

GAMYU

Newsletter of the Hualapai Tribe

Issue #23

November 8, 2013

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GAMYU NEWSLETTER

Articles are due every other **FRIDAY(S)**, the week before tribal ay week by 5:00 p.m.

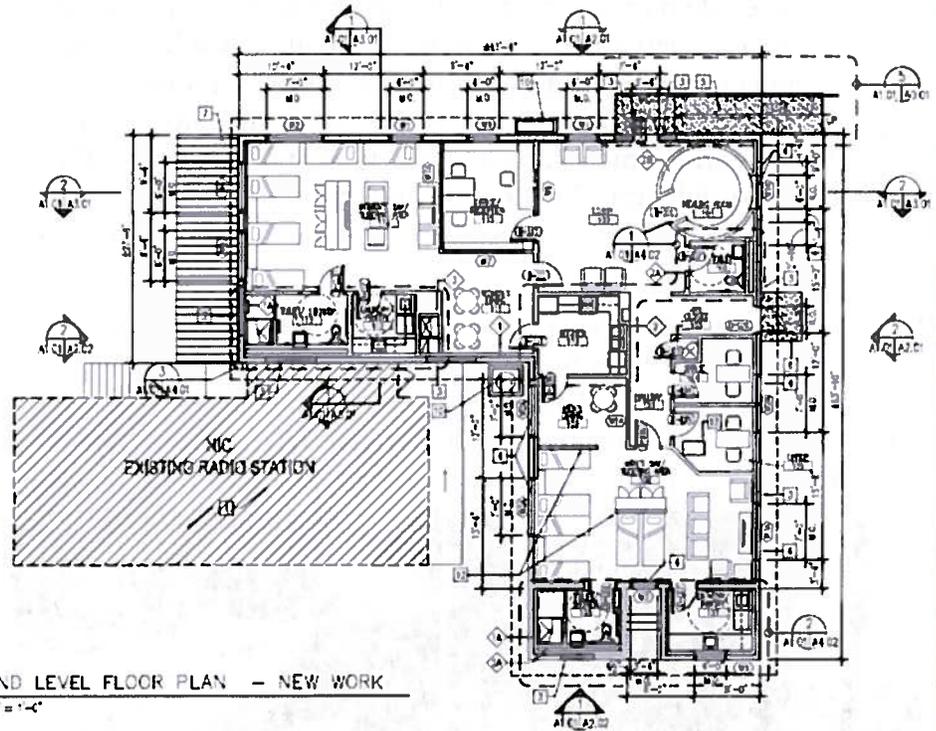
Article Deadline:
Friday, Nov. 15

Next Publication:
Friday, Nov. 22

Thank you,
Kevin Davidson,
Hualapai Planning
Department

Renovating the old Indian Health Services Clinic into the Alternative to Corrections/Transitional Living Facility

At present, the former Indian Health Services Clinic, located at 940 Hualapai Way, is being renovated to serve the Hualapai Tribe as an Alternative to Corrections/Transitional Living Facility. The new use of 3,595 square foot building addresses the community need for housing persons with substance abuse issues and persons who do not necessarily require detention as determined by the judicial system. The facility will also serve as a place of residence for those adults transitioning from the Adult Detention Center to the home environment.



The operations staff will include a House Manager, Treatment Coordinator and a Social Worker to serve up to eight women and eight men who will reside in separate dormitories. The program will be administered jointly by the Health, Education and Wellness Department and the Adult Detention Center.

This project is made possible by US Department of Justice's 2011 Coordinated Tribal Assistance Solicitations (CTAS) grant awarded to the Hualapai Tribe. The Planning Department, in association with the Tribe's Justice Committee, has worked with the Justice Solutions Group, the consultant hired by the Tribe and their architect sub-consultant, the Louis Berger

Group, to program and design the renovation project. The construction contract was awarded to Cholla Managing Group in late summer and demolition of the interior began on October 28th. Construction of this \$450,000 project is estimated to take until the end of March 2014. ■

Peach Tree Pruning Planned at Hualapai Lodge



In an effort to save the seven peach trees next to the sidewalk and make the sign in front of the Lodge more visible to those travelling along Route 66, Grand Canyon Resort Corporation staff has enlisted the help of Larry Phillips, a certified arborist of Supertree Services of Flagstaff to reduce the height of each tree. The trees will be pruned later in November as they enter winter dormancy. As part of this pruning effort, Supertree will offer pruning advice to maintain the trees and a follow-up inspection next year.

NOTICE from Hualapai Tribal Forestry

By Charles A. Murphy

I have discovered an area (about 1 mile in on the Twenty Pines Rd.) where seven large yellowpine snags (dead trees) have been cut down and three medium size blackjacks. These are ponderosa pine trees which are illegal to cut - live or dead without a permit or contract. In fact, you cannot even get a permit for cutting standing dead ponderosa trees as these are valuable wildlife trees. These trees are home to various cavity nesting birds which keep the insects at endemic levels. Without them, insects such as bark beetles would grow to epidemic levels and start killing live healthy trees. One reason why the Hualapai are blessed with such a healthy forest is because of the retention of numerous dead standing ponderosa pine trees.

Illegal cutting of these snags reduce suitable habitat for these cavity nesting birds and negatively impacts the function of these trees in the ecosystem. My estimate is that 3-6 pick-up loads of fuelwood was taken, but why did they fall so many trees — there are still at least 10 loads of material laying on the ground as complete waste. I will continue to investigate who did this to stop this type of activity and have notified the Game and Fish Rangers and our Natural Resources Enforcement Officer.



"I will continue to investigate who did this to stop this type of activity."

National Native American Heritage Month, 2013

THE WHITE HOUSE

Office of the Press Secretary

For Immediate Release

October 31, 2013

NATIONAL NATIVE AMERICAN HERITAGE MONTH, 2013

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

From Alaskan mountain peaks to the Argentinian pampas to the rocky shores of Newfoundland, Native Americans were the first to carve out cities, domesticate crops, and establish great civilizations. When the Framers gathered to write the United States Constitution, they drew inspiration from the Iroquois Confederacy, and in the centuries since, American Indians and Alaska Natives from hundreds of tribes have shaped our national life. During Native American Heritage Month, we honor their vibrant cultures and strengthen the government-to-government relationship between the United States and each tribal nation.

As we observe this month, we must not ignore the painful history Native Americans have endured -- a history of violence, marginalization, broken promises, and unmet justice. There was a time when native languages and religions were banned as part of a forced assimilation policy that attacked the political, social, and cultural identities of Native Americans in the United States. Through generations of struggle, American Indians and Alaska Natives held fast to their traditions, and eventually the United States Government repudiated its destructive policies and began to turn the page on a troubled past.

My Administration remains committed to self-determination, the right of tribal governments to build and strengthen their own communities. Each year I host the White House Tribal Nations Conference, and our work together has translated into action. We have resolved longstanding legal disputes, prioritized placing land into trust on behalf of tribes, stepped up support for Tribal Colleges and Universities, made tribal health care more accessible, and streamlined leasing regulations to put more power in tribal hands. Earlier this year, an amendment to the Stafford Act gave tribes the option to directly request Federal emergency assistance when natural disasters strike their homelands. In March, I signed the Violence Against Women Reauthorization Act, which recognizes tribal courts' power to convict and sentence certain perpetrators of domestic violence, regardless of whether they are Indian or non-Indian. And this June, I moved to strengthen our nation-to-nation relationships by establishing the White House Tribal Council on Native American Affairs. The Council is responsible for promoting and sustaining prosperous and resilient Native American communities.

As we observe Native American Heritage Month, we must build on this work. Let us shape a future worthy of a bright new generation, and together, let us ensure this country's promise is fully realized for every Native American.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2013 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 29, 2013, as Native American Heritage Day.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA

Hualapai Public Services Department Bid Openings Roofing Contractors



Hualapai Public Services Department
P.O. 179 941 Hualapai Way
Peach Springs, Arizona 86434
Phone: (928)769-2216 X123/124 Fax: (928)769-2343

BID OPENINGS

November 5, 2013

ATTENTION ROOFING CONTRACTORS

Public Services in Peach Springs, Arizona is seeking Bids on Re-roofing at the Hualapai Tribal Forestry Building.

Any Contractors who(m) are Interested in submitting a BID or have further questions, please can contact, Mark T. Dryden, (928)-530-5033.

Bid Opening: November 5, 2013
Job Walk Scheduled: November 13, 2013 @ 9:00 a.m.
Bid Closing: November 21, 2013 @ 5:00 p.m.
Bids Opened: November 19, 2013 @ 1:00 p.m. @ Hualapai Tribal Courthouse.

BIDDERS DO NOT NEED TO BE PRESENT.

To place a bid Call or Contact:
Mark T. Dryden, Apprentice Crew Program Manager
P.O. Box #179
Peach Springs, Arizona 86434
Telephone #: (928)-530-5033 or (928)-769-2216 X 123/124

CLOSING DATE: Thursday, November 19, 2013.

Mark T. Dryden, Apprentice Crew Program Manager

cc: Salena Siyuja, Grants & Contracts
Hualapai Tribal Council
File(s)

Hualapai Public Services Department: Bid Openings HVAC Contractors



Hualapai Public Services Department
P.O. 179 941 Hualapai Way
Peach Springs, Arizona 86434
Phone: (928)769-2216 X123/124 Fax: (928)769-2343

BID OPENINGS

November 5, 2013

ATTENTION HVAC CONTRACTORS

Public Services in Peach Springs, Arizona is seeking Bids on Replacement 7 TON AC/GAS HEAT UNIT @ the Hualapai Tribal Court house.

Any Contractors who(m) are Interested in submitting a BID or have further questions, please can contact, Leland Cardy SR. , (928)-715-8866 or (928)-769-2625

Bid Opening: November 5, 2013
Job Walk Scheduled: November 13, 2013 @ 9:00 a.m.
Bid Closing: November 15, 2013 @ 5:00 p.m.
Bids Opened: November 19, 2013 @ 1:00 p.m. @ Hualapai Tribal Courthouse.

BIDDERS DO NOT NEED TO BE PRESENT.

To place a bid Call or Contact:
Leland Cardy, Lead Solid Waste Operator
P.O. Box #179
Peach Springs, Arizona 86434
Telephone #: (928)-715-8866 or (928)-769-2216 X 123/124

CLOSING DATE: Thursday, November 19, 2013.

Leland Cardy SR., Lead Solid Waste Operator

cc: Salena Siyuja, Grants & Contracts
Hualapai Tribal Council
File(s)

Hualapai Diabetes Prevention/Fitness Center Request for Bids**Hualapai Diabetes Prevention/Fitness Center****ATTENTION**

The Hualapai Diabetes Prevention/Fitness Center is seeking bids for the Annual Diabetes Conference luncheon to take place on November 26, 2013 at 12:00pm.

The menu for the bid shall include:

Baked Chicken

Baked Potato

Dinner Roll

Green Salad w/ Light Dressing

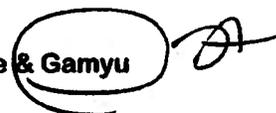
Tea

The Hualapai Diabetes Prevention/Fitness Center will provide the needed food for preparation. The bid shall only include the preparation, delivering, and the serving of the luncheon plates to serve approximately 150 people at the conference luncheon. Interested bidders shall turn bids into the HDP/FC @ the Fitness Center located 930 Rodeo Way in Peach Springs, Arizona; no later than 12:00pm on Monday, November 18, 2013.

For more information please call: 928-769-2644

Posted: November 1, 2013

Fitness Center, Tribal Office, Post Office, Best Market, Tribal Website & Gamyu

A handwritten signature in black ink is written over a circular stamp. The stamp contains the text "GAMYU" in a bold, sans-serif font. The signature is a stylized, cursive-like mark.

Hualapai Juvenile Detention and Rehabilitation Center Update



Hualapai
Juvenile
Detention and
Rehabilitation
Center



PO Box 250
Peach Springs, AZ
86434

Ph: (928) 769-1611
Fax: (928) 769-1655

October 31, 2013

Gamyu,

Here at HJDRC for the past couple of months our youth have been reciting, in the Hualapai language, a morning prayer at the beginning of each school day.

Officers Lanny Siyuja, Preston Walema and our teacher Bill Moore worked together for quite a while to come up with a prayer for the youth and it has become part of the daily school routine.

Now Bill, Lanny and Officer Desirae Perry want to pursue the language even further. They will be teaching the youths to speak and understand the Hualapai language. They are going to start off slow with simple words and phrases, and eventually form sentences so they could carry on short conversations. Another project they hope to accomplish in the future will be a calendar in the Hualapai language.

If anyone is interested in helping with this project please contact Bill, Lanny or Desirae at 769.1611.

Sincerely,

Donna Robles



I-40 Jr. High Boys Basketball League

**I-40 Jr. High Boys
Basketball League**

**For 5th 6th 7th & 8th
Grade Boys**

**SIGN UP NOW @
THE RECREATOR**

Practice will start

Nov. 11

**For more information
contact the Rec. Dept @
769-2652**



I-40 Jr. Middle School Girls Basketball Schedule

I-40 Middle School Girls Basketball Schedule Fall 2013

<u>Nov 2 @ Ash Fork</u>	
9am	Ash Fork A vs. Williams A
10am	Ash Fork B vs. Williams B
11am	Williams A vs. Peach Springs A
12pm	Williams B vs. Peach Springs B
1pm	Ash Fork A vs. FJA - A
2pm	Ash Fork B vs. Peach Springs B
3pm	FJA - A vs. Peach Springs A
<u>Nov 9 @ Seligman</u>	
9am	Seligman A vs. Williams A
10am	Seligman B vs. Williams B
11am	Williams A vs. Grand Canyon A
12pm	Williams B vs. Grand Canyon B
1pm	Seligman A vs. FJA - A
2pm	Seligman B vs. Grand Canyon B
3pm	Grand Canyon A vs. FJA - A
<u>Nov 16 @ Williams</u>	
9am	Williams A vs. Ash Fork A
10am	Williams B vs. Ash Fork B
11am	Ash Fork A vs. Parks A
12pm	Ash Fork B vs. Parks B
1pm	Williams A vs. FJA - A
2pm	Williams B vs. Parks B
3pm	FJA - A vs. Parks A
<u>Nov. 23 @ Grand Canyon</u>	
9am	Grand Canyon A vs. Ash Fork A
10am	Grand Canyon B vs. Ash Fork B
11am	Ash Fork A vs. Seligman A
12pm	Ash Fork B vs. Seligman B
1pm	Grand Canyon A vs. Seligman A
2pm	Grand Canyon B vs. Ash Fork B
3pm	
<u>Dec 7 @ Peach Springs</u>	
9am	Peach Springs A vs Seligman A
10am	Peach Springs B vs. Seligman B
11am	Seligman A vs. Ash Fork A
12pm	Seligman B vs. Ash Fork B
1pm	Peach Springs A vs. Ash Fork A
2pm	Peach Springs B vs. Ash Fork B
3pm	

**Dec 13 @ Ash Fork
Tournament**

<u>Nov 2 @ Grand Canyon</u>	
9am	Grand Canyon A vs. Parks A
10am	Grand Canyon B vs. Parks B
11am	Parks A vs. Seligman A
12am	Parks B vs. Seligman B
1pm	Grand Canyon A vs. Seligman A
2pm	Grand Canyon B vs. Seligman B
3pm	
<u>Nov 9 @ Parks</u>	
9am	Parks A vs. Ash Fork A
10am	Parks B vs. Ash Fork B
11am	Ash Fork A vs. Peach Springs A
12pm	Ash Fork B vs. Peach Springs B
1pm	Parks A vs. Peach Springs A
2pm	Parks B vs. Peach Springs B
3pm	
<u>Nov 16 @ Peach Springs</u>	
9am	Peach Springs A vs. Seligman A
10am	Peach Springs B vs. Seligman B
11am	Seligman A vs. Grand Canyon A
12pm	Seligman B vs. Grand Canyon B
1pm	Peach Springs A vs. Grand Canyon A
2pm	Peach Springs B vs. Grand Canyon B
3pm	
<u>Nov. 23 @ Parks</u>	
9am	Parks A vs. Williams A
10am	Parks B vs. Williams B
11am	Williams A vs. Peach Springs A
12pm	Williams B vs. Peach Springs B
1pm	Parks A vs. FJA - A
2pm	Parks B vs Peach Springs B
3pm	FJA - A vs. Peach Springs A
<u>Dec 7 @ Flag Jr. Academy</u>	
9am	FJA - A vs. Grand Canyon A
10am	Williams B vs. Grand Canyon B
11am	Williams A vs. FJA - A
12pm	Parks B vs. Grand Canyon B
1pm	Parks A vs. Grand Canyon A
2pm	Williams B vs. Parks B
3pm	Williams A vs. Parks A

**Dec 14 @ Ash Fork
Tournament**

Veteran's Day Dinner Monday, November 11, 2013

Veteran's Day

HONORING OUR VETERANS

Activities start @ 10 am

DINNER @ 12 noon

Tribal Gymnasium

Monday, November 11, 2013



Everyone Welcome

Hualapai Cultural Center: Genealogy Day

Please Come & Participate

In

Genealogy Day

At The

Cultural Center

Wednesday

November 20, 2013

1 pm - 7 pm



**We will have staff and resources on hand to help you explore your family tree
 (And we also invite those with knowledge & expertise to assist us, as well!)**

Our goal is to be able to provide participants with a printout of their family tree chart in time to share with their families for the Christmas holidays. We have archival kinship charts for several Hualapai lineages, as well as Census rolls from the late 19th and early 20th Centuries, but there are many gaps. If you have resources (kinship charts, photos, etc.) from your own family that you would be willing to share, please consider bringing your materials to the event.

Soup/Stew & Refreshments Will Be Served

For More Information

Call the Hualapai Department of Cultural Resources at 769-2223

2013 Diabetes Awareness Conference

2013 DIABETES AWARENESS CONFERENCE

& 5K Fun Run/Walk

WHEN

**NOVEMBER 26, 2013
9AM - 2:30PM**

WHERE

HUALAPAI TRIBAL GYMNASIUM
930 RODEO WAY, PEACH SPRINGS, ARIZONA

FEATURING • PRESENTATIONS FROM HEALTH OFFICIALS • TRIBAL MEMBER SPEAKERS • EXERCISING DEMONSTRATIONS • HEALTHY FOOD ALTERNATIVES • MOTIVATIONAL SPEAKER • HEALTHY LUNCHEON •

5K FUN RUN/WALK MEET @ GYM 5:00PM

WHO SHOULD ATTEND

**ALL COMMUNITY MEMBERS
TRIBAL EMPLOYEES
INTERESTED HEALTH OFFICIALS**

MORE INFO

**CONTACT
928-769-2644**

SPONSOR

HUALAPAI DIABETES PREVENTION & FITNESS CENTER

BENEFITING

**TRIBAL MEMBERS
HEALTH ADVOCATES
& ALL INTERESTED PARTIES
NEAR AND FAR**

EPCH Internet Radio Program Schedule

(revised 08/01/2013)

EPCH Internet Radio PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
6:00AM	General Variety Music (GVM)	GVM	GVM				
7:00AM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
8:00AM	Hualapai Welcome GVM	GVM	GVM				
9:00AM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
10:00AM	local news / weather if DJ GVM	local news / weather if DJ GVM KID/TEEN if available	GVM	GVM/Gospel if DJ live			
11:00AM	GVM	GVM	GVM	GVM	GVM	GVM	GVM/ Gospel if DJ live
12:00PM	Native Noon Hour- "Me Ev Nya" National Native News	Native Noon Hour- "Me Ev Nya" National Native News	Native Noon Hour- "Me Ev Nya" National Native News	Native Noon Hour- "Me Ev Nya" National Native News	Native Noon Hour- "Me Ev Nya" National Native News	Native Noon Hour-Week end & NV1-Talk with a Champ	Native Noon Hour-Week End NV1-Talk with a Champ
1:00PM	GVM/"Grand Canyon Country" if DJ live	GVM/"Grand Canyon Country" if DJ live	GVM/Reno's Hip Hop Block if DJ Live	GVM/Reno's Hip Hop Block if DJ Live	GVM/"Only Oldies" if DJ live	GVM	NV1-Talking Drum/ Warrior Report short
2:00PM	GVM/"Grand Canyon Country" if DJ live	GVM/"Grand Canyon Country" if DJ live	GVM/Reno's Hip Hop Block if DJ Live	GVM/Reno's Hip Hop Block if DJ Live	GVM/"Only Oldies" if DJ live	GVM	NV1-Voices from the Circle
3:00PM	GVM/"Grand Canyon Country" if DJ live	GVM/"Grand Canyon Country" if DJ live	GVM/Reno's Hip Hop Block if DJ Live	GVM/Reno's Hip Hop Block if DJ Live	GVM/"Workin for the Week End"-Classic Rock if DJ Live	GVM	NV12-American Indian Living
4:00PM	GVM	GVM	GVM/Dempsey's Power Hour if DJ Live	GVM/Dempsey's Power Hour if DJ Live	GVM/"Workin for the Week End"-Classic Rock if DJ Live	GVM	NV1-Earthsongs
5:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
6:00PM	GVM	GVM	GVM	GVM/"Skankin wit dem Walapai" if DJ live	GVM	GVM	GVM
7:00PM	GVM	GVM	GVM	GVM/"Skankin wit dem Walapai" if DJ live	GVM	GVM	GVM
8:00PM	GVM	GVM	GVM	GVM Skankin wit dem Walapai" if DJ live	GVM	GVM	GVM
9:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
10:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
11:00PM	NV1-Undercurrents	NV1-Undercurrents	NV1-Soul Delux	NV1-Soul Delux	NV1-Groove Central	NV1-Groove Central	NV1-Undercurrents
12:00AM to 6:00am	GVM	GVM	GVM	GVM	GVM	GVM	GVM



HIP Application = ~~Deadline~~ November 29, 2013



*******ATTENTION*******

Now Accepting

Housing Improvement Program (HIP) Applications

The Housing Improvement Program is a home repair, renovation and replacement grant program administered by the Bureau of Indian Affairs (BIA) and federally-recognized Indian Tribes for American Indians and Alaska Native individuals and families who have no immediate resource for standard housing. To be eligible for HIP assistance, you must be a member of a federally recognized American Indian tribe or be an Alaska Native; live in an approved tribal service area; have an income that does not exceed 125% of the U.S. Department of Health and Human Services Poverty Guidelines; have present housing that is substandard, as defined in the regulations 25 CFR, Part 256; have no other resource for housing assistance; have not received HIP assistance after October 1, 1986 for repairs, renovation, replacement or housing, or down payment assistance; and have not acquired your present housing through a federally sponsored housing program that includes such housing assistance. Interested applicants should contact Michelle Zephier at the Hualapai Planning Dept. for an Application Package containing the application, guidelines, and required supporting documentation necessary in order to qualify for eligibility. Complete applications and all supporting documentation **are due by November 29, 2013. No exceptions.**

Contact Persons:

<u>Michelle Zephier - Hualapai Planning Dept</u>	Office Phone: <u>(928) 769-1310;</u>	Fax: <u>(928) 769-1337</u>
Western Region (BIA) - Nancy Jones,	Office Phone: (602) 379-3083;	Fax: (602) 379-4006

Hualapai Adult Detention Center • Employee of the Month



We would like to introduce to you our department's employee of the month. We have implemented this employee of the month to let our employees know that their outstanding efforts will not be over looked. Each employee is selected by their co-workers to receive this award. With that said we would like to thank our two employees very much for their outstanding performance, dedication to the Hualapai Tribe and it's people.

September 2013
Coredarrell Tso

GAMYU NEWSLETTER

Articles are due every other **FRI-DAY(S)**, the week before tribal ay week by 5:00 p.m.

Article Deadline:
Friday, Nov. 15

Next Publication:
Friday, Nov. 22

Please remember to attach an Information Sheet with your articles.

Thank you,
Kevin Davidson,
Hualapai Planning Department

Peach Tree Pruning Planned at Hualapai Lodge



FIRST THINGS FIRST
Ready for School. Set for Life.



DIAPER DERBY

Maternal Child Health Fair attracts families

More than 100 people attended a health fair sponsored by the Maternal Child Health Program at the Tribal Gym Tuesday, Oct. 22. The fair ended with a dozen babies racing against each other for fun and small prizes during the "Diaper Derby/Toddler Trot." The event was coordinated by the new Maternal Child Health Advocate, Amy Vaughn, to let parents and other community members know about resources available in Peach Springs.

The Maternal Child Health Program, funded by the Hualapai Tribe First Things First Regional Partnership Council, provides developmental screenings, educational resources and home visits for families with children ages birth to five. The program is meant to empower parents to obtain the support they need to be effective, competent parents who can raise healthy children to ensure that they have every opportunity for success in school and life.

**To reach the
Maternal Child
Health Program,
call (928) 769-
2207.**



EDUCATION & TRAINING INFORMATION

PEACH SPRINGS ELEMENTARY SCHOOL

November 2013 Events

- November 5** Override Election: voting place-Peach Elementary Library
- November 5** Governing Board Meeting 5:30
- November 6** Picture Retakes
- November 6** Student Readings/Presentations: Hualapai Lounge 5:30
- November 11** Veterans Day no school-Thank You for your sacrifice
- November 14** Progress Reports sent home with students
- November 19** Community Partners meeting at Prosecutor's office 9:00
- November 27-28** Thanksgiving Holiday-no school
- December 3** Governing Board Meeting 5:30

High Expectations for Academic Success at Every Age

Help build your child's vocabulary by commenting on things that your child finds interesting during play time or a trip to the grocery store.

Encourage enthusiasm for learning by helping your child to explore and discover how things work.

Help your child learn shapes, colors, and names of objects by pointing to objects and asking him/her to name and describe them.

Read to your child every day, no matter how young they might be. As they get older, ask what their favorite part of the story was and "what do you think will happen next?" or "How would you feel if that happened to you?"

Set a "no excuses" high school graduation expectation and start talking to your student about the importance of postsecondary education and different types of careers.

"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily."

- Zig Ziglar

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

Peach Springs Elementary School • Superintendent's Superstars

SUPERINTENDENT'S SUPERSTARS

THURSDAY, OCTOBER 24, 2013

KINDERGARTEN – YARINA COOK

1ST GRADE – RUEBEN POWSEY

2ND GRADE – DANIEL HAVATONE JR.

3RD GRADE – NATALIE NAVARRO

4TH GRADE – SHAUNTEL CROZIER

5TH GRADE – TELLEZ – CHEYENNA BLACKOWL

5TH GRADE – CANTOS – TARASE MARSHALL

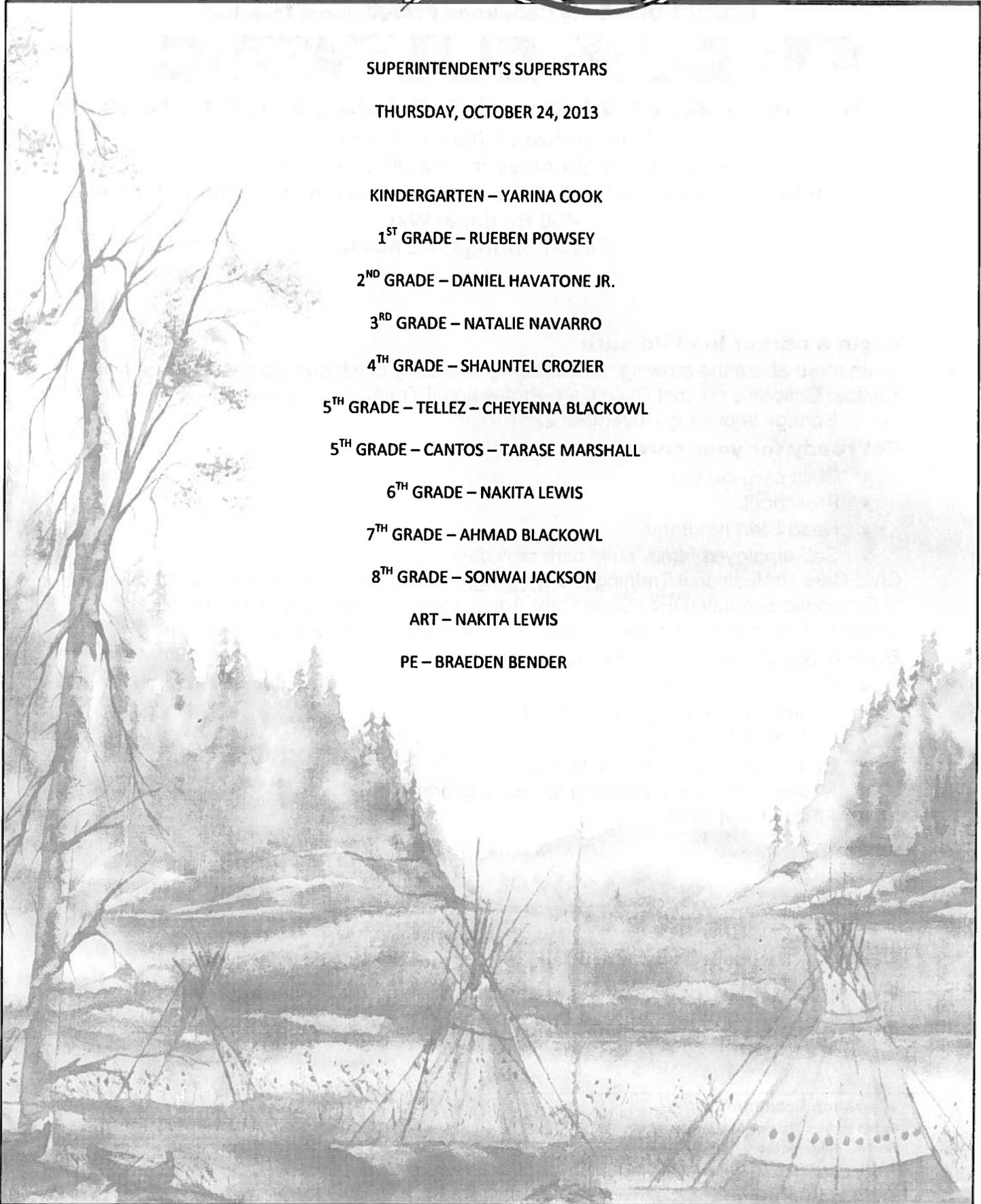
6TH GRADE – NAKITA LEWIS

7TH GRADE – AHMAD BLACKOWL

8TH GRADE – SONWAI JACKSON

ART – NAKITA LEWIS

PE – BRAEDEN BENDER



ECE 201 DES Early Childhood Professional Training**ECE 201 DES Early Childhood Professional Training**

November 22, 23, 24, Dec. 6, 7, 8 & Jan. 3, 4, 5, 17, 18, 19

Fridays from 5:00pm – 9:00 pm

Saturdays and Sundays from 8:00 a.m. – 2:00 p.m.

Peach Springs Training Center/ Education Center. Room: Computer Lab

460 Hualapai Way

Peach Springs, AZ 86434

Begin a career in child care

Learn more about the growing, rewarding field of early childhood education through Yavapai College's no-cost Child Care Professional Training seminars coming to Peach Springs beginning November 22nd!

Get ready for your career in:

- Child care centers
- Preschools
- Head Start programs
- Self-employed family child care providers

Child Care Professional Training is a **no-cost**, 60-hour course funded by the Department of Economic Security (DES)/Child Care Administration. Yavapai College and DES designed this course for anyone interested in working with young children.

During the course, you'll learn about:

- Child development
- Appropriate learning environments
- Child-care licensing
- Early reading and math activities
- Nutrition and menu planning for growing brains
- First aid and CPR



"This course is very complete. The instructor was friendly and the activities fun!"
- Yuma participant

Seating is limited to 20

Earn 3 credits (ECE 201)

For questions or to register, call toll free: 1-866-219-1021

or email: CCPT@yc.edu

Workshop Location:

**Peach Springs Training Center/ Education Center
Room: Computer Lab
460 Hualapai Way. Peach Springs, AZ 86434**



DEPARTMENT OF ECONOMIC SECURITY
Your Partner for a Stronger Arizona

Vivian's GED Corner

Vivian's GED Corner

A GED testing schedule has been made by Brenda Hucker, Testing Coordinator at Mohave Community College.

The new schedule will cover the last 3 months of 2013. I remind the community that the GED tests will be re-written starting January 1, 2014.

If you have taken 1 or more test(s), I encourage you to call (928-769-2200) or see me at the Hualapai Training Center to complete the 5 tests which are Science, Social Studies, Math, Writing and Reading.

If you have taken 1 or more test(s) and choose not to complete all 5, the test(s) you have taken will disappear starting January 1, 2014.

Our community has seen 6 individuals receive their GED!!!! Join this group of individuals in our community, who were successful in their education!

I offer my help so you can finish your studies for a GED test(s). Class is held Monday - Friday 1:00 - 4:00 p.m.

The General Education Diploma (GED) will go through changes starting January 2014.

- All tests will be taken on a computer at Mohave Community College.
- The tests will reflect what a Senior in High School is required to know for graduation.
- The testing fee will increase. At this time, there is no dollar amount to pass on for information. A student will need to pass the following subjects with a score of at least **410**.

- Science
- Social Studies
- Math
- Reading
- Writing

With all 5 tests, you need to have an average of **450**.

An example is a student receives the following scores on the 5 tests:

Science	470
Social Studies	460
Math	430
Reading	450
Writing	450

The students' total score equals 2,260. The total 2,260 is divided by 5 tests and the average equals 452. This shows that each test was passed as the student received over the **410** required for each test and the average is over the 450 for all 5 tests.

Another example that is important:

If a student has passed 3 of the 5 tests and chooses not to continue taking the 2 remaining tests in January 2014, the 3 tests this student passed will disappear AND the student will have to start taking all 5 tests again in 2014.

- If you are an enrolled Hualapai tribal members, the Training Center has funds to pay for the test fee.
- Vivian Parker continues to hold class daily, Monday - Friday from 1:00 p.m. - 4:00 p.m. at the Training Center.



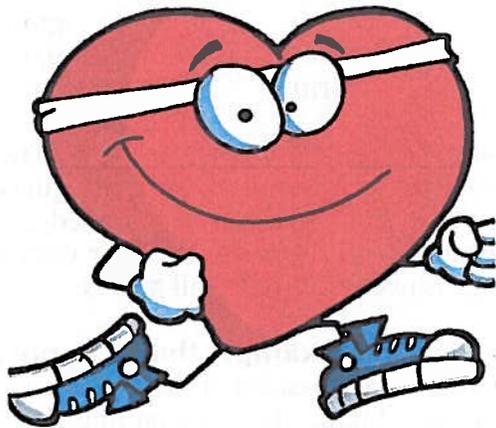
- The Training Center is also open Monday - Thursday from 5:00 p.m. to 6:00 p.m. for help with the GED, online high school or tutoring.

Please call Vivian Parker at 928-769-2200, if you have any questions.



HEALTH & SAFETY INFORMATION

**Come join us!
For a Healthy Heart walk.**



Where: Meet at the Healthy Heart building

Time: 12:10pm– 12:30pm

Starting: Oct. 2nd, 2013 every Wednesday afternoon.

New challenge to encourage and support you to develop a regular habit of healthy behaviors.



Reminder from the Hualapai Healthy Heart Program



Fall into Fitness
Reminder - Challenge ends

Nov. 15th , 2013

**Get your card punched for 16
activities in 8 weeks, and get a
hooded sweatshirt!**

Healthy Heart Participants also earn HH bucks!



Call if you have any questions: 769-1630 or stop by the HH building next to Health & Wellness Center.

Women's Sobriety Support Group • Every Tuesday

Women's Sobriety Support Group



Beginning October 22 , 2013

And Every Tuesday after

Health Education &

Wellness Conference Room

12:10 pm – 12:50 pm

Snacks will be provided.



Sponsored by Behavioral Health Program

Presenter: Danna M. Peterson M.Ed., Therapist

Controlling Type 2 Diabetes With Lifestyle

Submitted by Hualapai Healthy Heart Program | www.bettermedicine.com | By Greatorex, Susan

Diabetes

Diabetes is a chronic condition that causes high blood sugar levels. It is caused by a lack of insulin, the hormone that regulates glucose in the blood. It is a chronic condition that can lead to complications.

People who have type 2 diabetes can sometimes control their condition with diet and exercise, and avoid medication or reduce the dose they take. Even if you need medication to help control your diabetes, following a healthy meal plan and getting regular physical activity can help with control.

A healthy lifestyle will help you attain and maintain a healthy weight, manage your blood glucose level, lower blood pressure if you have high blood pressure, reduce stress and improve your mood.

According to the American Diabetes Association (ADA), people with type 2 diabetes need to be aware of their total daily caloric intake. They also need to make sure they get appropriate amounts of carbohydrates, protein and fat, and adequate amounts of vitamins and minerals each day.

Here are healthy eating tips from the ADA:

- Eat a wide variety of foods each day. Try new foods and eat a variety of foods within each section of the U.S. Department of Agriculture's My Pyramid food plan. Visit the USDA website at <http://www.mypyramid.gov> for more information.
- Eat foods that are high in fiber. These include whole grains, fruits and vegetables.
- Eat less fat. Fats, particularly saturated fats and cholesterol, increase the risk for heart disease. Having type 2 diabetes puts you at greater risk for heart disease.
- Use less added sugar. You don't have to give up dessert if you have type 2 diabetes, but you should practice moderation. Many sugar-free, low-calorie and low-fat desserts are available.
- Don't salt your food. When shopping or eating out, choose foods that are lower in sodium. Most of your daily sodium intake comes from processed foods.
- Engage in moderate to vigorous physical activity daily. Try to get at least 30 to 60 minutes of moderate exercise each day, which can help with weight management and blood sugar control. Your exercise program should include aerobic exercise, activities that increase your heart and breathing rates; strength training; and stretching exercises to increase your flexibility. Check with your health care provider before starting an exercise program.
- If your doctor has prescribed medications for you to take, it's important to balance the foods you eat with your medications and exercise to help maintain and manage blood sugar levels. Your doctor or dietitian can help you design a meal plan that works best for you and your lifestyle.

Five days of tasty meals. Here's an example of a meal plan for people trying to control their weight or type 2 diabetes. Be sure to consult with your doctor or dietitian for the best meal plan for you:

Saturday

- ◇ Breakfast: 2 small blueberry pancakes (1 starch, 1 fat, 1 fruit). Add less than a teaspoon of light tub margarine and 2 tablespoons sugar-free syrup, which don't count.
- ◇ Mid-morning snack: 2 small tangerines (1 fruit), 1 cup plain fat-free yogurt (1 milk).
- ◇ Lunch: Chef's salad: lettuce, tomato, cucumbers, onions, red pepper, topped with 1 ounce turkey, 1 hard-cooked egg, 1 ounce low-fat cheddar cheese (3 vegetable, 1 meat). Add 4 crisp bread sticks (2 starch).
- ◇ Mid-afternoon snack: 3 cups microwave popcorn (1 starch, 1 fat). 1 cup reduced-calorie cranberry juice cocktail (1 fruit).
- ◇ Dinner: 3-ounce top-grade steak (1 meat) with 1/2 cup steamed spinach, roasted Vidalia onion, carrots, zucchini and red pepper strips (3 vegetable); add 1 teaspoon olive oil. Large slice of bakery whole-grain bread (2 starch).
- ◇ Evening snack: Sugar-free gelatin with 1 cup raspberries, topped with yogurt (1 fruit).

Sunday

- ◊ Breakfast: 1/2 grapefruit, cereal, 1 cup skim milk (1 starch, 1 milk, 1 fruit).
- ◊ Mid-morning snack: 4-ounce orange juice (1 fruit).
- ◊ Lunch: Omelet of 1/2 cup egg substitute and 1 ounce low-fat cheese, chopped vegetables (1 meat, 1 vegetable), baked "home-fry" style potatoes with onions (1 starch), 2 slices rye toast (2 starch) with 1 teaspoon reduced fat margarine and 2 teaspoons low-sugar jam.
- ◊ Mid-afternoon snack: 2 whole kiwis (2 fruit).
- ◊ Dinner: Roast a turkey breast, providing leftovers for lunches. Tonight, eat a salad, 1/2 cup broccoli, 3 ounces turkey (1 meat, 1 vegetable), 1/3 cup stuffing (1 starch, 1 fat), 1/4 cup of jellied cranberry sauce (2 fruit).
- ◊ Evening snack: 1/2 cup crushed pineapple (1 fruit), 1 cup nonfat fruit-flavored light yogurt sweetened with aspartame (1 milk).

Monday

- ◊ Breakfast: 1/2 cup cooked oatmeal, 1 cup skim milk, 1 small peach (1 starch, 1 milk, 1 fruit).
- ◊ Mid-morning snack: 1 slice toast, smear of light tub margarine (1 starch).
- ◊ Lunch: 1 cup vegetable soup (1 starch), 3 ounces tuna (1 meat), 2 slices whole-wheat bread (2 starch), lettuce, tomato, cucumbers, onion (1 vegetable), 2 tablespoons reduced-fat mayonnaise (2 fat).
- ◊ Mid-afternoon snack: 1 cup light yogurt with 12 fresh cherries (1 milk, 1 fruit).
- ◊ Dinner: 1/2 chicken breast (3 ounces cooked, 1 meat) grilled or baked, glazed with garlic and onion jam (1 starch), large baked potato (2 starch) with 3 tablespoons low-fat sour cream (1 fat), 1 cup green beans (2 vegetable).
- ◊ Evening snack: 1/2 cup canned peaches (1 fruit), glass of skim milk (1 milk).

Tuesday

- ◊ Breakfast: 1/2 cup oatmeal, 1 cup skim milk, 2 tablespoons raisins (1 starch, 1 milk, 1 fruit).
- ◊ Mid-morning snack: 1/2 whole-wheat bagel, 4-ounce orange juice (1 starch, 1 fruit).
- ◊ Lunch: 3 ounces turkey on roll, lettuce, tomato (1 meat, 2 starch, 1 vegetable), teaspoon low-fat mayonnaise, glass of skim milk (1 milk).
- ◊ Mid-afternoon snack: 6 cashew nuts (1 fat) and small apple (1 fruit).
- ◊ Dinner: 3 ounces baked scrod (1 meat), 2/3 cup cooked couscous (2 starch), 1 cup steamed spinach (2 vegetable). Salad with croutons (1 vegetable, 1 starch).
- ◊ Evening snack: 2 small plums (1 fruit) and glass of skim milk (1 milk).

Wednesday

- ◊ Breakfast: 1/2 whole-wheat bagel with 1 tablespoon reduced fat cream cheese (1/2 fat), 1 cup light yogurt, 11/4 cup fresh strawberries, (1 starch, 1 milk, 1 fruit).
- ◊ Mid-morning snack: 1/2 whole-wheat bagel and low-fat cream cheese (1 starch, 1/2 fat).
- ◊ Lunch: 1 cup lentil soup (1 starch, 1/3 meat), 1/2 cup low-fat cottage cheese (2/3 meat), with 2 peach halves on lettuce (1 fruit, 1 vegetable). 1 slice whole-wheat bread (1 starch).
- ◊ Mid-afternoon snack: 3 cups low-fat microwave popcorn (1 starch) and 1 cup reduced-calorie cranberry juice cocktail (1 fruit).
- ◊ Dinner: Pork tenderloin fajitas with southwest seasoning spices, fried onions and peppers, (1 meat, 2 vegetable) 2 6-inch corn tortillas (2 starch), salsa, nonfat sour cream and 1/4 medium avocado (2 fats).
- ◊ Evening snack: Sugar-free strawberry gelatin with sliced strawberries (1 fruit).

What is Jicama (Yambean) Good For?

Submitted by Hualapai Healthy Heart Program | <http://foodfacts.mercola.com>

Jicama: Botanical name: *Pachyrhizus erosus*

A round, bulbous root vegetable with origins in the Mexican peninsula, jicama (pronounced hee-cama) is part of the legume family and grows on vines. This little-known tuber is grown in the warm climates of Central America, the Caribbean, the Andes Mountain regions, and Southern Asia, where it's an important as well as extremely versatile food source.



© iStockphoto / iStockphoto

Very similar in texture to a turnip with a taste closer to an apple, jicama shares the monikers "Mexican water chestnut" and "Mexican yam bean" undoubtedly because of its crisp, white, solid flesh. But unlike yams with their edible peels, jicama skin is thick, tough, and not just unappealing but considered an organic toxin called rotenone, as are the vines and leaves.

When scouting out jicama at the supermarket, look for firm, round tubers, and store them in a cool, dark place for up to four weeks, and in the refrigerator when cut. But not too long, or the starch will convert to sugar. Wash them just like potatoes. Slice off the top and bottom to create a flat surface, and then remove the peel in facets with a sturdy paring knife.

Chopped, cubed, sliced into fine sticks, raw or cooked, jicama is versatile and great in stir-fries, salads, slaw, soup, and with other veggies and fruits like oranges, apples, carrots, and onions, as well as meats and seafood. A favorite Mexican recipe is chilled jicama slices sprinkled with chili powder, salt, and lime juice.

Health Benefits of Jicama

Low in calories but high in a few vital nutrients, jicama is a bit of a contradiction when it comes to its starch content. It provides one-quarter of what's needed daily in fiber per serving. But not just any fiber - jicama's fiber is infused with oligofructose inulin, which has zero calories and doesn't metabolize in the body. Inulin, a fructan, promotes bone health by enhancing absorption of calcium from other foods, protecting against osteoporosis. Inulin has a prebiotic role in the intestine - it promotes "good" bacteria growth that maintains both a healthy colon and balanced immunity. Because it has a very low glycemic index, jicama is a great food for diabetics, and low in calories for those interested in weight reduction.

Jicama Nutrition Facts

Serving Size: One cup of jicama (130 grams)

	Amt. Per Serving
Calories.....	40
Carbohydrates.....	11 g
Fiber.....	6 g
Sugar.....	2 g
Protein.....	1 g

Jicama is also an excellent source of fiber and vitamin C - 44% of the daily value per serving - and a powerful antioxidant that zaps free radicals to protect against cancer, inflammation, viral cough, cold, and infections. Besides healthy amounts of potassium, this little powerhouse can help promote heart health, since high-potassium vegetables and fruit are linked to lower risks of heart disease. Jicama contains important vitamins like folates, riboflavin, pyridoxine, pantothenic acid, and thiamin, and the minerals magnesium, copper, iron, and manganese. Like potatoes, they should be used sparingly due to the high carbohydrates content.

Studies on Jicama

A study published in the *British Journal of Nutrition* in 2005 showed that foods containing inulin, such as jicama, lower colon cancer risks in several ways, which include reducing exposure as well as the toxic impact of carcinogens in the gut, and inhibiting the growth and spread of colon cancer to other areas of the body. Scientists concluded that inulin-type fructans may reduce colorectal cancer incidence when given during early stages of cancer development.¹

Jicama Healthy Recipes: Jicama Slaw

Ingredients: Jicama Slaw

- 3 Tbsp. fresh lime juice
- 2 Tbsp. coconut oil
- 2 tsp. sugar
- ¾ tsp. salt
- ¼ tsp. black pepper
- 2 lbs. jicama, peeled and cut into julienne strips (8 cups)
- 1 medium red onion, finely chopped
- 1/3 cup finely chopped fresh cilantro

**Procedure:**

Whisk together the lime juice, oil, sugar, salt, and pepper in a large bowl until well combined. Add jicama, onion, and cilantro and toss well. Quick, easy, and nutritious!

Jicama Fun Facts

Pre-soak jicama seeds for about 24 hours before planting; indoors, if you wish, initially, then moved outdoors after the last frost. It requires well-drained soil, plenty of light, and at least nine months of warm temperatures for the best root production. Keep the soil moist until the plant is about three inches in height, and provide a trellis so it can

climb (being from the bean family). Remove the blooms when they first appear to promote root growth and help the roots expand in diameter. While some jicama can weigh up to 50 pounds, they're best when harvested at around five pounds.

Summary

While many vegetables and fruits are common, others are not, but that doesn't mean they're not an excellent food - just unfamiliar. For one thing, jicama plants thrive in tropical regions.

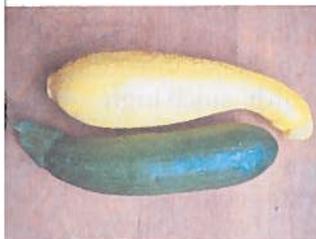
Like other foods, jicama contains real culinary goodness: sliced and baked, julienned in salad, chopped in stir-fries and soups, and mixed with other veggies and fruits to emphasize its sweetness or starchy texture. Just remember to eat only the root, since the other parts may be toxic.

Jicama is starchy. The most interesting health benefit related to jicama is the inulin, which studies have shown can protect against osteoarthritis, and have a positive impact on colorectal cancer, especially when eaten during its early stages. Studies are increasing on this root veggie that has until recently been quite overlooked.

So if you haven't experienced jicama in your dining repertoire, you have everything to gain - and if you're actually hoping to lose, this might be your new favorite. ■

Fall Food Ideas: Squash is the answer to your problems

Submitted by Hualapai Healthy Heart Program | www.abc15.com | Posted: 09/24/2013 | By: CNN Wire



How fantastic are fall and winter squash? They're packed to the gills with antioxidants, dietary fiber, Vitamin A and carotenes, fill you up for just a few calories, and can be prepared in approximately seventy billion ways, from sweet to savory. Plus they're in season right this very second, generally cheap as the dickens, and add glorious color and fabulous flavor to your holiday feasts.

But how do you tackle the beast? Butternut squash can be unwieldy to butcher, some varieties like turban, hubbard and kabocha look all gnarled and knobbly and scary, and how the heck do you cook them?

Let's quash all those worries right this second, starting with selection.

BUYING AND STORING

Don't try it 'til you've knocked it. A prime candidate will feel heavy and firm, with no visible nicks or soft spots. A fully grown squash will have slightly matte skin, rather than glossy; the flesh will be a bit sweeter. Look for deep, rich color on the exterior and a dry, rounded stem still attached, if possible.

A winter squash will keep from one to three months if it's stored in a cool, dark place (and not near apples which will cause accelerated decay), but if you know you'll be consuming it sooner, a brightly-colored or curiously shaped squash can make a fabulous table decoration.

PREPARING

Butternut squash presents a particular challenge because of its oblong shape. To halve it, slice off the top and

the bottom so it sits flat on a secured cutting board. Rest it on the widest end, and using a heavy knife, slice down vertically. If you face resistance, use a mallet - ideally rubber - to tap gently on the tops of both sides of the blade. Work as slowly as you need to.

For more spherical squash, depending on the variety and how you're going to cook it, you can either cut a circle around the stem, angling inward with a paring knife and scooping out the seeds, cut the top off like a lid, or cut in half along the meridian or equator. Many winter squash have very thick skins and flesh, so again, use a sharp, heavy knife and take your time to avoid accidents.

In any case, you'll need to scoop out the seeds and guts as cleanly as you can, using the edge of a spoon. For an extra treat, rinse the seeds clean in a colander, shake them dry and discard the guts. Then spread the seeds on a sheet pan, spray or drizzle with oil, sprinkle with salt and roast in a 300° oven for 10-20 minutes or until golden brown. Keep an eye on them so they don't burn, and once they've cooled, eat them as-is or sprinkle with paprika, cumin or your favorite spices.

TO PEEL OR NOT TO PEEL?

Peeling squash is, frankly, a pain, but for some preparations, it's key. If you're going to be roasting cubes of squash, nothing beats the caramelized flavor of browned, irregular edges. So take the time to smooth down knobs and delve into divots with a vegetable peeler or cheese slicer while the squash is still whole.

If you're going to be working with the squash in a method that's less texture-dependent, leave the skin on and bake the squash, halved at 300°, with the cut side down until it's soft enough to peel off. Pouring boiling water over squash in a baking dish also aids removal.

Plenty of squash varieties have perfectly edible and delicious skins that actually add extra flavor and texture, while some are simply too thick to be pleasant. Roast it up, take a nibble, see what you think, and either scoop or savor.

COOKING METHODS

There's really no wrong way to cook a squash, making it one of the versatile vegetables around. They're great grilled, pureed, steamed, broiled, boiled, baked, fried, mashed and more. Here are a few of our favorite preparations to grace a holiday table.

HALVED, ROASTED SQUASH ON THE SAVORY SIDE

This works especially well with butternut and delicata squash.

1. Pre-heat the oven to 400°F.
2. On a cutting board, carefully cut the squash in half. Make sure to trim off any hard stem parts and scrape out innards.
3. Prick the flesh with a fork, brush or spray all surfaces lightly with oil, sprinkle the cut side with a little salt and place face-down on a cookie sheet.
4. Roast for 40-50 minutes until you can easily pierce the squash with a fork.
5. Once it's cook enough to handle, peel off the skin, then chop, cube, mash, stuff or leave whole and serve.

It's smashing with a little bit of melted butter, Kosher salt, and coriander or paprika. Add grated Parmesan if you're feeling especially wacky, or stuff with your favorite rice pilaf or seasoned breadcrumbs. Spherical, thick-skinned varieties like acorn or hubbard can be used as bowls for your favorite cream soup.

HALVED, ROASTED SQUASH ON THE SWEET SIDE

This is aces for smaller acorn or sweet dumpling squash as well as sweet pumpkins and makes a dramatic, stand alone serving vessel.

1. Pre-heat oven to 400°F
2. Slice acorn squash in half vertically and scoop out the seeds. Score the insides of the squash a few times on each side and brush with melted butter. Sprinkle some brown sugar and a pinch of salt on the cut sides, along with a drizzle of maple syrup if you'd like it a bit sweeter.
3. Place the halves, cut side up in a baking dish with 1/4 cup of water at the bottom of it. Bake for 1 hour, then check for tenderness; the flesh should be quite soft and the tops browned. Check again at 10 minute intervals until they reach desired doneness.

4. Let the halves cool slightly and serve as-is, cut-side up, with a fork to scoop out the deliciousness.

CUBED OR SLICED ROASTED SQUASH

This is simply divine with pumpkin, turban, butternut, speckled pup or kabotcha varieties.

1. Pre-heat the oven to 400°F.
2. Peel the squash using a vegetable peeler. For stubborn spots, stabilize the squash on a cutting board and carefully remove with a paring knife.
3. Cut the squash into 1" thick rounds, remove guts and seeds with a spoon, and then slice into even thickness or stack slices to cut into cubes evenly.
4. Brush or spray cubes or slices with oil, or toss in a bag with oil to evenly coat all sides.
5. Place slices or cubes on a cookie sheet, sprinkle lightly with salt and roast 20-25 minutes until fork-tender and the edges are brown, then serve immediately.

To really punch up the flavor, finely chop rosemary or your other favorite herbs and sprinkle them over the squash before cooking. It's also a divine topping for pizzas or flatbreads, atop salad greens with goat cheese, or stuffed into a sandwich with leftover turkey.

MASHED OR PUREED SQUASH

1. Follow the instructions for Halved, roasted squash on the savory side.
2. When the squash is cool enough to peel, simply place the flesh in a bowl, mash it with butter and salt and serve.

It's also delicious mashed with maple syrup, orange juice, smoked paprika, salt and butter to taste, or pureed with a standard or immersion blender (make sure it's cooled first!) with milk, butter and a little bit of ginger. Did that quash your squash quandaries or got more? Hit us up in the comments below and we'll do our best to help. By the way -- that's a peeled speckled pup squash in the picture above in case you were wondering. ■

Chicken nuggets contain bone, organ parts, study finds

Submitted by Hualapai Healthy Heart Program | Published October 04, 2013 | Reuters | www.foxnews.com



Stand-up comedians have long joked that some things, like the actual components of chicken nuggets, are better left mysterious.

Recently, Mississippi researchers found out why: two nuggets they examined consisted of 50 percent or less chicken muscle tissue, the breast or thigh meat that comes to mind when a customer thinks of "chicken."

The nuggets came from two national fast food chains in Jackson. The three researchers selected one nugget from each box, preserved, dissected and stained the nuggets, then looked at them under a microscope.

The first nugget was about half muscle, with the rest a mix of fat, blood vessels and nerves. Close inspection revealed cells that line the skin and internal organs of the bird, the authors write in the *American Journal of Medicine*.

The second nugget was only 40 percent muscle, and the remainder was fat, cartilage and pieces of bone.

"We all know white chicken meat to be one of the best sources of lean protein available and encourage our patients to eat it," lead author Dr. Richard D. deShazo of the University of Mississippi Medical Center in Jackson, said.

"What has happened is that some companies have chosen to use an artificial mixture of chicken parts rather than low-fat chicken white meat, batter it up and fry it and still call it chicken," deShazo told Reuters Health. "It is really a chicken by-product high in calories, salt, sugar and fat that is a very unhealthy choice. Even worse, it tastes great and kids love it and it is marketed to them." The nuggets he examined would be okay to eat occasionally, but he worries that since they are cheap, convenient and taste good, kids eat them often. His own grandchildren "beg" for chicken nuggets all the time, and he compromises by making them at home by pan-frying chicken breasts with a small amount of oil, deShazo said.

"Chicken nuggets are an excellent source of protein, especially for kids who might be picky eaters," said Ashley Peterson, vice president of scientific and regulatory affairs for the National Chicken Council (NCC), a non-profit trade group representing the U.S. chicken industry.

According to the NCC, its member producers and processors account for about 95 percent of the chicken produced in the U.S. "This study evaluates only two chicken nugget samples out of the billions of chicken nuggets that are made every year," Peterson said. A sample size of two nuggets is simply too small to generalize to an entire category of food, she told Reuters Health.

Two nuggets is a small sample size, deShazo acknowledged, and some chains have begun to use primarily white meat in their nuggets - just not the particular restaurants he visited. "Chicken nuggets tend to have an elevated fat content because they are breaded and fried. But it's no secret what is in a chicken nugget - most quick service restaurants have nutritional information posted in the store or on their website," Peterson said.

"And every package of chicken nuggets in the grocery store by law contains an ingredient list and a complete nutritional profile, including fat content," she said. The brief chicken nugget exploration was not meant to be an exposé of the chicken industry or fast food generally, but to remind consumers that "not everything that tastes good is good for you," deShazo said. He and his colleagues chose not to reveal which chain restaurants they visited. Consumers aren't necessarily being misled, since much of the nutritional information they need is readily available, he said. "We just don't take the time to understand basic nutritional facts." ■

COMMUNITY MESSAGES

Thank You Letter to the Peach Springs Community

Gamyu!

My name is Jewel Honga, I am of the Pine Springs Band from Mohawk Canyon. I am the daughter of Charlotte and Waylon Honga and the granddaughter of Peggy Crozier and the late Benny Honga. On October 12, 2013, I took a step into unknown territory, the native pageant world. A world filled with young native women stepping up and representing their tribal communities, beautiful regalia from different regions of Arizona, and "some" crazy pageant moms.

The 2013-2014 Miss Indian Arizona pageant was my first pageant experience, it was thrilling, nerve racking and at some moments a little discouraging. However, I kept pushing knowing I was representing Hualapai and I had to show the other tribes, how Hualapai does it, aye.

Pageant night was the biggest night of my year, I was doing something out of my comfort zone, but I quickly got over it once I heard the Hualapai section ROAR for me. The feeling was a complete adrenaline rush and a moment I will never forget. I could not stop smiling every time I heard you guys and gals in the crowd, especially you auntie Lana.

I did not take home the crown, but I gained 11 new pageant sisters from different tribes, I surprised myself in my performance and was told I represented the Hwal'bay people well. I would like to say Hunkyu to the Peach Springs community who supported the Hualapai Bird Dancers/Singers and me at the 2013-2014 Miss Indian Arizona Pageant.

I would like to send a special thank you to the Hualapai Cultural Department, especially Bennett Jackson, Carrie Cannon and Marcie Craynon. Without your help I would have not been as confident in my performance, traditional dress and Hualapai hunting tools! Also, I'd like to thank my family, friends and community members for all your support, your kind words and encouragement, it kept me going when I wanted to curl up and lock myself in my room. Words cannot express my appreciation for you all. Thank you!

I encourage all young girls to try and compete in local pageants. If I could rewind time, I would compete in more pageants. Don't wait until your old (like me) to start. If you start now, you will be a "pageant pro" once you're my age. You all come from a rich cultural background, show other tribal communities, the state and even the world, what Hualapai is all about. You can do it and I believe in you.

If anyone missed my performance in MIA pageant, here's your next opportunity, I will be competing in the Miss Indian Northern Arizona University pageant on November 14, 2013 at Ashurst Auditorium, from 6:00pm to 9:00pm in Flagstaff, Arizona. If you need more information you can email me at jh852@nau.edu. I hope to see you there!

Mah Hunkya!
Jewel Honga

Happy Birthday

Fletcher M. Wescogame

Every relationship has its "growing pains". I guess that doesn't sound very romantic, but the important word is "growing" - and I think that's what you and I have been doing recently. Sometimes, it may seem like hard work, but I really believe it's worth it - not because of all the wonderful times we've had, but because of the wonderful times that could be waiting for us in the future. Everything alive has its "growing pains" and our love is alive and it is growing stronger. Even though no one knows for sure what the future holds, I do know this - what we have right now is something very precious and worth working for. Happy Birthday babe, remember, I love you and will be in your arms soon, real soon. Happy Birthday to you my love.

Love, Your Has Been & Always Will Be... The One & Only, Me

BRANDARA JEWELERS
NATIVE AMERICAN JEWELRY & ARTS
All Authentic Hand Crafted By Native Americans

Wholesale Native American Arts & Jewelry

Grand Canyon West vendors, includes Hopi, Navajo, Santo Domingo. Local vendor from Kingman. Brandara Jewelers, Since 1999, native owned.



Shell Garage, Peach Springs, AZ, 1956

Happy 9th Birthday

To my daughter, Angelia
"Lia Burger" Reyes-Walema

Lia,

I just want to say I love you so much and even though I'm not there with you, there's nothing in this world that would stop me from loving you.

I am blessed to have you as a daughter, you are my light when it's dark. Keep smiling, 'cause you make my heart full of joy when I am with you. You are a very smart little girl and I am proud of you for being strong and helping grandma, you are a big help and I couldn't ask for such a great baby girl like you. I hope you enjoy your day and get what you deserve. Always remember I love you to the moon and back.

Love always, Mommy
P.S. I'm coming home soon

Halloween Handful

We would like to thank Danielle, our Administrative Clerk for the Planning and Economic Development Department, for her creativity and time to make our Department's unique "ghostly glove" candy gift bags for the Halloween celebration at the Route 66 Park.

Kevin and Michelle

Healthy Heart Camping Trip

Just wanted to thank "Healthy Heart" for the most relaxing weekend at Mormon Lake. My family had an awesome time and so much fun hiking everywhere. The scenery was amazing and the cabins were beautiful. Thank you.

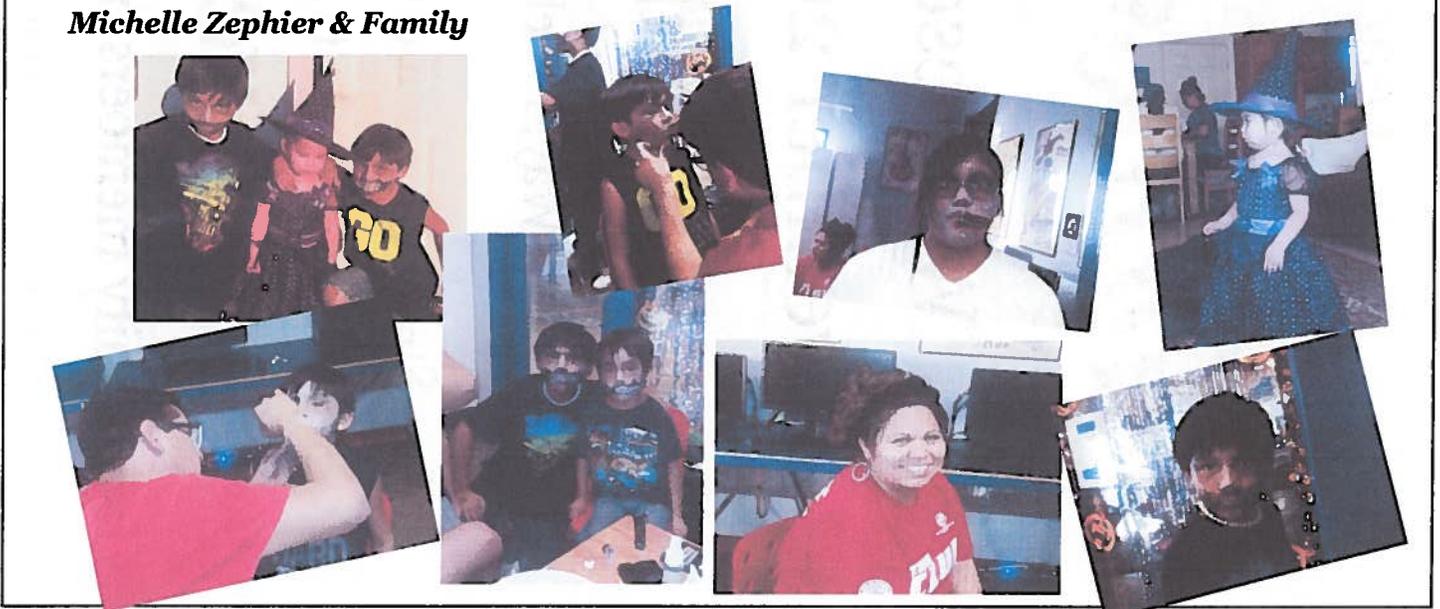
Michelle Zephier & Family



Thank You Boys & Girls Club

We would like to thank the Boys & Girls Club and their staff for always doing soooo very much for the kids of Peach Springs. You are truly appreciated. Thank you.

Michelle Zephier & Family



Peach Springs Community

Thanksgiving Dinner

~ Program ~

~ Welcome ~

Vice Chairman Watahomigie

~ Opening Prayer ~

Chairperson Counts

~ Entertainment ~

Hualapai Tribal Youth &
Junior Council

Wednesday

November 20, 2013

5:00PM—Tribal Gym

930 Rodeo Way, Peach Springs, AZ

Sincerely giving thanks not only helps us recognize our blessings,
but it also unlocks the doors of heaven.

Everyone Welcome

Community members please bring dessert items, pies, cakes, cookies, etc.

For more information contact: Hualapai Youth Services 488 Hualapai Way, Peach Springs, AZ Phone: 928-769-2207 Email: pete.inus@gmail.com