

GAWYU

Issue #09

April 26, 2013



Children's Art Expo is awarding \$100.00 to the first place winner for the Children's Art Expo Art Contest for t-shirts.

- Any questions, contact Marcie Craynon, Bennitt Jackson or Desirae Perry at the Cultural Department (928) 769-2223

GOOD LUCK!



DIAMOND BAR ROAD PHASE 2 GROUND-BREAKING CEREMONY

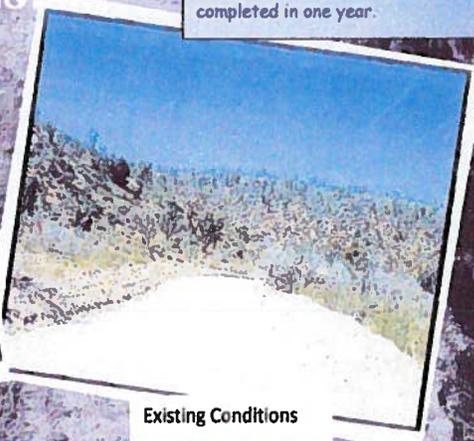
MONDAY APRIL 29, 2013

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

A shuttle bus will be at the Hualapai Lodge at 8:00 a.m. and depart from GCW at 2:00 p.m.

First Come, First Serve



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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

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.

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.

COPS

COMMUNITY ORIENTED POLICING SERVICES
 U.S. DEPARTMENT OF JUSTICE

The project was supported by Cooperative Agreement Number 2011-SE-WV-0001 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.

May 3-4, 2013
Kingman Family Festival

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

MOHAVE COUNTY
FAIRGROUNDS
2600 FAIRGROUNDS BLVD.
KINGMAN, AZ

ALL VENDORS WANTED

FOOD VENDORS
CRAFT VENDORS
JEWELRY VENDORS
HOBBY VENDORS

FEATURING

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

CALL (928) 642-6241
FOR MORE INFO.

HUALAPAI CULTURAL CENTER OPEN HOUSE

IN PEACH SPRINGS ON HISTORIC ROUTE 66

FRIDAY, MAY 3RD 2013 4 PM - 6 PM
SATURDAY, MAY 4TH 2013 9 AM - 3 PM



LEARN ABOUT THE HISTORY OF THE SMALL
ROUTE 66 TOWN, PEACH SPRINGS, AND DISCOVER THE
HUALAPAI TRIBE'S CULTURE AND TRADITIONS.
ENJOY TRADITIONAL FOOD AND FREE ENTERTAINMENT!

3RD ANNUAL CHILDREN'S ART EXPO

DURING THE OPEN
HOUSE, SEE THE ART
EXPO FEATURING
CREATIONS BY
CHILDREN IN THE
HUALAPAI COMMUNITY.



HUALAPAI TOURISM



888-868-9378 OR 928-769-2636
WWW.HUALAPAITOURISM.COM

23RD ANNUAL
 HUALAPAI NATION
FUN RUN BBQ



SATURDAY MAY 4TH 2013
10:30 AM - 2:00 PM

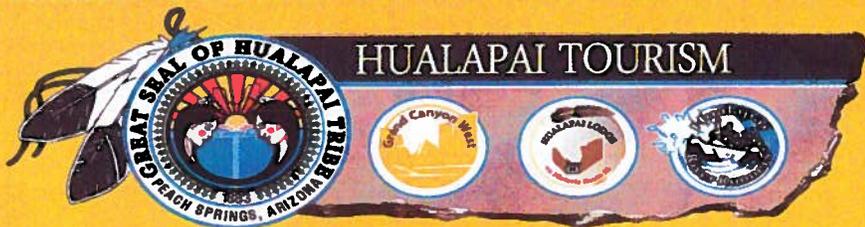
ROUTE 66 PARK IN PEACH SPRINGS
 DIRECTLY ACROSS THE STREET FROM THE HUALAPAI LODGE

NATIVE AMERICAN ARTS AND CRAFTS
 DJ PLAYING 50'S MUSIC
 GENUINE POW WOW DANCERS

DELICIOUS FOOD INCLUDING:

- DALLAS' DELICIOUS PIT BBQ BEEF AND A VARIETY OF SIDE DISHES
- HUALAPAI FRYBREAD
- HUALAPAI TACOS
- AND MORE!

PURCHASE RAFFLE TICKETS TO WIN ONE OF FIVE LEGACY GOLD PACKAGES FOR 2. TICKETS ARE \$1 PER TICKET OR \$5 FOR 7. GOLD LEGACY PACKAGE FOR 2 VALUE \$175



888-868-9378 OR 928-769-2636
 WWW.HUALAPAITOURISM.COM



Don't
Miss Out
on Your
Chance to
WIN!

Raffle

Cost

1 ticket-

\$1

7 tickets

\$5

Sale

Help Support the
Hualapai Nation Route 66 Fund
Tickets on sale now to WIN
One of 5 Legacy Gold Packages for 2!
Package Value is \$175



Tickets on Sale Now!
Hualapai Lodge Front Desk

Winners will be announced on
Saturday May 4th at the Powerhouse—4pm
Need not to be present to Win!

Tribal Environmental Review Commission Meeting

If there is anything the community would like to add to the agenda please call Michelle Zephier @769-1310.

The next TERC Meeting is on Wednesday, May 15, 2013 @ 10:00 at the Cultural Department.

Agenda

1. Roll Call
2. Meeting minutes for April 17, 2013.
3. Old Stock Yard Proposal-Natural Resources
4. Other Business
5. Meeting Adjourn

HUALAPAI CULTURAL CENTER OPEN HOUSE

FRIDAY, MAY 3RD 2013 4 PM - 6 PM

SATURDAY, MAY 4TH 2013 9 AM - 3 PM



PLEASE JOIN US FOR

Mother's Day
CRAFTS
NIGHT!

THURSDAY MAY 9, 2013
6 PM—8 PM

*Happy
Mother's Day*

HUALAPAI TRIBAL GYMNASIUM

928-769-2652

E-PCW



**Need A Fun
After-School
Activity?!**

Check out our FACBOOK
page
EPCH

Become a fan !
See photos of the youth
broadcasters in action
and receive updates
about scheduling and pro-
grams and
notices about special events

PEACH SPRINGS YOUTH RADIO

- Youth 10-25 welcome
- Have fun with music!
- Learn about and participate in a radio drama- writing, acting and producing (can earn \$\$)
- Learn about and participate in d.j.'ing, journalism/interviews and reporting, directing and producing including computer sound effects, technical operations, marketing and promotion and computer graphics
- Great incentives including gift cards, music accessories, C.D.'s, activity passes and trips!
- Can earn community service and community restitution hours
- Mon-Thurs after school until at least 6 pm and Fri 10am to 3pm

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

EDUCATION & TRAINING INFORMATION

CTI summer experience

camps for students grades 6-12

The ASU College of Technology & Innovation (CTI) offers over 30 fun residential and day camps in summer 2013 at the ASU Polytechnic campus and other convenient locations across metro Phoenix.

- ★ Develop new apps and learn to program games in Camp Game
 - ★ Dream it, make it and turn it into a business in the CTI Startup Academy
 - ★ Create, tinker and imagine new ideas in our Maker Camps
 - ★ Learn about leadership, teamwork and technology in our Camps Just For Girls
 - ★ Inventors, turn your imagination loose in our STEAM Machines™ Invention Camp
 - ★ Many more
-

Save 10% on all regular camp tuition with discount code **Summer13**. Early registration and family discounts also available.

For more information and to register, visit:
<https://technology.asu.edu/ctisummer>



Experience university life and learn to create professional level radio and television productions!

June 17 – 22, 2013

Northern Arizona University · Flagstaff, AZ

Applications available online at:

www.nativeamericanbroadcastworkshop.org

Write a competitive essay and submit your application by April 30, 2013

Scholarships available

Sponsored by the Arizona Broadcasters Association, Gannett Foundation, NAU Native American Cultural Center, Native Public Media, KTNN Radio, NAU College of Social & Behavioral Sciences, NAU School of Communication

For more info, contact: nabroadcastworkshop@gmail.com or (928)523-2232



The Arizona Broadcasters Association | Gannett Media Foundation | NAU Native American Cultural Center

Native Public Media | KTNN Radio

Present the

NATIVE AMERICAN HIGH SCHOOL BROADCAST WORKSHOP

Northern Arizona University Campus

June 17–22, 2013

- Learn how to create professional quality radio and television productions.
- Meet people who work in the broadcast industry.
- Visit media production facilities.
- Explore media careers and educational opportunities.
- Enjoy a Sneak Peak of college life by living on the NAU campus in Flagstaff.

To ensure a quality experience space is limited to 15 students, preference will be given to junior and senior high school students who write a personal essay explaining their interests in media. This is a competitive program. Those chosen will be notified of their acceptance in the program by May 3.

IMPORTANT DATES:

Applications due: April 30, 2013

Acceptance notices and final paperwork will be sent: May 3, 2013

Final paperwork and tuition due: May 17, 2013

(\$50 tuition. Mail check or money order with paperwork)

Tuition: \$50. Scholarships are available.

TUITION PAYS FOR:

All workshops and events

6 nights Lodging (Sunday-Friday)

All meals beginning with Sunday dinner on June 16 and ending with lunch on Saturday, June 22

Workshop video and audio equipment

All supplies

Graduates of this program will be prepared to explore a career in broadcast media, a field that has been historically underrepresented by Native Americans.

Write your essay, complete your application and send it in today!

The NATIVE AMERICAN HIGH SCHOOL BROADCAST WORKSHOP is also sponsored by NAU's College of Social and Behavioral Sciences and the School of Communication.

www.nativeamericanbroadcastworkshop.org



FOR IMMEDIATE RELEASE**Broadcasters Essay Contest for Native American High School Students Includes Week at NAU**

Flagstaff, Arizona – April 4, 2013 - In an effort to encourage more Native American students to seek careers in the broadcast industry, Northern Arizona University has combined with broadcast industry sponsors to host a Native American High School Broadcast Workshop from June 17-22. Native American High School students are encouraged to visit the workshop's website at www.nativeamericanbroadcastworkshop.org and apply.

The fifteen high school students whose essays are selected will learn how to create professional quality radio and television productions during the week they spend on NAU's Flagstaff Campus and will experience what college life is like.

The students will have access to state-of-the-art audio and visual equipment used by college students in NAU's School of Communication. During their stay, students will attend pre-production, production and post-production work sessions with NAU faculty and staff. The students will also meet broadcast industry professionals and visit media production and broadcast facilities during the workshop.

The tuition for this workshop is \$50. That covers a six-night stay in an NAU residence hall and all meals. Scholarships are available. First preference will go to high school juniors and seniors who complete the application and write competitive essays. Deadline for applications is April 30, 2013.

For further information and an application, visit www.nativeamericanbroadcastworkshop.org, or call 928-523-2232 to request an application by mail. Questions may also be addressed to School.Communication@nau.edu.

The workshop is sponsored by the Arizona Broadcasters Association, the Gannett Foundation, NAU Native American Cultural Center, Native Public Media, KTNN radio, NAU's College of Social and Behavioral Sciences and School of Communication.

Contact: Paul Helford
Paul.helford@nau.edu
 Tel: 928-523-2232

Freeport-McMoRan Copper and Gold Foundation



SCHOLARSHIPS ADMINISTERED BY THE PHOENIX INDIAN CENTER AVAILABLE FOR MEMBERS OF THE FOLLOWING TRIBES:

**WHITE MOUNTAIN APACHE TRIBE
 SAN CARLOS APACHE TRIBE
 HUALAPAI TRIBE**

Eligibility Criteria:

- Enrolled member of one of the three tribes
- Grade point average 2.5 or higher
- Plan to enroll in college full time Fall 2013/Spring 2014
- Can be a freshman or a currently enrolled college student

THE APPLICATION IS NOW AVAILABLE AT: www.phxindcenter.org

DEADLINE: ALL COMPLETE PACKETS MUST BE POSTMARKED BY June 29, 2013

FOR FURTHER INFORMATION CONTACT:

Ms. Bonnie DeWeaver bdeweaver@phxindcenter.org Or call 602.264.6768

Freeport Scholarship
FREQUENTLY ASKED QUESTIONS

1. What is the amount of the scholarship award?

If you are enrolled at a 4-year college, the award is \$5,000.00 per academic year. If you are attending a 2-year college, the amount is \$2,500.00 per academic year.

Half of the award will be disbursed (\$2500.00 for 4-yr college or \$1250.00 for 2-yr college) at the beginning of Fall semester. Upon completion of semester, student is required to submit official transcripts to determine continued eligibility for the second part of the year funding - based on the 2.5 cumulative GPA. If you are attending a college based on the quarter system, the disbursement will be made in three equal amounts (not two as in a semester system).

2. What if I am unable to complete a class, will I still be eligible?

If there are circumstances beyond your control, such as a class being cancelled, you may still be eligible for the Spring Semester. Eligibility for continuation regarding other types of withdrawals will be determined on a case by case basis.

3. When is the application deadline?

The complete application packet must be postmarked **on or before June 29, 2013**. No emailed or faxed application packets will be accepted. Complete application packets can also be delivered to the Phoenix Indian Center before the June 29, 2013 deadline.

4. Do applicants have to live on the reservation?

No, they can reside anywhere as long as they are an enrolled member of one of the three tribes listed, White Mountain Apache, San Carlos Apache or Hualapai.

5. Is the scholarship only for students who are new high school graduates?

Applications will be accepted for any new college student or any continuing college student who meets the Eligibility and Academic criteria. Currently enrolled college students are encouraged to apply. Note: the applicant must meet all Eligibility and the Academic criteria. GED recipients are welcome to apply - must have a cumulative score of 450 or higher.

6. Can the college/university be outside the State of Arizona?

Yes, if an eligible student has been accepted to an accredited college/university anywhere within the United States they are eligible to apply.

7. Do all classes have to be on campus?

The majority of classes must be on a campus, not On-Line Only. This does not exclude students who may be required to travel abroad or do field work/practicum as part of their degree requirements.

8. When do I need to submit my Free Application for Federal Student Aid?

This needs to be done **ASAP**. The best time is immediately after you have prepared your (or parents) Income Taxes. Once you have submitted the appropriate forms, the Student Aid Report (SAR) can take 10- 15 days and it must be part of your application packet.

9. Who can write my letter of reference?

This letter must be written by a professional person who knows your academic skills and abilities to be successful in higher education as well as your leadership and community service activities. The letter should be written by a school advisor, counselor, teacher, other Higher Education staff person, employer, clergy, etc. Letters from family or friends will not be accepted.

10. Is Section 2 different from the essay?

Yes, this is where you would provide any information on your personal activities. Please do not limit to those listed. Those are suggestions – add any pertinent information.

11. Can I apply if I am going to graduate school?

No, this scholarship is for undergraduate students only at an accredited 2-yr or 4yr college.

12. Can I change schools after Fall Semester?

Yes, if you plan to transfer to a different school when the Fall Semester is over you need to submit a Letter of Acceptance from the new school, a new Release of Information for the new school and if applicable new contact information.

FOR ALL OTHER QUESTIONS PLEASE CONTACT: Bonnie DeWeaver 602.264.6768 or send an email to bdweaver@phxindcenter.org


**FREPORT-McMORAN
COPPER & GOLD FOUNDATION**

NATIVE AMERICAN Scholarship Program

**2013 - 2014 School Year
Application**
**Administered by
Phoenix Indian Center**


Undergraduate Application

The Phoenix Indian Center is proud to announce the Freeport-McMoran Copper & Gold Scholarship Program. The scholarship is funded by the Freeport-McMoran Copper and Gold Foundation and administered by the Phoenix Indian Center, Inc. It is the goal of Freeport-McMoran to create strong relationships with the students funded by this scholarship who are becoming model employees of the future. Please review the information provided and contact the Phoenix Indian Center with any questions.

ELIGIBILITY

- Student must be an enrolled member of one of the following tribes:
 - Hualapai
 - San Carlos Apache
 - White Mountain Apache
- Students entering college as freshman, as well as sophomores, juniors and seniors are welcome to apply. *Not applicable for part-time students. Not applicable for graduate school.*

ACADEMIC CRITERIA

- Student must have a minimum 2.5 **cumulative** GPA and be in good current academic standing
- Candidate must enroll or be enrolled as a full-time student (minimum of 12 credit hours) in one of the following disciplines or degree programs:

Primary:

- Business or business-related majors (e.g., accounting, finance, economics)
- Engineering
- Geology
- Math
- Science or science-related majors (e.g., chemistry, biology)
- Sustainability
- Technology (e.g., computer science, programming, database)

Secondary:

- Education (e.g., teaching)
- Health (e.g., nursing, public health)
- Safety (e.g., occupational safety)

Note: Although secondary majors will be considered, preference will be given to primary majors.

SCHOLARSHIP RENEWAL

- Scholarship renewal is contingent upon maintaining good academic standing and meeting the GPA requirement on a semester-by-semester or quarter-by-quarter basis (2.5).
- Prior receipt of a scholarship does not guarantee a future academic year scholarship.

Scholarships will be awarded for one academic year and paid by semester or quarterly and be a part of the student's financial aid package. First semester / quarter grades will be required for second semester disbursement.

Note: Students who have previously received a scholarship will be given some preference over first-time applicants based on continued eligibility and academic standing.

APPLICATION/SELECTION PROCESS**Deadlines**

- **Application Deadline is June 28, 2013**
 - Applications submitted **electronically and by fax**: Applications must be received on or before 11:59 PM Arizona time on June 28, 2013
 - Applications submitted by **postal mail**: Applications must be postmarked on or before **June 28, 2013**

THE APPLICATION IS NOW AVAILABLE AT: www.phxindcenter.org

Notification of Award/Denial

- Applications will be reviewed in July and scholarship recipients will be notified by **August 19, 2013** by the Phoenix Indian Center, Inc.

Note: Application Materials Submitted

- All application materials, once submitted and received, become the property of the Phoenix Indian Center, Inc.
- By applying for this scholarship, all applicants agree to receive periodic information regarding available employment and intern opportunities, and other relevant company news from Freeport McMoran Copper & Gold.

CONTACT FOR FURTHER INFORMATION ABOUT THIS SCHOLARSHIP

Mailing Address: Phoenix Indian Center, Inc. / 4520 N. Central Ave. Ste. 250 / Phoenix, AZ 85012

Phone Number: 602.264.6768 **Fax Number:** 602.274.7486

Email: fmscholarship@phxindcenter.org

**G
E
D**

Starting April 22, 2013, I will see new GED students inquiries of the program and testing will be done from 10:00 a.m. - 11:15 a.m. on Monday, Wednesday and Thursdays.

Vivian Parker's Message
Hualapai Teacher

At this time, I will give a short orientation and ask the students to take an assessment for Math and Reading. I have set these hours aside to serve the community efficiently.

I will no longer test new students during our class time, which is Monday - Friday at 1:00 p.m. - 4:00 p.m. Thank you for your cooperation.

HEALTH & SAFETY INFORMATION



Ease up on salt, not flavor

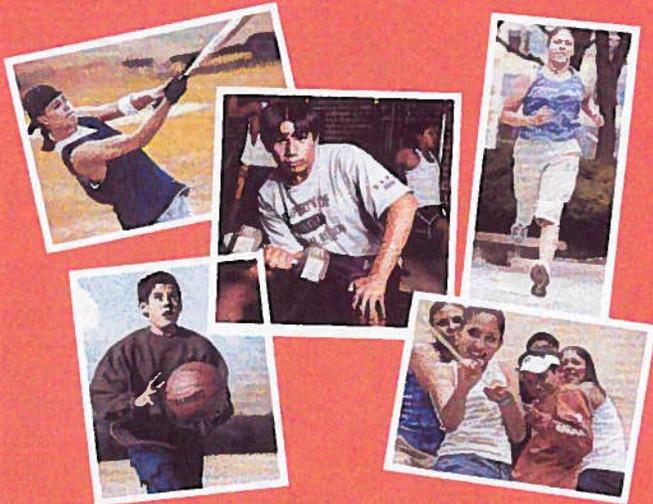
By Tanya Zuckerbrot | Published April 09, 2013 | FoxNews.com

Throughout history salt was essential for preserving food. Nowadays salt is used in abundance to give food taste to the point that salty meals and snacks are to be expected. Try a can of salt-free vegetables and you'll be shocked by the difference! It's little wonder that Americans on average consume about twice the daily recommended amount of sodium. According to the government's dietary guidelines, people ages 14 and over should not have more than 2,300 mg (1 teaspoon) of sodium per day. For older adults, African Americans, and anyone with kidney disease, hypertension, or diabetes, the limit is even lower – 1,400 milligrams (a bit more than ½ teaspoon) sodium per day. The problem is that most Americans ingest as much as 4,000 mg of sodium on a daily basis.

Our bodies need sodium to function properly; it helps us maintain fluid balance and it's integral for the transmission of nerve impulses that make our muscles contract and relax. Since we don't produce sodium ourselves we rely on foods and drinks to get it. Only 12 percent of the sodium we get in our diet comes naturally in foods and only five percent comes from salt we add to home cooking. If we habitually eat processed foods our intake of salt adds up fast. Case in point: a well-known whole grain cereal packs an eye-popping 580mg sodium per cup! Lunch meat has lots of salt; 3 ounces of deli turkey or salami have about 810 mg and 1,200 mg of sodium respectively. Other salty mainstays include diet soda, cottage cheese, salad dressings, canned soups and sauces, and much more.

As a rule of thumb low sodium foods have less than 140mg per serving, moderate sodium foods have less than 400 mg per serving, and high sodium foods contain more than 400mg sodium per serving. To keep within the recommended 2,300mg of sodium per day it helps to read nutrition labels to see how much salt is in a serving. Generally speaking, eat foods in the low or moderate sodium range and limit high sodium foods. A safe bet is to choose fresh foods over processed, go easy on restaurant foods and don't overdo it with salty snacks. A great way to cut back on salt without sacrificing flavor is to use salt-free seasonings such as Mrs. Dash, Magic, as well as fresh herbs and spices. Salt substitutes such as Nu-Salt and No Salt are helpful, too.

Move It!

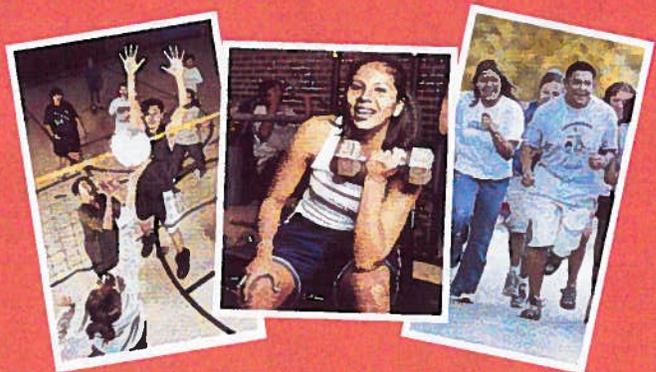


And Reduce Your Risk of Diabetes

For more information contact
 Association of American Indian Physicians
 (877) 943-4299 or www.aaiip.org
 or
 National Diabetes Education Program
 1-800-438-5383 or www.ndep.nih.gov



Move It!

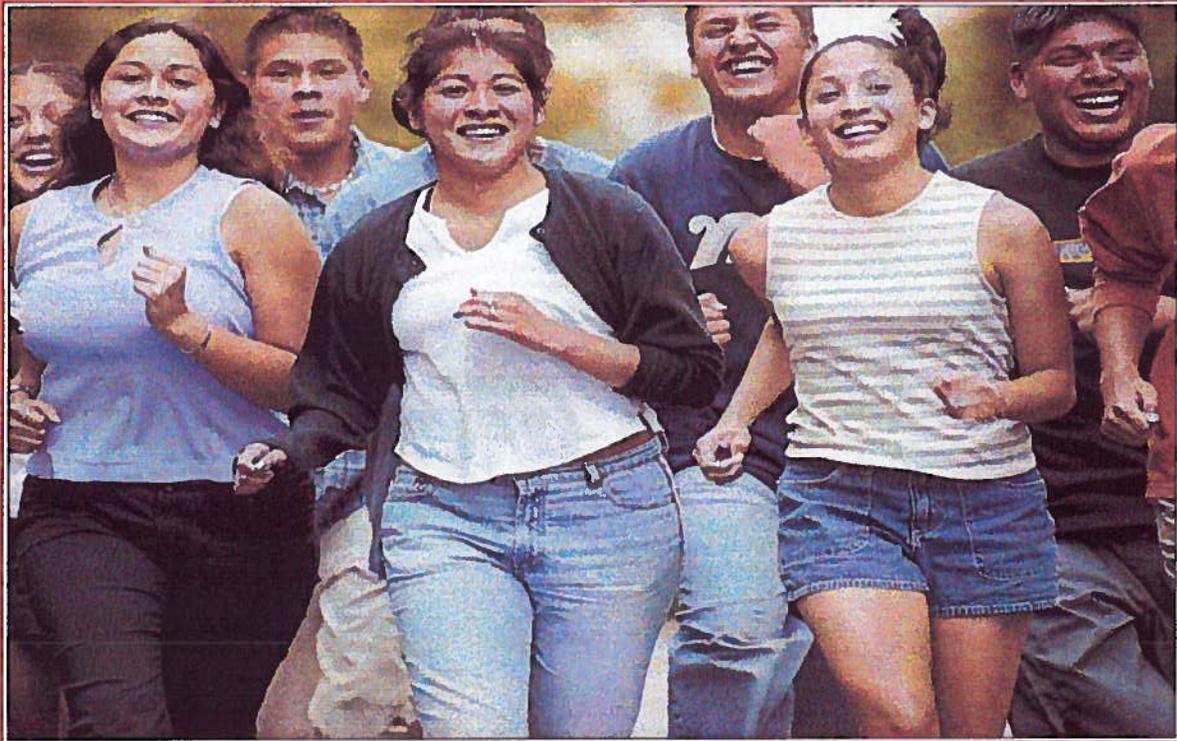


And Reduce Your Risk of Diabetes

For more information contact
 Association of American Indian Physicians
 (877) 943-4299 or www.aaiip.org
 or
 National Diabetes Education Program
 1-800-438-5383 or www.ndep.nih.gov



Move It!



And Reduce Your Risk of Diabetes

For more information contact
Association of American Indian Physicians
 (877) 943-4299 or www.aaip.org

or

National Diabetes Education Program
 1-800-438-5383 or www.ndep.nih.gov



Did You Have Gestational Diabetes When You Were Pregnant?

What You Need to Know.

Some women get diabetes when they are pregnant. Doctors call this gestational (jes-TAY-shun-al) diabetes. Most of the time, it goes away after your baby is born. Even if the diabetes goes away, you still have a greater chance of getting diabetes later in life. Your child may also have a greater chance of being obese and getting type 2 diabetes later in life. Use this tip sheet to learn what you can do for yourself and your child.

Action steps for you

Get tested for diabetes:

- ▶ Get tested for diabetes 6 to 12 weeks after your baby is born. If the test is normal, get tested every 3 years. If the test results show that your blood sugar (glucose) is higher than normal but not high enough to be diabetes, also called prediabetes, get tested for diabetes every year.
- ▶ Talk to your doctor about your test results and what you can do to stay healthy.
- ▶ If your test results show that you could get diabetes and you are overweight, ask your doctor about what changes you can make to lose weight and for help in making them. You may need to take medicine such as metformin to help prevent type 2 diabetes.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Change the foods you eat and be more active:

- ▶ Choose healthy foods such as:
 - fruits that are fresh, frozen, or canned in water
 - lean meats, chicken and turkey with the skin removed, and fish
 - skim or low-fat milk, cheese, and yogurt
 - vegetables, whole grains, dried beans, and peas
- ▶ Drink water instead of juice and regular soda.
- ▶ Eat smaller amounts of food to help you reach and stay at a healthy weight. For example, eat a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.
- ▶ Be more active each day. Try to get at least 30 minutes of activity, 5 days a week. It is okay to be active for 10 minutes at a time, 3 times a day. Walk with friends, swim, or garden to move more.
- ▶ Try to get back to a healthy weight. Talk to your health care team about a plan to help you lose weight slowly. Being at a healthy weight can help reduce your chances of getting type 2 diabetes.

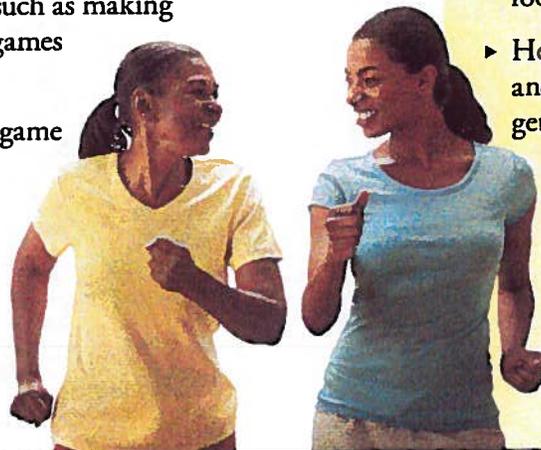
Other action steps

- ▶ Tell your doctor or health care team if:
 - you had gestational diabetes
 - you want to get pregnant again
- ▶ Breastfeed your baby to help you lose weight and improve your child's health.
- ▶ Make sure your history of gestational diabetes is in your child's health record.



Action steps for the whole family

- ▶ Ask your doctor for an eating plan that will help your children grow and be at a healthy weight.
- ▶ Help your children make healthy food choices.
- ▶ Help your children be active for at least 60 minutes each day.
- ▶ Do things together as a family, such as making healthy meals or playing active games together.
- ▶ Limit TV, video, and computer game time to an hour or two a day.
- ▶ Contact your local parks department or local health department to learn where you can find safe places to be active and get healthy foods.



Things to remember:

- ▶ Get tested for diabetes 6 to 12 weeks after your baby is born.
- ▶ Take steps to lower your chances of getting diabetes by being more active and making healthy food choices.
- ▶ Help your children be healthy and lower their chances of getting type 2 diabetes.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337) • www.YourDiabetesInfo.org

Francine R. Kaufman, M.D., Professor Emeritus of Pediatrics and Communications at the University of Southern California and attending physician at Children's Hospital Los Angeles reviewed this material for accuracy.

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



NIH Publication No. 12-6019 | NDEP-88
Revised April 2013

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

You are the heart of your family ...take care of it.



Having diabetes can lead to a heart attack or stroke — but it doesn't have to.

You can live longer for your family by taking care of your heart. Over time, high sugar levels in the blood can damage vital organs, such as your kidneys, your eyes, and your heart. High blood pressure is a serious disease that makes your heart work too hard. And bad cholesterol (LDL cholesterol) builds up and clogs your heart's arteries. Controlling these three medical problems leads to a longer and healthier life.

Ask your doctor these questions:

1. What are my blood sugar, blood pressure, and cholesterol numbers?
2. What should they be?
3. What actions should I take to reach these goals?

You can live longer for your family, improve your health, and reduce your risk of heart disease.

Take action now:

- ♥ Eat more fruits, vegetables, beans, and whole grains.
- ♥ Eat tasty foods that have less salt and fat. Order a free recipe booklet and meal planner for making healthy meals by calling 1-888-693-NDEP (1-888-693-6337).
- ♥ Get at least 30 minutes of physical activity on most days or every day. Physical activity helps you keep a healthy weight.
- ♥ Stop smoking—ask for help to quit. Call 1-800-QUIT-NOW (1-800-784-8669).

- ♥ Take medicines the way your doctor tells you.
- ♥ Ask your doctor about taking aspirin.

Ask your family and friends to help you take care of your heart and your diabetes.

Use this chart to keep track of your blood sugar, blood pressure, and cholesterol numbers when you visit your doctor. Work with your doctor, friends, and family to reach your goals.

GOAL: TAKE CARE OF YOUR HEART

Talk to your doctor about what your goals should be.

1. BLOOD SUGAR

The A1C test—short for hemoglobin A1C—measures your average blood sugar over the last three months.

Suggested A1C Goal for Many People: Below 7

Test at least twice a year

Date _____
Result _____

2. BLOOD PRESSURE

High blood pressure makes your heart work too hard.

Suggested Blood Pressure Goal for Most People: Below 130/80

Test at every visit

Date _____
Result _____

3. CHOLESTEROL

Bad cholesterol, or LDL cholesterol, builds up and clogs your heart arteries.

Suggested Goal: LDL Cholesterol Below 100

Test at least once a year

Date _____
Result _____



HHS' NDEP is a joint program of NIH and CDC
1-888-693-NDEP (1-888-693-6337) • TTY: 1-866-569-1162
www.YourDiabetesInfo.org
Revised July 2011 NIH Pub. No. 11-50585 NDEP-58

"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

PEACH SPRINGS HEALTH CENTER

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.

“SILVER WEDDING ANNIVERSARY”

You're Invited

For: Steven + Norma Bennett

Date: Tuesday 14th May 2013

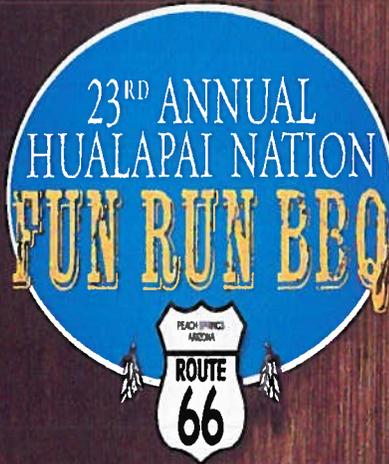
Time: 7:30 p.m.

Place: 1401 Las Vegas Blvd South
Las Vegas, N.V.

THE HOWARD JOHNSON TRAVEL SUITES

8850 GARDEN GROVE, 800-535-4104

Email: info@chaplesoflasvegas.com



SATURDAY
MAY 4TH
10:30AM - 2PM
ROUTE 66 PARK

50/50 Raffle — Fundraiser for Ericson Peratrovich

Date of Drawing

Is May 6, 2013

The fundraiser is for Ericson Peratrovich's Eighth Grade Graduation ...

Please purchase raffle tickets from Michelle Zephier or Jeannette Zephier. Or call 928-607-6413 to have dropped off.

Tickets are \$2.00 each.

Thank you for all your support.



Diabetes Word Search

Directions: Look across, up, down and diagonally to find words in the Diabetes Word Search

P	D	I	A	H	N	E	P	K	I	M	K	S	N
U	A	Z	P	Y	M	L	O	A	T	K	R	N	L
M	T	U	B	P	E	O	G	I	B	S	A	I	O
Q	M	M	D	O	B	M	K	M	O	E	M	Z	R
P	C	E	W	G	O	E	J	E	Y	T	F	A	T
G	S	A	O	L	B	T	S	C	L	E	C	A	N
E	U	L	K	Y	K	R	Q	Y	G	B	T	H	O
S	G	P	F	C	I	S	U	L	I	A	S	C	C
I	A	L	R	E	T	E	M	G	L	I	B	S	O
C	R	A	I	M	D	I	L	R	I	D	R	C	L
R	T	N	W	I	G	U	T	E	P	E	A	D	P
E	Y	S	N	A	C	K	W	P	I	L	C	A	L
X	B	K	E	O	R	N	H	Y	D	C	T	L	F
E	I	L	S	E	N	U	J	H	Q	T	I	A	Z
K	F	E	N	I	L	U	S	N	I	J	N	M	U

CARBS
CONTROL
DIABETES
EXERCISE
FAT
GLUCOSE

HYPERGLYCEMIA
HYPOGLYCEMIA
INSULIN
LIPID
LOG BOOK
MEAL PLAN

METER
PEN
PUMP
SNACK
SUGAR



First 2 people that bring in this completed word search to the **Healthy Heart Building** will receive a prize.