



G A M Y U I

Hualapai Tribal Youth Council

March 2013



Guadalupe Prevention Partnership & Lutu'uria Youth Group Teen Leadership Conference

On Saturday March 9th the Youth Council traveled to Guadalupe, AZ to attend a one day Teen Leadership Conference hosted by the Guadalupe Prevention Partnership and the Lutu'uria Youth Group. The theme of the conference was, "Don't be like the rest; be drug less!" Conference workshops focused on internet safety, HIV and STD prevention, communication in the family.



Hualapai Youth Council Members with Lutu'uris Youth Group and Jared Ivins-Massey

The keynote speaker was 20 year old Jared Ivins-Massey from the White Mountain Apache Tribe who is the UNITY National Executive Council Male Co-President, National Congress of American Indians Youth Commissions Male Co-President.

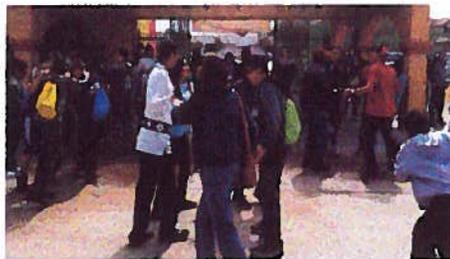
This is what YC Members have to share about their experience at the Teen Leadership Conference.

"On Saturday March 9, 2013 we went to the teen leadership conference in Guadalupe. I had a very good time, meeting new people from different tribes. I got to know a lot about the Pascua Yaqui Indian Tribe, they talked about their experience. Which gave me ideas to bring back to our tribe. They're so passionate about what they are doing for their tribe, it gave me a lot of courage to do the same. Jared talked about his experience how he got into college. He did it all on his own with no help, and that motivated me to get into college, because if he can do it, I can do it. Anything is possible its just up to you if you really want it, so if we want to change our tribe in a positive way we have to work hard at it. 'Don't be like the rest, be drugless!'" -Simeon Alvarez, Member

"My experience at the Teen Leadership conference was very educational and unforgettable. I learned a lot while attending like, internet safety, underage drinking, leadership skills, etc. The food was amazing. Especially their cupcakes! It's definitely something for our youth here. We could all learn something new, meet new people. It's really a new experience to me, I learned a lot, made new friends and had a lot of fun. I really liked our guests speaker Jared Ivins-Massey, he had no parents, no support but yet he got into college. He's really someone to look up to.

Over all it was a really fun experience. I hope to return to next years conference and attend many more. I

would also like to thank Pete Imus and Vensi for taking me." -McKell OldBull, Member



Attendees at the Teen Leadership Conference playing "Sweep Your Teepee"

Newsletter of the Hualapai Tribe

Issue #08

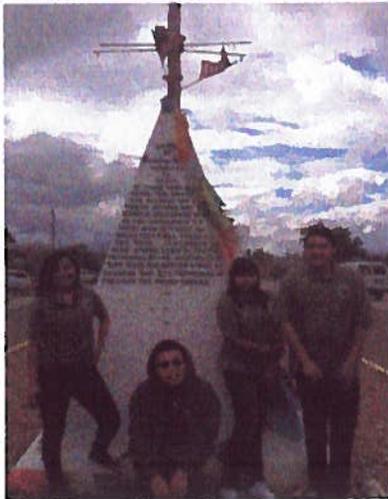
April 12, 2013

Just a reminder:

- ☺ Remember to always include a signed Information Sheet with your Gamyu articles.
- ☺ THE NEXT DEADLINE FOR GAMYU ARTICLES WILL BE ON FRIDAY, APRIL 19, 2013.

Inside this issue:

| | |
|----------------------|----|
| Events & Information | 2 |
| Education & Training | 23 |
| Health & Safety | 28 |
| Community Messages | 34 |



Youth Council Members at the Pico Monument for the veterans in Guadalupe, AZ.

-Carmella Fuentes, President

“The Teen Leadership Conference was a success! I learned so much more about the tactics to being a Great Leader to my People. The information I have learned has only made me more assured about the future I want for myself and for the Hualapai People. Thank You to the Pasqua Yaqui Tribe for inviting our Youth Council.

Hankyu . . . and props goes out to Pete Imus (Hualapai), Jared Ivins-Massey (White Mountain Apache), and Alyssa Garcia (Ak-Chin Indian Community) for their motivational speeches. I was truly inspired and motivated. You are the people who are going to make a difference!”



Lutu'uria Youth Group's Teen Leadership Conference in Guadalupe, AZ.

Gathering of the Pai Festival



Youth Council Members serving drinks at the Pai Gathering.

After the Teen Leadership conference in Guadalupe, AZ the Youth Council traveled to Fort McDowell, AZ to volunteer at the Gathering of the Pai Festival. When they arrived they arrived just in time to say a quick, “Hello!” to Tyree Honga as he was leaving the festival. Tyree is an example of that no matter what your situation, limitations all things are possible. As a

quadriplegic we all are aware of the beautiful pieces of art he creates using a mouth wand.



Youth Council Members greeting Tyree Honga at the Pai Gathering.



Torrey Tapija leading bird singing at the Pai Gathering.

It was dinner time at the Pai Gathering and the Youth Council enjoyed a set of bird singing and dancing lead by Torrey Tapija then jumped into serving supper first preparing tables and plates for the elders then pouring beverages for everyone

then cleaning up after supper. Fort McDowell Yavapai Nation Vice Chair and Council member thanked YC Members for their service.



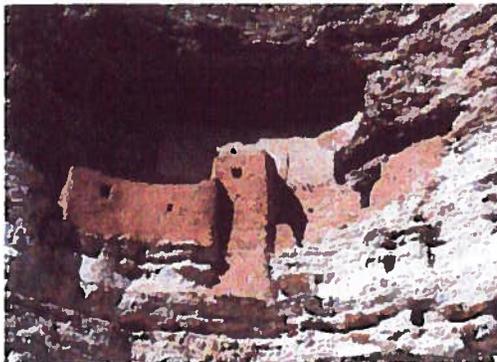
Yavapai-Apache Nation Youth Council UNITY Day

Having been invited by members of the Yavapai-Apache Nation Youth Council, on Monday March 11, 2013 the Youth Council traveled to Middle Verde to participate in the Yavapai-Apache Nation Youth Council's UNITY Day.

The day started with games for the youth in the Middle Verde community such as musical chairs, face painting, water



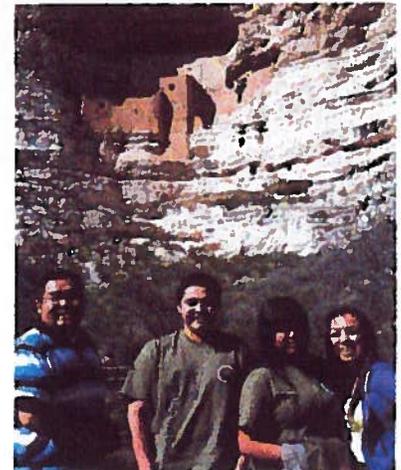
Yavapai-Apache Nation Youth Council



Montezuma Castle National Monument

games, and a three on three basketball tournament. At noon a bar-b-que lunch was provided for everyone to enjoy.

In the middle of the day the Youth Council took a trip to Montezuma Castle National Monument to gaze through the windows of the past into one of the best preserved cliff dwelling



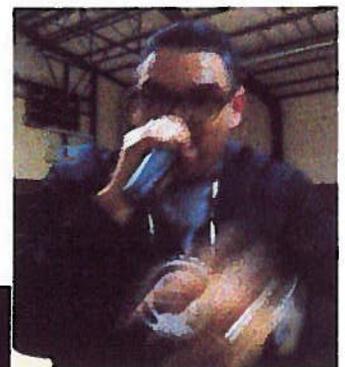
Youth Council Members and Advisor Pete, at Montezuma Castle National Monument.

in North America. This 20 room high-rise apartment, nestled into a towering limestone cliff, tells a story of ingenuity, survival and ultimately, prosperity in an unforgiving desert landscape. We marvel at the enduring legacy of the Sinagua culture and reveal a people surprisingly similar to ourselves.



Chance Rush, One Chance Leadership

The Youth Council returned to the Middle Verde Gymnasium for the evening presentations by One Chance Leadership featuring, Chance Rush, Emcee One and Chief Swagg. Emcee One and Chance Rush have a long history of working with UNITY, they have worked together helping to make a change in the lives of both native youth



Emcee One, One Chance Leadership

and all youth everywhere. Chief Swagg is a up and coming Native Rapper. Hip-Hop music is his tool, he works on setting healthy trends and demoting risky behavior. Truly unique, a message for all ages, and fun for every one, a young activist and a positive leader.



Chief Swagg, YANYC UNITY Day



Miss Indian Arizona Association's Gathering of Royals Workshop

On Saturday March 16, 2013 the Youth Services Office took four young ladies to the Miss Indian Arizona Association's Gathering of Royals Workshop in Laveen, Az. Participating in the workshop were Aubree Talayumptewa, Nakita Lewis, Noshaw Powsey, Carmella Fuentes and also chaperoning the



Jaymee Li Moore, MIA 2011-2012 working with young ladies from the Hualapai Indian Tribe

trip was Rochelle Walema. Topics covered in the workshops were, your role as title holder, importance of local pageants, benefits of pageants, Poise, essay writing, platform development, fundraising, community service, and public speaking as well as other topics and training exercises. Workshop were lead by former Miss Indian Arizona title holders such

as the first Miss Indian Arizona 1961-1962, Veronica Homer, 2011-2012 Jaymee Li More, and the current reigning Devanie Duwenie.



Miss Indian Arizona Association Members



Current Reigning MIA Devanie Duwenie speaking with future Miss Indian Arizona title holders

Mega Throw, Colorado River Indian Tribes

The Youth Council traveled to Parker, AZ on Saturday March 23, 2013 to volunteer at the Mega Throw hosted by the Colorado River Indian Tribes at the CRIT Ahakhav Tribal Preserve. The day started with the Youth Council purchasing cupcakes, our contribution to the potluck dinner that was served at the event. Once the Youth Council arrived they got busy serving stew to elders and all those that attended the event then walking into the crowd handing them cupcakes. It was encouraging to Youth Council members to receive positive praise from the CRIT community as they were seen busy doing other tasks at the Mega Throw. Thank you Valerie Welsh-Tahbo and the Mega Throw committee and CRIT community for hosting an event that shares and preserves our tribal bird culture.



Ms Christina Watahomigie, 2013 Youth Council Vice President and 2012-2013 Miss Hualapai addressing the audience at the Mega Throw.

Yuman Family Language Summit

March 25-27, 2013 the Youth Council attended the Yuman Family Language Summit hosted by the Yavapai-Prescott Indian Tribe in Prescott, Arizona. The mission of the Summit Steering Committee is, The Yuman Nation were one people at one time through the commonality of our language. Together we will restore and reclaim the language using the culture, traditions, history, spirituality, songs and stories. It is our inherent right and responsibility to encourage and motivate others to speak the



Drake Havatone & Linda Havatone receiving recognition.

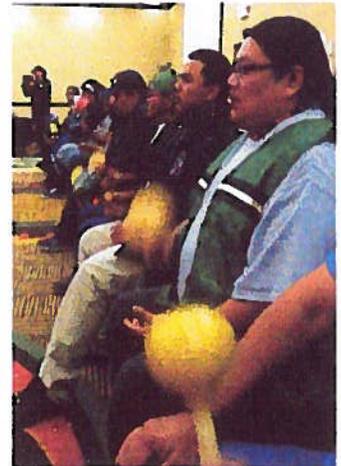


language to promote culture and traditions. We will use our resources to develop programs and projects that will create and empower Yuman language speakers.

There were numerous workshops offered for attendees which covered topics on language preservation, what efforts Yuman tribes are doing to preserve and teach the language in their communities through classes, apps, videos, story telling and games. There were workshops presented by members of our community, Lucille Watahomigie, Loretta Jackson, Sylvia Querta, and

Sharon Wilder.

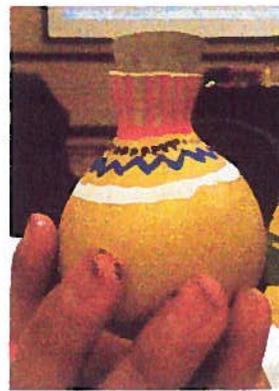
This event allowed for time for members of the Youth Council to visit and interact with elders from our community who encouraged members in their role as Youth Council Members and to learn and practice the Hualapai language and culture. Hualapai Elders, Mr. Drake Havatone and Ms. Linda Havatone were honored for the work they've done and are doing to preserve the Hualapai language.



Bird Singing and Dancing.



Youth Council Treasure & Member McKell OldBull and Fernando Suminimo assisting Sharon Wilder to prepare for her beading class.



Hualapai Youth Service—Department of Health Education & Wellness

POB 397/488 Hualapai Way, Peach Springs, AZ 86434 Phone: 928-769-2207 Email: pete.imus@gmail.com

APPROVED December 12, 2012

HUALAPAI TRIBAL COUNCIL
Special Council Meeting
October 12, 2012 @ 10:00 am

Secretary: Ron Two Bulls

Roll call taken, eight (8) members present constituting a quorum. Chairwoman Counts called meeting to order at 10:04 am.

Members Present:

Sherry Counts
Philbert Watahomigie Sr.
Barney Imus
Rudy Clark Sr.
Hilda Cooney
Candida Hunter
Charles Vaughn
Jean Pagilawa
Ronald Quasula Sr. (late, 10:20)

Others Present:

Mike Whatoname
Don Whatoname,
Clara Mahone
John McDonald
Jane Paski
Sandra Irwin
Angie Walema
Darlene Bender

Candida Hunter motions to approve agenda; second by Jean Pagilawa; Vote: 8 in favor, 1 late (rq).

Prayer, Rudy Clark

1. Public Relations Firm: Policy Az, LLC: John McDonald/Dana Paschke

Presentation on how the firm can be helpful to the Tribe. Proposal to be educated by Chair and Council as to what the needs would be. Work under the direction of the Tribe to put together press releases; editorials; contacting reports. Policy AZ has worked with a number of other tribe's in Arizona on a wide variety of other issues.

Comments received from audience.

Vice-Chair makes motion for the PR Firm draft a contract for review and will go from there with what Council decides; second, Rudy Clark; Vote: 8 in favor; 1 not voting.

Policy Az will prepare contract and have it ready today for Council review.

2. Head start Findings: Joyce Holgate, Director

Handouts: Overview of Findings from DHHS, Administration for Children and Families and Training and/or Technical Assistance Plan

Director provides overview/update on the findings.

Leslie Porter, Technical Assistance Trainer, helping to assist Head Start with findings. Has met with HR and previous Chairman, and Policy Council. To date, have addressed 14 findings still in progress.

Questions/comments from Tribal Council

Lunch Break at 12:10pm

Reconvene at 12:54pm

3. Health Department: Sandra Irwin, Director - 638 Contract Renewal/Resolution

Sandra submits resolution for approval with contract; negotiations with HD will be on November 7, 2012 at 10am.

Rudy Clark requests to table this item in order to get indirect cost year rate... for 1/01/13; no clue of previous budget; Sandra... this is just the 638 budget; does not include the indirect cost.

Sandra can submit draft resolution and tell them we are going to meet again on November 5th at the regular council meeting.

4. Discussion Re: Constitution Revision/language on referendum vote

Language on Referendum Vote;

Per Motion by RC in council meeting on 10/05, a date has been set by the Elections Board for November 9, 2012. Questions and comments of Tribal Council. Tribal Council is to create the language for the vote; 1,526 eligible voters; absentee ballot voting is allowed; 25% (381) of eligible voters have to vote on this referendum in order for it to pass/fail.

Discussion:

Yes vote means that you will get an equal allocation of the \$5,450,000 Trust Settlement.

A trust fund will be established for enrolled children under 18 years of age. Tribal Members (those over 18 years of age) have the option to invest their distribution in an investment account.

Consensus on Rudy Clark's language plus Candida Hunter's input

Constitution Revision Article V, Subpart (m) & (n):

Brief discussion at last council meeting. Limitation of the \$50,000 and natural resource, per constitution; strike that part of the constitution or change that dollar amount?

Charles Vaughn moves to direct Administration to contact Jim Williams, BIA Superintendent and request that he hold a Secretarial Vote for the amendment of the Hualapai Tribal Constitution; second, Candida Hunter; discussion; Vote: 7 in favor; 2 oppose (pw, hc).

Vice-Chair states for the record that he opposed the motion because he feels that if changes to the constitution are going to be made that they revise the whole thing and not just one section. Hilda Cooney for the record, states that she opposed the motion because she feels that there should be a high dollar amount in placing of just striking out the amount all together.

5. Other

Vice-Chair issues with Housing – working with HUD on changes with Housing.

Charles Vaughn motions to go into Executive Session; second, Candida Hunter; Vote: 9 in favor; 0 oppose;

---- motions to come out of Executive Session; second, ---; vote: ---

---- motions to adjourn; second, ---; Vote: 9 in favor

Meeting adjourned at 4:08 PM

APPROVED December 12, 2012

**HUALAPAI TRIBALCOUNCIL
Special Council Meeting
Hualapai Lodge
Friday, October 19, 2012 @ 9:00 am**

Secretary: Ron Two Bulls

Roll call taken, 8 members present (1 excused) constituting a quorum. Chairwoman Counts called meeting to order at 9:13 AM at Hualapai Lodge Conference Room.

Members Present:

Sherry Counts
Philbert Watahomigie Sr.
Barney Imus (Excused)
Rudy Clark Sr.
Hilda Cooney

GCRC BOD Present:

Carrie Imus
Daniel Alvarado
Neil Goodell
Camille Nighthorse
Michael Vaughn

GCRC Executives

Jennifer Turner
Waylon Honga
Jaci Ulmer

GCRC Attorneys

Candida Hunter
Charles Vaughn
Jean Pagilawa
Ronald Quasula Sr.

Wilfred Whatoname Sr.
Derrick Penney

Candida Hunter motions to approve agenda; second by Jean Pagilawa; Vote: 8 in favor, 1 excused.

Prayer by Chairwoman

Rudy Clark asks for roll call of GCRC Board and Executives.

Carrie Imus, Board Vice-Chair calls roll; 6 members present; 1 excused (DP-late)

1. GCRC Board of Directors Update to Tribal Council

Financial Statements – GCRC, Jaci Ulmer, CFO

Presentation of GCRC Summary Income Statement ending August 31, 2012

Wells Fargo proposes 2 ATM's on the reservation; would like limited waiver of sovereign immunity by Hualapai Tribal Council.

Break at 10:47am

Reconvene at 11:02am

Infrastructure – Committee Chairman, Michael Vaughn

- a) Diamond Bar Road Project
- b) GCW Main Water Lines (A & B)
- c) Electrical Distribution Line
- d) Wastewater Treatment Facility

Total cost of all projects: \$37M

- Additional Projects: recreational & laundry facilities for employees, resurfacing and additional paving river dock project, airport terminal project, guano point paving, helicopter terminal.
- Tribal Funding Alternatives

Discussion

Project Updates, Jennifer Turner/Waylon Honga

- a) Skywalk Buildings
- b) Hualapai Ranch
- c) Projects Update (wh):

Break for lunch at 11:58pm

Reconvene at 12:50pm

Personnel, Jennifer Turner

- a) Human Resources Manager
- b) Procurement Manager
- c) Marketing Manager

Chairman of the Board of Directors, Derrick S. Penney

- a) Approval of Limits

Summary of limitations of authority, GCRC. Discussion regarding the \$50K ceiling (same as Constitution) Discussion of the Section IV Subpart N of the Constitution and the history of the change. In October 12th council meeting, CV motion to direct Admin to contact Jim W to hold a secretarial vote. Vice-Chair suggests that we set a date to discuss these in-depth conversations.

Tribal Council and GCRC

- a) Liaison Appointees

Discussion: Hilda Cooney nominated as Liaison

Candida Hunter motions to appoint Hilda Cooney as the Liaison; second by Jean Pagilawa; question, Ron Quasula; vote: 6 in favor, 1 opposed, 1 not voting, 1 excused.

Master Plan/Strategic Planning, Jennifer Turner
comments and concerns

Discussion on meeting regularly, together. Derrick suggests next meeting to be in January 2013.

**Break at 2:07pm to move meeting to Tribal Administration Building
Reconvene at 2:33pm in Tribal Chambers**

2. Approval of PR Contract with Policy AZ, LLC - Sherry Counts

C. Vaughn motions: Rudy's amount of \$250/hr. The Consultant will bill the client the first of the month w/ payment due on the 10th of each month provided that billable hours are verified by the history of itemized work, and not to exceed \$10,000 per month. Second, Ron Quasula; discussion, Candida Hunter.

8 in favor, 1 excused.

3. School Issue (Diminishing Boundaries), Charlie Vaughn

Discussion of the recently passed "no vote" resolution introduced to council at October 5th Regular Council Meeting. Charles Vaughn suggests that we put an article in the Daily Miner to educate people on voting "No" on the election and the impact this could have on our children, the school and employees of the school if passed by voters. Louise Benson suggests to educate our community on the negative impacts (losing the school). Chairwoman – we're working on the issue with PR firm to get that in the Miner.

4. Referendum Issue, Charlie Vaughn

C. Vaughn - Voting on the per-cap issue; we talked about "yes" vote and never addressed a "no" vote. Email was sent to Council Members for discussion.

- *Discussion about enrollment* from audience/committee member, Louise Benson about when the cut off date would be to enroll children. Council responds as a group (consensus) that the 9th would be the cut off date for enrollment. Louise Requests minutes of the meeting for their records. She also suggests that a time frame be set for distribution, after the vote.

Lengthy discussion on when and how distribution will take place.

Vice-Chairman motions after referendum vote that within 30 days money will be distributed to Tribal Members, if 'Yes' vote; second by Candida Hunter w/discussion.

Can it be put 30-days after the vote is certified? Discussion on when votes will be certified. First business day following election is November 12th which is a Holiday. Chairwoman comments that Council might as well have the certification meeting on the 13th in the morning at 8am. Clara Mahone - votes need to be certified 3 days after the election. Votes will be certified the following business day.

Vote: 4 in favor; 3 oppose; 1 not voting, 1 excused

5. Secretarial Election Issue, Charlie Vaughn

Chairwoman - Charlie to draft letter to BIA for Chairwoman signature to get out to Jim Williams ASAP. Charlie, Rudy and Vice-Chair to work together on this.

6. Other

Get Out The Native Vote. Update to council about training attended on Tuesday by Ron Two Bulls. Discussion on issues on the ballots that Tribe/Community/Residents to vote on. General Election is on November 6th.

Rudy Clark motions to adjourn; second, Ron Quasula, discussion, Charles Vaughn.

Hilda Cooney - update on Health Board: IHS facility in parker and funding that would go to other tribes. Discus-

sion on IHS issues in Peach Springs. Louise Benson makes comments about psychiatric care and her concerns.

Vote: 8 in favor.

Tribal Turkey

Hunt

(Hualapai Tribal Members Only)

10 Tags Available

Cost: \$32.10

**DRAW DATE: Fri, April 12, 2013 at
4:30pm**

**HUNT DATES: Sat, April 20 thru
Thursday, April 25, 2013**

GOOD LUCK!

**Put your name in the can, at the Hualapai Game & Fish
Dept. Office**

(aka Wildlife office)



OPENING ON APRIL 17, 2013

1/2 Mesquite Grilled Chicken \$11.00
1/4 Mesquite Grilled Chicken \$8.00
Our Original Recipe Since 2003, A Half Chicken Marinated in Citrus Juices and Spices then Slow Grilled over Mesquite to Perfection. Served with Chili Beans or Refried Beans, Sonoran Rice, Fresh Salsa and Warm Flour Tortillas.

What's Your Beef? \$6.50
Two Seasoned Pure Premium Ground Beef Patties Grilled Over Mesquite, Wrapped in Fresh Hot Fry Bread with Mustard, Ketchup and Fresh Lettuce, Fresh Sliced Tomatoes and Onions. Add Cheese \$.50 Add Green Chili \$.50

Native Taco \$6.00
Fry Bread Topped with Our Original Recipe of Homemade Beef and Bean Chili, Topped with Fresh Shredded Lettuce, Diced Tomatoes and Shredded Cheddar Cheese. (Diced Onions on Request),

Chicken Quesadilla \$6.25
Grilled Flour Tortilla Stuffed with Our Mesquite Grilled Chicken, Jack and Cheddar Cheese, Green Onions, and Black Beans. Served with Salsa and Fresh Guacamole.

The Naa'kai \$7.25
Fresh Marinated Skirt Steak, Seasoned and Grilled over Mesquite, Wrapped in Fresh Hot Fry Bread. Topped with Fresh Guacamole, Fresh Sliced Tomatoes, Lettuce and Sliced Onions. Served with Southwest Slaw.

Roast Mutton Sandwich \$7.50
A Navajo Tradition, Fresh Sliced Mutton from the Navajo Reservation, Seasoned and Grilled Over Mesquite. Wrapped in Fresh Hot Fry Bread with Fresh Sliced Tomatoes, Lettuce, Onions and Roasted Green Chili.

Zuni Fire Dancer \$7.75
Chicken Breasts Marinated in New Mexico Red Chili Spices and Herbs, Grilled Over Mesquite. Served on a Billio Roll, with Chipotle Mayonnaise, Fresh Sliced Avocado, Fresh Sliced Tomatoes, Fresh Lettuce, Sliced Red Onion and Roasted Green Chili. Served with Southwest Slaw and Chile Pasado Apple Chutney

On The Side

Fresh Hot Fry Bread
Served Plain or Choice of Powdered Sugar, Honey, Cinnamon Sugar
\$2.00

Bowl of Our Homemade Beef and Bean Chili
Garnished with Cheese and Onions
\$4.00

Sonoran Rice
Roast Corn, Tomatoes, Bell Peppers
\$2.75

Soft Drinks
\$.75
Diet Coke, Coca Cola, Root Beer, Sprite, Dr. Pepper, Diet Dr. Pepper

Bottled Water
\$1.00

Southwest Slaw
Made Fresh Daily
\$2.00

Refried Beans
Vegetarian Home Made
\$2.50

Assorted Chips
\$.75

"Ask About Our Daily Specials"



Blue Mesa Roasters



@bluemesaroaster

LOCATED AT PARK ACROSS FROM THE HUALAPAI LODGE

CATTLE ASSOCIATION MEMBERS

Please Attend this event!

ROUNDTABLE DISCUSSION SESSION 1

THURSDAY, April 18, 2013

Starting at 1:00 PM

Cultural Center



This event will be held in hopes of improving understanding and communications between people, districts and departments.

Moderator will be U of A Tuba City office Grey Farrell.

Snacks will be provided-if you have any questions, please call Elisabeth at the Extension office at 928-769-1284



*The Hualapai Tribe
Presents*

EARTH DAY

APRIL
19th
2013



Community Clean Up
Hualapai Community



Community Lunch
Tribal Gymnasium

Community Clean Up 8am-12pm | Lunch/Raffle 12pm-2pm

We encourage you to bring your personal utensils/plates/cups.

Cleaning stations will be available.

For more information contact The Hualapai Planning Dept. at 769.1310

25TH ANNIVERSARY GRAND CANYON *West*

SATURDAY, APRIL 20, 2013

soaring to greater heights

INVITED GUESTS: HUALAPAI TRIBAL MEMBERS, TRIBAL EMPLOYEES AND EMPLOYEES FROM THE FOLLOWING LOCATIONS: PITCH SPRINGS SCHOOL, IHS, BIA, GCRC. ALL MEMBERS & EMPLOYEES ARE INVITED TO BRING A MAXIMUM OF 4 GUESTS.

7:00 AM & 7:30 AM 1st & 2nd Community Buses Depart from Hualapai Lodge. Buses are 1st come/1st served, no saving seats, no alcohol permitted.

GAMYU & WELCOME TO THE TERMINAL

Registration, Receive Entrance Wristband & Anniversary Shirt

9:00 AM Continental Breakfast Served

10:00 AM Traditional Hualapai Blessing by Frank Mapais

10:20 AM Posting of Colors by the Hualapai Veterans Association

Lana Keller-Robineti sings the national anthem, "The Star-Spangled Banner"

10:40 AM All Visitors Transported to Eagle Point

EAGLE POINT AMPITHEATER

11:15 AM Opening Remarks - Carrie Innes, Chairwoman, GCRC Board

Jennifer Turner, CEO, Grand Canyon Resort Corporation

Terry Kurkam, General Manager, Grand Canyon West

11:45 PM Employee Recognition

12:45 PM Raffles - must be present to win - unavailable to GCRC employees

1:15 PM Hualapai Traditional Song & Dance

All Hualapai traditional singers & dancers are invited to participate

1:40 PM Closing Remarks

5:00 PM & 5:30 PM 1st & 2nd Community Buses Depart Terminal to Hualapai Lodge. The buses are 1st come/1st served, no saving seats please.

ENJOY FREE FOOD & BEVERAGE AT ALL POINTS

TERMINAL: Continental Breakfast - Fresh Fruit, Cereal, Cereal Bars, Pastries, Juices

SKYWALK: Hamburgers & Hot Dogs, Chips & Soda

GUANO POINT: Pot Roast or Chicken, Mashed Potatoes, Veg-Medley, Salad, Smores

RANCH AT MEXICAN VILLAGE (BEHIND DANCE HALL): Tacos & Club

Options For You... \$5 Skywalk Photographs & \$65 Heli-Tour!

888.868.9378 / 928.769.2636 www.hualapaitourism.com



6th Annual Hualapai Jr. Rodeo Series And Finals

Series Dates: April 20, May 18, June 8, 2013

Finals Date:



Events:

Dummy Roping
Mutton Bustin
Stick Race
Goat Ribbon Pull

New Horse Back Events: Pole Bending
Barrel Racing
Goat Tying
Team Roping

Age Groups: 0-5 years Old

6-9 Years Old

10-12 Years Old

13-15 Years Old



Attend 2 out of the 3 Series events and qualify to win end of the year prizes

High Point Leaders in each event will win Event Buckles

High Point All Leaders will receive All Around Trophy Saddles

Entry Forms and Waivors Available at Natural Resource or online at Hualapai.org

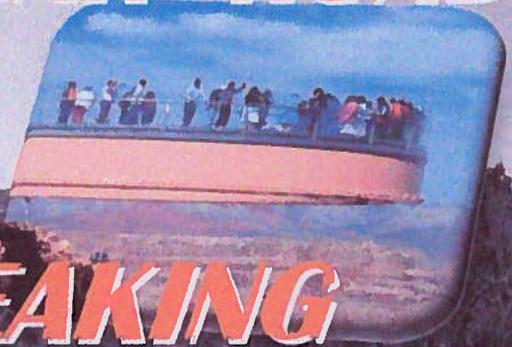
For any information Please Call Winkie Crook or Annette Bravo at (928)769-2254



DIAMOND BAR ROAD

PHASE 2

GROUND-BREAKING CEREMONY



MONDAY APRIL 29, 2013

10:00 AM at the Diamond Bar

Construction Site: Just above

where pavement ends!

The Diamond Bar Road project started about 15 years ago. Some of the components that were encountered and completed were environmental considerations, coordination between multiple government agencies, engineering, design alternates and funding. Phase one (4.5 miles) was completed in 2010. Phase two (9 miles) will be completed in one year.



Future Conditions



Existing Conditions

**For Information Call the Hualapai Tribal Administration
(928) 769-2216 Addie Crozier or Christine Lee**

The Hualapai Police Department invites community members, program directors, and council members to join us in this training. This free training is open to 75 people and will help the Police Department in setting our future goals/strategies and mission for the Hualapai Tribe. Any questions, please call (928) 769-1024.



TOPS

A Community Policing Approach to Reducing Crime in Indian Country

www.fvtc.edu/TRGP

Tribal Oriented Policing Strategies

April 29-30, 2013
Hualapai Tribe
Peach Springs, AZ

Training Schedule

TOPS is a two-day training scheduled from 8 am – 5 pm each day with one-hour lunch breaks. For additional program information or registration questions, contact Lynn Chernich: Phone (888) 370-1752 Email chernich@fvtc.edu

Visit the Website to:

- register online
- print the training agenda
- view instructor biographies
- browse information about TRGP and training and technical assistance (T/TA) opportunities

Additional Training

T/TA relevant to other community policing and specialized topics may be offered. Additional training information is available at www.fvtc.edu/TRGP.



Training Description

Participants will learn proven problem-solving techniques to reduce crime in their communities. This FREE training will demonstrate how to strengthen relationships between law enforcement, tribal agencies and the community to improve quality of life and enhance community safety. Law enforcement and community members will explore methods to effectively identify underlying causes or conditions that lead to crime. Key topics include:

- elements of change
- dynamics of group development
- building partnerships
- creative solutions to problems
- identifying resources
- overcoming barriers to working together
- community policing

Who Should Attend

- law enforcement
 - » command staff
 - » line officers
 - » civilian staff
- elders
- tribal council
- corrections/probation/parole
- victim services
- education
- social services
- court personnel
- spiritual leaders/clergy
- community members
- rehabilitation/treatment
- prosecutors
- housing authority

Registration **NO FEES!**

There are NO registration fees to attend the TOPS Training; however, registration priority is given to TRGP grantees.

Participants completing both days of training will receive 16 continuing training hours through Fox Valley Technical College.

Register online at www.fvtc.edu/TRGP (Training Schedule) and reference class #66316. Training location and logistical information will be sent upon registration confirmation.

This two-day training is highly interactive and based on adult learning. TOPS is most effective when participants attend both days of training because each day consists of steps that build upon each other. The TOPS Training is currently being offered to 2011 Tribal Resources Grant Program (TRGP) recipients. Non-grantee tribes may also have the opportunity to schedule the TOPS Training as funding permits.

COPS

COMMUNITY ORIENTED POLICING SERVICES
 U.S. DEPARTMENT OF JUSTICE

The project was supported by Cooperative Agreement Number 2011-HI-WY-K001 awarded by the Office of Community Oriented Policing Services, U.S. Department of Justice. The opinions contained herein are those of the authors and do not necessarily represent the official position or policies of the U.S. Department of Justice. References to specific companies, products, or services should not be considered an endorsement by the authors or the U.S. Department of Justice. Rather, the references are illustrations to supplement discussion of the issues.

Gathering of CHAMPIONS

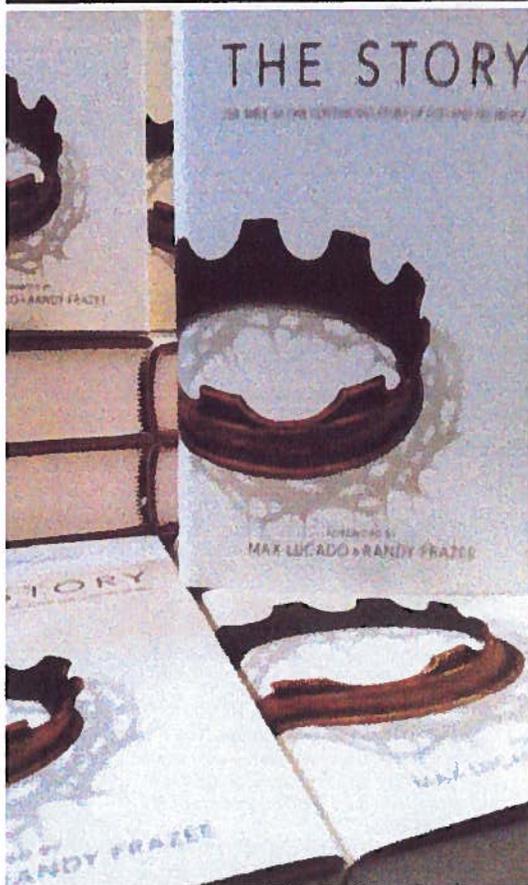
DESPITE ALL THESE THINGS, WE ARE MORE
THAN CONQUERORS THROUGH CHRIST
WHO LOVED US. -ROMANS 8:37

Taking on life like a CHAMPION
Wednesday—"Prayer Your Ultimate Weapon"
Thursday—"Down, But Not Out"
Friday—"Picking A Fight"
Saturday—"I Am The Greatest"

May 1-4, 2013 6:30PM


Consuming Fire Christian Church

255 Honoga Hill Dr., Peach Springs, AZ 86434
CFCCfire@gmail.com (928) 769-1273



You are invited to hear the current series at CFCC

THE STORY

What does a collection of ancient books have to do with me? Find your place in God's story as we look at key parts of the Bible from Genesis to Revelation. Arranged chronologically, *The Story* weaves together God's plan from the beginning of time. Join us in discovering how the great plot of God's story corresponds with your story.

The Story, the Bible in chronological novel form, easy to read, easy to understand.

Copies of *The Story* available at any CFCC
service for \$5.00

CFCC Service Schedule

Sundays 10:30AM Wednesdays 6:30PM
255 Honoga Hill Dr., Peach Springs, AZ

May 3-4, 2013
Kingman Family Festival

MOHAVE COUNTY
FAIRGROUNDS
2600 FAIRGROUNDS BLVD.
KINGMAN, AZ

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

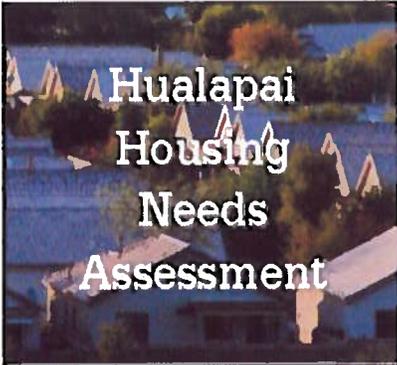
ALL VENDORS WANTED

FOOD VENDORS
CRAFT VENDORS
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CRAFT BOOTHS
BEER BOOTH
AND MUCH
MORE!

CALL (928) 642-6241
FOR MORE INFO.



Hualapai Housing Needs Assessment

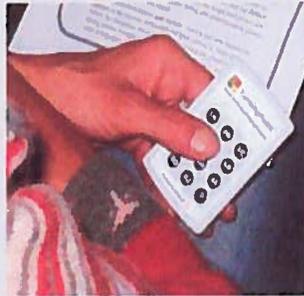
Key Pad Polling

April 19, 1:30 PM
Right After the Earth Day Luncheon and Raffle
In the Gymnasium

Think Housing Is Important?

The Hualapai Housing Department is conducting a Housing Needs Assessment aimed at estimating the need for housing on the Hualapai Reservation now and in the future.

Participants get a chance to use keypad polling, allowing them to provide electronic feedback anonymously. Polling results will appear on the screen instantly.



Please contact Gabe Preston with questions: 970 382-9886 or gabe@rpiconsulting.org.

Give Your Opinions About Housing Using Key-Pad Polling

Hualapai Tribal Forestry

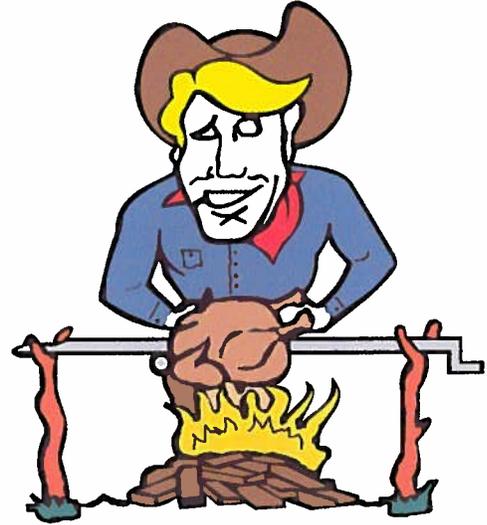
By: Charles A. Murphy

Tribal Forestry is looking for a couple of dependable workers to help fill out the thinning crew this year.

We are in need of a Crew Foreman who is familiar with our procedures and can do minor chainsaw repair. Must have a driver's license and be able to qualify for the Tribe's driver's insurance. We also need a thinner who would be able to qualify for the Tribe's driver's insurance as a back-up for the Crew Foreman.

If you think you can meet the requirements and are interested, please submit an application to the Human Resources Office.

BLUE MESA ROASTERS



Position Open: Wanted:

Have a position open for reliable and dedicated employee to join our team and be a team player. We're seeking a "Fry Bread Cook".

Must be highly reliable and ready to work, must be a team worker, able to lift up to 50lbs and work 6-8 hours per day, 3 days a week and stand in a small area depending on customer sales; possibly asked to work in CRIT's 1 day a week. Able to prepare and cook Fry Bread to order in a quick manner, take orders and prepare food orders if necessary. May be asked to travel if necessary, but not required. Must be able to follow direction and be very knowledgeable of health codes and have a HIS food handler's card. Salary D.O.E, free meal included.

More Information call:
Lee @ (928) 310-2234



Hualapai Adult Detention Center
P.O. Box # 69
924 Rodeo Way
Peach Springs, AZ -86434-
Phone #: (928) 769-2345
Fax#: (928) 769-2459



NEW VISITATION DAYS AND HOURS
EFFECTIVE FEBRUARY 2, 2013

*******BY APPOINTMENT ONLY*******

SATURDAY & SUNDAY

| STARTING TIME | ENDING TIME |
|----------------------|--------------------|
| 9:30 AM | 11:30 AM |
| 1:30 PM | 4:30 PM |
| 6:00 PM | 8:00 PM |

ALL VISITATIONS WILL BE APPOINTMENT ONLY. TO REQUEST AN APPOINTMENT PLEASE CALL 769-2345 MONDAY THRU FRIDAY 9:00 AM TO 4:00 PM.

VISITATION RULES

1. ALL VISITORS MUST PROVIDE SOME FORM OF PICTURE IDENTIFICATION TO THE OFFICER/S/ IN EXCHANGE FOR A VISITOR PASS.
2. VISITATION WITH AN INMATE IS LIMITED TO 15 MINUTES (ONLY 4 PEOPLE ALLOWED IN VISITATION ROOM PER VISIT).
3. NO ONE UNDER THE AGE OF 18 IS ALLOWED UNLESS ACCOMPANIED BY A PARENT OR GAURDIAN.
4. IF A PERSON APPEARS TO BE INTOXICATED OR SMELLS OF ALCOHOL, A PORTABLE BREATH TEST CAN BE CONDUCTED FOR EVIDENCE OF BLOOD ALCOHOL CONTENT OF THE INDIVIDUAL***VISITATION WILL BE DENIED.
5. ALL PURSES/BAGS MUST BE LEFT IN YOUR VEHICLE.
6. ALL VISITORS MUST BE DRESSED APPROPRIATELY.
7. NO FOOD, BEVERAGES, CELL PHONES, CAMERAS, CONTAINERS OR OTHER PROPERTY IS ALLOWED IN THE VISITING AREA.
8. IF YOU HAVE BEEN INCARCERATED WITH IN THE LAST 90 DAYS YOU WILL NOT BE ALLOWED VISITATION.
9. WARRANT CHECKS WILL BE CONDUCTED ON ALL VISITORS.
10. ALL VISITORS ARE SUBJECT TO SEARCH.
11. VISITS MAY BE DENIED AT ANYTIME. DUE TO BEHAVIOR OF VISITOR /S/ AND INMATE.
12. VISITORS MAYBE ASKED TO LEAVE THE FACILITY IN THE EVENT OF AN EMERGENCY.
13. VISITATION MAYBE DENIED FOR THE ABOVE REASONS BUT LIMITED TO.

IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE YOU WILL NOT BE ALLOWED ANY TYPE OF COMMUNICATION WITH THE INMATE.

*** PLEASE BE AWARE THAT THIS IS SUBJECT TO CHANGE WITH OUT PRIOR NOTICE, THE INMATE CAN LOSE VISITATION RIGHTS DUE TO INAPPROPRIATE BEHAVIOR. VISITION IS A PRIVILAGE. DO NOT NEGLECT THIS PRIVILAGE ***



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

A handwritten signature in black ink, appearing to read "Evan Scott". The signature is fluid and cursive, with a large loop at the end.

5160 N. TEST DR. • FLAGSTAFF, AZ 86004 • (928)522-2700 • FAX (928)522-7007

PEACH SPRINGS ELEMENTARY SCHOOL

**Stanford 10 April 15-25 (Grade 2)
AIMS April 15-25 (Grades 3-8)**

April 2013 Events

- April 2nd Governing Board meeting at 5:30 by the Library**
- April 4th Honor Roll Assemblies: 9:00 Grades K-4/9:50 Grades 5-8**
- April 10th Prosody Student Readings 6:00-7:00 in school Library**
- April 10th Last day for tutoring**
- April 15th AIMS Kick-off Parent/Student Breakfast (Free for parents)
Come and enjoy a free breakfast with your child**
- April 15-25 AIMS/Stanford 10 testing (we need all students at school/on time)**
- April 16th Parent Academy-Agenda: Parenting Techniques /Academic Review**
- April 17-18 Arizona Department of Education Title I site visit**
- April 18th Progress Reports go home**
- April 24th Grade 4 field trip to Twenty Pines Forest**
- May 7th Governing Board meeting at 5:30**

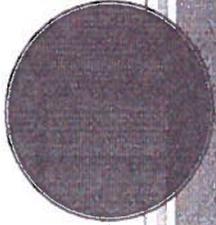
If your child needs eye glasses, please ensure you follow through with a physician. A child that needs and has eye glasses will maximize their potential with achievement and increase their self-esteem.

We need your updated phone numbers for emergencies, positive calls home, or calls of concern. This is important! Please call 928-769-2316 to update your phone number(s). You are awesome!

Kindergarten enrollment for the 2013/2014 school year is going on now. Please come immediately 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.

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.



Peach Springs Elementary School
Governing Board Information

You are invited to give input regarding the elimination of the Seligman School Bus run at the May 7th Governing Board meeting at Peach Springs Elementary School.

The meeting will start at 5:30 p.m. The elimination is necessary due to the high cost and low student turn out. Students can apply for open enrollment with Seligman Unified but are encouraged to attend Peach Springs Elementary and Kingman High School.

Welcome aboard Mrs. Michelle Zephier as Peach Springs Unified School District's newest Governing Board member. She will be sworn in at the May 7th Governing Board meeting.

PEACH SPRINGS ELEMENTARY SCHOOL
3rd QUARTER AWARDS

Ms. Colbert - Kindergarten

HONOR ROLL

Makayla Querta
Alphonso Wescogame
Armon Chamberlain

CITIZENSHIP

Romy Holmes
Starlite Watahomigie

Ms. Peterson - Kindergarten

HONOR ROLL

Chanell Powskey
Montae Walker
Sharlissa Walker

B Honor Roll

Romy Holmes
Kurstella Jones
Rita Querta

CITIZENSHIP

Carmello Manakaja
Rametrious Suathojame

PE

Alphonso Wescogame
Makayla Querta

Mrs. Walker - 1st Grade

HONOR ROLL

Kaydence Crozier

CITIZENSHIP

Aidan Kennedy

Ms. Rich - 2nd Grade

HONOR ROLL

Cintron Whatoname
Sunny Jackson

A/B HONOR ROLL

Malachi Garcia
Angelina Honga
Ashtyn Wellington Powsey
Angelique Jackson
Carlina Ng
Darius Quasula
Tanil Susanyatame

CITIZENSHIP

Ashtyn Wellington Powsey

Ms. Imus - 3rd Grade

HONOR ROLL

Taygen Marshall

CITIZENSHIP

Ines Siyuja
Savannah Pickayviatt

PERFECT ATTENDANCE

Elizabeth Samson

Ms. Quasula - 3rd Grade

HONOR ROLL

Shauntel Crozier

CITIZENSHIP

Iris Siyuja

PERFECT ATTENDANCE

Shauntel Crozier

Ms. Barnhart - 4th Grade

HONOR ROLL

Kevin Fernandez
Tarase Marshall
Cheyenne Blackowl
Shaileen Gonzales
Noraisia Fielding

Mrs. Siyuja - 4th Grade

HONOR ROLL

Meadow Jackson
Rychus Watahomigie

PERFECT ATTENDANCE

Jacob Susanyatame

Ms. Thomas - K through 4th

ART AWARD

Quentin Steele
Taylariesa Siyuja

Ms. Schifano

PE AWARDS

No names submitted



Good Afternoon,

We are excited to announce the launch of our newest PediaLink online learning module; ***Preventing and Managing Infectious Diseases in Early Education and Child Care***. This course provides learners with reliable national resources for guidance on preventing and managing infectious diseases and is designed for anyone who cares for children, including health care professionals and child care providers. This course is FREE of charge.



Below is a flyer describing the course objectives and instructions for accessing the course. This flyer is also available on our HCCA website at: <http://healthychildcare.org/HealthyFutures.html>

Coming Soon...

We will soon be launching our PediaLink online learning module; *Medication, Administration in Early Education and Child Care!*

Have a wonderful day!

NEW! Online Learning Course: *Preventing and Managing Infectious Disease in Early Education and Child Care*

Description:

This course provides you with reliable national resources for guidance on preventing and managing infectious diseases and is designed for everyone who cares for children, including health care professionals and child care providers.

Learning Objectives:

Upon its completion, you will be able to:

- Recognize how infectious diseases (ID) are spread
- Identify the role of caregivers in preventing or controlling the spread of ID by hygiene, immunization, environmental controls and healthy lifestyle
- Recognize the actions involved in conducting a daily health check
- Identify the criteria for excluding an ill child from attending child care and recognize when it is not helpful

If you have an AAP User ID:

1. Go to <http://bit.ly/infidisease>
2. Click the green "Register" button
3. Enter your AAP ID and Password
4. Select "register as an individual"
5. Click "Continue with Registration" and verify information
6. The next page displays the name of the course, click "Sign Up"
7. Select "Check Out Now" at the bottom of the page to finish your registration.

If you do NOT have an AAP User ID:

1. Go to <http://bit.ly/AAPregister>
2. Enter your email address and click "go"
3. Click on the "individual" button
4. Complete the form & set up a user name and password
5. You now have a user ID, please follow instructions in the column to the left

Note to child care providers: This course is approved for 2.0 contact hours. Once you have completed the course, click the Claim Your Credit link on the side navigation bar to print your certificate of completion.

This online module is for educational purposes only. The *Preventing and Managing Infectious Diseases in Early Education and Child Care* online module is funded through grants from McNeil Consumer Healthcare, a subsidiary of Johnson & Johnson.

Cultivating Access

Creating Opportunities for Native American Students

Hosted by:

The University of Arizona

Hello UA Partners,

At the University of Arizona we strive to provide an inclusive environment for all students. One of our most important goals is to enroll, retain, and graduate Native American students. In order to continue reaching our goals we would like to invite you for a day of discussion and dialogue.

The Office of Admissions along with our Financial Aid, Scholarship, and Academic Success partners are eager to host you on campus.

We look forward to working with each and every one of you to create dialogue that will aid us in serving our Native American students.

**Please RSVP by April 10th to
Renee Marquez
rmarquez@email.arizona.edu or
at (520) 626-5979**

Date:

Tuesday, April 23rd, 2013

Time:

9 AM- 1 PM

Location:

University of Arizona,
Cesar Chavez Bldg. Room
205

WIA Dislocated Worker Program

REPAC offers:

- Training
- Job Search Assistance
- On-The-Job Training
- Relocation Reimbursement
- Supportive Services



REPAC Consortium Locations

2066 W. Apache Trail #116
 Apache Junction, AZ 85120
 480-367-6937

1015 E. Florence Blvd., #A-100
 Casa Grande, AZ 85122
 520-374-3096 or 3091

5515 S. Apache Ave. #200
 Globe, AZ 85501
 928-425-7631

| | |
|----------------|--------------|
| Payson | 928-468-9830 |
| Tribal Nations | 520-374-3091 |
| Toll Free | 800-276-4452 |

HAVE YOU BEEN LAID-OFF FROM YOUR JOB?

REPAC-WIA has a program with no cost to those who qualify.

RE-EMPLOYMENT/PRE-LAYOFF ASSISTANCE CENTER

The WIA Dislocated Worker Program assist individuals who have lost their jobs through no fault of their own. By Supporting them to obtain gainful employment as rapidly as possible after dislocation

Equal Opportunity Employer/Program
 Auxiliary aids and services are available upon request to individuals with a disability
 TTY: 711

HEALTH & SAFETY INFORMATION

First Things First: Toddler defies doctor's expectations

The Standard | March 6, 2013

Toddler defies expectations



Joy and her Aunt Doris were one of the first families to receive support through the Hualapai Maternal Child Health Program, funded through the First Things First Hualapai Tribe Regional Council. Doris said the program helped Joy, 2, defy doctors' expectations. See story on Page 7.

PEACH SPRINGS - Not many toddlers learning two languages, especially ones whom doctors said would never learn how to talk.

"We were told many things that Joy might not be able to do, and walking was one of them," her Aunt Doris said. "(Now) when my daughters sing native songs, Joy dances all around."

Joy and her Aunt Doris, of Peach Springs were one of the first families to receive support through the Hualapai Maternal Health Program, which is funded through First Things First Hualapai Tribe Regional Council.

First Things First partners with parents and other caregivers to give them the information and support they need to help their children succeed in kindergarten and beyond.

The Maternal Child Health Program is a comprehensive intervention and home visitation program for the Hualapai Tribe that supports pregnant women and families with children five and younger in the region.

With support from nurse Jennifer Pope, the program strives to give young children a more supportive relationship with their parents or caregivers through in-home services, and also connects parents and caregivers with community resources to help them better support their child's learning, development and health.

Joy was born full-term, but spent most of her first year of life in and out of hospitals in Kingman, Phoenix and Las Vegas due to a rare illness.

Doris said she initially struggles to find help for Joy, making dozens of phone calls that resulted in either reaching the wrong number or being referred somewhere else.

Pope helped coordinate Joy's medical appointments and even accompanied her and Doris to various doctors' offices.

The Maternal Child Health Program connected the family with the Arizona Early Intervention Program, and Joy was able to receive therapy from MileMarkers Therapy, Inc. MileMarkers provides services to children across La Paz and Mohave counties.

"When I first met Joy, she was pale as a ghost and could hardly sit up," sad Catie Sondrol, of MileMarkers Therapy in Lake Havasu Cty. "She was struggling just to breathe"

After more than a year of therapy, Joy, who turned 2 in December, is defying doctors' initial projections. Cultural heritage is important to Hualapai Tribe members and Doris has worked hard to make sure that Joy's ancestry is a part of her early learning experience.

"Doris has been teaching her the English and Hualapai version of each word, so even though she's behind in speech, she's learning two languages." Sondrol said, "Joy is learning by repeating words, although she's calling everybody "Mama" right now."

Sondrol said she has been impressed by how so many agencies have come together to help Joy, who has made a complete turn around from the pair's first meeting a little more than a year ago. "You can just tell by her smile that she physically feels better and that has helped everything else she is working on unfold," Sondrol said.

If the Maternal Child Health Program had not been in Peach Springs, Doris said moving away from her community and family was something she had to consider in order to get the help and services Joy needs.

"I did not want to think negative, I wanted to think positive," Doris said. "I did not want to doubt Joy; I had faith in this little girl."

To learn more about your local regional council or the FTF-funded programs in your area, please visit azftf.gov.

Experts Weigh In on Childhood Obesity

By ABC News | By Rebecca Sharim Storace, M.D. | Mar 13, 2013

Obesity in America is a growing problem, and not just in adults. More than a third of the children and adolescents in the United States are overweight or obese, according to 2010 data from the U.S. Centers for Disease Control and Prevention. And since 1980, the number of obese children and adolescents has almost tripled, a jump attributed in part to poor food choices and insufficient physical activity.

Despite the ballooning problem, parents and doctors often find the topic of childhood obesity difficult to discuss. To start the conversation, ABC News' chief health and medical editor Dr. Richard Besser hosted a Twitter Chat on the subject Tuesday. Experts from the CDC, the National Institutes of Health, and the American Academy of Pediatrics, as well as clinicians, parents and others with personal experience joined in the one-hour discussion.

Here, some of the highlights.

The Risks Are Overwhelming

"Childhood obesity affects every organ system in the body," tweeted Dr. Seema Kumar, the director of the Pediatric Weight Management Program at Mayo Clinic. The risks include diabetes, high blood pressure, and high cholesterol. In fact, roughly 70 percent of obese youth are thought to have at least one risk factor for heart disease, according to the CDC. What's more, experts agree that obese youth are at high risk of becoming obese adults, prompting even more health problems, including joint disease, heart disease, sleep apnea and certain cancers. The health risks of obesity are not only physical, they're psychological as well. Childhood obesity has been linked to depression, anxiety and poor self-esteem. "Overweight children are also more likely to be bullied," tweeted Thomas McNerny, president of the American Academy of Pediatrics.

Schools, Government Play a Critical Role

Tweeters agreed that it would be beneficial if the government funded programs to promote healthy food choices, rather than pay the heavy consequences of obesity in the future. "Obesity costs \$7.6 billion/yr in NY," tweeted Montefiore Medical Center. New York City Mayor Michael Bloomberg's proposed ban on super-sized sugary drinks was shot down Monday just before going into effect. But some Twitter chat participants still strongly support the move to limit these drinks. "Sugary drinks are a major source of empty calories and contribute to kids gaining weight," tweeted James Marks, senior vice president and director of the Robert Wood Johnson Foundation Health Group.

Schools need to do their part to ensure that children are making healthy choices, some experts said. On top of offering healthy choices in the cafeteria, schools also need to pay attention to snacks and class parties, according to Angela Haupt, health and wellness editor for U.S. News and World Report. "48 student birthdays = 48 cupcakes at 300 calories a piece = 14,400 extra calories/year," she tweeted. Educating kids about nutrition is also important. "I'd love it if school tied in lessons — learning about calories in science, math, PE and home economics! Apply in cafeteria!" tweeted @FatGirlsWorld.

Prevention Is Easier Than Treatment

Preventing obesity is essential, experts said, as treating obesity is extremely difficult. It's important to promote healthy food choices and physical activity. "Lack of exercise is [a] big risk factor for being overweight," McNerny tweeted. "Need at least 1hr [of] exercise 5 days/wk."

McNerny also shared the 5-2-1-0 formula: 5 fruits and vegetables; less than 2 hours of screen time; 1 hour of exercise; and 0 sugary drinks. Parent support is also critical. Healthy food choices and regular physical activity should be promoted as a lifestyle, not a diet. Experts encouraged parents to sit down with their kids for meals and involve kids in food shopping and preparation. And because parents are role models for children, they need to be conscious of their own eating and activity patterns.

Understanding thyroid cancer

www.foxnews.com | Published April 04, 2013 | NewsCore

The butterfly-shaped thyroid gland, in the front of one's neck beneath the voice box, produces hormones that regulates how the body uses energy. In 2012, thyroid cancer will cause approximately 1,780 deaths (1,000 women, 780 men). There will also be 56,460 new cases of the disease (43,21 in women, 13,250 in men), according to the American Cancer Society.

The thyroid creates two hormones: Thyroid hormone and calcitonin. Thyroid hormone affects your heart rate and blood pressure. Calcitonin maintains a healthy level of calcium for the body.

Causes

Cancer occurs when abnormal cells multiply haphazardly, amassing into a malignant tumor. When cancer begins in the thyroid, it is usually one of two kinds; papillary carcinoma (accounts for eight of every ten cases) and follicular carcinoma (accounts for one of every ten cases). Other, less common types include hürthle cell carcinoma, medullary thyroid carcinoma and anaplastic carcinoma. The disease is three times more likely to afflict women. Low-iodine diets and radiation exposure may increase the likelihood of thyroid cancer.

Symptoms

Mario Skugor, an endocrinologist at the Cleveland Clinic, reports that typical thyroid cancer presents itself as a painless mass in the lower neck. Other possible warning signs of include pain in the neck, difficulty swallowing, a perpetual cold, breathing difficulties, swelling in the neck and vocal hoarseness, reports the American Cancer Society.

Diagnosis

In order to properly diagnose thyroid cancer, one must undergo a physical examination, blood tests and biopsy. During the exam, a physician feels the patient's thyroid for lumps and the surrounding area for lymph nodes. The blood tests check for irregular levels of the thyroid-stimulating hormone. The biopsy is the definitive way to determine the existence of cancer. A surgeon removes a sample of thyroid tissue for a pathologist to examine. Imaging tests (MRI scan, ultrasound, CT scan, X-ray, nuclear medicine scan) can help with staging the cancer. They generate pictures of the thyroid that illuminate the existence or absence of cancerous cells throughout the body. Sometimes, the doctor may administer a whole body scan after putting a small amount of radioactive iodine into the bloodstream. Cancer cells absorb the iodine, which is visible when scanned.

Treatment

The majority of thyroid cancers are curable, reports the Mayo Clinic. Thyroid cancer treatment depends on the disease's stage and type. A surgeon may perform a thyroidectomy to remove all or most of the thyroid through an incision in the neck. Often the surgeon will also remove swollen lymph nodes from the neck.

The patient will need to take thyroid hormone medication for the remainder of his or her life, to supply the hormone the thyroid usually produces and to squelch the production of thyroid-stimulating hormone.

After surgery, the patient often takes radioactive iodine capsules, which target the remaining thyroid tissue and seek out lingering cancer cells.

Other common therapies include traditional radiation therapy and chemotherapy, which use high-power X-rays and drugs, respectively. Amy Y. Chen, surgeon and otolaryngology professor at Emory University School of Medicine, said, "Rarely, a pharyngectomy, esophagectomy, or laryngectomy are necessary if there is invasion of the thyroid cancer to surrounding structures."

"IMPROVING PATIENT CARE"

PEACH SPRINGS HEALTH CENTER

Health Center Hours

Monday—Friday • 8:00 a.m.—5:00 p.m.



Important Reminders:

- Appointments are scheduled in 20-minute time slots, so please arrive at least 15 minutes early for your appointment. If you are 10 minutes late, you will have to reschedule.
- Call the medical (769-2920) or dental (769-2903) appointment lines to schedule or cancel your next appointment. Call the Pharmacy (769-2992) for medication questions or refills.
- Walk-ins will be seen on an emergency basis only. If you are not sure, please ask!
- Most outside prescriptions may be filled by the Pharmacy. If the Pharmacy has the prescription in stock, it will be filled directly by the Pharmacist. Otherwise, they will be reviewed and approved by an IHS Physician and then entered into your Electronic Health Record (EHR). Prescriptions CANNOT be filled without an order in the EHR from the Physician. This process may take some time, we appreciate your patience.

An exciting new change coming soon...

The Pharmacy Department will soon be using an Electronic Notification Board to notify patients when medications are ready. We will keep you informed on the progress!

P.O. Box 190 • 943 Hualapai Way • Peach Springs, AZ 86434
Phone: 928.769.2900 • Fax: 928.769.2701 • Toll-Free: 1.888.478.4369

Medical Appointments: 769.2920 • Dental Appointments: 769.2903
Pharmacy (Refills): 769.2992 • EMS (After Clinic Hours): 769.2233

A Friendly Reminder from the Contract Health Department...

- 72-Hour notification to Contract Health is required for emergency treatment or admission at a non-IHS facility.
- All non-emergent, private health care or specialty services require prior authorization FOR EACH VISIT from CHS.

*If you are told by your physician that a referral will be made for you, please ask to see the Referral Coordinator before you leave the clinic area or contact her by phone to check the status.

In accordance with CHS policy, no CHS funds may be expended for services that are reasonably accessible and available at IHS facilities.

The Patient Visit Process

Check-In

- Patient Registration
- Check-In Desk
- Benefits Coordinator (if needed)

Provider Visit

- Triage w/ Nurse
- Exam Room w/ Medical Provider
- Check-Out @ Nurses' Station

Other Services

- Referral Coordinator (if needed)
- Pharmacy (if needed)



Peach Springs Health Center

NOTICE

Please arrive **15 minutes** early for your appointment.

Being 10 minutes LATE will require re-scheduling.

In an effort to better serve you, this guideline will help reduce your wait time and improve the flow of patient care.

Walk-ins will be seen on an emergency basis only.

| Emergencies are defined as: | Conditions and Needs Requiring an Appointment |
|--|---|
| High Fever (101 or greater) | Medication refills |
| Children with fevers, ear aches, or a bad cough | Follow-up appointments |
| Abdominal pain | Routine shots |
| Shortness of breath | Cold symptoms: If your cold has not improved |
| Chest pain | Well Child exam/Immunizations |
| Injury within 24 hours, including sprains, strains and lacerations | School or employment physicals |
| Any infected-appearing wound | Routine dressing change |
| Severe pain | Diabetic check-ups |
| Asthma attack with wheezing or difficulty breathing | Lab reviews |
| | Suture removal |
| | Well woman exam |
| | Injuries greater than 24 hours old |
| Emergencies will be screened by a Nurse. | |

COMMUNITY MESSAGES

Gamyu "People of the Tall Pines"

I am announcing my candidacy to fill a vacancy on the tribal council. Presently, the Special Election, scheduled for April 15th is put on hold until further notice.

Being a tribal council member has been a life long dream for me. It is on my "Bucket List" of things I'd like to accomplish in my life. I realize this is a very difficult time for the Hualapai Nation and will be a tremendous challenge for me. All I can do is to uphold the Hualapai Constitution of the nation, which is you and me. I'm not a person who holds a degree or holds a high position. I consider myself a meek and humble person, a compassionate, caring person who listens to both sides of the story before making a decision. I will be fair and impartial for members and non tribal members as well.

I was employed with Citizens Utilities, which switched to Telecommunications. Citizens merged with Frontier Communications, who took over and left thousands without jobs, starting from Northern California, Arizona, Texas and all of citizens properties. I watched all these changes from 1983 to 2002.

As Jennifer Turner, GCRC-CEO states: GCW is doing well. Then why did they file for bankruptcy? Our council needs to take a more serious approach on this issue. I am saying this as a tribal member. All I've seen is the council bicker amongst each other and point fingers.

Now that I am older, hopefully, a little wiser, I can help the tribe. We are all in this together, so vote for the person you think will be a good leader.

Hankyu,

Johnnie Walema

Lessons For Life

"I don't need to drink anymore," said Ray H. of Hollywood, Florida. "Why?" asked a friend. Ray answered: "For several years I was a pretty confused person. I drank for happiness and became unhappy. I drank for joy and became miserable. I drank to be outgoing and became lonely. I drank for sociability and became argumentative. I drank for sophistication and became rude and obnoxious. I drank for friendship and made enemies. I drank to soften sorrow and wallowed in self-pity. I drank for sleep and awaked without rest. I drank for strength and felt weak. I drank medicinally and got sick. I drank because I thought my job called for it and I lost my job. I drank for relaxation and I got the shakes. I drank for confidence and became uncertain. I drank for courage and became afraid. I drank for assurance and became doubtful. I drank to stimulate thought and blacked out. I drank to make conversation and couldn't remember what I said. I drank to feel heavenly and came to know hell. I drank for power and became powerless. I drank to erase problems and saw them multiply. I drank because I had the right and everything turned out wrong. I drank to cope with life and almost died." Surely it would take a lot of drinks to get you in that shape again," my friend exclaimed. "Nope, just one." I told him.

[[SILVER WEDDING ANNIVERSARY]]

You're Invited

For: Steven + Norma Bennett

Date: Tuesday 14th May 2013

Time: 7:30 p.m.

Place: 1401 LAS VEGAS BLVD SOUTH
LAS VEGAS, N.V.

THE HOWARD JOHNSON INN + SUITES

~~8850~~ GARDEN GAZERD, 800-535-4106

Emails info @ chapel of las Vegas, com



**Grand Canyon Resort Corporation
REQUEST FOR PROPOSALS**

**Ground Transportation Services at Grand Canyon West
And Surrounding Area**

Date Issued: April 8, 2013

Proposals Due

April 26, 2013
12:00PM MST

Address:

Please submit as a Sealed Bid

All Proposals will be publicly opened at 2:00 PM April 26, 2013

PO Box 359
16500 Hwy 66
Peach Springs, AZ 86434
Attn: Jennifer Turner

Phone:

(928) 769-2419

Questions regarding this RFP should be directed to Terry Kirkum, General Manager, in writing, no later than April 19, 2013. Questions may be sent via email to: terry_kirkum@grandcanyonresort.com, or via fax to: (928) 769-2450.

