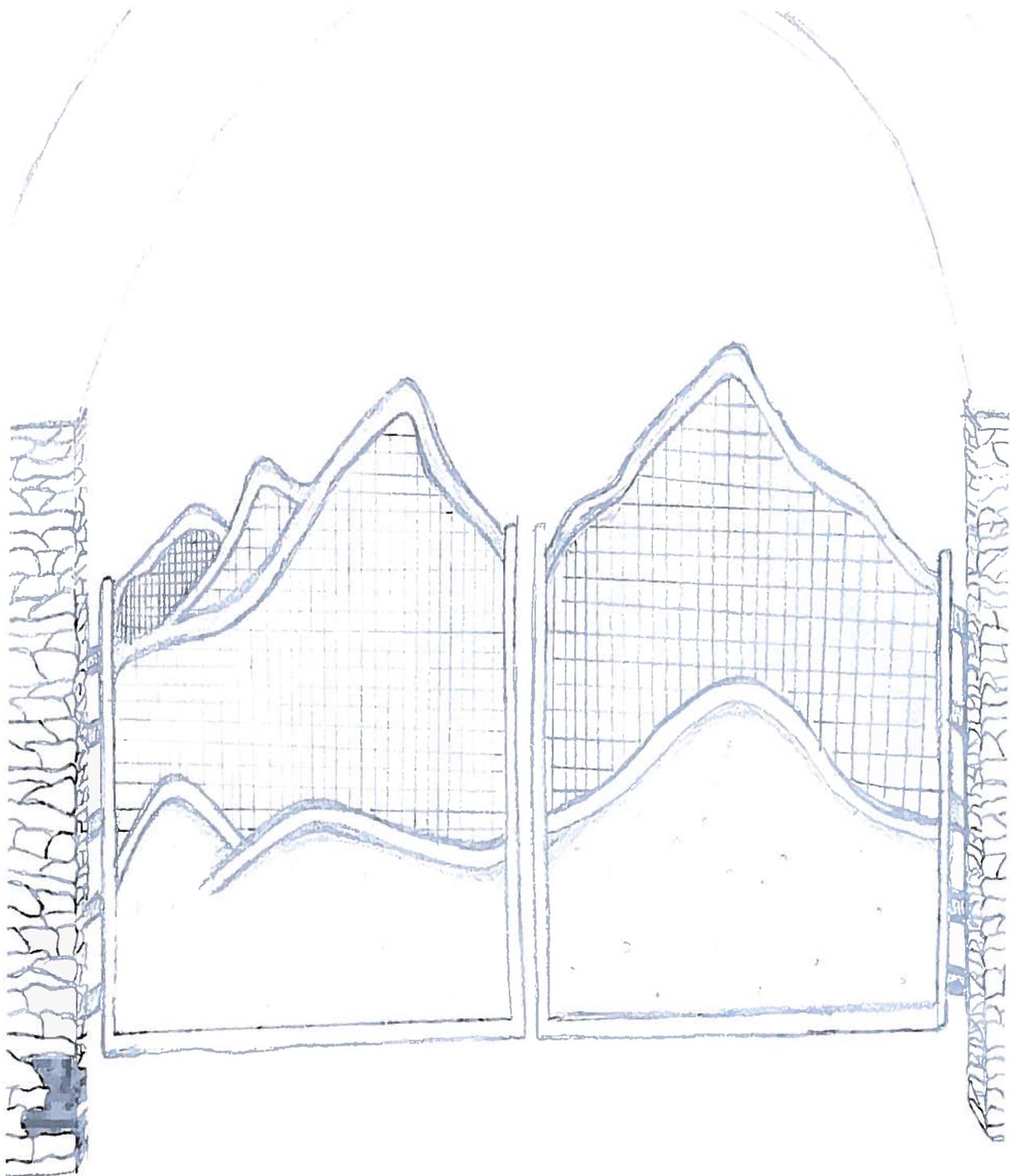
Stone work has not yet commenced at the smaller burial area but should be starting later during the week of December 3rd.

Work continues on the gates, with each gate being five-feet in length. The following illustrations (reference pages 5-6) are gate concepts that can be incorporated into the design. The name of the cemetery needs to be chosen also. The work on the flagstone pillars will take a few months to complete as each tier will need to dry before another tier can be constructed. The goal is to do four-foot pillars at each post. Eventually, text for the monument design will also need to be selected.

***** The Cemetery still needs an official name and Cultural Resources wants the community to know that the name will be decided by our Hualapai Elders.***



Art Concept #1). Draft illustration with gate design and monument.



Art Concept #2). Draft illustration with gate design.

Mark Your Calendar for This Upcoming Council Workshop



Date:
Friday, January 11, 2013

Start Time:
9:00 AM

Place:
Multi-purpose building

Topic: Review of Wind and Solar Feasibility Studies for Utility-Scale renewable energy projects on Hualapai lands

Note: *Lunch will be catered at noon*

For more information, please contact the Planning Department at (928) 769-1310 or stop by the office located at 887 W. Hwy 66.

PWWS UPDATE



Hualapai Juvenile Detention & Rehabilitation Center

PO Box 250/108 Highview
Peach Springs, Arizona 86434
Phone #: (928) 769-1611
Fax #: (928) 769-1655



Here is an update on some of the events and projects the PWWS participants have been a part of lately.

On 10/6/12 after a few weeks of hard work the youth were rewarded with a trip to Parker for the C.R.I.T fair and expo events. The young men were able to participate in a very competitive bird singing contest which consisted of talented, and seasoned bird singers. With hard work and much practice here at the facility the boys were able to place first and win it all!! The award for first place was \$300.00 the money was used for other outing expenses and hard earned snacks!!

The youth have also been a part of various community activities such as: Helping to set up and participate in the community

Domestic Violence sweats, assembling shelves for the training center, working on the Boys & girls club greenhouse as well as our own greenhouse here at the facility, preparing food and serving it for the community thanksgiving dinner.

The youth also attended the cultural center's CAL class on how to butcher an elk!! Which they enjoyed very much, again the youth were able to show off their bird singing and dancing skills at Kingman High School during Native American heritage month. There have also been various little odds and ends jobs that were completed. Right now we are working on cutting and splitting wood for our elders, we have a list of 25 house-

holds we need to provide for. I am sad to say that the progress has been slow; due to the lack of level 4s and behavior issues, so please don't be discouraged if you're on this list, we will eventually be able to knock this list out!!

Again as a reminder to the community, in order for a youth to participate in the Positive Warrior Program, he or she must be here a minimum of 20 days, and have no level losses, along with having passing



PWWS Update continued -

grades and being caught up on all school work. So the youth here have quite a bit of hard work! Thank You!!
If you have any questions feel

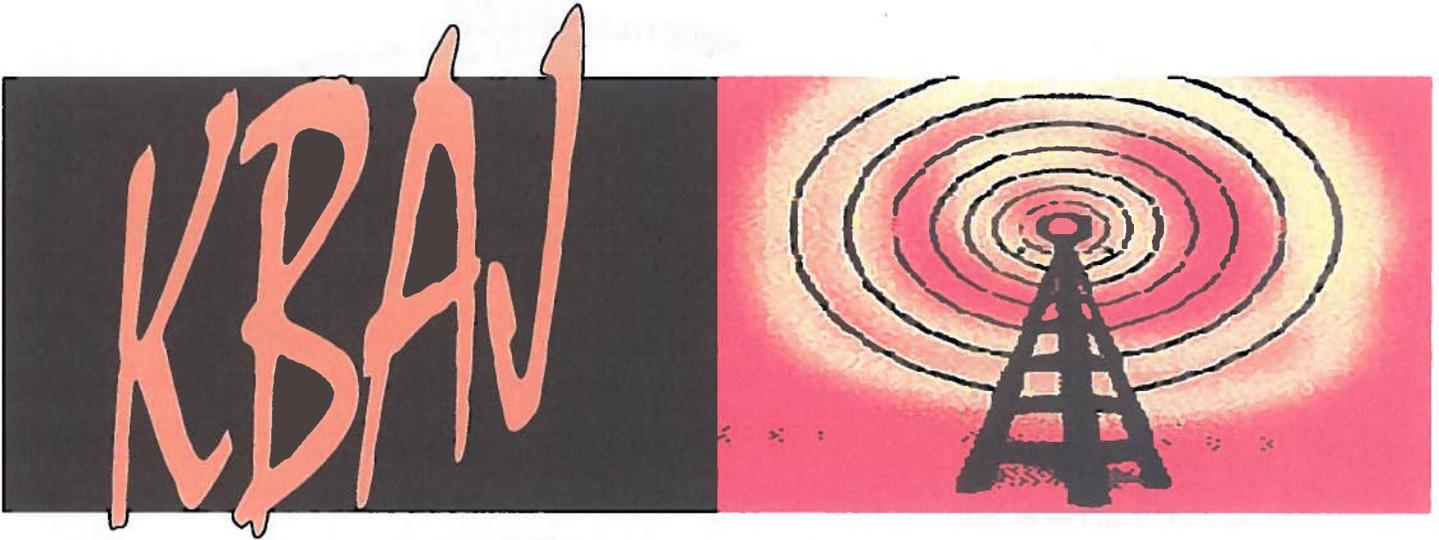
free to contact me here at the facility.
From all of us here at HJDRC have a happy and safe holidays!!!

Respectfully,
Leroy Talayumptewa
Program Coordinator
928-769-1611 facility
928-864-9666 cell

HUALAPAI TRIBAL JUDICIARY
From the desk of the Chief Judge

THIS IS A LIST OF DEFENDANTS WHO HAVE OUTSTANDING COURT FINES WITH THE TRIBAL COURT. PLEASE MAKE EVERY EFFORT IN PAYING YOUR FINE AS SOON AS POSSIBLE. THE CLERK OF THE COURT IS DIRECTED TO SCHEDULE ORDER TO SHOW CAUSE HEARINGS FOR EACH DEFENDANT FOR THE MONTH OF JANUARY 2013.

Nathaniel Davis	2008-CR-152	\$150.00
Isaiah Evanston	2008-CR-266 & 2011-CR-286	\$600.00
Katrina Ellis	2009-CR-148 & 2010-CR-015	\$300.00
Cecil Gene	2009-CR-045	\$300.00
Lavonne Grounds	2010-CR-030 & 531	\$430.00
Judy Gala	2010-CR-215	\$120.00
Doncio Havatone	2007-CR-070	\$50.00
Dennard Havatone	2010-CR-122	\$200.00
Charles Havatone Jr.	2009-CR-266	\$110.00
Benjamin Havatone	2009-CR-237 & 2010-CR-403	\$300.00
Jerry Havatone	2009-CR-451	\$200.00
Gensean Havatone	2010-CR-568	\$100.00
Longhair Havatone	2008-CR-067 & 2009-CR-243	\$400.00
Wendell Raymond Havatone	2008-CR-358	\$250.00
Raymond Honyaktewa	2012-CR-532	\$300.00
Nathan Hunter	2009-CR-365	\$416.00
Alicia Hunter	2011-CR-224	\$100.00
Melvin Hunter Sr.	2011-CON-008	\$25.00
Donna Herrera	2011-CR-007	\$300.00
Jay Hamidreek	2011-CR-077	\$300.00
Lester Hanna	2011-CR-149	\$150.00
Raymond Billy Jackson	2008-CR-151 & 257	\$90.00
Filmer Jones	2009-CR-175 & 327	\$250.00
Tanner James	2010-CR-078	\$400.00
Oran Jones	Various cases	\$2,632.40
Bennett Jackson	2007-CR-161	\$1,405.79
Derrick Jones	2010-CR-264	\$450.00
Delvin Jones	Various cases	\$4,125.00
Chester Jones	2012-CR-047 & 2012-CR-019	\$400.00
Lance Jackson	Various cases	\$400.00
Autumn Kaska	2010-CR-145	\$600.00
Verna Kopelva	2008-CON-010	\$100.00
Kyle Manakaja	2009-CR-153 & 2010-CR-437	\$250.00
Fernando Manakaja	2008-CR-401	\$450.00
Kermit Marshall Jr.	2008-CR-405	\$400.00
Rachelle Mahone-Walema	2007-CR-042	\$330.00



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.**
- **The radio station has filed a petition for allotment of an FM frequency and a permit to construct a commercial radio station for the Hualapai Tribe. Interest community member input will be needed soon!**

For more information contact Terri Hutchens or Tim Vaughn at (928) 769-1110.

E-PCH



ATTENTION!!!!

- Community members who speak the language
- Community members who know the culture and traditions

Listen at:
www.kidstar.org
Select network stations
Select EPOCH

PEACH SPRINGS YOUTH RADIO

- The radio station offers several ways you can share your knowledge with your community *and* earn money...

- * Come speak the language for a Hualapai "word and phrase of the day" educational campaign

- * Come share songs and music (to be played and aired according to cultural limits and guidelines)



- * Come tell both historic and traditional stories (to be told and aired according to cultural limits and guidelines)

- * Come together with other community members and engage in conversation in the language, so other community members may listen and learn



- * Come play a role in a serial radio drama and consult regarding cultural and language



- * Come record public service announcements spoken in both English and Hualapai languages to help preserve the language

For more information call Terri or Tim at 769-1110 or stop by the station next to Healthy Heart.

E-PCH



Need A Fun After-School Activity?!



PEACH SPRINGS YOUTH RADIO

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
notice about special events
and special guests.

- 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
- WE WILL ALSO BE OPEN DURING XMAS BREAK!!!!



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

Buck-N-Doe 4-H Enrollment "Online"

The new 4-H Enrollment system is ready to go! All 4-H club enrollments will be online this year, no paper enrollments accepted.

Our club information has been entered and you can choose from the projects listed (if not, please let me know and I can add it). The first step is to go online at: <https://az.4honline.com> and complete your family profile.

Enrollment is open to all kids ages 5 to 19 years old.

- Ages 5-8 years old can only enroll in the Clover Buds (Clover Kids) project.

- Ages 9-19 are able to enroll in any project.

Our next 4-H meeting will be on December 9th at 3pm, Multi-Purpose Building, Peach Springs, AZ.

I will bring my computer to help with enrollments, plus some treats.

If you do not have access to a computer, you are welcome to go to either the Peach Springs Extension Office (trailer by Natural Resources) or the Kingman 4-H Office during regular business hours.

For those members still looking for steers, I have a list available of county ranchers.

Enroll online at:
<https://az.4honline.com>

There's going to be great incentives offered this year to the Top Placing Mohave County Steers! Any questions, please call, I'll be happy to help you (928) 727-1286.

Sincerely,
RoseMary Sullivan
Buck-N-Doe 4-H Club
Key Leader

Native American Toy for Tots

The Hualapai Police Department is preparing for the delivery of toys to the youth this Christmas. We are asking for donations of Christmas wrapping paper and tape. We are also asking for volunteers to help with the delivery of toys. The delivery of toys took about one day to reach the children in the Peach Springs and Truxton area.



Donations should be dropped off with Wanda Quasula in the front office at the Hualapai Police Station. The scheduled date of delivery for Christmas is on December 23, 2012 beginning at 730 in the morning. We are hoping to have all toys delivered on this day. If not finished on December 23, 2012, the continued delivery of toys will be on December 24, 2012 in the early

morning hours. Toys will be delivered to each household from Valentine to the Peach Springs Community.

All volunteers need to call Officer Goins at the Police Station. 769-1024.

Thank you community for your help.

Acting Deputy Chief Tsosie

School Resource Officer Jack Goins

DIAMOND CREEK RESTAURANT HOLIDAY HOURS

MONDAY, DECEMBER 24TH, CHRISTMAS EVE --- OPEN 6:30AM -1:30PM

TUESDAY, DECEMBER 25TH, CHRISTMAS DAY --- CLOSED

MONDAY, DECEMBER 31ST, NEW YEAR'S EVE --- OPEN 6:30AM-1:30PM

TUESDAY, JANUARY 1ST, NEW YEAR'S DAY --- OPEN 8AM-8:30PM

HAPPY HOLIDAYS!

EDUCATION & TRAINING INFORMATION

Teacher Aide/Para Professional

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

Teacher Aide/Para Professional continued...

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. 16, 2013. Open until filled.



REQUEST FOR PROPOSAL

The Hualapai Health Department, NARCH 5, "Each One, Reach One" is accepting proposals for technical services and support for operation of a Hualapai community Internet Radio Station, "EPCH," to be broadcast primarily from a studio located at Peach Springs, Arizona, with worldwide internet listening access.

The proposal should include the following:

1. Internet streaming services not to exceed \$375.00 monthly including:
 - A. Remote automation streaming for up to 192kpbs with unlimited bandwidth and concurrent listeners;
 - B. Re-streaming of a related terrestrial station broadcast;
 - C. On-going, on line technical support for SAM broadcasting software via Team Viewer in coordination with on-site station general/program manager and technical assistant;
 - D. On-going training and technical support for on-site station staff including general/program manager and technical assistant via internet, telephone and team viewer regarding SAM broadcast software, automation and live remotes;
 - E. Regular provision of written updates and reports for SAM broadcast and automation systems.
2. Music library services not to exceed \$50.00 monthly, including:
 - A. Updating all existing "EPCH" music and other content on SAM to 128kb and transferring said content from the computer currently housing it to a new designated computer via filezilla, team viewer or other mutually agreed means;
 - B. Music selections shall be updated with current, new releases not less than monthly and be selected based upon "EPCH" designated files and desired genres;
 - C. All music shall be provided "radio ready" processed and shall be radio promotional copies only and not available for download or personal use from the EPCH station site, but for public broadcast only;
3. Website design, implementation and mastering support services for the community radio station not to exceed \$1800.00 including:
 - A. Main internet website page for the radio station utilizing the radio station's existing purchased and reserved domain name;
 - B. Audio media player access for internet stream station EPCH;
 - C. Up to 5 pages for information about EPCH in general, radio programming and staff;
 - D. Up to 5 links to related services and affiliate stations and organizations;
 - E. Coordinating with and providing information to Hualapai Tribe IT staff/Tribe website master to ensure compatible website and page links;
 - F. Technical support to onsite radio station staff in updating and changing general site information and photographs.
4. Creation of not less than 25 professional Imaging, Station Identification and Break trailers/drops of various time durations for use on the EPCH Hualapai Tribe internet radio station with input, consultation and approval of EPCH radio station staff for a cost not to exceed

\$500.00.

5. Design, Implementation and of internet radio station player applications for Iphones and Android phones to enable community members to listen to EPCH internet station on their cellular phone devices within community, on or about approximately April 1, 2013 and distribution support, not to exceed \$2500.00.
6. On -site support and training in Peach springs, Arizona up to four times annually for not less than two full working days to including radio station staff, volunteer and participating youth training in audio production and station operations; update and trouble shooting of broadcast and other technical equipment, including computer equipment and related software; professional consultation regarding programming, presentation and support and station advisory committee meetings and meetings with Tribal Council radio station liason, at a fee of \$250.00 daily, together with lodging, professional consultant per-diem and round-trip mileage at the Tribe's reimbursement rate.

Proposals will be evaluated based upon the proposer's past experience and qualifications, cost effectiveness of the proposal and sustainability of services. The most qualified proponent will be contacted to enter negotiations. The selected proponent will be an Independent Contractor and as such must abide by any applicable requirements of the Hualapai Tribe.

THE DEADLINE FOR SUBMITTING PROPOSALS IS December 26, 2012.

Proposals should be submitted in writing to Terri Hutchens, PO Box 397, Peach Springs, AZ 86434 or via internet at terrihutchens@hotmail.com

For more information contact Terri Hutchens at (928) 769-1110.

Schools Winter Break Schedule

<u>Peach Springs School: (928) 769-2613</u>		<u>Chemawa Indian School, Salem, OR (503) 399-5721</u>		
School's out	12/21/12	Return home (travel dates)	12/19 & 20/12	
Return to school	01/07/13	Return to school (travel dates)	01/06 & 07/13	
<u>Valentine Elementary School: (928) 769-2310</u>		<u>Flandreau Indian School, Flandreau, SD: (605) 997-3773</u>		
School's out	12/21/12	Return home (travel dates)	12/19/12	
Return to school	01/07/13	Return to school (travel dates)	01/06/13	
<u>KHS North: (928) 692-6480</u>		<u>Riverside Indian School, Anadarko, OK: (405) 247-6670</u>		
School's out	12/21/12	Return home (travel dates)	12/15 & 16/12	
Return to school	01/07/13	Return to school (travel dates)	01/03-05/13	
<u>Kingman Academy/Middle School: (928) 681-2900/753-3588</u>		<u>Theodore Roosevelt Indian School, Fort Apache, AZ</u>		
School's out	12/20/12	12/21/12	Return home (travel dates)	12/120 & 21/12
Return to school	01/07/13	01/17/13	Return to school (travel dates)	01/06/13
<u>Seligman School: (928) 422-0037</u>		<u>Sherman Indian School, Riverside, CA: (951) 276-6326</u>		
School's out	12/20/12	Return home (travel dates)	12/21/12	
Return to school	01/07/13	Return to school (travel dates)	01/14/13	

*****If you have any questions, you can call the schools.***

GED/Online News

GIVE A GIFT TO YOURSELF, START TAKING GED CLASSES or an on-line high school computer class AT THE HUALAPAI TRAINING CENTER.

VIVIAN PARKER IS HERE TO ASSIST YOU WITH STUDYING FOR THE 5 GED EXAMS.

CLASSES ARE HELD:
MONDAY - FRIDAY
12 NOON - 4:00 P.M.

YOU CAN REACH VIVIAN AT 769-2200.

VIVIAN HAS STARTED WORKING WITH THE ADULT DETENTION CENTER ON TUESDAYS AND FRIDAYS DURING 9:45 A.M. - 10:45 A.M.



*Classes are held:
Monday - Friday
12 Noon - 4:00 P.M.*

I AM ALSO AVAILABLE DURING 5 - 7 P.M. TO ASSIST STUDENTS WITH THEIR GED OR ONLINE HIGH SCHOOL.

"Hip hip hooray, Colette Crook, received her GED!!! Congratulations!"

TAKE SOME CREDIT

and Help Peach Springs School District!

Arizona Tax Credit

Where do you want your tax dollars to go?

State law (A.R.S. 43-1089.01) allows you to get a tax credit when you pay up to \$200 for single filers and \$400 for married filers to a public school for extracurricular activities that require enrolled students to pay a fee. This means taxpayers may help Peach Springs School –not the state treasury – and reduce their tax bill at the same time.

For a tax credit to be claimed for 2012, the donation must be postmarked or delivered to the school district by December 31st. The school district will issue you a receipt that will allow you to claim the tax credit. You will receive the receipt at your mailing address by January 31, 2013.

Donations to public schools have always been tax deductible. A **tax deduction** allows you to subtract the contribution amount from your taxable income. If you work in Arizona and pay state taxes, the **tax credit** will save you dollar for dollar on the amount of taxes you owe.

What will the funds be used for?

Eligible activities include: **field trips** to fine arts activities, such as the Phoenix Zoo, **science and art events**, **overnight trips** for fine arts programs, and **athletic programs** such as volleyball, basketball, and cross country meets.

Extracurricular activities such as sports, band, speech and debate, or field trips generally cannot be fully funded by school district revenues and depend on fees from students. Thus, your donation allows the school to offer additional enrichment programs.

Who can take advantage of this opportunity?

Anyone who pays Arizona State Income tax can do this. You may use this credit up to five years after the year of donation. Please note: corporate and/or business checks are not eligible. No Refunds are issued by the school. You will receive your tax credit after you file your state income taxes.

IF YOU MUST PAY TAXES ANYWAY, WHY NOT HELP THE STUDENTS AT THE SAME TIME?

Name: _____ Address: _____ City: _____ ZIP _____

Enclosed/Attached is my check or money order for \$ _____.

General Extracurricular/Field Trips

Date Received At District Office: _____ (must be prior to Jan. 1, 2013 for 2012 tax year credit)

Hualapai
FOOD HANDLER TRAINING - 2013
 Hualapai Heath & Wellness Center
 Large conference room

MONTH	DATE	TIME	INSTRUCTOR
January	Jan 24	10:00am - 12:00pm	Isaac
April	Apr 18	10:00am - 12:00pm	Isaac
June	Jun 20	10:00am - 12:00pm	Isaac
August	Aug 15	10:00am - 12:00pm	Isaac
Oct	Oct 24	10:00am - 12:00pm	Isaac

10 tips

MyPyramid

Nutrition Education Series

cut back on sweet treats

10 tips to cut back on added sugars



Cut back on buying foods and beverages with added sugars. If you don't buy them, your kids won't get them very often. Eating too many sweet treats can contribute to tooth decay and overweight. So, it is important for kids, and adults, to limit eating sugary foods and drinks.

1 serve small portions
 It's not necessary to get rid of all sweets and desserts. Instead, teach your child that a small amount of sweets or a treat can go a long ways. Use smaller bowls, plates, and utensils for your child to eat with. Children can practice serving from small bowls as you help them.

2 skip the soda
 Soda is high in calories and contains a lot of sugar. Skip the store's soda or sweetened beverage aisle completely. Remind your child that you've already picked out a juice together. Make fresh fruit smoothies together by blending fresh or frozen fruit with fat-free or low-fat milk and yogurt or 100% juice.



3 use the check-out lane that does not display candy
 Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy or gum that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards
 By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs or non-food items, like stickers, to make them feel special.

5 offer fruit for dessert
 Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) as a healthy option instead of high-fat desserts.



6 make food fun
 Sugary foods that are marketed to kids are advertised as "fun foods." Try making nutritious foods fun by preparing them with your child's help and being creative together. Make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth. Or, cut fruit into fun and easy shapes with cookie cutters.

7 encourage children to invent new snacks
 Make your own trail mixes from dry cereal, dried fruit, and nuts or seeds. Provide them with a table full of fresh and nutritious foods, and allow children to pick and choose what they want in their "new" innovative snack.



8 name a food your child helps make
 Serve "Dawn's Salad" or "Peter's Sweet Potatoes" for dinner. The food will be nutritious and your child will be proud of the meal he or she helped create. They will also be more willing to try new things if they get involved in meal planning.

9 play with food
 Let your child make towers out of whole-grain crackers or make funny faces on plates with pieces of fruit.

10 if meals are not eaten, kids do not need "extras"
 Candy or cookies are not replacements for foods not eaten at meal times.

Consumer and Family Sciences



Department of Child
Development and
Family Studies

Talking with Children When the Talking Gets Tough

Judith A. Myers-Walls,
Ph.D., CFLE
Associate Professor and
Extension Specialist

Child Development and
Family Studies

Purdue University,
West Lafayette, IN 47907-2055

Wars, shootings in schools, natural disasters, deaths at sporting events—as adults we hope that these and other tragic outcomes will never happen anywhere and definitely will not affect the children and youth we care about. We would like to protect those young minds from the pain and horror of difficult situations. We would like to ensure that they have happy, innocent, and carefree lives.

So what is a parent, teacher, or other caring adult to do when disasters fill the airwaves and the consciousness of society?

Don't assume that the kids don't know about it

They probably know more than you think. The reality of today's world is that news travels far and wide. Adults and children learn about disasters and tragedies shortly after they occur, and live video footage with close-ups and interviews are part of the report. Children and youth are exposed to the events as soon as they can watch TV or interact with others who are consumers of the news. Not talking about it does not protect children. In fact, you may communicate that the subject is taboo and that you are unavailable if you remain silent.

Be available and 'askable'

Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

Share your feelings

Tell young people if you feel afraid, angry, or frustrated. It can help them to know that others also are upset by the events. They might feel that only children are struggling. If you tell them about your feelings, you also can tell them about how you deal with the feelings. Be careful not to overwhelm them or expect them to find answers for you.

Help children use creative outlets like art and music to express their feelings

Children may not be comfortable or skilled with words, especially in relation to difficult situations. Using art, puppets, music, or books might help children open up about their reactions. They may want to draw pictures and then destroy them, or they could want to display them or send them to someone else. Be flexible and listen.

Reassure young people and help them feel safe

When tragic events occur, children may be afraid that the same will happen to them. Some young children may even think that it already did happen to them. It is important to let them know that they are not at risk—if they are not. Try to be realistic as you reassure them, however. You can try to support them and protect them, but you cannot keep all bad things from happening to children. You can always tell them that you love them, though. You can say that, no matter what happens, your love will be with them. That is realistic, and often that is all the children need to feel better.

Support children’s concern for people they do not know

Children often are afraid not only for themselves, but also for people they do not even know. They learn that many people are getting hurt or are experiencing pain in some way. They worry about those people and their wellbeing. In some cases they might feel less secure or cared for themselves if they see that others are hurting. It is heartwarming and satisfying to observe this level of caring in children. Explore ways to help others and ease the pain.

Look for feelings beyond fear

After reassuring kids, don’t stop there. Studies have shown that children also may feel sad or angry. Let them express that full range of emotions. Support the development of caring and empathy. Be careful not to encourage the kind of response given by one child: “I don’t care if there’s a war, as long as it doesn’t affect me and my family.”

Help children and youth find a course of action

One important way to reduce stress is to take action. This is true for both adults and children. The action may be very simple or more complex. Children may want to write a letter to someone about their feelings, get involved in an organization committed to preventing events like the one they are dealing with, or send money to help victims or interventionists. Let the young people help to identify the action choices. They may have wonderful ideas.

Take action and get involved in something

It is not enough to let children take action by themselves. Children who know that their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

This fact sheet was developed in the days following the shooting at Columbine High School and distributed via listservs, Web pages, and handouts at programs.

New 9/05



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 This material may be available in alternative formats.

Community Messages

Thank You

I would like to take this time to say "Thank You" on behalf of my family to all who made our loss of a wonderful woman we called "Mom", "Grandma", "Great Grandma", "Sister", "Auntie", "Friend" Ms. Jeanette "Ann" Sullivan.

Your thoughts of prayer, condolences were as comforting as it could get. A special Thank You to the Hualapai Tribe, GCRC, and those who helped in the kitchen and those that prepared the food for all to eat and the Bird Singers who traveled from far to make sure her journey to the Spirit World was a pleasant one.

It is not my intention to leave anyone out but if I have I'm sorry, your work was much appreciated. I know deep down in my heart she is at rest.

**Ronelle, Damon, Reno, Reynesse, Todd (Toya),
Keona (Josh), Reno and Azalia**

*Thank
You*

Angie (Mama) Walema

I just want to say I love you tieh all my heart. I want to take this time to thank you for all that you've done for me. Thanks for not giving up on me when there were times you wanted to.

Mom, you don't know how proud I am to have you as my mom. Please continue to be strong. Don't let anyone get you down. I am okay and you don't have to worry about me. I love you so much and appreciate all that you've done for me and my kids. Merry Christmas and Happy New Year. God bless.

I LOVE YOU

**Love your daughter,
Pauline Walema**

Happy Birthday



Happy Birthday to my wonderful daughter, Noshaw Guwi Misi Powsey
12/19/12

Yes, I can easily say that you constantly amaze me with the wonderful things you say and do. But telling you these things is never enough. Words can never measure the love in my heart. So when I say I Love You, remember how deeply it's meant and that I'll always be grateful to have a daughter who has brought such wonders to my life.

Love, your Jida

Merry Christmas



I would like to wish my beautiful, precious babies: Tito, Lia, Shy-Shy, Rondo & Taima Mae a Merry Christmas & Happy New Year.

I also want to let you know that mama loves you all, more than anything in this world and that I would never deny you as my children. You are my pride and joy and I am very blessed and honored to have children like you, who make me so proud to be your Mother. Please help auntie take care of the babies (Taima & Rondo). They need you too!

I will see you all next year. Mom has to help her self before I can help you. I won't give up on you. Please be strong and pray if you ever feel sad. I will be home soon and remember Jesus loves you all. You will always be in my thoughts and prayers and mom loves you all more than anything in this world. Keep up the good grades. I'm proud of you Tito, Lia & Shy. Don't give up 'cause I'm not, stand tall and strong like mama. If I can do it, you can. I love and miss you all so much.

Love your mom, Pauline Mae Walema

Merry Christmas

To Lamar Whatoname and Arianna Campos

Mom loves you and miss you a lot. I hope you guys get what you wished for. Sorry, Mom isn't there just know that it's for a moment. I'm always praying for you, you're in my heart and in my thoughts. You're both everything that I wished for. You're perfect in every way, I am so proud to be your mom. I thank God for putting you in my life.

YOU'RE THE BESSSTT.

**Merry Christmas &
Happy New Year!**



**Love mom,
Phyllis**

Happy Birthday



December 12, 2012

I want to wish my first born son Jimmy "Tito" Reyes III a happy 10th Birthday. Gee, son how time flies, can you believe it's already been 10 years? I can't! But to say I have watched you grow t be almost as big as me and grandma is crazy. You are such a smart little boy. After all that you've been through, you still manage to make the best of it. Keep the faith son, God is much stronger than man. Keep up the good grades, you make me proud. I love and miss you.

Love always, Mom

Gary Whatoname

In this uncertain world of trouble with its sorrow, sin and strife, man needs a haven for his heart to endure the "storm of life"... he keeps hoping for a promise of better, bigger things with the power and the prestife that fame and fortune brings... and the world is rife with promises that are fast and falsely spoken for man in his deceptive way know his promise can be broken... But when God makes a promise it remains forever true for everything God promises, He unalterably will do... So read the promises of God that will never fail or falter and inherit everlasting life, which even death can't alter... and when you're disillusioned and every hope is blighted, recall the promises of God and your faith will be re-lighted, knowing there's one lasting promise on which man can depend and that's the promise of salvation and a life that has no end.

Phyllis

Gamyu friends and colleagues,

As we approach the final weeks of representing Hualapai Tourism, we want to thank you for the opportunity to work with you in bringing visitors, media and industry to your destination from around the world. The world now knows about the Hualapai and their quest for independence. Our Journey together will be coming to an end but our friendships will last forever. We wish the Hualapai continued success. Happy Holidays from all of us at Best American Destinations!

Hankyu Allison Raskansky

Happy Holidays

With kind remembrances and best wishes for a bright and special holiday season

from your friends at



BEST AMERICAN
DESTINATIONS

Happy Birthday

Birthday shout-out to my BFF! Mavis Bravo
December 17, 2012

Happy Birthday & 100. Keep yo head held high and remember 143. I la-la-la-la-love you!! Lol. I wish I was there to celebrate with you but I'm down here across the tracks in mini max! Haha.

Love your friend, Pauline Walema
P.S. Nicky said Happy B-day!



Happy Birthday

Crista Wellington, December 20, 2012
Behave and stay strong. Have fun and don't over do it!!

Love your cuz, you know who

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CONTRACT HEALTH SERVICE STAFF

The next deadline for Gamyu articles:

- *Friday, December 28, 2012 by the end of the work day.*

DON'T MISS THE DEADLINE!