



Issue #06

March 15, 2013

GAMYU

Newsletter of the Hualapai Tribe



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 OFFICE OF THE CHAIRPERSON

Sherry J. Counts
Chairwoman

P.O. Box 179 • Peach Springs, Arizona 86434 • (928) 769-2216
1-888-769-2221

Philbert Watahomגיע, Sr.
Vice Chairman

March 12, 2012

Dear Hualapai Tribal Members,

Gamyu! I am writing to ensure that you know where we are on Skywalk litigation and other important issues. First I would like to say that when I ran for this position my intention was to do what I could to help make things better. I knew from the start that we were in a mess still I wanted to work for positive results. My hope is still the same because we are all in this together.

I would like to address some concerns that you might have about the Skywalk litigation. The Tribal Council has had to make some tough decisions and these decisions are made for the "best interest" of the Hualapai people. The work we do is fully spelled out in the Hualapai Constitution.

While many tribal members are on the attack against the Hualapai Tribe and are giving many wrong messages to the people we must remain strong in standing up for what is right. We cannot give up this fight or else we will lose the sovereignty that we have so long fought for. Sovereignty is the ability for us to manage our own business on our own lands this is our home we have the right to self govern.

We appealed the decision of Judge Campbell to protect the very interest that provides resources to our community. We did this to continue to make sure that our children can have a future so they can provide for their children from one generation to the next. Don't allow the scare tactics make you fearful that we are going to lose everything because that simply is not true.

The GCRC Board filed for bankruptcy for SNW last week again this was done to protect our interests in the business. The CEO and GCRC Board immediately ensured that no jobs or employees were lost but worked to make sure every employee was taken care of. As we fight this legal battle we must use strategies that are according to law.





The position the Hualapai Tribe is in is simply because Mr. Jin would not complete the building he started and live up to the things he said he would do in the contract he signed. The OTTI contract he recently lost after contract negotiations and deadlines were not met. These were not our decisions these were Mr. Jin's. We may believe if we simply pay Mr. Jin the \$28.6 million he will be satisfied if you read the papers you will find he is going after \$277 million of future revenues he will not stop.

We are also working on the Water Rights Negotiations which includes Hualapai getting water out to the West End to satisfy the needs of the Grand Canyon West and other economic development. I met with Representative Kirkpatrick, Senator Flake, and Representative Grijalva last week and they are supportive in assisting us. We are successful in the things we are doing and because of success we will struggle but we don't have to lose. Every great business is challenged every now and then it will serve to make the business better.

I ask you to support the decisions of the Hualapai Tribal Council and GCRC Board in the direction we are going. The Hualapai Tribe has many great opportunities and experiences to offer the general public and we must continue in spite of the negative predictions. We can overcome these challenges! We must stick together and declare that Hualapai do not give up but will stand for what is right.

Thank you for your belief and hope for the future. I ask you to pray for our people that live here on the Hualapai reservation that we continue to be strong, truthful, honest, and our hearts filled with love for one another. May God bless the United States of America and the Hualapai Tribe!

Respectfully Submitted,


Sherry J. Courts,
Hualapai Tribal Chairwoman





**SPECIAL RECALL ELECTION
MARCH 6, 2013**

CHARLES VAUGHN, SR.

ABSTRACT SHEET

Ballots Printed (including absentee)	<u>600</u>	
Ballots Cast (including absentee)	<u>392</u>	
Ballots Rejected	<u>2</u>	Spoiled Ballots <u>3</u>
Ballots Unused (including absentee)	<u>203</u>	
Total		

.....
CHARLES VAUGHN, SR.

VOTES:

YES 264

NO 128

Hualapai Election Board Committee:

Angelina Walema
Angelina Walema, Judge

Brenda Martin
Brenda Martin, Clerk

Leatrice Smith
Leatrice Smith, Clerk

Clara Mahone
Clara Mahone, Clerk

Steven Havatone
Steven Havatone, Marshall





**SPECIAL RECALL ELECTION
MARCH 6, 2013**

CANDIDA HUNTER

ABSTRACT SHEET

Ballots Printed (including absentee)	<u>600</u>	
Ballots Cast (including absentee)	<u>392</u>	
Ballots Rejected	<u>2</u>	Spoiled Ballots <u>3</u>
Ballots Unused (including absentee)	<u>203</u>	
Total		

.....
CANDIDA HUNTER

VOTES:

YES 220

NO 172

Hualapai Election Board Committee:

Angelina Walema
Angelina Walema, Judge

Brenda Martin
Brenda Martin, Clerk

Leatrice Smith
Leatrice Smith, Clerk

Clara Mahone
Clara Mahone, Clerk

Steven Havatone
Steven Havatone, Marshall

Gamyu Hualapai,
I thank you for the opportunity I was given to faithfully serve as your councilmember. Although this recall was not in my favor it does not change the person I am or my commitment to our people. I may no longer be a councilmember but I will continue to serve our youth and families, initiate policy change, and strive to make a difference in our community.
As a tribe we can only hope whoever is elected for the remainder of our terms supports decisions that are not self serving, fair, shows equality amongst our people, and makes decisions in the best interest of us! Let's stay in prayer and continue standing strong Hualapai!!
Hankyu,

Candida L Hunter

Candida L. Hunter
Hualapai Tribal Member





2013 SPECIAL TRIBAL ELECTION

MONDAY, APRIL 15, 2013

POLLING PLACE: MULTI – PURPOSE BUILDING

POLLS OPEN FROM 8:00 A.M. TO 5:00 P.M.

Tribal members shall vote to fill Two (2) Council seats

Official Candidate Filing Form:

Hualapai Tribal members interested in running for Office must complete an Official Candidate Nomination filing form. Please see Mrs. Clara Mahone, Election board member, at the Hualapai Tribal Administration offices for a copy of the form. Mrs. Mahone will provide you with instructions on filing the form.

The DEADLINE for filing this form is: **APRIL 1, 2013 @ 5:00 p.m.**

Qualifications for Office:

Any member of the Hualapai Tribe shall be eligible to run for Tribal office if he/she:

- (1) is at least twenty-five (25) years of age, and
- (2) has been a resident of the Hualapai reservation for at least one (1) year, and
- (3) has never been convicted of a felony or been convicted of three (3) misdemeanors within the last twelve (12) months, whether by Tribal, Federal or State court.

Preliminary Eligible list of voters:

The Eligible list of voters will be posted on March 25, 2013. Challenges to this list will be accepted up until April 4, 2013, ten (10) days before the Special Election. Hualapai members who have reached the age of eighteen (18) years old on or before April 15, 2013 will be allowed to vote, if their name appears on the Final List of Eligible voters. The Final list will be posted on April 8, 2013.

Absentee Voting will be permitted.

No Write-In Candidates.

If you turn 18 before the Special Election, please bring proof on age.



Community Meeting Trust Fund Settlement for Minor Children

This meeting is for all parents/guardians of enrolled Hualapai minor children who were eligible for the trust fund settlement.

THURSDAY, MARCH 21, 2013

3:00 – 5:00 PM

@

MULTI-PURPOSE BUILDING

PLEASE NOTE: March 18, 2013 is the deadline to make your comments on the draft that was put out to the public for 30 days. Copies at the Tribal Office and published in the last two Gamyu's. Any comments must be submitted to Wanda Easter by deadline.

.....
President Signs 2013 VAWA – Empowering Tribes to Protect Native Women

Posted by Jodi Gillette and Charlie Galbraith on March 07, 2013 |

<http://www.whitehouse.gov/blog/2013/03/07/president-signs-2013-vaawa-empowering-tribes-protect-native-women>

Today, President Obama signed into law the Violence Against Women Reauthorization Act of 2013. This Act strengthens the Violence Against Women Act (VAWA) with increased protections for Native American women and other victims previously left vulnerable by gaps in the law. During the signing ceremony the President emphasized, "Tribal governments have an inherent right to protect their people, and all women deserve the right to live free from fear. And that is what today is all about.

Making Native American communities safer and more secure has been a steadfast priority of the Obama Administration. Currently, Native American women are more than twice as likely to be victims of domestic violence as non-Native women. A recent Centers for Disease Control and Prevention study found that 46% of Native American women have experienced rape, physical violence, and/or stalking by a partner in their lifetime. One regional survey conducted by University of Oklahoma researchers showed that nearly three out of five Native American women had been assaulted by their spouses or intimate partners. Tribal leaders tell us the actual rates of victimization may be even higher, since the justice system's failure to adequately respond leaves many Native American victims unable to safely come forward with their stories.

In July 2010, President Obama signed the Tribal Law and Order Act (TLOA), which provided for enhanced sentencing by tribal courts. Upon signing the TLOA, the President stated that the prevalence of violence against Native American women remains "an assault on our national conscience" that "we cannot allow to continue." The tribal provisions included in the reauthorization of VAWA give tribes important new tools to help address this problem.

Tribal governments — police, prosecutors, and courts — are essential to the response to these crimes, but have long lacked the authority to address them effectively. Prior to TLOA's enactment, no matter how violent

.....



the offense, tribal courts could sentence Indian offenders to only one year in prison. Even worse, since a U.S. Supreme Court decision in 1978, tribal courts have had no authority to prosecute a non-Indian who commits domestic violence, even if he lives on the reservation, works for the tribe, and is married to a tribal member. Not surprisingly, abusers who are not arrested are more likely to repeat, and escalate, their attacks. Research shows that law enforcement's failure to arrest and prosecute abusers both emboldens attackers and deters victims from reporting future incidents. In short, the jurisdictional framework in Indian country has left many serious acts of domestic violence and dating violence unprosecuted and unpunished. The reauthorization of VAWA signed by President Obama will empower Indian tribes to protect all Native American women in Indian country, at long last.

Following up on countless reports from Native women and tribal leaders, the Administration, led by the Department of Justice, consulted formally with the tribes and then developed and submitted to Congress a proposal to address the jurisdictional barriers that have allowed crimes of domestic violence in Indian country to go unprosecuted. Because the Justice Department's proposal was ultimately included in the VAWA reauthorization bill, tribes will now be able to prosecute non-Indian perpetrators of domestic violence against Native American women in Indian country. The new law also clarifies that tribal courts have full civil jurisdiction to provide Native American women the safety and security of protection orders. And the new law gives additional tools to federal prosecutors to combat severe cases of domestic violence.

These provisions were included in the VAWA reauthorization along with other victims who face additional barriers to escaping violence. The strengthened VAWA reminds us that a victim is a victim, regardless of race, sexual orientation, gender identity, immigration status, or tribal affiliation, and all are worthy of protection. A broad coalition of advocates joined in championing those victims' voices to Members of Congress. As active members in that coalition, tribal leaders and advocates worked with Senators and Representatives of both parties to ensure the victimization of Native American women did not fall victim itself to Washington politics. In the end, the bill passed with broad bipartisan support in both chambers of Congress.

Passage of VAWA's tribal provisions is a critical piece of the President's larger agenda to make Indian country a safer, more prosperous place for the next generation of Native Americans. The Obama Administration looks forward to partnering with Indian tribes to implement all of the new provisions included in the VAWA reauthorization law.

*Charles Galbraith is an Associate Director in the Office of Intergovernmental Affairs
Jodi Gillette is the Senior Policy Advisor for Native American Affairs*

**Regular Council Meeting is on April 1, 2013 at 8:00 a.m.
Hualapai Tribal Administration
Tribal Chambers**

Donations for Elderly/Flower Making

Item Supplies Needed

- | | |
|--|---------------------------|
| 1. Wire | 6. Vases (75) |
| 2. Wreaths (30) | 7. Containers |
| 3. Ribbons (50 yards)/assorted color | 8. Plaster (10 bags) |
| 4. Silk flowers (a lot)/assorted color | 9. Glass stones (40) bags |
| 5. Hot glue/guns | 10. Foam (Millie) |

Some of the items listed can be purchased at your local Wal-Mart or Michael's Craft Store.
Please turn in supplies to the Elderly Center.





Hualapai Elderly Services Program Advisory Committee Meeting.

- **Meeting called to order, and welcomed by President Barbara Tinhorn at 1 pm.**
- **Roll call member's at large quorum was established.**
- **Members presented: President- Barbara tinhorn**
 - **Vice- Malinda powskey**
 - **Secretary- Mildred Grover**
 - **Treasure- Alfrieda Seeyouma**

Council members absent: 0

Elderly manager present: Shane Charley

Elders and other participants- Elvira Otten, Jolene Marshall, Josie Steele, Josie Powskey, Evalina Hemidreek, Hubert Imus Sr, Lyndee Hornell, Kristina Shongo, Mary Imus, Kevin Davidson, Linda Havatone, Verna Kopelva, Shane Charley.

**Review and approval of minutes for Feb. 11, 2013
Shane charley had read the minutes.**

Budget – was explained to us, by Shane (see inserted page #2).

- 1. Information and Education. To attend and participate in the 25th annual Arizona Indian council on Aging Conference on April 15-18, 2013. Attend caregiving conference.**
- 2. Morongo Pow-wow in September.**





HUALAPAI TRIBAL COUNCIL
2013 BUDGET

YEAR TO DATE NOV	2012 REQUEST BUDGET	2013 FINANCE	2013 RECOMMENDATION	2013 Council Approval
---------------------	------------------------	-----------------	------------------------	--------------------------

~~ELDERLY~~

REVENUE

	NOV	2012 REQUEST BUDGET	2013 FINANCE	2013 RECOMMENDATION	2013 Council Approval
Expense Summary:					
01-29-00-5100 SALARIES & WAGES ADMIN	\$0.00	\$51,600.00	\$80,500.00	\$80,500.00	\$80,500.00
01-29-00-5151 FICA	\$0.00	\$3,939.75	\$3,939.75	\$3,939.75	\$3,939.75
01-29-00-5154 STATE UNEMPLOYMENT TAXES	\$0.00	\$200.00	\$200.00	\$200.00	\$200.00
01-29-00-5155 WORKMANS COMPENSATION	\$0.00	\$722.00	\$722.00	\$722.00	\$722.00
01-29-00-5156 HEALTH INSURANCE	\$0.00	\$4,959.00	\$4,959.00	\$4,959.00	\$4,959.00
01-29-00-5157 DRUG SCREENING	\$189.65	\$0.00	\$150.00	\$150.00	\$150.00
01-29-00-5200 PENSION	\$0.00	\$2,575.00	\$2,575.00	\$2,575.00	\$2,575.00
01-29-00-5250 TRAVEL ADMIN			\$20,000.00	\$10,000.00	\$10,000.00
01-29-00-5251 TRAVEL-ELDERS	\$35,641.43	\$25,000.00	\$25,000.00	\$25,000.00	\$25,000.00
01-29-00-5500 PROGRAM/KITCHEC/SUPPLIES	\$20,018.83	\$6,000.00	\$15,000.00	\$15,000.00	\$15,000.00
01-29-00-5600 SUPPLIES & MATERIALS (ELDERL)	\$3,405.33	\$0.00	\$3,500.00	\$3,500.00	\$3,500.00
01-29-00-5700 HOLIDAY ACTIVITIES	\$493.88	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00
01-29-00-6000 TELEPHONE	\$6,079.84	\$6,000.00	\$6,000.00	\$6,000.00	\$6,000.00
01-29-00-6050 OPERATING SERVICES	\$357.06	\$0.00	\$500.00	\$500.00	\$500.00
01-29-00-6100 UTILITIES	\$10,519.54	\$4,000.00	\$10,000.00	\$10,000.00	\$10,000.00
01-29-00-6200 Rents & Leases	\$2,839.00	\$0.00	\$5,000.00	\$5,000.00	\$5,000.00
01-29-00-6600 VEHICLE REPAIRS & MTNC	\$4,896.80	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00
01-29-00-6700 BLDG REPAIRS & MAINTENANCE	\$0.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00
01-29-00-6800 GAS & OIL	\$24,287.49	\$10,000.00	\$20,000.00	\$20,000.00	\$20,000.00
01-29-00-6900 INSURANCE	\$0.00	\$3,900.00	\$3,900.00	\$3,900.00	\$3,900.00
01-29-00-7000 FOOD	\$60,937.24	\$25,000.00	\$50,000.00	\$50,000.00	\$50,000.00
01-29-00-7550 EQUIPMENT	\$3,940.79	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00
(5000 TO 9999) Total Expense Summary	\$173,606.88	\$163,795.75	\$271,945.75	\$261,945.75	\$261,945.75

gaming general
58,925.00

$$\begin{array}{r}
 261,945.75 \\
 + 58,925.00 \\
 \hline
 320,870.75 \\
 + 12,000.00 \text{ Title 3} \\
 \hline
 332,870.75 \\
 + 70,000.00 \text{ Title 6} \\
 \hline
 402,870.75
 \end{array}$$

(inserted page 2)



- 3. Per Diem to individuals for activities per day. Per Diem is for daily meals and should be used for this purpose.**
- 4. Human language family summit march 25- 27, 2013 @ Prescott resort and conference center in Prescott AZ.**
- 5. The Elders, from our center, enjoy going to the Senior Olympics games to challenge other teams and one another to stay active and associate with different tribes.**
- 6. Menu- was sent out to the nutritionist. Shane Charley received menu and needs to make corrections.**
- 7. Weekend activities on weeks were brought up by the Elders. Shane explained that employees were on a schedule from 8-5pm Monday thru Friday. Shane has posted a position for a driver. For Elders that need assistance while on travel with groups need to have a caregiver because staff is not responsible for Elders. No policy procedures are in place.**
- 8. Calendar, activities, menu and birthdays need to be announced in Gumyu.**
- 9. Purpose of this committee is to put back into the elders hands. To involve the elders for their input.**
- 10. Shane requested to add another position as an elderly advocate. Has posted this position in the community.**
- 11. Shane will be requesting for two vans for our Elderly Center. Two vans are getting maintained at Truxton station.**
- 12. March 8th was Rhoda Samson's retirement part at 11:30. March 15th will be her last day of work.**
- 13. Christmas gift giving and buying will be revamped.**
- 14. Kevin Davidson presented plans for the renovation of the front door to elderly center there will be a new entrance, with automatic sliding doors. Within 30 days and he will be done by May.**
- 15. Hubert Imus Sr of the Recreation Dept has already made a schedule for the Elders to participate in practicing for the chair volley ball for senior games.**
- 16. Elderly center sold candy grams on Feb 14th 2013 at the bazaar and we had volunteers to put candy grams together.**

Meeting was adjourned at 2:30 pm.



~ March 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	
3	4 *TOWN DAY CULTURAL PRESENTATION @ 11:30 AM.	5 WORK ON QUILT 9- 11 AM	6 FLAGSTAFF/ CAMERON TRIP @ 8 AM.	7 BEAD WORK PROJECT 1-3 PM.	8 RHODA LUNCHEON @ 11:30 @ ELDERLY CENTER.	
10	11 COMMITTEE MEETING AT ELDERLY CENTER @ 1 PM.	12 FLOWER MAKING 1- 3 PM.	13	14 *COMMODITY PICK UP. PILLOW MAKING 1-3 PM.	15	16
17  HAPPY ST. PATRICK'S DAY	18 **SENIOR OLYMPICS FOR THOSE SIGNED UP.	19	20 FIELD TRIP TO WILLOW BEACH @ 8 AM.	21	22	23
24	25 **YUMAN LANGUAGE FAMILY SUMMIT TRIP FOR THOSE SIGNED UP.	26	27 YUMAN TRIP ENDS.	28 <i>Elsberry</i> <i>BORNE</i> <i>DICKIE</i>	29	30
31 HAPPY EASTER 	Notes: * Please sign up for Town day and Commodity @ the Elderly center or call to sign you up! **Trips are scheduled and organized for those that signed up. For all trips and activities there is a sign up sheet at the center please sign up or call in to have your name on the sheet.					



Dear Potential and Valued Customers,

This past year has been a dilemma in itself. But 2013 looks like we'd be able to make it a better year. Most of you know me from being at McCoy Motors for the past 5 years and many of you have continued to come back for all your buying needs and built a relationship with me. I continue to give the same support and effort to provide that continued service that I have always given to my customers when purchasing a new or pre-owned vehicle. Our sales team and I welcome both you and your family to come visit us at Findlay Volkswagen of Flagstaff, located just behind the Flagstaff Mall. Thanks again for your time and if you have any questions or concerns, please call me at (928)522-2700 or toll free (866)308-2009

Respectfully,

Evan Scott





Help us!



Help us name our New Man vs Food challenge!

Come up with a name for our challenge to eat the largest Hualapai Taco in the Southwest!

The ultimate Hualapai Taco?

Winning name will earn a duel with our Taco and a \$50 gift card to Diamond Creek Restaurant! Get your entry form at DC Restaurant or Hualapai Lodge Front Desk! Entry deadline 4/30/13

Let us have Revival!

The Hualapai Baptist Church

(on the Highway next to the Lodge)

invites *You* and Your Family
to meet together and make an investment
of the positive in *our* life!



Guest Speaker – *Chris Miller*

Revival begins this

Sunday the 17th @ 11:00 a.m.

and

will continue every night

through Thursday the 21st @ 6:30 p.m



**You Earned it.
KEEP ALL OF IT!**



FREE TAX FILING

in

PEACH SPRINGS

at the Education & Training Center

Friday

March 22, 2013

8:00 am to 3:00 pm



What You Need to Bring:

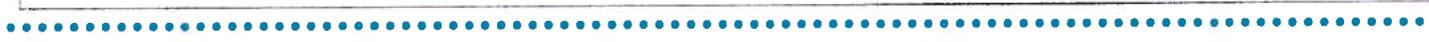
- Picture ID for taxpayer (and spouse)
- Original Social Security or ITIN cards for all household members
- Proof of income, including ALL W2's and 1099 forms
- All other important tax documents
- Name, address and tax ID# of child care provider
- Amount of money paid to child care provider last year
- Account and routing numbers for direct deposit
- Copy of last year's tax return (Helpful)
- If filing jointly, both adults must be present to sign the return



**For more information please call
Lucille at 928.769.2200**



DNA - People's Legal Services, Inc.





**HAVASUPAI TRIBE
GRAND CANYON TRUST
CENTER FOR BIOLOGICAL DIVERSITY
SIERRA CLUB**

For Immediate Release, March 7, 2013

Contact: Don Watahomigie, Chairman, Havasupai Tribe (928) 448-2731 or (928) 660-0023, htchair@havasupai-nsn.gov
Matthew Putesoy, Vice Chairman, Havasupai Tribe, (928) 448-2731, mattputesoy@yahoo.com
Roger Clark, Grand Canyon Trust (928) 890-7515, rclark@grandcanyontrust.org
Taylor McKinnon, Center for Biological Diversity (928) 310-6713, tmckinnon@biologicaldiversity.org
Sandy Bahr, Sierra Club (602) 999-5790, sandy.bahr@sierraclub.org

Havasupai Tribe, Conservation Groups Challenge Uranium Mine Threatening Grand Canyon

Forest Service OKs Uranium Mining Without Tribal Consultation or Update to 27-year-old Environmental Review

GRAND CANYON NATIONAL PARK— The Havasupai tribe and three conservation groups today sued the U.S. Forest Service over its decision to allow Energy Fuels Resources, Inc. to begin operating a uranium mine near Grand Canyon National Park without initiating or completing formal tribal consultations and without updating an outdated 1986 federal environmental review. The Canyon Mine threatens cultural values, wildlife and endangered species and increases the risk of soil pollution and pollution and depletion of groundwater feeding springs and wells in and near Grand Canyon. The lawsuit alleges violations of environmental, mining, public land and historic preservation laws.

"We regret that the Forest Service is not protecting our sacred site in the Red Butte Traditional Cultural Property from destruction by uranium mining," said Don Watahomigie, chairman of the Havasupai tribe. "The Havasupai are returning to the federal courts to protect our people, our religion and our water."



The "Canyon" uranium mine, seen here in the foreground, with Grand Canyon National Park six miles to its north. Photo by Bruce Gordon, Ecoflight.

The mine is located within the boundaries of the Red Butte Traditional Cultural Property, which the Forest Service designated in 2010 for its critical religious and cultural importance to several tribes, especially Havasupai. As a "traditional cultural property," Red Butte is eligible for inclusion on the National Register of Historic Places. The lawsuit alleges that the Forest Service violated the National Historic Preservation Act by failing to undertake any process, as required by the Act, to consult with interested tribes to determine how the adverse impacts of the mine on Red Butte could be avoided or mitigated prior to approving mining.

"The Forest Service should be protecting the Grand Canyon instead of shielding the uranium industry's dangerous plans from public, tribal, environmental and scientific scrutiny," said Taylor McKinnon with the Center for Biological Diversity. "Sacrificing water, culture and wildlife for the uranium industry was a bad idea in 1986, doing so now while ignoring 27 years of new information is absurd."

The mine falls within the 1-million-acre "mineral withdrawal" approved by the Obama administration in Janu-





ary 2012 to protect Grand Canyon’s watershed from new uranium mining impacts. The withdrawal prohibits new mining claims and mine development on old claims lacking “valid existing rights” to mine. In April 2012, the Forest Service made a determination that there were “valid existing rights” for the Canyon mine, and in June it issued a report trying to explain its decision to allow the mine to open without updating the 27-year-old environmental review.

“After 27 years, the Forest Service is still ignoring the significant and harmful impacts of this proposed uranium mine, so near Grand Canyon and Red Butte, and in the heart of an area that provides important wildlife habitat,” said Sandy Bahr, chapter director for Sierra Club’s Grand Canyon Chapter. “The agency should be a steward of these lands and their resources, not a broker for the uranium mining industry.”

The lawsuit also alleges that the Forest Service violated the National Environmental Policy Act for failing to conduct a “supplemental environmental impact statement” to analyze changes in the planned mining and new science and circumstances that have arisen since the mine’s 1986 environmental impact statement. Those include the 2010 designation of the Red Butte Traditional Cultural Property, reintroduction of the endangered California condor, and formal and informal authorizations. Scientific studies published since 1986 demonstrate the potential for rapid aquifer recharge and connectivity between perched and deep aquifers and regional springs and creeks.

"Failure to consider new, comprehensive groundwater studies done during the 1990s for the region south of Grand Canyon is unconscionable," said Roger Clark of the Grand Canyon Trust. "Why would the Forest Service intentionally ignore information that could prevent permanent harm to springs, which are the sole source of water for Havasupai people and lifeblood for Grand Canyon plants, animals and hikers?"

Plaintiffs in today’s suit include the Havasupai Tribe, Grand Canyon Trust, Center for Biological Diversity and Sierra Club. The suit seeks injunctive relief ceasing all mine operations and enjoining the Forest Service from authorizing or allowing any further mining related activities at the Canyon Mine site pending compliance with the law.

Background

The Canyon Mine is located on the Kaibab National Forest six miles south of Grand Canyon National Park. The mine’s original approval in 1986 was the subject of protests and lawsuits by the Havasupai tribe and others objecting to potential uranium mining impacts on regional groundwater, springs, creeks, ecosystems and cultural values associated with Red Butte. Above-ground infrastructure was built in the early 1990s but a crash in uranium prices caused the mine’s closure in 1992 before the shaft or ore bodies could be excavated. Pre-mining exploratory drilling drained groundwater beneath the mine site, eliminating an estimated 1.3 million gallons per year from the region’s springs that are fed by groundwater. A 2010 U.S. Geological Survey report noted that past samples of groundwater beneath the mine exhibited dissolved uranium concentrations in excess of EPA drinking water standards. Groundwater threatened by the mine feeds municipal wells and seeps and springs in Grand Canyon, including Havasu Springs and Havasu Creek. Aquifer Protection Permits issued for the mine by Arizona Department of Environmental Quality do not require monitoring of deep aquifers and do not include remediation plans or bonding to correct deep aquifer contamination. Originally owned by Energy Fuels Nuclear, the mine was purchased by Denison Mines in 1997 and by Energy Fuels Resources Inc., which currently operates the mine, in 2012.





E-PCH

CHECK IT OUT!!!!
Listen on your computer :
www.epchradio.com

Listen on your mobile



Download the App to listen
Android / Iphone / Ipad / Blackberry



Check out our FACEBOOK page

EPC

Become a fan !

PEACH SPRINGS YOUTH RADIO

FM Radio is coming soon to Peach Springs ,Arizona!!

The Federal Communications Commission (FCC) recently issued an order allotting FM Channel 100.9 in Peach Springs to the Hualapai Tribe. The following is the FCC press release:

"The need for Tribal radio stations is clear. There are 566 federally recognized American Indian Tribes and Alaska Native Villages. Approximately one-third of the 4.1 million Native American population lives on Tribal lands, which comprise over 55 million acres, or 2.3 percent of the area of the United States, exclusive of Alaska. Despite this, fewer than 100 broadcast radio stations are licensed to Tribes or affiliated groups, a fraction of one percent of all radio station owners. We have visited many parts of Indian Country and we have seen how people in Native Communities can benefit from radio - to prepare for and recover from emergencies, to preserve Native culture, language and music, and to convey important information to Tribal members.

Today, the Commission for the first time added FM allotments under the Tribal Priority. Proposed by Navajo Technical College, an educational institution owned by the Navajo Nation, an allotment was added at Crownpoint, New Mexico. A second allotment, proposed by the Hualapai Tribe, was added for new FM service at Peach Springs, Arizona. Now that these allotments have been added, a filing window will open shortly for qualified Tribal applicants to apply for construction permits to build and operate FM stations in these communities.

We congratulate the Navajo Nation and the Hualapai Tribe in being the first to benefit from the Tribal Priority. We look forward to working with other Tribal Nations so they can also benefit from the opportunities afforded by the Tribal Radio Priority. "

If you have questions, or for more information about Hualapai Radio, contact Terri at 769-1110 .





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.



Education & Training Information

PEACH SPRINGS ELEMENTARY SCHOOL

Stanford 10 Countdown-April 15th (Grade 2)

AIMS Countdown-April 15th (Grades 3-8)

March 2013 Events

Students are tardy after 7:45 a.m.

March 4-8 Book Fair (Mon. 12:00-4:45, Tues. 12:00-4:45, Wed. 12:00-7:00, Thurs. 12:00-4:45, and Fri. 10:00-3:00)

March 4-7 Galileo Benchmark Testing (we need all students at school/on time)

March 5th Governing Board meeting at 5:30 by the Library

March 7th End of Third Grading Period

March 11-14 Spring Break

March 19th Parent Academy-Agenda: Parenting Techniques /Academic Review

April 2nd Governing Board meeting at 5:30 by the Library

April 15-25 AIMS/Stanford 10 testing (we need all students at school/on time)

We need your updated phone numbers for emergencies, positive calls home, or calls of concern. This is important! Please call 928-769-2202 to update your phone number(s). You are awesome!

Kindergarten enrollment for the 2013/2014 school year is going on now. Please come in before March 14th Monday thru Thursday to enroll your child. The school office closes at 5:00 p.m. but if you make an appointment we can stay later. We look forward to making your child's educational experience wonderful.

Parent notes are needed if you need your child to go to a different location after school. Please communicate with us as we want your child to be safe.

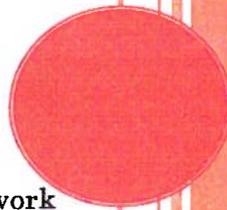
Tutoring is available Monday-Wednesday every week. Please sign your child up for additional assistance. We have teachers waiting to help.

Homework is important and is an extension of your child's day to practice and keep their academic skills sharp. By providing time and motivation your child will come to school happy and be prepared for the next challenge. We need our children to be the next *intelligent* leaders. Signing your child's planner ensures that you have checked their homework and shows your child you care.

"Kindness is the language which the deaf can hear and the blind can see."

-Mark Twain

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL





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

March 7, 2013

Art Students of the Week

The following Students were Selected for the week of February 7, 2013

Jennalee Walker

8th Grade, Mr. Medal

Alejandro Weapo-Hunter

8th Grade, Mr. Medal

Teresa Suminimo

8th Grade, Mr. Medal

Leland Cardy

8th Grade, Mr. Medal

Killian Siyuja

2nd Grade, Ms. Rich

Edessa Honga

4th Grade, Ms. Barnhart

DeAndre Lewis

6th Grade, Mrs. Guthrie

Carlina Ng

2nd Grade, Ms. Rich

Congratulations to these creative students!

Books for Parents and Parenting

Enhancing School Success

Family Math By Jean Kerr Stenmark, Virginia Thompson, Ruth Cossey
How can parents help their children with math at home? With over 300 pages of lively activities, this book represents one of the greatest strides taken to involve parents in the mathematics education of their children. Using easy instructions and simple objects such as beans, blocks, pennies, buttons, and string, parents and kids solve problems together. For families with children five to twelve years old.

Motivated Minds: Raising Children to Love Learning Deborah Stipek and Kathy Seal
What makes children succeed in school? Deborah Stipek, Dean of the School of Education at Stanford, and Kathy Seal maintain that parents and teachers can build a solid foundation for learning by helping children to develop the key elements of success. The authors offer practical advice on understanding different learning styles and down-to-earth tips about how to manage difficult issues. Most important, they help parents create an enriching environment for their children at home.

Ten Steps to Helping Your Child Succeed in School Mychal Wynn
Once in a while you kind of wish there were eleven steps or eight tips, just to keep the number ten honest. Seriously, this compact book (only 140 brief pages) packs a lot of information into its decimal framework. Tables of personality types, multiple intelligences, and learning styles are all part of Step 1, for example. This book focuses on Steps, that is, here are ten things you can do, in the order you can do them, that should contribute positively toward your child's success in school. Given that it shouldn't take you more than about an hour to read this useful primer.





SUPERINTENDENT'S SUPER TEAM

February 28, 2013

We would like to congratulate the Peach Springs Elementary School students who made the Superintendent's Super Team. Every two weeks each classroom will select a student who accomplished the following:

Had a positive change in attitude

Completed daily homework

Complete classroom assignments

Maintain a positive attitude

Good citizenship – leadership abilities, consideration for others, being helpful and attentive, good sportsmanship

I would like to recognize the following students:

Kindergarten student – Elizabeth Walema

1st grade student – Kaydence Crozier

2nd grade student – Ashtyn Wellington-Powsey

3rd grade student – Iris Siyuja

3rd grade student – Ines Siyuja

4th grade student – Jacob Susanyatame

4th grade student – Edessa Honga

5th grade student – Clark Sullivan

6th grade student – Cody Powskey

7th grade student – Sonwai Jackson

8th grade student – Courtney Powskey

Physical education – Kyreen Mahone

Creative art – Shaileen Gonzales

Students keep up the great work!

Looking forward to a positive outcome for the children,

**Dr. Anthony Perkins
Superintendent**





Eat These Foods to Your Heart's Content

With heart disease the number one killer of both men and women in this country, you would think a cure that could dramatically reduce these deaths would be big news. And yet the most effective remedy is so simple that most people can't seem to believe it works. "In traditional societies, where people don't eat processed foods, heart disease is rare," says Dr. Arthur Agatston, cardiologist and author of *The South Beach Wake-Up Call*. "If you start with a healthy diet in childhood, heart attacks are almost completely preventable." Studies have shown that up to 70 percent of heart disease can be averted with the right regimen, according to Dr. Walter Willett, chair of nutrition at Harvard School of Public Health. But is diet alone as powerful as drugs? "Oh, no, it's much more powerful," says Dr. Willett. "Statins, the most effective single medications for reducing heart disease, only cut risk by 25 to 30 percent."

In fact, you would need a cabinet full of prescription drugs to bestow all the benefits of a serious heart-healthy meal plan. There's nothing a drug can do for your heart health that foods can't do, too. In that spirit, here are nine top foods for the heart. But this list is only a beginning. A truly healthy diet features a broad range of fruits, vegetables, nuts, and legumes--not a select few. Hippocrates understood the concept more than 2,000 years ago: "Let your food be your medicine, and your medicine be your food."

TOP 10 HEART HEALTHY FOODS

Oranges: They contain a pharmacy's worth of salves for the heart. The soluble fiber pectin acts like a giant sponge, sopping up cholesterol in food and blocking its absorption--just like a class of drugs known as bile acid sequestrants. And the potassium in oranges helps counterbalance salt, keeping blood pressure under control. But new research shows something even more startling: Citrus pectin helps neutralize a protein called galectin-3 that causes scarring of heart tissue, leading to congestive heart failure--a condition that is often difficult to treat with drugs. "Twenty percent of Americans over 50 have high galectin-3," says Dr. Pieter Muntendam, CEO of BG Medicine in Waltham, MA. "A 2009 study showed that a diet high in fruits and vegetables decreased the risk of heart failure by 37 percent." Pectin is contained in the pulp and pith. You'll get more of it in juice with pulp. Or better yet, eat your oranges.

Kale: Your mom was right: You need to consume your dark leafy greens. "Kale has everything you would want in a superfood," says Dr. Joel Fuhrman, the author of the bestseller *Eat to Live*, who uses diet and exercise to help patients reverse their cardiovascular disease. For starters, kale boasts a bumper crop of heart-healthy antioxidants, omega-3 fatty acids, fiber, folate, potassium, and vitamin E. It's also rich in lutein, which correlated in the Los Angeles Atherosclerosis Study with protection against early atherosclerosis. Kale even contains an unusual compound, glucoraphanin, that activates a special protective protein called Nrf2. "It creates a sort of Teflon coating in your arteries to keep plaque from adhering," says Dr. Fuhrman. For a snack, try Brad's Raw Leafy Kale--actual kale that is dehydrated, then coated with ground cashews, sunflower seeds, lemon juice, and garlic.

Garlic: Research suggests that, much like the ACE inhibitor drugs that fight high blood pressure, garlic ratchets down an enzyme called angiotensin, which constricts blood vessels. Though the effect is modest compared with medications, garlic seems to have a significant impact on the buildup of plaque. In three randomized trials, Dr. Matthew Budoff, professor of medicine at UCLA, found that plaque progression slowed by more than 50 percent in people taking garlic extract, compared with the non-vampire slayers--"and the nongarlic group was on standard drugs," he says. The trials used 250 mg tablets of Kyolic aged garlic extract to standardize the dose. "But it's always better to eat the real food," says Gayl Canfield, director of nutrition at Pritikin Longevity Center in Miami.

Red Wine: Any alcohol nudges up HDL, the "good" cholesterol that helps prevent plaque. But red wine may offer additional benefits, says John Folts, professor emeritus of cardiovascular medicine and nutrition at the University of Wisconsin-Madison. "The key is not resveratrol--you would need 16 bottles a day," he says. Instead, compounds called polyphenols help keep blood vessels flexible and reduce the risk of unwanted clotting. "They're nearly as effective as aspirin," he claims. But note: More than one glass of vino a day ups the risk of breast cancer for women, and chronic heavy drinking damages the heart, so this is a case where more is not better. Dark beer such as Guinness stout delivers many of the same beneficial polyphenols.





Dark Chocolate: The Kuna Indians off the coast of Panama have enviably low blood pressure--and unlike the rest of us, they don't develop hypertension as they age. When Harvard cardiologist Dr. Norman Hollenberg set out to unravel their secret, he assumed they carried some rare genetic trait. Instead he found they drink enormous quantities of minimally processed cocoa. It's rich in compounds called flavanols, which improve blood vessel flexibility. We can all get them from chocolate--a few squares a day. Dark chocolate is likely to have more, because it starts with a higher cocoa content--but that's no guarantee, since different processing methods can destroy them. Dove Dark has been shown to have high levels of flavanols.

Sardines: The omega-3 fatty acids in cold-water fish are crucial for heart health, and sardines have among the highest levels. These "good fats" lower harmful triglycerides, raise protective HDL, reduce potentially fatal heart arrhythmias, and tamp down inflammation. It's inflammation that ultimately destabilizes plaque, causing it to rupture and produce a heart-attack-inducing clot. Though you can get omega-3s from plant sources such as flaxseed, the "long chain" omega-3s in fish are far more powerful. A large Danish study last year in the American Journal of Clinical Nutrition found a 38 percent reduction in ischemic heart disease among women who consumed the most. Wild Planet sells wild sardines in extra virgin olive oil with lemon.

Lentils: One international study followed 12,763 people in the United States, Japan, and six European countries for 25 years. When the results were tallied, legumes--such as lentils--were associated with an 82 percent reduction in the risk of death from heart disease. The reasons include not only lean vegetable protein and fiber but also folate, magnesium, and potassium. George Mateljan, the author of *The World's Healthiest Foods*, calls magnesium "nature's own calcium channel blocker"--a type of drug that fights hypertension. And by counterbalancing salt, potassium is crucial for keeping blood pressure under control. TruRoots's new Sprouted Lentil Trio cooks in just 5 to 7 minutes.

Almonds: "You don't have to be miserable to bring your cholesterol down," says Dr. David Jenkins, professor of medicine and nutritional sciences at the University of Toronto. The plant sterols in almonds reduce the absorption of cholesterol from the diet, while the unsaturated oils encourage the liver to make less LDL and more "good" HDL. When Dr. Jenkins gave patients a vegetarian diet including almonds (along with other cholesterol-lowering foods, such as lentils, eggplant, and soy) for a month, he found LDL reductions of 28.6%--comparable to those on 20 mg of lovastatin (Mevacor). Just 22 almonds a day will do. Another study found major declines in fatal arrhythmias with 2 servings of nuts a week. Don't limit yourself to almonds. Walnuts, pistachios, and peanuts are also great.

Pomegranates: Bringing down LDL is important, but so is preventing the oxidation of that cholesterol. When LDL is oxidized, it tends to get stuck in arterial walls, initiating the formation of plaque. But Michael Aviram, professor of biochemistry at the Technion-Israel Institute of Technology in Haifa, found that pomegranate juice, with its unique antioxidants, not only blocked the progression of plaque, but actually reversed some of the buildup when patients drank 8 ounces a day for a year. How does it do this? In later studies, Dr. Aviram learned that pomegranates activate an enzyme that breaks down oxidized cholesterol. For those who love pomegranates but not the messy job of cracking them open, Pom Wonderful now does the work for you. Look for the fruit-covered seeds (or "arils") in clear plastic cups under the brand name Pom Poms.

No Half-Hearted Measures: Unfortunately, you won't disease-proof your heart by simply adding chocolate, wine, and nuts to a diet full of doughnuts and bacon. Groundbreaking new studies explain why. For years, government panels told us that the main villain in heart disease was the saturated fat in meat and dairy. We did the logical thing and cut down on total fat while upping refined carbs. Bad move. Research now shows that the sugar and refined flour in our bagels, pizzas, cookies, and sodas are even more problematic. Stripped of fiber (and other nutrients), these unhealthy carbs zip-line through the digestive tract and into the bloodstream, where they deliver a triple dose of heart damage--raising harmful triglycerides, lowering protective HDL, and raising blood pressure.

But saturated fat isn't off the hook. Some studies have appeared to exonerate it--but only because people in these studies replaced the bad fat in their diets with harmful carbs. "When you eat good fats instead of bad ones, cardiac risk goes down," says Harvard's Dr. Walter Willett. So treat cheese as dessert, not the main course, and favor lean meat such as grass-fed bison.





Exercise can add years to your life

Here's more proof that exercise brings enormous health benefits, even if you remain overweight: a study in the Nov. 6, 2012, *PLoS Medicine* finds that overweight or obese people who engage in leisure-time physical activity can extend their lives by as much as four years, compared with similar-weight people who do no such activity. Being active and maintaining a healthy weight adds an even bigger benefit, boosting longevity by more than seven years. The findings are similar to those of a study reported in the July 2012 *Harvard Health Letter*, which found that fitness and fatness independently affect your heart and have a greater impact when combined.

So how do you get in on the benefit? "Being physically active is one of the best things you can do for health. It decreases the risk of many chronic diseases and so enhances longevity; it also improves physical and mental functioning. Even if you cannot meet physical activity recommendations (the equivalent of 150 minutes per week of brisk walking), any activity is better than none. Our study showed that even 75 minutes per week of brisk walking was associated with a gain of almost two years," says Dr. I-Min Lee, professor of medicine at Harvard Medical School and one of the study investigators.

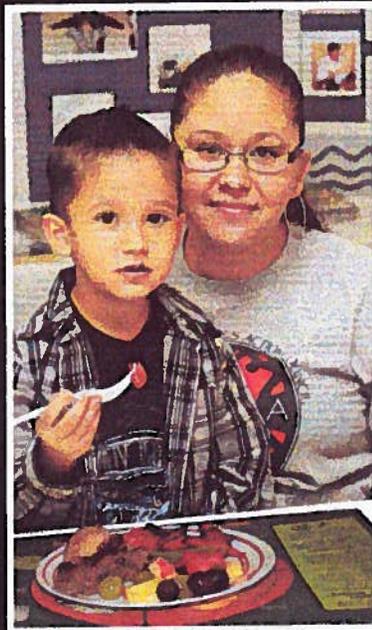
Hualapai Healthy Heart Program
Healthy Dinner 3-04-2013

Healthy Taco Ingredients

- 16 ounces drained ground beef and/or ground turkey breast
- 1/2 cup chopped onion
- 1 10-ounce can diced tomatoes with green chiles, preferably Rotel brand (see Tip), or 1 1/4 cups petite-diced tomatoes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- Optional: 1 10-ounce can diced tomatoes with green chiles, preferably Rotel brand (see Tip), or 1 1/4 cups petite-diced tomatoes

Other tips:

- Use formed taco shells that can be heated in the oven; avoid the deep fried shells and the large deep fried flour
- Use dark green lettuce for a topping
- Use a vegetable like squash as a side dish; you don't need the extra starch (complex carbohydrates), fat and protein provided by rice and beans. The taco shell provides carbohydrate and the meat the protein!



Produced by IHS Division of Diabetes
Treatment and Prevention.
www.diabetes.ihs.gov

3 STEPS TO HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1 1/2 inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition, then My Native Plate.*



Choose More than 50 Ways to Prevent Type 2 Diabetes

Learn how to prevent or delay type 2 diabetes by losing a small amount of weight. To get started, use these tips to help you move more, make healthy food choices, and track your progress.

Reduce Portion Sizes

Portion size is the amount of food you eat, such as 1 cup of fruit or 6 ounces of meat. If you are trying to eat smaller portions, eat a half of a bagel instead of a whole bagel or have a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.



Put less on your plate, Nate.

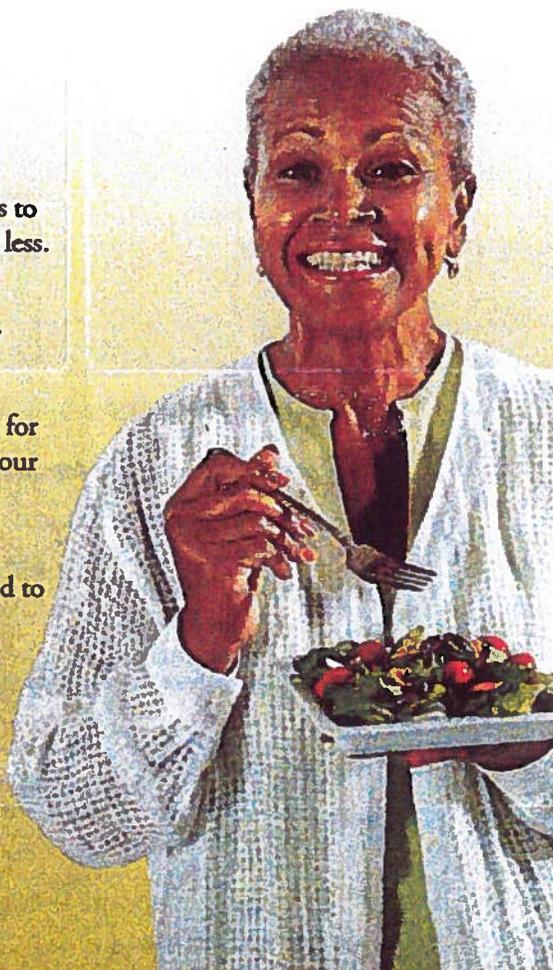
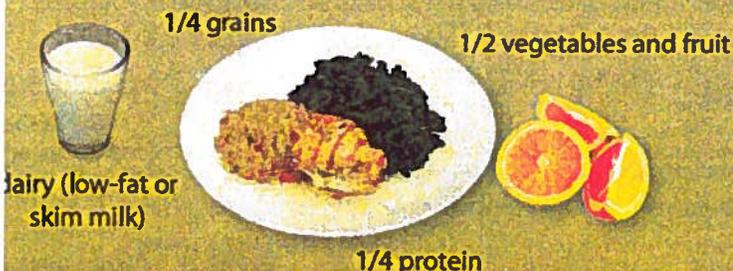
1. Drink a large glass of water 10 minutes before your meal so you feel less hungry.
2. Keep meat, chicken, turkey, and fish portions to about 3 ounces.
3. Share one dessert.



Eat a small meal, Lucille.

4. Use teaspoons, salad forks, or child-size forks, spoons, and knives to help you take smaller bites and eat less.
5. Make less food look like more by serving your meal on a salad or breakfast plate.
6. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
7. Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).

How much should I eat?
Try filling your plate like this:





Move More Each Day

Find ways to be more active each day. Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started and you can do it almost anywhere at any time. Bike riding, swimming, and dancing are also good ways to move more.

If you are looking for a safe place to be active, contact your local parks department or health department to ask about walking maps, community centers, and nearby parks.



Dance it away, Faye.

- 8. Show your kids the dances you used to do when you were their age.
- 9. Turn up the music and jam while doing household chores.
- 10. Work out with a video that shows you how to get active.

Let's go, Flo.

- 11. Deliver a message in person to a co-worker instead of sending an e-mail.
- 12. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.
- 13. Catch up with friends during a walk instead of by phone.
- 14. March in place while you watch TV.
- 15. Choose a place to walk that is safe, such as your local mall.
- 16. Get off of the bus one stop early and walk the rest of the way home or to work during the week if it is safe.



Make Healthy Food Choices

Find ways to make healthy food choices. This can help you manage your weight and lower your chances of getting type 2 diabetes.

Choose to eat more vegetables, fruits, and whole grains. Cut back on high-fat foods like whole milk, cheeses, and fried foods. This will help you reduce the amount of fat and calories you take in each day.

Snack on a veggie, Reggie.

- 17. Buy a mix of vegetables when you go food shopping.
- 18. Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
- 19. Try eating foods from other countries. Many of these dishes have more vegetables, whole grains, and beans.
- 20. Buy frozen and low-salt (sodium) canned vegetables if you are on a budget. They may cost less and keep longer than fresh ones.
- 21. Serve your favorite vegetable and a salad with low-fat macaroni and cheese.





Cook with care, Claire.

- 22. Stir fry, broil, or bake with non-stick spray or low-salt broth. Cook with less oil and butter.
- 23. Try not to snack while cooking or cleaning the kitchen.
- 24. Cook with smaller amounts of cured meats (smoked turkey and turkey bacon). They are high in salt.

Cook in style, Kyle.

- 25. Cook with a mix of spices instead of salt.
- 26. Try different recipes for baking or broiling meat, chicken, and fish.
- 27. Choose foods with little or no added sugar to reduce calories.

- 28. Choose brown rice instead of white rice.



Eat healthy on the go, Jo.

- 29. Have a big vegetable salad with low-calorie salad dressing when eating out. Share your main dish with a friend or have the other half wrapped to go.
- 30. Make healthy choices at fast food restaurants. Try grilled chicken (with skin removed) instead of a cheeseburger.
- 31. Skip the fries and chips and choose a salad.
- 32. Order a fruit salad instead of ice cream or cake.



Rethink your drink, Linc.

- 33. Find a water bottle you really like (from a church or club event, favorite sports team, etc.) and drink water from it every day.
- 34. Peel and eat an orange instead of drinking orange juice.
- 35. If you drink whole milk, try changing to 2% milk. It has less fat than whole milk. Once you get used to 2% milk, try 1% or fat-free (skim) milk. This will help you reduce the amount of fat and calories you take in each day.
- 36. Drink water instead of juice and regular soda.



Eat smart, Bart.

- 37. Eat foods made from whole grains every day, such as whole wheat bread, brown rice, oats, and whole grain corn.
- 38. Use whole grain bread for toast and sandwiches.
- 39. Keep a healthy snack with you, such as fresh fruit, a handful of nuts, and whole grain crackers.
- 40. Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a candy bar.
- 41. Share a bowl of fruit with family and friends.
- 42. Eat a healthy snack or meal before shopping for food. Do not shop on an empty stomach.

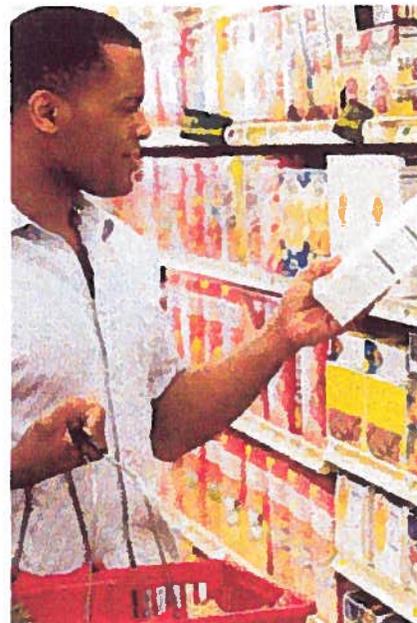
- 43. Shop at your local farmers market for fresh, local food.

Keep track, Jack.

- 44. Make a list of food you need to buy before you go to the store.
- 45. Keep a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

Read the label, Mabel.

- 46. Compare food labels on packages.
- 47. Choose foods lower in saturated fats, trans fats, cholesterol (ko-LESS-tuh-ruhl), calories, salt, and added sugars.





Take Care of Your Mind, Body, and Soul



You can exhale, Gail.

48. Take time to change the way you eat and get active. Try one new food or activity a week.

49. Find ways to relax. Try deep breathing, taking a walk, or listening to your favorite music.

50. Pamper yourself. Read a book, take a long bath, or meditate.

51. Think before you eat. Try not to eat when you are bored, upset, or unhappy.

Be Creative

Honor your health as your most precious gift. There are many more ways to prevent or delay type 2 diabetes by making healthy food choices and moving more. Discover your own and share them with your family, friends, and neighbors.

Make up your own, Tyrone or Simone.

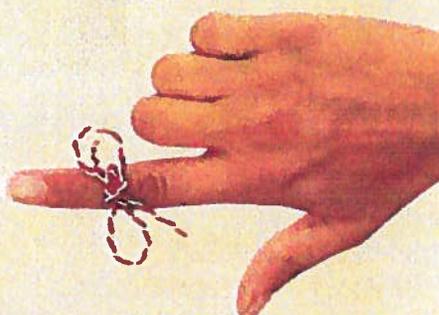
52. _____

53. _____

54. _____

Track Your Progress

Visit www.YourDiabetesInfo.org or call 1-888-693-6337 / TTY: 1-866-569-1162 to get your free GAME PLAN to Prevent Type 2 Diabetes booklet. It has charts to help you track the foods you eat and how much you move each day.



Things to Remember:

- ▶ Talk to your doctor about your risk for getting type 2 diabetes and what you can do to lower your chances.
- ▶ Take steps to prevent diabetes by making healthy food choices, staying at a healthy weight, and moving more every day.
- ▶ Find ways to stay calm during your day. Being active and reading a good book can help you lower stress.
- ▶ Keep track of the many ways you are moving more and eating healthy by writing them down.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337)

www.YourDiabetesInfo.org

Janet O. Brown-Friday, RN, MSN, MPH, Clinical Trials Manager, Diabetes Clinical Trials Unit, Albert Einstein College of Medicine reviewed this material for accuracy.

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.

By joining a research study, people can help improve their health and the health of others. See www.clinicaltrials.gov and www.cdc.gov/diabetes/projects/index.htm.



NIH Publication No. 12-5487

NDEP-71

Revised August 2012

The NDEP prints on recycled paper with bio-based ink.





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!



A Meat-Lover's Guide to the Healthiest Cuts

Choose lean meats and smart cooking strategies to lower your consumption of artery-harming saturated fat.

If steaks, burgers, and pork chops appear regularly on your plate, it's important to choose meats that contain the least amount of fat to avoid sabotaging your heart health.

"Consuming meats that are high in fat can be harmful to your heart. The type of fat in meat is mainly saturated fat, which has been shown to directly raise total and LDL (bad) cholesterol. High cholesterol can lead to clogged arteries, which increases your risk for heart attack and stroke," explains Lauren Van Dam, MS, RD, CDN, CNSC, a dietitian at NewYork-Presbyterian/Weill Cornell. "Saturated fat is also pro-inflammatory and increases your risk for inflammation-related diseases such as heart disease, diabetes, Alzheimer's disease, and stroke. Fatty meats are also higher in calories, which can contribute to weight gain."

The definition of "lean"

According to the U. S. Department of Agriculture (USDA), a lean cut of beef is a 3.5-ounce serving that contains less than 10 grams (g) of total fat, 4.5 g of saturated fat, and 95 milligrams (mg) of cholesterol. The USDA defines an extra lean cut of beef (3.5 ounces) as 5 g of total fat, 2 g of saturated fat, and 95 mg of cholesterol.

"It is recommended to keep your intake of saturated fat to less than 7 percent of your daily calories; that's just 16 g of saturated fat per day for a 2,000-calorie-per-day diet," says Van Dam.

The leanest cuts

The general rule of thumb when choosing lean beef is to look for loin or round cuts.

"Avoid buying cuts labeled 'prime,' which is higher in fat than 'choice' or 'select,'" advises Van Dam.

PICK THE LEANEST STEAK



Eat This...

Sirloin or top sirloin
Filet mignon (tenderloin)
Flank steak (London broil)



Instead of this

Ribeye
Prime rib
Porterhouse

The five cuts of beef that are categorized as "extra lean" are:

- ✓ Eye of round roast or steak
- ✓ Sirloin tip side steak
- ✓ Top round roast and steak
- ✓ Bottom round roast and steak, and
- ✓ Top sirloin steak.

Van Dam suggests buying grass-fed beef if it's available, since it is usually lower in saturated fat (and higher in heart-healthy omega-3 fatty acids) than grain-fed beef.

Lean cuts of pork include:

- ✓ Tenderloin
- ✓ Top loin chop and roast
- ✓ Center loin chop
- ✓ Sirloin roast, and
- ✓ Rib chop.

A guide to ground beef

While looking at the cut (chuck, round, sirloin) of ground meat can give you an idea of how much fat the meat contains, Van Dam says it is more important to look at the percentage of fat. The fat percentages of various cuts are as follows:

- ▶ **Ground beef:** 70 percent lean, 30 percent fat
- ▶ **Ground chuck:** 80 percent lean, 20 percent fat
- ▶ **Ground round:** 85 percent lean, 15 percent fat
- ▶ **Ground sirloin:** 90-95 percent lean, 5-10 percent fat

"Choose the leanest ground beef available, which is usually 95-percent lean (and 5 percent fat). Avoid packages labeled 'hamburger meat'—this is allowed to contain added fat," says Van Dam. Also, any beef that contains no other label typically combines two or more cuts of beef, such as chuck, round, and sirloin."

The USDA defines "lean ground beef" as having no more than 10 percent fat by weight, and "extra-lean" is defined as having no more than five percent fat.

Cooking style counts, too

Van Dam advises using cooking methods that require little or no added oil or fat: grilling, broiling, braising (meat is browned in a small amount of oil, then

cooked slowly in liquid, such as broth or wine), or roasting.

"Remember that one tablespoon of any kind of oil or butter contains about 120 calories and 14 g of fat," warns Van Dam.

Some of the fat in meat is lost during the cooking process. Van Dam notes that grilling and broiling remove fat by allowing it to drip away from the meat.

"Ground and whole beef can lose up to 50 percent of its fat when cooked, but the higher the percentage of fat in the raw meat, the more fat is lost during cooking. For example, extra-lean ground beef loses little to no fat during the cooking process," says Van Dam.

If you're trying to keep your costs and your fat intake down, follow this suggestion from Van Dam: "To dramatically reduce the fat content of ground beef so it's similar to the lean or extra-lean cuts, drain the excess fat from the meat once it is cooked; then, the rinse the beef under running hot water and blot it with a paper towel."

Also, rest assured that less fat doesn't mean you're losing out on valuable nutrition: "Leaner cuts of beef are lower in total fat, saturated fat, and calories, but they remain rich in nutrients such as protein, iron, vitamins B6 and B12, niacin, selenium, and zinc," says Van Dam. 



Dr. Robyn Purdum B.S., D.C., Ph.C.

All One People Chiropractic, Inc.

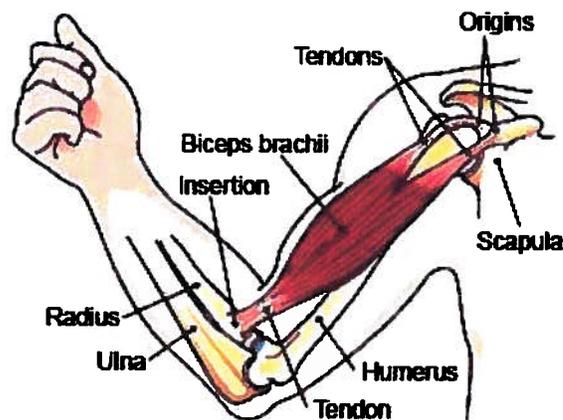
Shawnee tribal member

480 285-9541

Aligning Mind, Body & Spirit



Chiropractic Care makes you physically stronger! It's a scientific fact that all of our muscles attach to our bones. If a bone is even slightly out of its normal position or alignment the muscles attaching to that bone will be weaker.



Be strong and work hard get yourself in to see Dr. Purdum, a Native American Doctor of Chiropractic! Call 480 285-9541 to schedule an appointment.



Office Hours for March 18-22nd: Monday, Wednesday, Friday 9am to 6:30pm

Office location: Hualapai Lodge, Room 201, Peach Springs, AZ

Dr. Purdum is currently still accepting the tribal insurance; however, patients are now required to pay their out of pocket expenses.





Nutrition Day

Tuesday, March 26, 2013

11:00 a.m. - 2:00 p.m.

Multipurpose Building

Please join us for food demonstrations, education, and hands-on activities to celebrate National Nutrition Month!

Coordinated by Health Education & Wellness - WIC Program

Please contact Mary
For more information at 769-2207.

