

GAMYU

Newsletter of the Hualapai Tribe

December 06, 2013

Issue #25

The Great Spirit created Man and Woman in His own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hualapai makes them one person, for happiness or contentment cannot be achieved without each other.

The 4 avigons are represented by the parades in the middle ground, where the people were created. These avigons are created and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured happy and brighter days ahead.

The Tracks in the middle represent the horses and other animals which were here before us.

The Clouds around the symbol are pine trees representing our name - Hualapai - PEOPLE OF THE TALL PINES -

HUALAPAI TRIBE OFFICE OF THE CHAIRPERSON

Sherry J. Counts
Chairwoman

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

Philbert Watahomigie, Sr.
Vice Chairman

December 04, 2013

Dear Hualapai Tribal Members;

At the Hualapai Special Tribal Council Meeting held December 3, 2013 the council approved that a 10% distribution of 2012 GCRC distribution to the tribe be made to all tribal members ages 18 and above as of December 17, 2013. The payment will be mailed to all current addresses by December 17, 2013. The amount will be approximately \$500.

Please be reminded that no checks will be handed out at the administration building. If you have a change of address or preference where you would like your check mailed please e-mail weaster@hualapai-nsn.gov or speak to the receptionist at 928-769-2216.

Tribal Administration

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GAMYU NEWSLETTER

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

Article Deadline:
Friday, Dec. 13

Next Publication:
Friday, Dec. 20

Thank you,
Kevin Davidson,
Hualapai Planning
Department

Thank You for Your Participation from Cultural Resources

Thank you to everyone who participated in our Genealogy Day on November 20. We had over 50 people sign in! There was a lot of discussion and a lot of learning taking place, with young and old taking part. (Special thanks to Rose-lynn and Truman for making tortillas!) Stay tuned for information about a follow up event within the next few weeks.



Hankyu!
Department of Cultural
Resources



PUBLIC NOTICE

Federal Communications Commission
445 12th St., S.W.
Washington, D.C. 20554

News Media Information 202 / 418-0500
Internet: <http://www.fcc.gov>
TTY: 1-888-835-5322

DA 13-2282

Released: November 27, 2013

MEDIA BUREAU ANNOUNCES THRESHOLD QUALIFICATIONS WINDOW FOR TRIBAL ALLOTMENT AT PEACH SPRINGS, ARIZONA

December 27, 2013 Deadline Established for FCC Form 301 Filings and Threshold Qualifications Showings

The Media Bureau ("Bureau") announces that it is opening today a Threshold Qualifications Window ("TQ Window") during which qualified Tribal applicants may file applications for the Channel 265A Tribal Allotment at Peach Springs, Arizona (the "Peach Springs Tribal Allotment").¹ The 30-day window will close on December 27, 2013. The TQ Window is being opened pursuant to procedures announced in the Third Report and Order in *Policies to Promote Rural Radio Service and to Streamline Allotment and Assignment Procedures* ("Rural Radio").²

The Hualapai Tribe ("Hualapai") previously submitted an FCC Form 301 application with its petition for the Peach Springs Tribal Allotment.³ The Bureau found that Hualapai satisfied the eligibility criteria for this Tribal Allotment.⁴ During the TQ Window, any other eligible Tribe or Tribal entity may file a competing FCC Form 301 application for the Peach Springs Tribal Allotment, which must include a threshold qualifications showing. This showing must demonstrate that the applicant Tribe or Tribal entity would have qualified⁵ to add the Peach Springs Tribal Allotment to the Table of FM Allotments.⁶

¹ See *Peach Springs, Arizona*, Report and Order, DA 13-326, 28 FCC Rcd 2001 (MB 2013), 78 Fed. Reg. 25861 (May 3, 2013) ("*Peach Springs R&O*").

² See *Policies to Promote Rural Radio Service and to Streamline Allotment and Assignment Procedures*, Third Report and Order, 26 FCC Rcd 17642, 17645- 50 (2011) ("*Rural Third R&O*"). See also 47 C.F.R. § 73.3573(f)(6).

³ File No. BNPH-20121010AAO.

⁴ *Peach Springs R&O*, 28 FCC Rcd at 2001-02 (¶3).

⁵ See *Policies to Promote Rural Radio Service and to Streamline Allotment and Assignment Procedures*, First Report and Order and Further Notice of Proposed Rule Making, 25 FCC Rcd 1583, 1588-89, 1596-97 (2010) ("*Rural First R&O*").

⁶ 47 C.F.R. § 73.202.

Specifically, a Tribal applicant must demonstrate that it meets all of the following eligibility criteria for grant of the Tribal Priority at the allotment stage:

- (A) The applicant is either a federally recognized Tribe or Tribal consortium, or an entity 51 percent or more of which is owned or controlled by a Tribe or Tribes. Qualifying Tribes or Tribal entities must be those at least a portion of whose Tribal Lands lie within the principal community contour of the proposed allotment. Although the 51 or greater percent Tribal control threshold need not consist of a single Tribe, the qualifying entity must be 51 percent or more owned or controlled by Tribes at least a portion of whose Tribal Lands lie within the proposed allotment's principal community contour;
- (B) (1) At least 50 percent of the area within the proposed principal community contour is over that Tribe's Tribal Lands, or (2) the proposed principal community contour (a) encompasses 50 percent or more of that Tribe's Tribal Lands, (b) serves at least 2,000 people living on Tribal Lands, and (c) the total population on Tribal Lands residing within the proposed allotment's service contour constitutes at least 50 percent of the total covered population⁷ (and, in the case of either (B)(1) or (B)(2), the proposed allotment's principal community contour does not cover more than 50 percent of the Tribal Lands of a Tribe that is not a party to the application);⁸
- (C) The proposed community of license must be located on the applicant's Tribal Lands; and
- (D) The proposed service must constitute first or second aural (reception) service, or first local Tribal-owned commercial transmission service at the proposed community of license.⁹

Any Tribe or Tribally controlled entity interested in filing a competing application and threshold qualifications showing **must contact** James Bradshaw at James.Bradshaw@fcc.gov **no later than December 27, 2013, to make arrangements for CDBS electronic filing of a complete FCC Form 301 application for new station construction permit.**

Hualapai, as the original allotment proponent, **must submit** a written notification during the TQ Window. The notification must include an expression of continuing interest in the Peach Springs Tribal Allotment, and **must include** a request that the Bureau either (1) process its previously filed FCC Form 301 application immediately; or (2) postpone processing of its application.

In the event that only one acceptable application is on file at the close of TQ Window, that application will be processed as a singleton. If no competing application is filed during the TQ Window and if Hualapai requests that the Bureau postpone processing of its application, the Peach Springs Tribal

⁷ For purposes of qualifying for the Tribal Priority at the FM allotment stage, the service contour is the class reference contour as set forth in 47 C.F.R. § 73.211(b). This is the 1 mV/m (60 dBμ) contour.

⁸ To the extent that a Tribe lacks Tribal Lands, the applicant may establish eligibility for waiver of the above-listed tribal land coverage provisions, by demonstrating a geographic area identified with the Tribe. *See Policies to Promote Rural Radio Service and to Streamline Allotment and Assignment Procedures*, Second Report and Order, First Order on Reconsideration, and Second Further Notice of Proposed Rule Making, 26 FCC Rcd 2556, 2561-63 (2010) ("*Rural Second R&O*"). Likewise, we will consider requests for waiver of the other requirements where appropriate.

⁹ *See Rural First R&O*, 25 FCC Rcd at 1596-97; *Rural Second R&O*, 26 FCC Rcd at 2561-63, 2586-87. *See also* 47 C.F.R. § 73.3573, Note 5.

Allotment will be offered in a future auction. Only threshold qualified Tribal applicants may bid on that allotment during this first auction. If two or more acceptable applications are on file at the close of the TQ Window, those applicants will be afforded an opportunity to negotiate a settlement (including a time-sharing agreement) or *bona fide* merger to resolve the mutual exclusivity between their applications. Barring such a settlement or merger, the Peach Springs Tribal Allotment will be offered at auction, with only the threshold qualified Tribal applicants allowed to participate.¹⁰

Hualapai's written notification shall be submitted, in triplicate, to the Office of the Secretary, 445 12th Street, S.W., Washington, DC 20554, with a courtesy copy mailed or delivered to Thomas Nessinger, Audio Division, Media Bureau, 445 12th Street, S.W., Room 2-B450, Washington, DC 20554, or e-mailed to Thomas.Nessinger@fcc.gov. Applications and written notification must be filed no later than 6:00 p.m., Eastern Time, on December 27, 2013.

For additional information, contact Lisa Scanlan or Thomas Nessinger of the Audio Division at (202) 418-2700.

-FCC-

If you have any questions about what this notice means for Peach Springs and may be interested in participating in FM radio on the Hualapai Reservation, please call Terri at (928) 769-1110; stop by the station located at 480B Hualapai Way, Peach Springs, AZ 86434
Or
join us at any upcoming Radio Station Advisory Committee meeting. They are scheduled the second Tuesday of each month at noon on Tuesday. Location will attend on the number of people attending so please RSVP by calling (928) 769-1110 or posting a Facebook message on EPCH "The Peach."

¹⁰ See generally *Rural Third R&O*, 26 FCC Rcd at 17646-48.

Diamond Creek Restaurant Holiday Hours

SATURDAY, DECEMBER 14TH

OPEN 6:30AM-2PM

SUNDAY, DECEMBER 15TH

OPEN 7:00AM-CLOSE

WEDNESDAY, DECEMBER 18TH

OPEN 6:30AM-1:30PM 5:00PM-CLOSE

TUESDAY, DECEMBER 24TH, CHRISTMAS EVE

OPEN 6:30AM -1:30PM

WEDNESDAY, DECEMBER 25TH, CHRISTMAS DAY

CLOSED

TUESDAY, DECEMBER 31ST, NEW YEAR'S EVE

OPEN 6:30AM-2:00PM

WEDNESDAY, JANUARY 1ST, NEW YEAR'S DAY

OPEN 8AM-CLOSE

HAPPY HOLIDAYS!



Diamond Creek Restaurant • December Specials

December 2013

*Wishing everyone a
Happy Holiday Season!*

We look forward to serving
you next year!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sloppy Joes w/Chips	2 Ham Dinner	3 Beef Stroganoff	4 Tamales	5 BBQ Chicken Sandwich	6 Popcorn Shrimp	7 French Bread Pizza
8 Nacho Supreme	9 Turkey Wrap	10 Meatball Sub	11 Ground Beef Enchilada	12 Chicken Salad Pita	13 Fish Sandwich	14 Company Party 2pm Close Indian Burger
15 Steak Sandwich	16 Blanket Dog	17 Manicotti	18 Chicken Quesadilla	19 Sweet n Spicy Chicken	20 Fish n Chips	21 BBQ Beef Sandwich
22 Pork Roast Dinner	23 Carne Asada Nachos	24 Christmas Eve 2pm Close Mini Spaghetti	25 Merry Christmas CLOSED	26 Chicken Pot Pie	27 Popcorn Shrimp	28 Chicken Fried Steak Sandwich
29 Chicken Philly	30 Pulled Pork Sandwich	31 New Year's Eve 2pm Close Roast Beef Griller				

DIAMOND CREEK RESTAURANT
Winter Hours Daily 630am-830pm

928-769-2800

Featured Items Available 11am-Until Sold Out

Featured Items Subject to Change without notice

Hualapai Day Care Center Still Accepting Applications

Hma:ny Ba Viso:jo'
Hualapai Day Care
P.O. Box 179
475 Hualapai Drive
Peach Springs, Az 86434
Phone: (928) 769-1515/1517
Fax: (928) 769-1516

Hello Community Members,

We are still accepting day care applications, with completed forms that are required to be turned in. If your child has already had a physical done, you may bring in a copy of the form. Head Start parents are also allowed to obtain copies from their Child File to turn in with their child's day care application, or you may sign a "Record of Release" form so that we may take care of this portion for you as the parent/guardian.

We are projecting to open as soon as our kitchen is remodeled, so that we may provide meals for your child/ren following CACFP Guidelines.

We thank you community members/parents/guardians for being patient with us, so that we can make your child's experience pleasant with Hualapai Day Care. As soon as the center is ready to open, the program will plan an open house for the Day Care Center. So, please look out for the flyers regarding Day Care.



“Arms Around Peach Springs”

Christmas
Family Fun Day

Saturday, December 7th
11 AM — 1 PM
Multi-purpose Building

- ◆ HUALAPAI TACOS
- ◆ BOUNCE HOUSE,
- ◆ CHRISTMAS STORY & CRAFTS
- ◆ COOKIE DECORATING
- ◆ PICTURES
- ◆ DRAWINGS
- ◆ GIFTS FOR ALL KIDS IN ATTENDANCE!
(2yrs—14 yrs — Must be present to get a gift)
- ◆ WEAR YOUR FAVORITE CHRISTMAS SWEATER,
HAT OR EARRINGS & JOIN THE FUN!!!

Working for a Drug-Free Peach Springs.
“Set Free” testimonies & special messages by Community
Leaders & Pastors.
Please Join Us!

For more information call 928-753-9262

This event sponsored by Calvary Baptist Church of Lake Havasu City

NUMBER ASSIGNED _____

2013 CHRISTMAS LIGHT PARADE

ENTRY FORM

(DEADLINE: Tuesday, Dec. 10, 2013 @ 5 pm)

PERSON IN CHARGE: _____

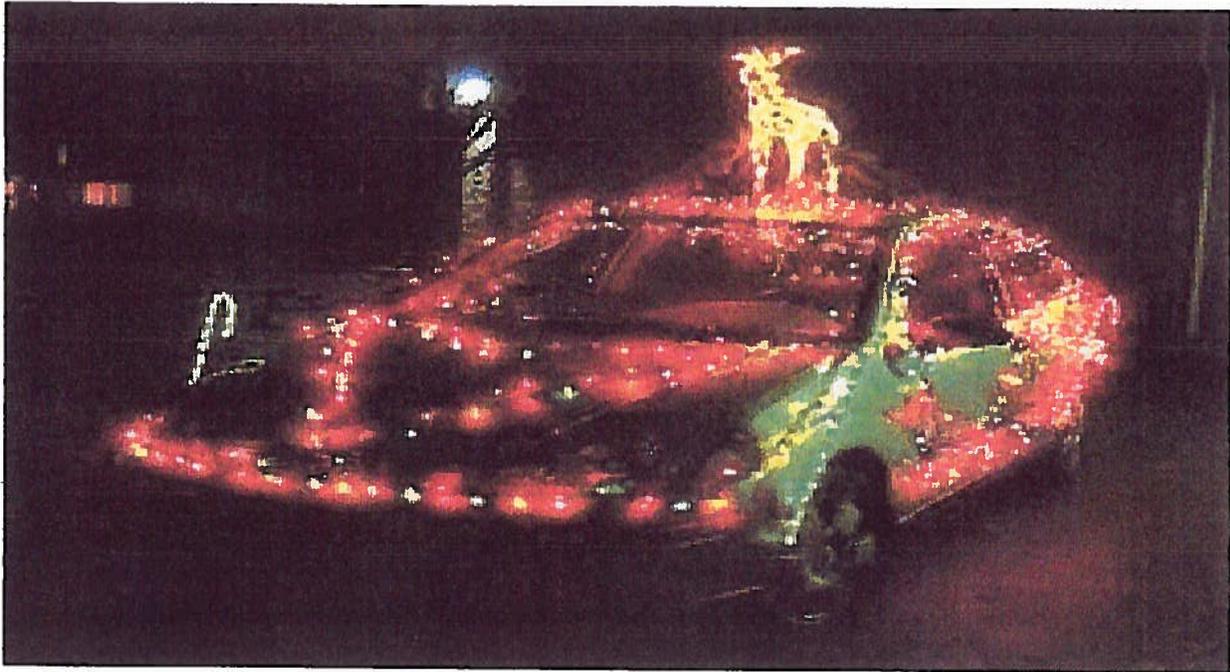
CONTACT PHONE #: _____

INDIVIDUAL _____ GROUP _____ OTHER _____

BRIEF DESCRIPTION OF ENTRY:

2013 Christmas Light Parade • Wednesday, December 11, 2013

2013 CHRISTMAS LIGHT PARADE



WEDNESDAY, DECEMBER 11, 2013

5:30 PM

LINE UP STARTS BY DRAKE HAVATONE'S HOUSE

REGISTRATION FORMS AVAILABLE AT TRIBAL
OFFICE. (deadline: 5 pm on 12/10/13)

CONTACT MONICA ROMO IF YOU HAVE
QUESTIONS.

EVERYONE WELCOME TO PARTICIPATE!!



Hualapai Tribal Youth Council
Elder Reindeer Games



Chair Volleyball Tournament Teams

Chair Volleyball teams can be made up from all age categories. Teams are not limited to one specific age category.

Registration Deadline: December 13, 2013

Contact Hualapai Youth Services

Phone: (928) 769-2207 Email: pete.imus@gmail.com



Elder Reindeer Games • Chair Volleyball Tournament Registration



Hualapai Tribal Youth Council

Elder Reindeer Games



Chair Volleyball



Tournament Registration

Deadline: December 13, 2013



Team Contact:

Name: _____

Address: _____

Phone: _____

Email: _____

Team Name: _____

Rules & Descriptions

- No onsite team registration is allowed in order to create the chair volleyball tournament bracket in advance.
- Teams may have a maximum of nine (9) players and a minimum of six (6) players on the official roster.
- The height of the net will be at a recommended safe playing height.
- Teams must start with six (6) players. Teams are co-ed.
- Players will rotate in a clockwise direction. Teams must change servers when rotating.
- All players must be 55 years and older.

Team Members

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____

Return to Hualapai Youth Services by the stated deadline.

Fax: (928) 769-2884 Email: pete.imus@gmail.com Phone: (928) 769-2207

**Miss our last Genealogy Day
or Want to Come Back for More?
We will be holding a Follow-up/Refresher
At The
Cultural Center**

**Thursday
December 19, 2013
9 am - Noon**



**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!)**

Refreshments Will Be Served

For More Information

Call the Hualapai Department of Cultural Resources at 769-2223



Holiday Home Decorating Contest

WHO HAS THE MOST FESTIVE HOUSE ON THE REZ?

You are invited to enter in the
2013 Holiday Home Decorating Contest



Contest is open to all homes within the Hualapai Reservation

Judging will be on December 19th

On the night of the judging

Please turn on all your holiday lights at 6:00 p.m.

Winners will receive:

\$500 Gift Card to Home Depot

Cord of Wood

Dinner at the Hualapai Lodge for Six

Recognition in the Next Gamyu



Holiday Home Decorating Contest 2013 Entry Form

Name: _____

Address: _____

Contact Phone: _____

Please return to: Leon or Darlene at the Health Education & Wellness Department



2013

Community Christmas Event

Friday, December 20th—9am-6pm
Tribal Gym

Agenda:

9:00 am - 12:00 pm
Events for Kids - Crafts and Cookie
Decorating

9:00 am - 3:00 pm
Helicopter Rides

12:00 pm - 6:00 pm
Adult Gift Raffle
(Hualapai Tribal Members only and
excluding GCRC Employees)

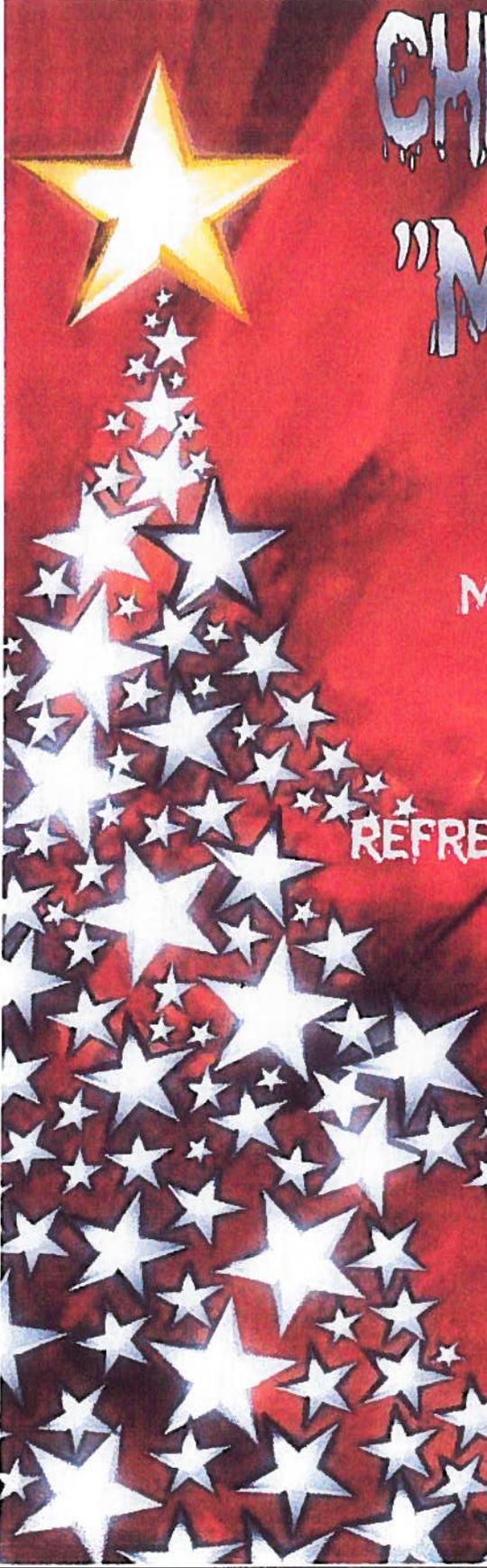
1:00 pm - 2:00 pm
Entertainment for Kids

2:00 pm - 4:00 pm
Community Dinner

4:00 pm - 6:00 pm
Santa hands out gifts to kids!



Christmas Horror Movie Night • Friday, Monday, December 23, 2013



CHRISTMAS HORROR

"MOVIE NIGHT"

MONDAY, DEC 23, 2013

6 PM

MULTI-PURPOSE BUILDING

ENTRY FEE \$3.00

REFRESHMENTS WILL BE PROVIDED

**PLEASE CHILDREN MUST BE
ACCOMPANIED BY A PARENT**

HOSTED BY:

HUALAPAI YOUTH COUNCIL

EPCH Internet Radio Program Schedule • Revised

EPCH Internet Radio PROGRAM SCHEDULE

(revised 08/01/2013)

	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 / "Grand Canyon Country" if DJ live	GVM / "Grand Canyon Country" 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 / "Grand Canyon Country" if DJ live	GVM / "Grand Canyon Country" 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 / "Grand Canyon Country" if DJ live	GVM / "Grand Canyon Country" 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



WHO IS IN THE MOOD FOR SOME HIP-HOP, R&B, EDM AND RAP MUSIC?!



If you answered **YES**:
Be sure to check out
your local DJs
Dempsey and Reno!



Every Wed and Thurs:

*Reno 's Hip Hop Block

2 to 4 pm

*Dempsey' s Power Hour

4 to 5 pm

Listen at: www.epchradio.com

24/7 on your computer

or on your smart or android phones on

TuneInRadio-EPCH "The Peach"

Call (928) 769-1110 for more information

IMON'S SKANKIN' WIT' DEM' WALAPAI



**EVERY THURSDAY NIGHT FROM
6-8 P.M.**

**Listen Every
Thursday Night For
Your Chance To Call
In And Win
Awesome Prizes!**



**At EPCH The Peach! Where We Play All Kinds Of
Music For All Of Peach Springs!**

If you would like info about how you can become a community radio volunteer at the radio station call Terri at 769-1110

HUALAPAI TRIBE COUNCIL MEETING MINUTES

SPECIAL COUNCIL MEETING • May 06, 2013

APPROVED NOVEMBER 4, 2013

HUALAPAI TRIBAL COUNCIL
Special Council Meeting
May 6, 2013 @ 3:00 pm

Secretary: Ron Two Bulls

Roll call taken, six (6) members present constituting a quorum. Chairwoman Counts called meeting to order at 3:09 pm.

Members Present:

Sherry Counts (Excused)
Philbert Watahomigie, Sr.
Barney Imus
Rudy Clark Sr.
Hilda Cooney
Ronald Quasula Sr.
Vacant (2)

Others Present:

Vice-Chairman requests to add 3rd item, Irene Walema

Approval of Agenda:

Motions to approve the agenda with changes: Hilda Cooney

Second: Rudy Clark

Question: Jean Pagilawa

Vote: 6 in favor; 1 Excused (sc); 2 vacant

Council Legal Issue, Vice-Chairman

Defamation Lawsuit, Jin/Quasula vs. Council Members/Former Council Members

Council has questions on the lawsuit. Was each Plaintiff served individually or as a body?

Chairwoman Counts appears telephonically @ 3:20pm

Chairwoman Counts states that they were served individually. There are more questions about who is going to represent whom. More time to sit down and talk is requested. Next SCM is Monday, May 13, 2013.

Motion to retain Gallagher & Kennedy to represent Chairwoman, Vice-Chairman and Chief Bradley in Grover Vs. Counts: Rudy Clark

Second: Jean Pagilawa

Question: Barney Imus

Vote: 6 in favor; 1 excused (sc); 2 vacant.

Tribal Council has further questions for Gallagher & Kennedy. Request to get Glen Hallman on the phone.

Glen Hallman telephonic at 3:39pm

Motion to authorize Lewis & Roca to represent Chairwoman and former Tribal Council Members named: Jean Pagilawa

Second: Hilda Cooney

Discussion: Ron Quasula

Jean Pagilawa, add to the Motion: "In the suit filed by GCSD, David Jin and Theodore Quasula"

Question: Ron Quasula

Vote: 4 in favor; 2 not voting (rc, rq); 1 excused (sc); 2 vacant

Motion carries.

PW: Tomorrow we will contact G&K and inform them of the motions.

Chairwoman back on telephonic at 4:20pm

VC informs Chairwoman of the motion to retain G&K to represent individuals named on the suit.

Irene Walema Loan Request

Discussion on loan request of Irene Walema. Chairwoman recommends not to do a loan otherwise it would open it up for loans for other people.

Planning Department is managing money from Tribal Council to give out to children like this. Just to let you know that this is how Council is helping them.

Discussion on line items and people going to different departments to request for donations.

Tribal Council does not have money for loans.

On Wednesday PW and Erin Forrest will be meeting w/Mohave County and Nigel Turner regarding the heli-pad he built on BLM property.

Motion to adjourn: Rudy Clark

Second: Hilda Cooney

Question: Jean Pagilawa

Vote: 6 in favor; 1 excused (sc); 2 vacant

Meeting adjourned at 4:43 pm

SPECIAL COUNCIL MEETING • May 13, 2013

APPROVED NOVEMBER 4, 2013

HUALAPAI TRIBAL COUNCIL

Special Council Meeting

May 13, 2013 @ 9:00 am

Secretary: Ron Two Bulls

Roll call taken, six (6) members present constituting a quorum. Chairwoman Counts called meeting to order at 9:02 am.

Members Present:

Sherry Counts
Philbert Watahomigie Sr.
Barney Imus (Late)
Rudy Clark Sr.
Hilda Cooney
Jean Pagilawa
Ronald Quasula Sr.
Vacant (2)

Others Present:

Omaovensi Coochwytewa
Monique Mahone-Alvirez
Erin Forest
Estevan Hernandez
Amber Chapa
Matt Capalby

Approval of Agenda:

Chairwoman requests to add Erin Forrest on the agenda for an update on Diamond Bar Road; Ron Quasula requests to move #1 to end of agenda; Rudy Clark discusses items on the agenda, and would like to move item #1 to #6; Vice-Chairman requests the same.

Motions to approve agenda w/changes: Ron Quasula

Second: Vice-Chairman
Question: Jean Pagilawa
Vote: 7 in favor; 2 vacant

1. TIGER Grant – Kevin Davidson

The goal of the grant is to apply for \$2.6M for Mohave County to repair the Stockton Hill Road to Pierce Ferry Road. County is asking Tribal Councils support in the resolution to improve the roadway.

Motion to adopt Resolution 37-2013: Rudy Clark

Second: Jean Pagilawa

Question: Ron Quasula

Vote: 7 in favor; 2 vacant

2. Bird Dance Request

Requesting \$3,800 total.

Omaovensi Coochwytewa discussed with Joyce Paya and Monique Alvarez, and decided to do this because people were asking. There are a total of 4 bird groups that would like to come out for this; and the group is fundraising for their travel and accommodations at the Lodge. Group has raised \$320 to date.

Motion to fund the bird dance group at \$3,800: Ron Quasula

Second w/Discussion: Rudy Clark

with this motion, if you would take an initiative to fundraise the \$900 to accommodate your guests; and provide the receipts

add to my motion, “accounting of receipts”.

Pw: we should start small; donate our council fee monies for this event; if they do fundraising, maybe we could match that. I really support this; just make sure you’re doing good accounting and make sure you’re careful about who’s doing cashiering.

Jp: Council should think about next year when we do the budget; have a set limit to how much we’re going to donate to different groups.

Question: Rudy Clark

Vote: 6 in favor: 1 not voting (jp); 2 vacant

3. McDermott, Will & Emery

4. Matt Capalby

Motions to make a contract agreement w/Matt Capalby to work on our state and federal issues as he’s been doing most recently: Chairwoman

Second: Hilda Cooney

Question: Rudy Clark

Vote: 6 in favor: 1 not voting; 2 vacant

No action on McDermott proposal – no renewal of contract.

5. Scheduling Court Date

Thursday May 23, 2013 from 9AM to 1PM.
(Hilda Cooney Board Meeting at 10AM)

6. Diamond Bar Road Update – Erin Forrest

Got a written request from Nigel dated for Friday and requested a response from Tribe by 5pm otherwise they would shut down the construction of Diamond Bar Road. Mr. Forrest called the County and they advised that it was a threat and threat only and has no substance; attorneys advised the same. Nigel’s letter is from the same firm that represents David Jin. The federal government will talk with him tomorrow and see what came out of the letter this afternoon. The county is going to ignore the letter. Even if they try to file an injunction, the judge wouldn’t stop the job because there are jobs and a lot of money involved. The prevailing evidence is that the judge will not shut down the job. Nigel states that we are not responding to him and not working with him; Mr. Forrest and Vice-Chairman Watahomigie have tried to meet with him and he

does not show up. Last week there was a meeting with the County where officials showed up but Nigel did not show up.

Ron Quasula thinks the tribe needs to stay out of this and let BIA handle this on their own. Mr. Forrest has spoken with contractor and has asked that as soon as it starts costing extra money, to write Mr. Forrest a letter. Rudy Clark would like to see our vested interest from years past come to fruition. Construction is going to continue at this point. Nigel's next step is to file an injunction. So far all parties have ignored the letter.

BREAK AT 10:32

RECONVENE AT 10:39

7. Public Defender Hearing/Appeal

Motion to go into Executive Session: Jean Pagilawa

Second: Ron Quasula

Question: Rudy Clark

Vote: 6 in favor; 1 excused (sc); 2 vacant

Motions to come out of Executive Session: Ron Quasula

Second: Hilda Cooney

Question: Jean Pagilawa

Vote: 4 in favor, 1 not voting; 2 excused; 2 vacant

Motion to reinstate Estevan Hernandez w/back pay: Hilda Cooney

Second w/ discussion: Ron Quasula

Do you want to clear his record? A letter needs to go to him reminding him to be professional. Vice-Chairman will talk to him about that and to clear record

Question: Ron Quasula

Vote: 5 in favor; 1 not voting (rc); 1 excused (sc); 2 vacant

8. Minutes

Motion to approve minutes dated March 1, March 11, and March 12 with noted changes: Rudy Clark

Second: Ron Quasula

Question: Hilda Cooney

Vote: 6 in favor; 1 excused; 2 vacant

Other Issues Discussed:

- Gabe Galanda would like to meet with Council at the end of the month, the week of the 29th.
- RCM June 7, 2013
- Flake's representative will be coming on May 31st regarding the waterline issue. PW will take him out to show him the water issues.
- PARA grant of \$25,000 received – PW

Motion to adjourn: Rudy Clark

Second: Hilda Cooney

Vote: 6 in favor; 1 excused (sc); 2 vacant

Meeting adjourned at 1:08 pm

SPECIAL COUNCIL MEETING • May 20, 2013

APPROVED NOVEMBER 4, 2013

HUALAPAI TRIBAL COUNCIL

Special Council Meeting

May 20, 2013 @ 8:30 am

Secretary: Ron Two Bulls

Roll call taken, seven (6) members present constituting a quorum. Chairwoman Counts called meeting to order at 8:35 am.

Members Present:

Sherry Counts
Philbert Watahomigie Sr.
Barney Imus
Rudy Clark Sr.
Hilda Cooney
Jean Pagilawa
Ronald Quasula Sr. (Excused)
Vacant (2)

Others Present:

Erin Forrest
Deborah Clark
Cassandra Powskey
Mike Whatoname
Patricia Cesspooch

Approval of Agenda:

Chair would like to add Head start at #4 and #5 as Other; and put Erin Forrest as #1.

Motion to approve the agenda with changes: Rudy Clark

Second: Jean Pagilawa

Question: Vice-Chairman

Vote: 6 in favor; 1 excused; 2 vacant

1. Erin Forrest – Amendment to Professional Service Contract

Hired to monitor any cultural conflicts with construction. If anything is dug up they are hired to take care of that. A portion of the amount will go to Cultural Resources Department to monitor any findings.

Motions to approve the Amendment: Vice-Chairman

Second: Rudy Clark

Question: Jean Pagilawa

Vote: 6 in favor; 1 excused; 2 vacant

Request to authorize Chair to sign contract with DOW HKM for the negotiation of water rights. To keep moving forward we're negotiating with DOW HKM for \$480,000. The study is for Quartermaster; the \$103,000 is for the study at QM. It is a viable site a f/u investigation.

Motion to authorize Chairwoman to sign the contract with DOW HKM: Rudy Clark

Second: Jean Pagilawa

Question: Hilda Cooney

Vote: 6 in favor; 1 excused; 2 vacant

Senator Flakes representative will be here on Friday, the 24th. PW requests that Council Members be available to take the tour with him. Mr. Forrest explains how the visit would be beneficial to what the Tribe is now going through with its water rights negotiations and infrastructure at Grand Canyon West including the routes to get to GCW (B&D and Antares Roads).

2. Gallagher & Kennedy, Ryan Johnson

Motion to go into Executive Session: Rudy Clark

Second: Vice-Chairman

Vote: 6 in favor; 1 excused; 2 vacant

Motion to come out of Executive Session: Jean Pagilawa

Second: Vice-Chairman

Vote: 6 in favor; 1 excused; 2 vacant

Motion to confirm retention of G&K to represent Hualapai Tribe on Louise Benson case, May 24, 2013: Chairwoman

Second: Jean Pagilawa

Question: Vice-Chairman
Vote: 6 in favor; 1 excused; 2 vacant

Motion to request G&K to attend status hearing on Louise Benson case on 5/24/13 and report back to the Tribal Council w/status information: Chairwoman

Second: Rudy Clark

Question: Hilda Cooney

Vote: 6 in favor; 1 excused; 2 vacant

3. Head start

4. Housing Board

Tribal Council goes into meeting as Housing Board.

Notes on this issue taken separately from Council Meeting.

Motions made during Board Meeting:

Motion to go into Executive Session: Rudy Clark

Second: Hilda Cooney

Question: Vice-Chairman

Vote: 6 in favor; 1 excused; 2 vacant

Motion to come out of Executive Session: Vice-Chairman

Second: Rudy Clark

Question: Jean Pagilawa

Vote: 6 in favor; 1 excused; 2 not voting

Out of Executive Session at 1:00pm

LUNCH BREAK AT 1:00 PM

COUNCIL RECONVENE'S AT 1:39PM

Motion to go into Executive Session: Vice-Chairman

Second: Rudy Clark

Question: Chairwoman

Vote: 6 in favor; 1 excused; 2 vacant.

Motion to come out of Executive Session: Vice-Chairman

Second: Rudy Clark

Question: Jean Pagilawa

Vote: 6 in favor; 1 excused; 2 vacant

Tribal Council comes out of Executive Session at 2:50pm

Motion that we follow HUD recommendations for staffing managed by Housing: Rudy Clark

Second: Jean Pagilawa

Question: Barney Imus

Vote: 6 in favor; 1 excused; 2 vacant

5. Other

Disneyland tickets – Officer Goins is requesting tickets for his kids group. The following day tickets were brought to Vice-Chairman in an envelope. Officer Goins is requesting 50 tickets. Discussion. Hold off and giving out the tickets

Cody Susanyatame requests to address the council on his relinquishment.

Daycare Center – what department is it going to be under. Review and comments will be going out because it will be opening up in about two weeks.

Motion to keep the daycare center under the supervision of Education and Training Program: Rudy Clark

Second: Chairwoman

Question: Jean Pagilawa

Vote: 6 in favor; 1 excused; 2 vacant

Motion to adjourn: Vice-Chairman

Second: Hilda Cooney

Question: Rudy Clark

Vote: 6 in favor; 2 vacant

Meeting adjourned at 5:47pm

EDUCATION & TRAINING INFORMATION

Peach Springs Unified School District Job Openings • Open Until Filled

Peach Springs Unified School District #8 Current Job Openings as of 11/25/13

Title

Maintenance Custodian (Evening) / Bus Driver

Qualifications:

Bus Driver:

- Valid Arizona Commercial Driver's License, Class A or B, with Passenger Endorsement
- Current Arizona Special Driver Certificate, valid for driving school buses
- Current Arizona DMV Medical Certificate
- Current Arizona DOE approved First Aid Card, if applicable (Restriction 6 on Spec. Educ.)
- Air Brakes Certificate
- *Must pass fingerprint Clearance*

Maintenance Custodian (Evening):

- Preferred- High School Diploma or GED equivalent
- *Must pass Fingerprint clearance*

Salary / Wages

Full-time employee – entitled to all district benefits

Bus Driver Pay scale: \$ 11.50 to \$ 18.50 per hour

Custodial duties Pay Scale: \$ 7.50 to \$14.50 per hour

Reports to

Maintenance Supervisor or Building Principal as assigned

**** Open Until Filled ****

PEACH SPRINGS ELEMENTARY SCHOOL

December 2013 Events

- December 3 Governing Board Meeting 5:30 p.m.
- December 10 Community Partnership Meeting 9-11a.m. at Prosecutor's Office
- December 9-12 DIBELS Testing all week
- December 16-19 Galileo Testing all week
- December 17 Student Prosody Readings at Hualapai Lounge 6:00 p.m.
- December 23-January 2 Winter Break-No school
- January 6 School Resumes

Supporting Your Child's Academic Success

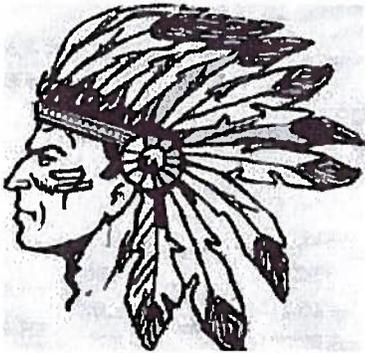
Parental involvement in student academic success can help open the door to opportunities for students and increase the options available to them in the future. The first step is to create a high expectation culture in your home. Here's how:

- 1) Make student academic success a family priority. That means school comes before athletics, entertainment, and work.
- 2) Set completing college or other postsecondary programs as the ultimate academic goal for your child.
- 3) Commit to be actively engaged in your child's education at every stage – from birth through postsecondary.

**The staff and I wish all community members
a safe and relaxing Holiday season.**

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

Peach Springs Warriors Basketball Schedule



Peach Springs Warriors 2013-2014 Basketball Schedule

<u>DATE</u>	<u>Home/Away</u>	<u>VS.</u>	<u>Start Time</u>
Tuesday Dec 3	Away	Wallace	3:30 & 4:30
Thursday Dec 5	Away	Mohave Valley	4pm & 5pm
Wednesday Dec 11	Away	Lake Havasu Recreation	4:30 & 5:30
Monday Dec 16	Home	Young Scholars	3pm & 4pm
Wednesday Dec 18	Away	Black Mountain	4:30 & 5:30
Wednesday Jan 8	Away	HPA	4pm & 5pm
Monday Jan 13	Home	Wallace	3pm & 4pm
Wednesday Jan 15	Home	Black Mountain	3pm & 4pm
Girls Tournament			
Saturday Jan 25	Away	Young Scholars	TBA
Monday Jan 27	Away	KMS	3:30 & 4:30
Wednesday Jan 29	Home	HPA	3pm & 4pm
Thursday Jan 30	Away	Young Scholars	6:30 & 7:30
Monday Feb 3	Away	Mohave Accelerated	3:45 & 4:45
Wednesday Feb 5	Away	KAOL	4pm & 5pm
Boys Tournament			
Saturday Feb 8	Away	Mohave Accelerated	TBA

Arizona Tri-Universities for Indian Education (ATUIE) Presents ATUIE Financial Aid Workshop



ARIZONA TRI-UNIVERSITIES FOR INDIAN EDUCATION

**December 18th, 2013 – Wednesday - Peach Springs, Arizona
6:30 – 7:30 pm @ The Health, Education & Wellness Department**

Presented by:

Representatives of Northern Arizona University, Arizona State University and
University of Arizona

**Come out and Learn More About the Financial Aid
Process... Start Preparing Now!**

Light Refreshments Will be Provided

Sponsored by:

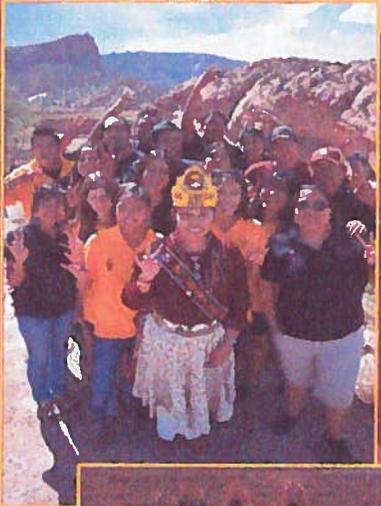
Department of Hualapai Education & Training

Governor's Office of Education Innovation and the College Access Challenge Grant

For more information contact:

Candida Hunter 928 769-2200/ chunter@hualapai-nsn.gov

Annabell Bowen 480 777 8325/ annabell.bowen@asu.edu



ASU Tribal Nations Tour

Topics Covered:

- ◆ College Readiness
- ◆ College Student Experience
- ◆ ASU Admissions & Financial Aid Info
- ◆ American Indian Student Support Services

Peach Springs Hualapai Community

December 18, 2013

7:30 – 8:30 pm

@ Health, Education & Wellness Department



Sponsored by: ASU President's Office of American Indian Initiatives,
Governor's Office of Education Innovation – College Access Grants

For more information contact: Annabell Bowen 480.727.8325/annabell.bowen@asu.edu



HEALTH & SAFETY INFORMATION

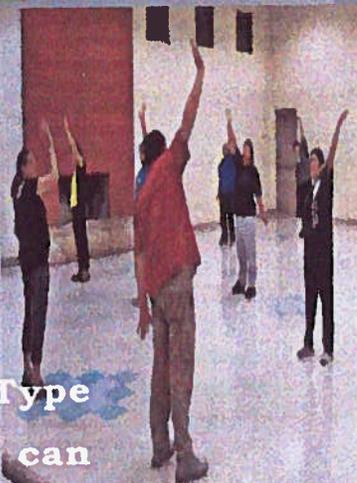
Hualapai Healthy Heart Program • We Have The Power To Control & Prevent Diabetes



**WE HAVE THE POWER
TO CONTROL**

&

**PREVENT
DIABETES**



WE have the POWER to control and prevent Type 2 diabetes. Science has proven that we can control & prevent diabetes by exercising daily and making healthy food choices. **Do you know**

what your glucose level is? What is your blood pressure? Do you want to know about healthy cooking? Exercises? Want to lose weight?

Interested in a healthier lifestyle? Take your first step today- For more information stop by or call Healthy Heart @769-1630 or Diabetes

Prevention-Fitness @769-2644



SDPI
HEALTHY
HEART
PROJECT

This project is funded through a competitive grant, through the Indian Health Service's Special Diabetes Program for American Indians and Alaskan Natives.

www.facebook.com/yiway.han

HEALTHYHEARTHUALAPAI@GMAIL.COM

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

Hemoglobin A1c Quiz • Submitted by Hualapai Healthy Heart

www.inhealth.cnn.com

- 1. A hemoglobin A1c test measures the average amount of sugar in your blood over the last three months.**
 A. True B. False
- 2. It's important to know your hemoglobin A1c number.**
 A. True B. False
- 3. All people with diabetes need to have a hemoglobin A1c test.**
 A. True B. False
- 4. The hemoglobin A1c goal for people with diabetes is less than 7 percent.**
 A. True B. False
- 5. Most people can tell what their blood sugar levels are simply by how they feel.**
 A. True B. False
- 6. You can have a "touch of sugar" but don't have to do anything about it.**
 A. True B. False

7. **You can do something about high blood sugar.**
 A. True B. False
8. **A hemoglobin A1c number over 8 percent is a sign that one or more parts of your treatment plan needs to be changed.**
 A. True B. False
9. **A hemoglobin A1c test should be done about once a year.**
 A. True B. False
10. **There's no proof that lowering your hemoglobin A1c number can reduce your chances of getting serious eye, kidney and nerve disease.**
 A. True B. False

Hemoglobin A1c Quiz Answers • Submitted by Hualapai Healthy Heart

www.inhealth.cnn.com

1. **A hemoglobin A1c test measures the average amount of sugar in your blood over the last three months.**
The correct answer is A. True. The hemoglobin A1c test shows the average amount of sugar in your blood over the last three months. It is a simple lab test done by your doctor. The hemoglobin A1c test is the best test to find out if your blood sugar is under control.
2. **It's important to know your hemoglobin A1c number.**
The correct answer is A. True. If you know your hemoglobin A1c number, you will know if your blood sugar is under control. A high number is a sign that you should work with your doctor to change your treatment plan. A good test result is a sign that your treatment plan is working and your blood sugar is under control.
3. **All people with diabetes need to have a hemoglobin A1c test.**
The correct answer is A. True. All people with diabetes should have a hemoglobin A1c test, typically every three months, but at least twice a year. Regular hemoglobin A1c testing can help you track your blood sugar levels over time to see if they stay close to normal or go up and down. If your blood sugar levels are too high or too low, work with your doctor to change your treatment plan and reach your target level of control.
4. **The hemoglobin A1c goal for people with diabetes is less than 7 percent.**
The correct answer is A. True. The hemoglobin A1c goal for people with diabetes is less than 7 percent. The findings of a major diabetes study, the Diabetes Control and Complications Trial (DCCT), showed that people with diabetes who keep their hemoglobin A1c levels close to 7 percent have a much better chance of delaying or preventing diabetes problems that affect the eyes, kidneys, and nerves than people with hemoglobin A1c levels 8 percent or higher. A change in treatment is almost always needed if your hemoglobin A1c is over 8 percent. But, if you can lower your hemoglobin A1c number by any amount, you will improve your chances of staying healthy.
5. **Most people can tell what their blood sugar levels are simply by how they feel.**
The correct answer is B. False. Research shows that few people can tell their blood sugar levels simply by how they feel. Testing your blood sugar is the only way to know for sure whether you are reaching your blood sugar goals.
6. **You can have a "touch of sugar" but don't have to do anything about it.**
The correct answer is B. False. If you have "sugar," you have diabetes. Diabetes is a serious disease that causes the sugar in your blood to be at too high a level. This high blood sugar harms your body's blood vessels and can cause you to go blind, suffer a heart attack, lose your feet or legs to amputations, stop your kidneys from working, and even kill you. There is no cure for diabetes, but there is a lot you can do to control it. You can change some of the foods you eat. You can stay at a weight that is right for you. And you can get regular physical activity. Lots of people need medication to control their diabetes.
7. **You can do something about high blood sugar.**
The correct answer is A. True. You can do a lot to bring down high blood sugar and get it under control. Start by asking your doctor for a hemoglobin A1c test. If your hemoglobin A1c test result is too high, talk to your doctor about how to lower it. To get your blood sugar under control, follow the meal plan recommended by your doctor, stick to a physical activity program, take prescribed diabetes medicines, and consult with your doctor often.
8. **A hemoglobin A1c number over 8 percent is a sign that one or more parts of your treatment plan needs to be changed.**
The correct answer is A. True. A change in treatment is almost always needed if your hemoglobin A1c is over 8 percent. Common causes of high blood sugar include eating too much food or eating the wrong foods, lack of physical activity, stress, a need to change medicines, and infection or illness. If your hemoglobin A1c number is too high, work

with your doctor to change your treatment plan and reach the goal of less than 7 percent.

9. A hemoglobin A1c test should be done about once a year.

The correct answer is B. False. You should get a hemoglobin A1c test at least two times a year if your blood sugar is in the target range and stable. If your treatment changes or if your blood sugars have not consistently been well controlled, you should get a hemoglobin A1c test every three months until your blood sugar level improves.

10. There's no proof that lowering your hemoglobin A1c number can reduce your chances of getting serious eye, kidney and nerve disease.

The correct answer is B. False. The DCCT showed that the lower the hemoglobin A1c number, the greater the chances that people with diabetes will slow or prevent the development of serious eye, kidney, and nerve disease. The study showed that if you can lower your hemoglobin A1c number by any amount, you will improve your chances of staying healthy. ■

Are You in Diabetes Denial • Submitted by Hualapai Healthy Heart

www.inhealth.cnn.com

When people first learn they have diabetes, many react with a similar emotion: denial. You could be in denial about your diagnosis if you find yourself thinking, "This isn't happening to me" or "The doctors must be wrong." The sentiment is so common that many doctors expect patients to feel this way after delivering a diagnosis. Denial may be our mind's natural way of coping with bad news. It keeps us from becoming depressed and distraught. But over time, the reality sinks in, and denial gives way to acceptance. People come to terms with the fact that they have diabetes and learn how to live with it.

The Danger of Diabetes Denial

But what if denial doesn't go away? If you don't believe that you have diabetes or that your condition is serious, you won't take the necessary steps to keep yourself healthy, such as eating right, exercising, and taking your medications. Denial can cause you to make poor decisions that could harm your health. You might light up a cigarette. You might avoid checking your blood glucose levels regularly, or forget to wash and inspect your feet for signs of injury each day. After all, if you don't believe you have diabetes, why should these things matter? Unfortunately, all of these behaviors could lead to serious complications down the road, such as high blood pressure, stroke, and kidney disease.

Finally, denial can also shield you from learning exactly what you need to do to protect your health. There's a lot of valuable information available, but if you're in denial, you may not be open to receiving it. So take a moment and ask yourself: Have I fully accepted the fact that I have diabetes? Am I doing everything I can to keep myself healthy?

Three Ways to Ditch Denial

Even if you've completely grasped the reality that you have diabetes, feelings of denial may surface now and again. That's normal. Whether you're still moving through denial or coping with a new bout of it, the American Diabetes Association offers these tips for keeping healthy habits in place:

1. **Follow a plan.** Write down a detailed plan of everything that's involved in your self-care. This might include when to check your blood glucose levels. Jot down when and how much insulin or other medications you need to take. Make a note to inspect your feet daily. Once you've made a plan, read through each item and make sure you fully understand why it's important. If you're not clear about anything, discuss it with your doctor. Following your plan each and every day will help keep you on the right track.
2. **Don't go it alone.** There are people around you who can help, from your friends and family members to your doctor and diabetes educator. If you're struggling with any aspect of your care, such as your nutrition plan, it might feel easier to forget about it altogether. But this will backfire by compromising your health.

Any time you identify an area in which you're having difficulty, think about who can best help you through it. For instance, working with a registered dietitian can help you overcome trouble with a meal plan. If you can't seem to stick with an exercise plan, work with a trainer to develop a routine that's enjoyable and effective for you.

3. **Make it a family affair.** Sticking to your self-care regimen can become even more challenging if your family members aren't on board. You may feel envious that they can eat whatever they want and think, "I can eat that, too." That's denial—you believe, even for a moment, that it won't hurt you. But it can.

Asking your family to adopt some of your healthy habits can prevent these potentially harmful moments of denial. What's more, making smarter eating choices and increasing the amount of exercise your family gets—such as taking walks together around the neighborhood—will benefit everyone, whether or not they have diabetes. ■

Carbohydrate Guidelines for Type 2 Diabetes • Submitted by Hualapai Healthy Heart

www.inhealth.cnn.com

Carbohydrates are an essential part of a healthy diet. But carbs also raise your blood sugar. When you have type 2 diabetes, it's important to aim for a balanced carb intake. It can seem confusing and a little overwhelming at first, but don't be discouraged. Your doctor, diabetes educator, or dietitian can help you find a meal plan that works for you.

By setting limits on your carb intake - and tracking what you eat to make sure you stay within those limits - you can improve your blood sugar control. To get started, here are some basic facts you need to know.

Crash Course in Carbs

Foods that contain carbohydrates include:

- Grains, such as breads, cereals, pasta, and rice
- Fruits and fruit juices
- Starchy vegetables, such as potatoes and corn (non-starchy vegetables also contain carbs, but usually very little)
- Dried beans and peas
- Dairy foods, such as milk and yogurt
- Sweets, such as cookies, pastries, cakes, and candy and
- Snack foods, such as potato chips

To find the carb content of a food, check the amount of total carbohydrate on the food label. Be sure to look at the serving amount as well. If you're eating twice as much as the listed serving, you'll need to double the total carbs. If a food doesn't have a label, there are many apps and books available to help you track carbs. One great free tool is **MyFoodAdvisor** from the American Diabetes Association. At first, you may need to look up almost everything. But with time, you'll start to learn how many carbs are in your favorite foods and dishes.

How Much Is Enough?

The American Diabetes Association recommends getting about 45% of your total calories from carbs. You should spread out your carb consumption throughout the day. Typically, that works out to about 45 to 60 grams of carbs per meal and 10 to 25 grams per snack, eaten twice a day between meals. But ask your health care provider for guidance on the right goals for you.

Achieving those goals doesn't happen by accident. You'll need to plan your meals more carefully than someone without diabetes. Fortunately, there are several methods of meal planning to make the process easier. Your health care provider can help you choose the best method for you, based on your preferences and needs.

3 Ways to Track Carbs

These are three techniques for planning meals so you get the right amount of carbs:

Carb counting. This method is the most straight forward. You work with your health care provider to set a limit for how many carbs you'll consume at each meal. Then you track the grams of carbohydrate in the foods you eat.

Exchange lists. This method categorizes foods into groups, such as carbohydrates, meat/meat alternatives, and fats. The plan spells out how many servings you can have from each group at a meal. Within each group, the plan also specifies how much of each food equals one serving, based on its nutrient content. You can exchange a serving of one food for another within the same group.

Glycemic index (GI). This method lets you refine carb counting. It considers not only the quantity of carbs in the foods you eat, but also the quality. Foods with a high GI value raise blood sugar more than those with a low GI. So the goal is to choose your carbs from foods with a lower GI value, such as many whole grain foods, most fruits, non-starchy vegetables, and dried beans and peas.

Using the Plate Method

Some people with type 2 diabetes use a less formal method of gauging how many carbs to eat. Called the plate method, it doesn't require any counting at all. Instead, you simply imagine dividing your plate in half. Then divide one side in half again.

Fill the large section with non-starchy veggies. Fill one small section with grains, starchy veggies, or cooked beans and peas, and the other with meat or another protein food. Add a cup of low-fat milk and a piece of fruit, and you've got a balanced meal.

Key Takeaways

- Although carbohydrates are part of a healthy diet, they raise your blood sugar. If you have type 2 diabetes, you need to aim for a balanced carb intake.
- Carbs are found in a variety of foods. You can check food labels to find the carb content, or use a website, app, or book to help you.
- The American Diabetes Association recommends getting about 45% of your total calories from carbs.
- There are several methods to help you plan meals, including carb counting, exchange lists, glycemic index, and the plate method. ■

COMMUNITY MESSAGES

Thank You

On the evening of October 12, 2013, my son and I were involved in a vehicle accident on Pierce Ferry Road. At this time, we want to say "Thank You" to Rory Majenty who stopped to help us with traffic control until he had to leave. Also, to Security Interim Director, David Johnson, for being there with us until my truck was towed, and for making sure we made it home safely. You guys were a great help, especially when you had to stay late to be there with us. Once again, "Thank You" for your assistance.

From: Della Cook

Happy Birthday

Mavis,
I feel so proud and happy to see that you have grown into such a fine and beautiful young woman. I wish you to love life and never stop dreaming! May the Creator always bless you with much happiness and laughter! You are an amazing mom, Romeo is so lucky to have you as his mother! He loves you so much and so do we! Happy Birthday!

**Love always, Mom, Natalie, Ryan,
Dee, Lil' Landyn**

Call for Articles

Gamyu getting too thin? Need a little more grist from your bi-weekly newsletter? Well, we at the Planning and Economic Development Department welcome our readers to submit articles to help beef up our publication and keep our readership informed of community events and activities. Please submit your ideas and photos to Danielle Bravo and we will work with you on getting them published. Completed articles are due at 5:00 p.m. on Friday, the week prior to publication. If you need help putting an article together, please contact Ms. Bravo at (929) 769-1310 at least two days in advance of the Friday deadline so she can assist you. Thank you for your time and effort in making the Gamyu the publication it deserves to be.

They shall come all for eloquence: their pens shall rise up as the south wind in springtime. And they shall faithfully render the events of the Hualapai.

Wholesome Native American Arts & Jewelry

Grand Canyon West vendors, includes Hopi, Navajo, Santo Domingo.

Local vendor from Kingman. Brandara Jewelers, Since 1999, native owned.

BRANDARA JEWELERS

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

Hualapai Tribal Telephone Directory

Department	Address	Telephone	Fax Number
Adult Detention	P.O Box #69	769-2490	769-2459.
Best Market / Indian Energy	P.O Box #60	769-2455	
B.I.A. Agency	13067 E.Highway 66 Valentine	769-2286	769-2444
B.I.A Dispatch/Police	13067 E Highway 66 Valentine	769-2220	
B.I.A Forestry	13067 E Highway 66 Valentine	769-2279/2270	769-2326
Boy-n-Girls Club	P.O Box #395	769-1801	
Caverns		928-442-3223	
Chemical Lime Plant		928-422-3223	
Court/ Judicial	P.O Box #275	769-2399/2338	769-2736
Cultural Resource DES	P.O Box #310	769-2234/2223 928-753-4441	769-2235
Diabetes/Fitness Center	P.O Box #397	769-2644	
Diamond Creek Restaurant		769-2800/2230	
Earthship	P.O Box# 550	769-2224	769-2239
Elderly	P.O Box # 179	769-2375	769-
EMS	P.O Box # 542	769-2656	769-2315
Enrollment		769-2216	769-2343
Enterprise-G.C.R.C- HR Dept	P.O Box #359	769-2419/2640	769-2410
EPCH Radio		769-1110	
Extension U of A		769-1284	769-2309
Fire Dept / Animal Control	P.O Box # 179	769-2205/2810	769-2883
Forestry (Tribal)	P.O Box # 299	769-2267	769-2532
Frontier Café/Motel		769-2237	
Frontier Communications		1 800-921-8101	
Game/Fish Dept	P.O Box # 249	769-2227	769-1111
Gas n Grub		769-1880	
Head Start	P.O Box # 119	769-2244/2522	769-2457
Health & Wellness	P.O Box #397	769-2207/800953-4480	769-2884
Healthy Heart	P.O Box # 179	769-1630	769-1632
Housing	P.O Box #130	769-2274	769-2703
Human Services(Soc. Services	P.O Box #480	769-2269/2383	769-2659
Human Resources	P.O Box # 179	769-2216	769-1191
I.H.S Clinic	P.O Box # 190	769-2900	769-2701
Juvenile Detention Center	P.O Box # 179	769-1611	769-1655
KRMC		757-2101	
Mohave Electric		1800-685-4251	
Multi Purpose	P.O Box # 179	769-2535	
MVD		681-6300	
Natural Resources	P.O Box# 300	769-2254	769-2309
Peach Springs School	P.O Box # 360	769-2613/2202/2676	769-2892
Planning Dept	P.O Box #179	769-1310/1312/1314	769-1377
Post Office		769-2300	
Prosecutor	P.O Box # 66	769-2304	769-2401
Public Defenders	P.O Box # 179	769-1063	769-1522
Public Works Dept	P.O Box # 179	769-2625/2583/2216	
Recreation/Gym	P.O Box # 179	769-2652	769-2650
River Running	P.O Box #	769-2210/2245	769-2637
Roads	P.O Box # 179	769-2446	
Seligman School		928-422-3233	
Training/Education	P.O Box #	769-2200	769-1101
Tribal Police Dept	P.O Box #	769-1024/1025	
Tribal Office/ Admin	P.O Box #179	769-2216 Toll free 1888-7692221	769-2343
Truxtion Station		769-2436	
Valentine School		769-2310	
Mikel Allen IT Hualapai Tribe	P.O Box #179	928-606-4394 cell	
Sean Hargraves IT Hualapai Tribe		928-285-2801 cell	
Hualapai Day Care		769-1515	769-1516