

# GAMYU

Issue #01

January 04, 2013

## Kingman Very Merry Parade of Lights.

As the end of the white water season came to the end. The Hualapai River Runners' staff, Earlene Havatone and Nancy Echeverria took their creativity and talent one step further which brought the mastermind idea to come to play in the Kingman's Very Merry Parade of Lights.

As the staff assembled the float the feeling of sense of community and holiday season grew as the float came to be.

The staff looking like elves gathering and placing every light, ornament

and bows on the float came to look like a story out of a Christmas book.

The night of the Parade the staff gathered at the end of Beale Street in Kingman with the other 130 floats. The cold chill and the laughter of the people gathering brought the scene of pride and accomplishment.

We walked and rode down the street waving and giving out hot chocolate and prizes to the children and

the families that gathered to see the lighted floats. Seeing the smiling faces and the crowd cheering as each float went by was awesome to see and hear.

We, the Hualapai River Runners, where honored with a plaque for the Grand Marshall Award as well as Best Lighted Float Award.

We wish you a very blessed new year to come.

The Hualapai River Runner Staff, Earlene Havatone and Nancy Echeverria.

### Inside this issue:

---

<i>Community</i>	2
<i>Education, Training &amp; Job Opportunities</i>	7
<i>Health &amp; Community Messages</i>	8 19

---

### The next deadline for Gamyu articles:

**Friday, January 11, 2013 by 5:00 PM.**



## 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.

## Winter Carnival sponsored by GCRC

This year's Winter Carnival, sponsored by Grand Canyon Resort Corporation, was a great way to get the community together and spend time to play games and receive gifts for all ages.

When the community comes together it is very exciting! We had a lot of activities for the children as well as the adults.

The feeling of happiness in the building as Santa came thru the door, see-

ing the children's eyes twinkle, a big smile appeared on all faces.

Christmas was in the air. The children and their parents had the opportunity to take their picture with Santa. Seeing the glow of each person being with family and friends was a heartwarming feeling.

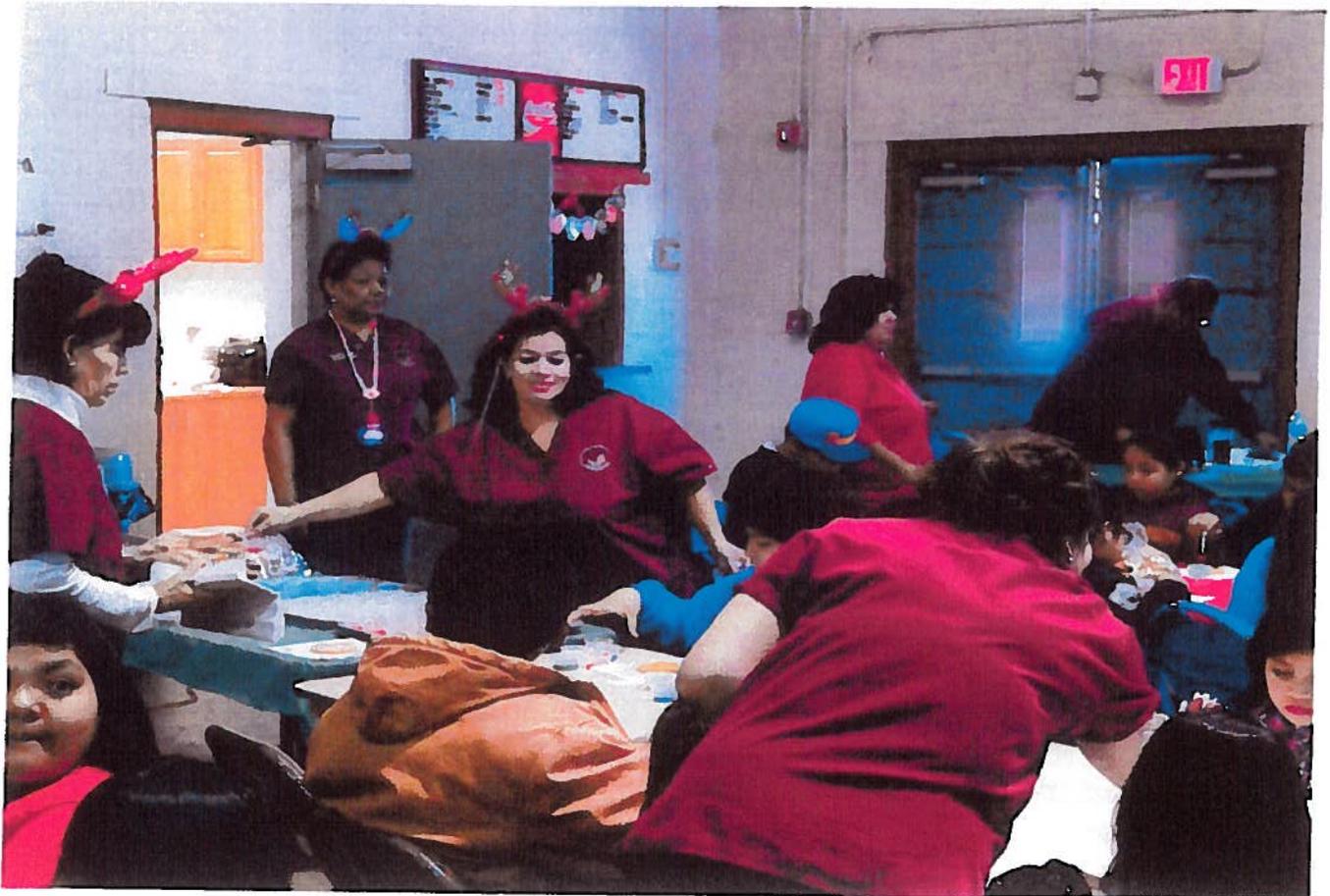
There was so much that was going on as the day progressed with cookie decorating, arts and crafts,

chili bean cook off, talent show, bingo, helicopter rides over the reservation and so many raffles.

When it was time for the kids to get their presents, to have GCRC staff, HRR staff, Lodge staff brings in arms full of presents, the roar from the children and the claps of small hands was a cheerful experience.

Overall, the experience was Exhilarating!





**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.

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

# E-PCH

CHECK IT OUT!!!!  
EPCH live on the air:  
Listen at :  
[www.epchradio.com](http://www.epchradio.com)  
Select network stations  
Select **EPCH**



Check out our FACEBOOK page

**EPCH**  
Become a fan!

## PEACH SPRINGS YOUTH RADIO

### EPCH Radio is Changing!!!!

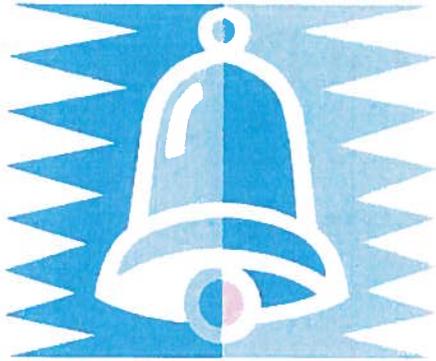
- As of January 1, 2013 Hualapai Internet Radio will no longer be a KIDSTAR affiliate station.
- As of January 1, 2013 you can listen to EPCH radio at [www.epchradio.com](http://www.epchradio.com)
- Station programming will be expanding to include adult d.j.s and content
- Anyone interested in becoming involved or getting more information about this change and the progress toward developing a Hualapai FM station is invited to attend a meeting to be held at noon on Monday January 7, 2013 in the health department classroom



**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.**



GIVE A GIFT TO YOURSELF, START TAKING GED CLASSES or 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.

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

**HIP HIP HOORAY, COLETTE CROOK RECEIVED HER GED !!!!  
Congratulations!**

## Health and Safety

# Ten “Doable” Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: \_\_\_\_\_ Date: \_\_\_\_\_

- 1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.

YES! I can!  YES! I did it!

---

- 2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.

YES! I can!  YES! I did it!

---

- 3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.

YES! I can!  YES! I did it!

---

- 4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.

YES! I can!  YES! I did it!

---

- 5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.

YES! I can!  YES! I did it!

---

- 6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.

YES! I can!  YES! I did it!

---

- 7 If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.

YES! I can!  YES! I did it!

---

- 8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.

YES! I can!  YES! I did it!

---

- 9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.

YES! I can!  YES! I did it!

---

- 10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!

YES! I can!  YES! I did it!



# Can you taste the LOVE?

## Bringing Healthy Dishes to Gatherings Shows You Care

**T**he problem with food is that it isn't just food. Imagine mashed potatoes. Or, for the Native people living around Tucson, imagine enchiladas. Now, think about tenderly mashing those potatoes. Think about enfolding goodies into the enchiladas. What does it feel like to do that? It feels good! You are putting love in those potatoes and enchiladas. Therein lies the problem. We all know that certain foods are "special." They are comfort foods. They settle us down, cheer us up. We take a bite, then another. We can feel the love.

**Virginia Vasquez (Yaqui)** has an enchilada story. Her grown son comes home for a visit. Virginia, who has been learning about heart-healthy meals, immediately gets busy. Two hours later, she is setting a plate of enchiladas on the table. Her son says, "Mom, I haven't had these in a long time!"

Virginia knows enchiladas have a lot of fat. But she is happy to make her son happy.

### What's a mom to do?

We want to give our children, our partners, our community members, something they will gobble up. When **Josephine Ramon (Tohono O'odham)** goes to gatherings, she often brings food she thinks everyone will really like. "I think about what they will like, instead of what is good for them."

Then Josephine remembers a gathering when someone brought a salad garnished with cholla (cactus) buds. These used to be common food. They made the salad special. "It was just a regular green salad with cholla buds," says Josephine. She loved it.

The cholla buds are proof. You can put love in the food, have people really enjoy the dish, and have it be good for them. Says **Debra Gunter-Lockhart (Eastern Cherokee/Hopi)**, "When I go to a gathering and see healthy food, I feel great





"At one gathering, someone made a macaroni salad without any mayonnaise. It just had macaroni and chopped vegetables. It was good."  
Josephine Ramon  
(Tohono O'odham)

because someone was thinking about me."

**Sara Garcia (Tohono O'odham)** agrees. "I'm not supposed to have salt. So when there are dishes that don't have salt, I'm glad." Sara says she likes it when the food is unsalted, and those who want added salt use a salt shaker.

It's a conflict. We are still making not-so-healthy-foods and bringing them to gatherings. Yet, if healthy foods are available, we choose those



and are thankful, Virginia, Josephine, Debra and Sara started thinking about some healthy foods that they would enjoy eating at gatherings. First the list was short: a lower-fat corn dish. Something with prickly pear in it. But, the more they thought about it, the longer the list grew. All agreed,



"I'm not supposed to have salt. So when there are dishes that don't have salt, I'm glad."  
Sara Garcia  
(Tohono O'odham)

that, instead of fried chicken and macaroni and cheese, they would gladly choose roasted chicken, green salad, fresh fruit, beans without lard, sugar-free Jell-O, grilled fish, grilled veggies, squash soup, and any Native, traditional food.

The list sparked Josephine's memory. "At one gathering, someone made a macaroni salad without any mayonnaise. It just had macaroni and

chopped vegetables. It was good."

Debra remembered a gathering where there were many low-fat, low-sugar, and low-salt dishes grouped together. Others mentioned seeing labels saying "no sugar" or "no salt." They appreciated these labels.

If there was one dish at a gathering that Sara would choose, it would be Indian spinach. "You have to gather it in the fields," she says.

So before you attend the next gathering, consider this: There is love in a cholla bud. There is love in a bowl of wild spinach, mixed with onion, tomatoes, and beans. And, there is love in bringing a healthy dish to a gathering, for all to share. 



"When I go to a gathering and see healthy food, I feel great because someone was thinking about me."  
Debra Gunter-Lockhart  
(Eastern Cherokee/Hopi)



## For Your Next Gathering



INSTEAD OF THIS:	BRING THIS:
Beef stew	<i>Venison stew</i>
Fried chicken	<i>Baked chicken with rosemary and sage seasoning</i>
Ground beef chili	<i>Vegetarian chili with zucchini and carrots</i>
Mashed potatoes	<i>Mashed yams sprinkled with chopped pecans</i>
Macaroni and cheese	<i>Beans without lard sprinkled with a little cheese</i>
Fry bread	<i>Hand-made whole wheat tortillas</i>
Cake	<i>Sliced fresh fruit with berries</i>
Pop	<i>Indian tea</i>

Angie Farnsworth (Diné/ British) made a low-salt soup for a gathering. "The squash came from my cousin's garden. The beans are Colorado River beans. The corn is Hopi white corn."



Produced by IHS Division of Diabetes Treatment and Prevention, 3/2012



Gayle Eaglewoman (Crow Creek Sioux) passes by the quick stop stores while traveling.

## How to Survive the Miles and the Temptations

Eating healthy while driving cross country  
just takes a little planning and a cooler . . .

Cross-country travel is a common Native tradition. Many times a year Native people take to the road to “have a visit” with relatives at other tribes, dance at powwows, share food at potlatches, and cheer at rodeos. We crisscross the map to get to families and familiar sights.

The tradition of cross-country traveling has been around for centuries. But the method of travel and the food eaten has vastly changed.

What used to be physical feats on horseback or on foot have turned into 10-hour days spent sitting behind a steering wheel. The snack items used to be dried game, berries or roots, eaten by a creek or next to the warmth of a fire.

### It Might be Quick But . . .

Now drivers are tempted to fill up on fast foods offered at gas stations or quick stop stores. These quick foods stop hunger and give us relief from the long hours spent on the road.

Walk into the “Quick and Go,” grab something deep-fried, sweet or salty and an icy-cold jumbo drink, and you’re back on the road! That’s a habit many of us might have, one we might want to re-think.

For people with diabetes, or those wanting to lose weight or not gain weight, eating while traveling presents a challenge. But with a little planning, it can be done. You can eat healthy while you are on the road.

### Road Time is Still Diabetes Prevention Time

Debbie Gardipee-Reyes (Blackfeet) is a nutrition assistant who lives in Washington State and often travels to Idaho and Montana. Diabetes is a major concern for her and her family. Both sets of her grandparents have diabetes as well as her mother and a niece.

Eating healthy on the road is a way of protecting herself, her husband and her two sons. She says the key to healthy travel eating is to be prepared.

### Less Money, More Nutrition

“Bring a cooler and pack your own groceries,” says Debbie. Packing your own food will make it easier for you to

pass by the goodies offered at roadside stores. Debbie also notes that bringing her own food saves money because remote stores usually charge more.

Lee Timentwa (Yakama) has diabetes and knows well the temptations of eating on the road. Her husband is a Colville tribal member, and they often drive there to visit relatives. "I used to stop at every store along the way to get a candy bar," she says.

When Lee found out she had diabetes, she knew that she needed to change her eating habits, including what she ate while traveling. "Now, I pack apples or carrots. And I bring bottled water," says Lee.

Lee's husband Ernie does not have diabetes, but to show support he also snacks on fruits and vegetables.

"I once told him to go ahead and eat a candy bar, but he didn't," says Lee.

**For the Love of Family**

For many, traveling cross country is a family affair. Debbie always travels with her husband and sons. Sometimes her brother Paul Gardipee and his large family come along too.

From their home in western Washington, they travel to Idaho to cheer on Debbie's sister Karla Fitzpatrick when she competes in the Indian Relay Races at the Nampa Rodeo. They travel to Kalispel, Montana, to visit relatives. And they often drive to Browning, Montana, for North American Indian Days.

**Chart Your Food Course**

Choosing healthy food has

become a habit for Debbie's family. There are still some challenges. Her sons get tempted by the ice cold cans of pop displayed in stores. Sometimes it's hard to walk by the deep-fried foods and sugar and salt-filled snacks.

The Gardipee family overcomes the temptations by having their own healthy snacks ready and easy to reach: plastic bags filled with cut-up fruits and vegetables, pita

pocket sandwiches made with lean meats, a bag of pretzels, iced tea and low-fat milk.

Although healthy eating on the road requires thinking ahead and a bit of self-control, Debbie thinks it has great benefits. She is helping her family learn how to make good food choices. And no one in her family has diabetes.

"We're trying to keep it that way," she says.



**The secret to helping your family eat healthy on a road trip is to be prepared. Before leaving, fill your cooler with whole-grain snacks, lean meats, fruits, vegetables and water to save money and have healthy foods handy.**



## How to Fight Off the Flu

By BRITTANY RISHER *Women's Health*  
Nov. 27, 2012—

abcnews.go.com

### The Best Ways to Bolster Your Defenses

We've all been there: seated next to a snorting, sneezing, coughing person with no escape route available, worried that the next day we'll be the one hacking. But the truth is, catching an illness can't always be blamed on the obvious offenders. Though you can pick up germs just about anywhere (disturbingly, viruses can linger on surfaces such as ATMs and checkout-aisle pens for 48 hours), actually coming down with a cold or flu is a complex process -- one that you can outsmart by following these stay-healthy tips.

### Wash, Rinse, Repeat

"The number one thing you can do to protect yourself from a cold or flu is to wash your hands thoroughly and frequently," says microbiologist Andrew Pekosz, Ph.D., of Johns Hopkins University.

Lather up with running water and soap (antibacterial soaps are no better than the regular stuff) and scrub your palms, between your fingers, and the backs of your hands for a minimum of 20 seconds. In a pinch, you can use hand sanitizer that's at least 60 percent alcohol, according to the Centers for Disease Control and Prevention.

### Moisturize Your Air

Turns out, very humid air might be toxic to flu viruses. Scientists aren't quite sure why, but one possibility is that droplets that contain the virus shrink quickly in arid environments, allowing them to float around longer; in moist air those same droplets might remain heavy and fall to the floor faster, says Ted Myatt, Sc.D., an environmental scientist in Boston. Invest in a humidifier that keeps the humidity level between 40 and 60 percent.

### Skip That Second (and Third) Drink

Alcohol can impair your white blood cells' ability to combat viruses for up to 24 hours after you overindulge, according to a study in *BMC Immunology*. Keep your imbibing to a reasonable one drink per day during cold and flu season, says Pekosz.

### Don't Rely on C

Yes, you read that right: Though it's been touted as a cold fighter for decades, vitamin C has never been proven to fend off a cold or flu. And multiple studies show it does zilch to speed up recovery if you're already sick.

### Sleep More

People who routinely get fewer than seven hours of shut-eye a night triple their risk of developing a cold compared with those who doze for eight or more hours, according to the Archives of Internal Medicine. When sleep-deprived, your body may produce too many cytokines, the proteins that trigger cold symptoms when you're sick.

### Taste the Rainbow

Immune-boosting antioxidants in brightly colored fruits and veggies battle the free radicals that dampen your natural defenses, says Josh Miller, D.O., an internist at the Cleveland Clinic. Eat plenty of fare such as red beans and berries (the brighter the hue, the higher the antioxidant count) and drink green tea.

\*\*\*

### \* Immunity-Boosting Wonder Foods Sick Myths: Which of These Behaviors Can Make You Ill?

#### Kissing: False

Most viral infections seep in through your nose and eyes, not your mouth. In fact, in a Journal of Infectious Diseases study, only 8 percent of people fell sick after smooching someone who had a cold. "It's actually safer to kiss someone who's sick than shake his hand," says microbiologist Charles Gerba, Ph.D.

#### Staying in a Hotel Room: True

A third of hotel room surfaces were still coated in germs nearly a full day after a sick person spent the night, says research from the University of Virginia School of Medicine. Protect yourself by swabbing hard surfaces like doorknobs, light switches, and remote controls with hand sanitizer or alcohol-based wipes.

#### Using an Old Toothbrush: False

No need to toss your toothbrush after recovering from a cold or flu--you can't reinfect yourself. When you fall ill, your immune system creates antibodies specific to the strain of virus you have.

Those good guys stick around to make sure you never get the same exact virus again, says Josh Miller, D.O.

### The Sneaky Life of a Virus

Day 1: Someone coughs, spewing viruses all over the grocery-cart handle. You grab the cart and pick up germs along with your dinner.

You rub your nose or eyes, transferring the virus into your sinus system.

Now in your airways, cold or flu viruses begin to reproduce like crazy and block your body's immediate immune response.

Day 2: You feel fine, though virus cells are making their way to your lungs. Also, you're now contagious.

Day 4: You feel hellish.

Many of your symptoms--sneezing, coughing--are side effects of the viral attack on your immune system.

While you can treat those symptoms with meds, drugs won't eradicate a cold or flu. Only time, lots of fluids, and rest will.

Day 5: If you picked up a cold virus, the worst is almost over. You're likely no longer contagious, even if you're still sniffing. If it's the flu, though, you feel as if you've been hit by a truck. You might suffer through a fever, nausea, vomiting, or diarrhea for the next few days as your immune system works like crazy.

Day 10: You could still be contagious for up to a week after your first flu symptoms. Cough or sneeze into a tissue or the crook of your arm -- you won't spread germs via your inner elbow. Better yet, stay home until you're good as new.

\*\*\*



## LIVING A BALANCED LIFE WITH DIABETES:

Dealing with Stress and Making Healthy Food Choices

National Diabetes Education Program



### DIABETES, STRESS, AND HEALTHY FOOD CHOICES

Diabetes is very common among American Indians and Alaska Natives. Yet, for most people, diabetes is only one of the many things in their lives that they have to worry about. At times, work, school, family issues, or other things in life can also be hard to manage.

Different people handle stress in different ways. Some people turn to food as a way to deal with their feelings. Some people may eat too much when they feel down or stressed. They may turn to high-calorie foods like fast food, ice cream, cake, or other snack foods to feel better.

Other people who are stressed may not have a good appetite. They may avoid food or not eat a lot.

Eating too much or not eating enough as a way of dealing with stress can make it hard for you to take care of yourself and your diabetes. Stress and some foods, like white rice, white bread, cookies, pies, or cake, can all raise your blood sugar level. Not eating enough food can cause low blood sugar. If you have diabetes, it is important that you make healthy food choices to keep your blood sugar levels under control. Be aware of the times when you feel down and the kinds of foods you eat when you are stressed. If you find that you eat high-calorie foods when you are feeling down, try having healthy foods around the house to snack on. Healthy snacks include non-fat/no sugar ice cream, whole wheat bread or crackers, low-fat cheese, or half a banana.

### TIPS TO HANDLE STRESS

When you feel stressed:

- Talk with an elder about your concerns.
- Be with others that you have fun with.
- Do something nice for someone else.
- Take a nature walk.
- Learn a new activity, like fishing, horseback riding, or some other things that you might enjoy doing with others.

Be sure to also talk to your health care team (diabetes educator, dietitian, doctor, nurse, psychologist, or social worker), your spiritual counselor, or some other person that you trust. They can help you get the support you need.

### Make Healthy Food Choices

If you have diabetes, it is important to eat healthy foods to help keep your blood sugar levels under control. Make healthy food choices:

- Eat a colorful variety of fruits and vegetables.
- Choose whole grain foods—whole wheat bread and crackers, oatmeal, brown rice, and cereals.
- Limit the amount of solid fats and sugars when cooking or eating by trimming fat from meat, using less butter or margarine, and using less sugar.
- Make your meals lighter by using nonfat or low-fat milk, cheese, or mayonnaise. Use cooking spray instead of oil.
- Eat a healthy snack between meals.
- Choose water to drink.



### What is Acanthosis Nigricans?

Acanthosis nigricans, the skin changes. The skin can look velvety and darkened. The skin may feel thick and rough.

It is common among teenagers and adults. It is often found in people with diabetes.

Here are common places to find the skin changes:

- ▶ Neck
- ▶ Underarms
- ▶ Other skin folds

### Is Acanthosis Important?

Yes! People who have the skin changes are at risk for diabetes at a young age. You can prevent or delay the onset of diabetes. Here are some things you can do:

- ▶ Go to the clinic and talk with your doctor or nurse about the skin changes.
- ▶ Start making changes in the food you choose.
- ▶ Be more active.

Acanthosis helps warn people and their families to protect their health.

*Acanthosis increase your risk for diabetes. It does not mean you have diabetes!*

Everyone has some risk of developing diabetes as they get older. You can prevent or delay the onset of diabetes by increasing your physical activity and changing the foods you eat.

### How do I know if I have Acanthosis?

The pictures below shows the skin changes. Go to the clinic if you see the changes. Talk with your doctor or nurse.



### Will the skin changes go away?

*The skin changes can lessen or go away if you:*

- ▶ Eat more fruits and vegetables.
- ▶ Eat less sugary foods and drink less pop.
- ▶ Eat less fat foods like french fries, chips, and deep fried foods.
- ▶ Be more active  
Walking 30 minutes on most days of the week is a simple way to be more active.
- ▶ Lose weight  
A weight loss of 5-10 pounds can help skin changes get lighter or go away.

*Making these changes will help you and your family.*

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

## Want to live to 100? Eat these foods

Try these science-backed strategies:

**Don't skimp on vegetables**

East five fruits and veggies a day, preferably more, to slash your risk of heart disease, stroke, and cancer.

**Eat yogurt**

Work in low-fat yogurt daily. It's packed with probiotics, a major focus of current research for its immune-boosting potential.

**Have fish for dinner**

Eat fish 2 to 3 times a week. Make at least one an oil fish like salmon for the omega-3 fatty acids, which are known to reduce disease-causing inflammation.

**Go nuts**

Snack on nuts like pistachios and walnuts to fight heart disease. Stick to a handful a day.

**Focus on fiber**

Get fiber-at least 25 grams a day-by eating fruits, veggies, and whole grains. A high-fiber diet can lower your risk of dying from any cause, say researchers from the National Cancer Institute.

This story originally appeared in Health..com

---

## *Community Messages*

---

To my family and relatives, I would like to thank your for all your support in my sobriety and wanting to change to better myself without your encouragement and love I wouldn't be where I'm at today. Each day that passes brings new hope that awaits me with good rewards LUV you all "Happy New Year"  
Stephanie Smith

Happy New Year To all my friends your know who you are...  
Sending this message from C.V. be careful

And think B4 you do. I love and miss you all take care and may bless Full Wishes come your way in the year "2013."  
Stephanie Smith

Happy Birthday Shout out to Noele & Amare Susanyatame December 25th & 31st— Mommy loves you very much and is very proud of you everyday. Enjoy your special day with lots of love from all who love you for who you are. Remember 2013 is gonna be great 4 us. Happy New Year Noele and Amare.  
Stephanie Smith

## Community Messages

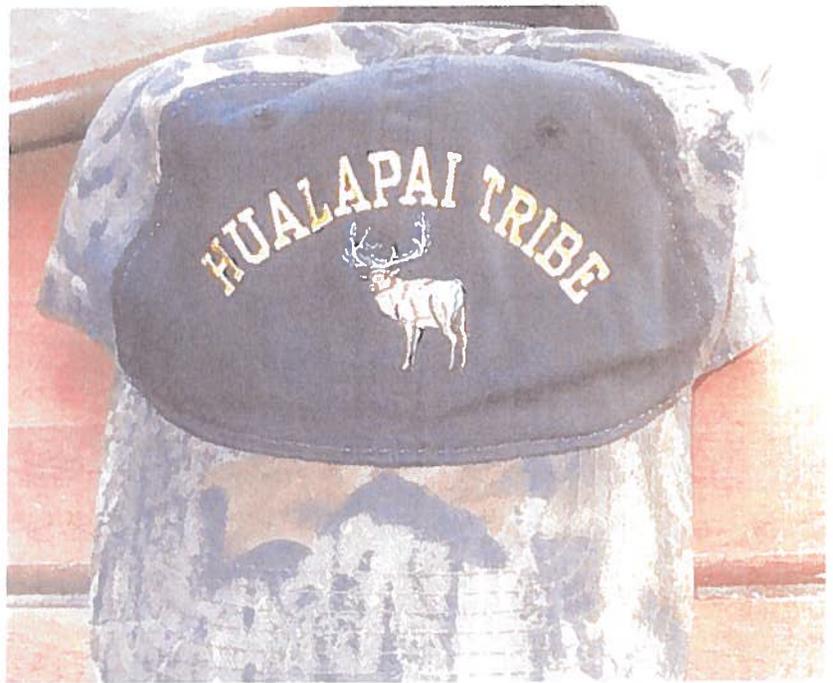


Hualapai Game and Fish Department has shirts and Hats for sale...

Short Sleeve: \$10.00

Long Sleeve: \$15.00

Camo Hats: \$15.00



Mmm... Justin

Just wanted to say Happy New Years . Can't wait to see what 2013 brings us. I love how you make me smile every time I see you.

Always and Forever, Amanda.