

# GAM YU

Newsletter of the Hualapai Tribe

ISSUE #01

TUESDAY, JANUARY 7, 2014



**Community Meeting • Thursday, January 9<sup>th</sup>, 2014**

## Community Meeting to listen to your ideas for the MASTER PLAN for GRAND CANYON WEST

**Date:** January 9, 2014

**Time:** 5:30 p.m. (Dinner will be provided)

**Location:** Tribal Gym, 930 Rodeo Way, Peach Springs AZ.



### PRELIMINARY MEETING AGENDA

- 5:30 Overview of Grand Canyon West Master Plan Process
- 5:45 Presentation on Grand Canyon West Existing Economics, Infrastructure & Development
- 6:15 Community workshop on opportunities for Grand Canyon West
- 7:30 Summaries & Next Steps

## Request for Grant/Project Management Proposals



The Hualapai Indian Tribe is soliciting consultant services to coordinate and oversee grant administration, design, and construction of a Meeting Pavilion and a Restroom and Laundry Facility in the Hualapai Youth Camp, on the Hualapai Indian Reservation, and to provide future ICDBG grant writing to the Tribe and to provide grant-writing services to fund a FY14 HUD-ICDBG. Proposals will be accepted from both Indian-owned and other firms for this project. **Proposals will be due on Friday, January 10, 2014 at 5:00 PM.**

Further project information and submittal requirements are available on request from:

Hualapai Planning Economic Development Department  
Kevin Davidson, Director  
887 West Highway 66, Peach Springs, AZ 86434  
(928) 769-1310 or [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

*The work to be performed under this contract is subject to 24 CFR 1003.510. Preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises. ■*

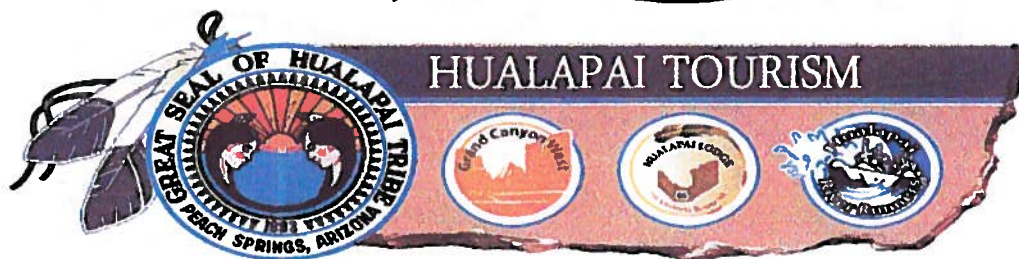
### Inside this issue:

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**Grand Canyon Resort Corporation RFP • Friday, January 17, 2014 @ 12:00 Noon**

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Grand Canyon Resort Corporation  
REQUEST FOR PROPOSALS  
“Catering”

Grand Canyon Resort Corporation is soliciting proposals from qualified organization(s) to ensure high quality standards for lunch and dinner, speed of services and guest satisfaction for two upcoming events, listed below. If interested, please provide a full detailed menu including beverages and desserts. The selected organization is expected to serve our guest and ensure quality clean up.

GCRC will provide the tableware and utensils.

**Qualifications:**

Current Food Handlers Card

Preference given to Hualapai Tribal members

**Venue One: Community Meeting – Zip-line Presentation**

***GCRC is expecting up to 300 guests in attendance***

January 23, 2014 @ 11:30 a.m. – 1:30 p.m.

Hualapai Gymnasium, Peach Springs, AZ

**Venue two: Annual Shareholders Meeting**

***GCRC is expecting up to 350 guests in attendance***

February 28, 2014 @ 5:30 p.m.

Hualapai Gymnasium, Peach Springs, AZ

**Proposals Due**

January 17, 2014

12:00 PM MST

**Address:**

Please submit as a Sealed Bid

All proposals will be publicly opened at 2:00 PM January 17, 2014

PO Box 359

16500 Hwy 66

Peach Springs, AZ 86434

Attn: Jennifer Turner

Questions regarding this RFP should be directed to Paula Walker or Leticia Morgan at 928-769-2419 Ext 148 or 127.

## Advertisement for Bids for Hualapai Elder Group Home

Bid # 1082601GC

The Hualapai Indian Nation is requesting bids for a General Contractor the construction of an eight-bedroom, 4,348 s.f. Elder Group Home, along with site improvements, located in Peach Springs, AZ on the Hualapai Indian Reservation. Bids will be accepted from both Indian-owned and other firms for this project.

Attendance at the 10:00 AM pre-bid conference at the project site, 533 Juniper Street in Peach Springs, on January 23, 2014 is required. Bids will be due on February 6, 2014.

The work to be performed under this contract is subject to Section 7(b) of the Indian Self-Determination and Education Assistance Act (25 U.S.C. 450b). A 5% bid preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises.

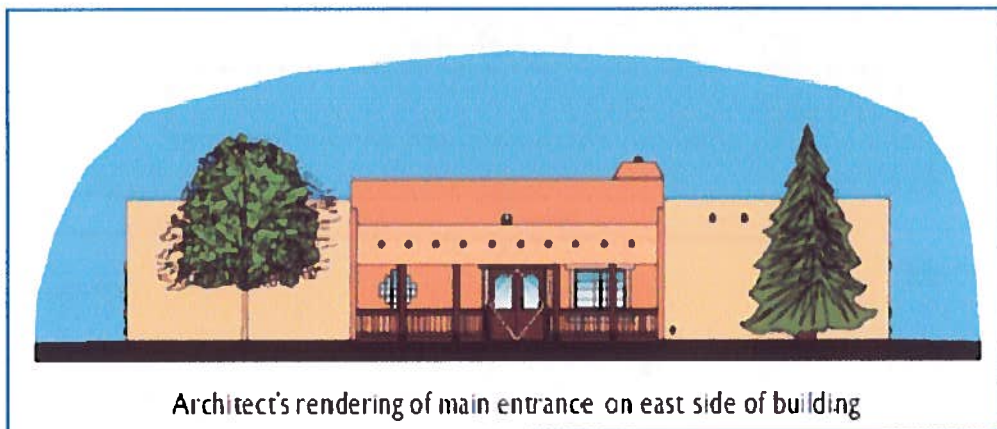
Bid documents, including construction drawings, general conditions and specifications, are available for download (PDF format) or through various plan rooms in Arizona.

For download instructions or a list of plan rooms, please contact:

UrbanTech Ltd.

[matt@urbantech-ltd.com](mailto:matt@urbantech-ltd.com)

(602) 678-0533



Architect's rendering of main entrance on east side of building

### To appear in the Gam'Yu (bi-weekly newsletter of the Hualapai Tribe)

#### NOTICE TO

**Tia Querta**  
**DOB: 11/01/1990**

#### And her friends/family:

A Petition for Dissolution of Marriage between Alan Robledo (enrolled at Colorado River Indian Tribes) and Tia Querta (enrolled at Hualapai Tribe) has been filed in the Tribal Courts of the Colorado River Indian Tribes; Case No. DR-DM-2013-0115. The next court date is scheduled for 2/06/2014 at 1000hrs at the Tribal Courts in Parker, Arizona. If she does not appear, or does not respond to the Petition, a Default Judgment for a Dissolution Decree shall be requested by Mr. Robledo, and may be granted. If anyone reading this knows how to get in touch with Ms. Querta, please contact her and inform her of this Notice. Tia Querta may obtain a copy of the Petition from the Tribal Court, or from the C.R.I.T. Legal Aid Department. For more information, please contact Kaniatari:io Jesse Gilbert, Director of Legal Aid for the Colorado River Indian Tribes at 928.669.1268 or [Kaniatariio.Gilbert@crit-nsn.gov](mailto:Kaniatariio.Gilbert@crit-nsn.gov), or the Tribal Courts at 928.669.1355. This notice is to appear in the Gam'Yu successive publications for 60 days. ■



## Diamond Creek Restaurant • January Specials

# JANUARY 2014

**HAPPY  
NEW  
YEAR!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chimi	2 Sloppy Joes	3 Fish n Chips	4 Crispy Western Chicken Hoagie
5 Nacho Supreme	6 Baked Chicken	7 Lasagna	8 Carne Asada Burrito	9 Hot Pastrami Sandwich	10 Fish Sandwich	11 Indian Burgers
12 Meatloaf	13 Pit BBQ Dinner	14 Fettuccini Alfredo	15 Chicken Quesadilla	16 Spring Rolls	17 Popcorn Shrimp	18 Pork Green Chile Taco
19 BBQ Thigh Basket	20 Beef Tips and Noodles	21 Baked Manicotti	22 Red Beans and Rice	23 Steak Fajitas	24 Fish n Chips	25 Chicken Fried Steak Sandwich
26 Hot Dog w/ Homemade Mac n Cheese	27 Toasted Italian Sub	28 Soft Tacos	29 BBQ Beef Sandwich	30 Green Chile Chicken Casserole	31 Fish Sandwich	

**DIAMOND CREEK RESTAURANT**  
928-769-2800

Featured Items Available 11am-Until Sold Out

Winter Hours Daily 630am-830pm

Featured Items Subject to Change without notice

## Hualapai Cultural Resource Department • Drum Making



# C.A.L. CLASS

# "DRUM-MAKING"

When: January 10<sup>th</sup>, 2014

Where: Hualapai Cultural Resource Department

Time: 8:00am – 12noon

FOR MORE INFORMATION CONTACT BENNETT JACKSON/DRAKE HAVATONE @ (928)769-2234



**"Bring CrossFit to Your Reservation" Conference & CrossFit Competition**

**FORT MOJAVE INDIAN TRIBE CROSSFIT PRESENTS**

**"BRING CROSSFIT TO YOUR RESERVATION"**



**JANUARY 14-15, 2014  
AVI RESORT & CASINO**

**10000 AHA MACAV PARKWAY, LAUGHLIN, NV 89029**

**FORT MOJAVE INDIAN TRIBE**

**CrossFit**

**2 DAY CONFERENCE  
& CROSSFIT COMPETITION**

**REGISTER NOW!**

**[HTTP://FMITCROSSFIT.COM/REGISTER/](http://fmitcrossfit.com/register/)**

**SPECIAL GUEST SPEAKERS**

**JEFF & MIKKI MARTIN  
CROSSFIT KIDS CO-FOUNDERS**

**PETE SERVOLD, PETE'S PALEO**

**WAYLON PAHONA, HANS FOUNDER**

**HOST HOTEL: AVI RESORT & CASINO  
10000 AHA MACAV PARKWAY, LAUGHLIN, NV 89029**

**GROUP RATE: \$25.00**

**RESERVATIONS: 1-800-AVI-2-WIN  
CODE: FORTMOJAVECROSSFIT**



**FOR ANY QUESTIONS, CONTACT AUNDREA HILLS AT (928) 201-7423 OR  
BY EMAIL [AUNDREA\\_HILLS@AOL.COM](mailto:AUNDREA_HILLS@AOL.COM)**

## Southwest Indian Agricultural Association Conference Registration



**SOUTHWEST INDIAN AGRICULTURAL ASSOCIATION**

**26th ANNUAL CONFERENCE**

**JANUARY 21 – 23, 2014**

**“Native American Agriculture Faces New Challenges”**

**REGISTRATION FORM (Please Print)**

Name: \_\_\_\_\_ Phone No: (     ) \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Organization or Tribe: \_\_\_\_\_

Email Address: \_\_\_\_\_

### **CONFERENCE REGISTRATION AND MEMBERSHIP FEES:**

**\$175.00** Pre-registration fee for each individual, if registered and fee received by January 3, 2014. **\$75.00** for each additional family member listed below. **\$200.00** Registration fees for each individual, after January 3, 2014 and at the door, **no exceptions**. Registration includes **Annual Membership for Individual and Associate category**. Please complete Membership and submit with Registration Form.

**Registration faxed by January 3, 2014 but payment made at the conference does not qualify for the pre-registration rate. (No exceptions to dates shown above and below)**

**FEES WAIVED FOR FULL TIME COLLEGE/HIGH SCHOOL STUDENTS**

**On-line Registration by Credit Card at [www.swindianag.com](http://www.swindianag.com)**

_____ Person(s) attending Conference at \$175 each (fee received prior to January 3, 2014)	\$ _____
_____ Additional family member(s) at \$75 each (fee received prior to January 3, 2014)	\$ _____
_____ Person(s) attending Conference at \$200 each (registered after January 3, 2014)	\$ _____
_____ Awards Banquet - \$25 per person (if not registered for conference)	\$ _____
<b>TOTAL AMOUNT DUE</b>	<b>\$ _____</b>

**Federal Tax I.D. Number – 86 - 0879339**

Additional Family Member(s) Name: 1. \_\_\_\_\_ 2. \_\_\_\_\_

### **CHECKS PAYABLE TO:**

**SWIAA CONFERENCE, 1664 E. Florence Blvd Ste. 4-434, Casa Grande, AZ 85122-4779**

**Call: (520) 235 – 2841      FAX: (520) 383-4532**

**Harrah's Ak-Chin Resort & Casino – 1-800-223-7277 Group Code “S01SIA4”**

**Group rates available through January 5, 2014**

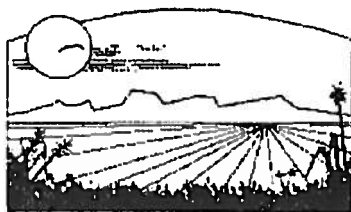
**Rooms are available January 19 – 23, 2014**

**NO REFUNDS - NO PURCHASE ORDERS**

**U.S. DOLLARS ONLY**



# Southwest Indian Agriculture Association 26<sup>th</sup> Annual Conference Program



**SOUTHWEST INDIAN AGRICULTURAL ASSOCIATION**

[www.swindianaq.com](http://www.swindianaq.com)

## SWIAA 26<sup>TH</sup> Annual Conference Program

**January 21 - 23, 2014  
Harrah's Ak-Chin Resort & Casino  
Maricopa, AZ**

**"Native American Agriculture Faces  
New Challenges"**



**DAY 1 - Tuesday, January 21, 2014  
Estrella & Santan Rooms**

### 8:00 AM REGISTRATION (Front of Estrella & Santan Rooms)

**9:00am "Conference Opening" Estrella & Santan Rooms**  
Opening Remarks: Homer Marks Sr., President, SWIAA  
Welcome: Honorable Ak-Chin Tribal Council Member  
Invocation: Ms. Sally Antone, Ak-Chin Community Member  
Post Colors: Ak-Chin Police Department  
National Anthem: Velacita Costella, Ak-Chin Community Member

**9:30am "Colorado River Operational & Hydrology Update"**  
Speaker: Ms. Ruth Thayer, Program Manager Native  
American Affairs Office, Lower Colorado River Region,  
Bureau of Reclamation

Raffle Prize Drawing 1 –  
Donated by -  
Raffle Prize Drawing 2 – Arts & Crafts  
Donated by – Marks Family

### 10:00 AM BREAK

**10:15am "Farm Bill Update - Natural Resource Conservation Service"**  
Speaker: Keisha Tatem, State Conservationist,  
USDA-Natural Resource Conservation Service

**11:15am "Gardening Techniques"**  
Speaker: Jacob Butler, Cultural Resources Department,  
Salt River Pima Maricopa Indian Community

### DAY 1 - Tuesday, January 21, 2014 (cont.)

#### 12:00 PM LUNCH (On Your Own)

**1:30pm "Traditional Gardening"**  
Speaker: Nina Altshul, Executive Program Director, Tohono  
O'odham Community Action, Tohono O'odham Nation

#### 2:00 - 3:45 PM TOUR OF AK-CHIN COMMUNITY FARMS

#### 3:45 PM BREAK

**4:00pm SWIAA Annual Membership Meeting**  
President's Report  
Treasurer's Report  
Election of New Board Members

Raffle Prize Drawing 3 –  
Donated by -  
Raffle Prize Drawing 4 –  
Donated by -

#### 5:00-7:00 PM "Social Get-Together" (Food & Refreshments) Picacho Room

Raffle Prize Drawing 5 – \$100  
Donated by – Mike Lejero  
Raffle Prize Drawing 6 – Arts & Crafts  
Donated by – Marks Family

### DAY 2 - Wednesday, January 22, 2014 Estrella & Santan Rooms

**9:00AM Open: Gerald Sunna, Vice President, SWIAA**  
Invocation:

**9:15am "Wild Horses and Population Control"**  
Speaker: Brian Gewecke, Senior Environmental Specialist,  
Range Management Program, Environmental Protection &  
Natural Resources, Salt River Pima-Maricopa Indian  
Community

**9:45am "Emergency Management – Tohono O'odham Nation  
Livestock"**  
Speaker: Anthony Manuel, Regional Planning Coordinator,  
Office of Emergency Management, Tohono O'odham  
Nation, Department of Public Safety

Raffle Prize Drawing 7 – Shawl  
Donated by – Charlotte Vigil  
Raffle Prize Drawing 8 –  
Donated by -

#### 10:45 AM BREAK

**11:00am "Arizona State Livestock Inspectors"**  
Speaker: Capt. Mike Newman, Livestock Office, Arizona  
Department of Agriculture

#### 12:00 PM LUNCH (On Your Own)

## Southwest Indian Agriculture Association 26<sup>th</sup> Annual Conference Program (Cont.)

### DAY 2 - Wednesday, January 22, 2014 (cont.)

1:30pm "Gila Crossing Community School Gardening"  
Speaker: Mr. Ed Mendoza, TBA

2:15pm "Farm Bill Update - Farm Service Agency"  
Speaker: Robert Piceno, State Executive Director,  
USDA-Farm Service Agency

#### 3:00 PM BREAK

3:15pm "USDA Organic Certification"  
Speaker: Sarah Costin, Co-Creator/Owner, A Bee Organic

4:00pm "Farm Bill Update - Risk Management"  
Speaker: Richard Mansfield, Risk Management Education &  
Outreach Coordinator, USDA-Risk Management Agency

Raffle Prize Drawing 9 - Arts & Crafts

Donated by - Marks Family

Raffle Prize Drawing 10 -

Donated by -

Raffle Prize Drawing 11 -

Donated by -

Raffle Prize Drawing 12 - Arts & Crafts

Donated by - Marks Family

Raffle Prize Drawing 13 -

Donated by -

### DAY 3 - Thursday, January 23, 2014 *Estrella & Santan Rooms*

9:00am Open: Homer Marks Sr., President, SWIAA  
Invocation:

9:15am "Arizona Association of Tribal Conservation Districts"  
Speaker: Harold Joseph Jr., M.B.A. Indigenous Educator

9:45am "Premise Traceability & Other Opportunities"  
Speaker: Dr. Terry Clark, USDA-APHIS

#### 10:30 AM BREAK

10:45am "FERTP"  
Speaker: Trent Teegerstrom, Arizona FRTEP Project  
Director and Associate Specialist, University of Arizona,  
Department of Ag & Resource Economics

11:15am "Indian Nations Conservation Alliance (INCA)"  
Speaker: Brian Thomas, Indian Nations Conservation  
Alliance (INCA) TBA

#### 12:00 PM LUNCHEON MISTRESS OF CEREMONY - FRANCES STEPHENS

#### AWARDS

Salt River Pima Maricopa Indian Community  
Jacob Butler, Cultural Resources Office, SRPMIC  
Ak-Chin Indian Community  
Gary Parker  
San Xavier Coop  
Johnny Hill Jr.

### DAY 3 - Thursday, January 23, 2014 (cont.)

#### DR. ROE B. LEWIS SCHOLARSHIP RECEIPTS

1:30pm "My Role In Agriculture"

1.

1:50pm "My Role In Agriculture"

2.

2:10pm "My Role In Agriculture"

3.

#### MARIO MARKS TRAVELING SCHOLARSHIP RECEIPT

2:30pm "My Project"

1. Gila Crossing Community School Gardening

3:00pm Retrieve Colors: Ak-Chin Police Department

Raffle Prize Drawing 14 - SADDLE  
Donated by - SWIAA

#### SWIAA Executive Board Meeting Thursday, January 23, 2014 - 3:30 PM

The SWIAA Board would like to recognize and thank the  
following individuals for all of their time and effort to make  
this year's conference so successful

Homer Marks Sr., President  
Gerald Sunna, Vice President  
Mike Lejero, Treasurer  
Frances Stephens, Secretary  
Agnes Joaquin, Coordinator  
Tim Garcia  
Billman Lopez  
Dorothy Sunna  
Jonathon Thomas  
Brian Davis Sr.  
Frances Ruiz,  
Andrew Antone  
Stanley Stephens  
Sadie Marks

Tohono O'odham Nation  
Gila River Indian Community  
Tohono O'odham Nation  
Tohono O'odham Nation  
Tohono O'odham Nation  
Tohono O'odham Nation  
Tohono O'odham Nation  
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Tohono O'odham Nation  
Tohono O'odham Nation  
Tohono O'odham Nation

If we missed anyone who assisted to make the Southwest  
Indian Agricultural Association Annual Conference a success,  
We, apologize

#### SPONSORS





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## Emmanuel Christian Academy Sponsorship Letter

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# EMMANUEL CHRISTIAN ACADEMY

P.O. Box 4056, Kingman, AZ 86402 (928)681-4220 Fax (928)681-4221

[ecakingman@gmail.com](mailto:ecakingman@gmail.com)

[www.ecakingman.org](http://www.ecakingman.org)



December 2013

Dear General Manager,

My name is Renda Haney and I am the Fundraising Chairperson for Emmanuel Christian Academy, located in Kingman, Arizona. ECA is a non-profit, private Christian school which offers students an excellent education integrated with biblical doctrine. We are very proud to say that our school's test scores are rated in the top 4% in the nation!

I am approaching you today to ask if your business could help by sponsoring our fundraising event. Our school will be hosting its 1<sup>st</sup> Annual "ECA Carnival & Worship Festival" on February 20<sup>th</sup> - 23<sup>rd</sup> at the Fairgrounds to raise awareness of our school and, most importantly, raise funds to keep our school in operation.

Of course, we would welcome brochures from your business to be placed at the event for advertisement, but we are also offering sponsorship packages in order to benefit your business as you are benefiting our event. A list of packages is attached.

We have already begun to advertise throughout the Kingman area as well as surrounding communities. As the date approaches, the event will be broadcasted with Cameron & Murphy Broadcasting companies as well as Radio Shine, KNLB, and K-LOVE. These broadcasts will reach thousands of people daily. We will also be advertizing in the Kingman Daily Miner, the Gam'Yu Newsletter, the Needles Desert Star, Mohave Valley Daily News, and Today's News-Herald Havasu News. As we advertise for our event, we would certainly thank you for your sponsorship.

If you have any questions or are in need of anything further, feel free to contact me at (928) 303-1432. Thank you for your time and consideration.

In Christ's Love,

Renda Haney

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## **Emmanuel Christian Academy Sponsorship Letter • Continued**

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### **❖ Diamond Member \$2000 Sponsorship**

- ✓ A special ad in the Kingman Daily Miner, Front Page
- ✓ 10 standard ads in several area newspapers
- ✓ KNLB - Community Calendar 2x daily Monday - Friday
- ✓ Estimated Advertising Value \$700+
- ✓ Invitation to appreciation Dinner for 10
- ✓ Live mentions at multiple venues on day of event
- ✓ 10x10 Booth Space in Building A
- ✓ 25 VIP admissions tickets
- ✓ Business name and logo printed on event T-shirt in Extra Large Font that staff and students will be wearing during event.

### **❖ Emerald Member \$1000 Sponsorship**

- ✓ 10 standard ads in several area newspapers
- ✓ KNLB - Community Calendar 2x daily Monday - Friday
- ✓ Estimated Advertising Value \$400+
- ✓ Invitation to Appreciation Dinner for 6
- ✓ Live mentions at multiple venues on day of event
- ✓ 10X10 Booth Space in Building A
- ✓ 15 VIP admissions tickets
- ✓ Business name and logo printed on event T-shirt in Large Font that staff and students will be wearing during event.

### **❖ Ruby Member \$500 Sponsorship**

- ✓ 5 standard ads in several area newspapers
- ✓ KNLB - Community Calendar 2x daily Monday - Friday
- ✓ Estimated Advertising Value \$200+
- ✓ Invitation to Appreciation Dinner for 4
- ✓ 10x6 Booth Space
- ✓ Business name printed on event T-shirt in Medium Font that staff and students will be wearing during event.

### **❖ Sapphire Member \$250 Sponsorship**

- ✓ 2 standard ads in several area newspapers
- ✓ Invitation to Appreciation Dinner for 2
- ✓ Estimated Advertising Value \$100
- ✓ Business name printed on event T-shirt in Small Font that staff and students will be wearing during event.

### **❖ Pearl Member \$100 Sponsorship**

- ✓ Business name printed on event T-shirt in Small Font that staff and students will be wearing during event.

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1st Annual ECA Carnival & Worship Festival • Starting Thursday, February 20, 2014

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## **1st Annual "ECA Carnival & Worship Festival"**

**Hosted by:**

**Emmanuel Christian Academy of Kingman**



**February 20th - February 23rd**

**12-14 Rides, 10-15 Games, Vendor Booths,  
Food Concessions,  
A Petting Zoo**



**Live Entertainment including...**

**A Dog Show, Theatrical Performances, Magicians &  
Musicians**

**A Cosmic Light Show - "Creation"**

**For all inquiries, call Renda @ 928-303-1432**



## EDUCATION &amp; TRAINING INFORMATION



EDUCATE • DISCOVER • IMPACT

**News Release**  
December 17, 2013  
**FOR IMMEDIATE RELEASE**

Contact: Katie Paquet, 602-229-2543, 602-524-0009 [Katie.Paquet@azregents.edu](mailto:Katie.Paquet@azregents.edu)  
Sarah Harper, 602-229-2542, 602-402-1341 [Sarah.K.Harper@azregents.edu](mailto:Sarah.K.Harper@azregents.edu)

## **ABOR Approves Revision to Residency Policy for Enrolled Members of Arizona Tribes**

***Changes go into effect beginning spring 2014***

(Phoenix, AZ) – Students who are enrolled members of one the sovereign Arizona federally-recognized tribes now will be eligible for in-state tuition at Arizona's three state universities as a result of recently approved residency policy changes by the Arizona Board of Regents (ABOR).

The policy revision goes into effect the spring semester of 2014.

This revision also provides an incentive for American Indian students from one of Arizona's federally recognized tribes who attend out-of-state colleges to return to Arizona to complete a bachelor's degree. Approximately 4,200 American Indian students currently attend one of Arizona's state universities either as an undergraduate or graduate student.

More than 35 tribal colleges exist in at least 13 states. These largely two-year institutions attract many Arizona Native American students who will consider transferring to four-year universities. Previously, ABOR residency classification policy would have prevented these students from being considered for in-state tuition, and prompting many of these students to remain in the state of the tribal college.

"Due to lack of infrastructure and jobs, many Arizona tribal members move off-reservation to work and attend school," said Regent LuAnn Leonard, executive director of the Hopi Education Endowment Fund. "By approving these policy changes, the Board acknowledged this reality for Arizona tribes while ensuring that students who have been moved away know that our universities are working to welcome them back home."

The policy revision is not retroactive to previous semesters. Continuing students who have been classified as non-residents must contact the residency office to change their residency classification.

“This is excellent news for Arizona’s Native American communities and our three universities,” said ABOR President Eileen Klein. “The Board is committed to student success and this policy revision is reflective of that commitment and the Board’s recognition of the higher education needs of the Arizona American Indian tribes.”

The revised policy states: “For purposes of residency classification, enrollment as a tribal member in a federally recognized Arizona tribe will be sufficient to establish residency for tuition purposes.” ([ABOR Policy 4-203 C. 8](#)) To be eligible for in-state tuition under this revision: 1) the student must provide proof of being an enrolled tribal member; 2) the tribe must be one of Arizona’s federally-recognized tribes, and 3) the student must be a U.S. citizen, OR a lawful permanent resident of the U.S., OR have lawful immigration status in the U.S. ([ABOR Policy 4-102](#)).

“I commend the Board of Regents for taking this important step that encourages Arizona’s American Indian students who have moved away to return to our state to further their education,” said John R. Lewis, executive director, Intertribal Council of Arizona. “Ultimately, it will aid in strengthening workforce development and diversity for our state.”

Information about university deadlines is available through the following links: [ASU](#), [NAU](#) and [UA](#). Native American students who are not enrolled members of an Arizona tribe may qualify for residency under other ABOR policies. Those policies are available [here](#).

###

*The Arizona Board of Regents is committed to ensuring access for qualified residents of Arizona to undergraduate and graduate instruction; promoting the discovery, application, and dissemination of new knowledge; extending the benefits of university activities to Arizona’s citizens outside the university; and maximizing the benefits derived from the state’s investment in education. For more information visit [AZRegents.edu](#).*

## From The Desk of the Superintendent • January 2014 Events

### PEACH SPRINGS ELEMENTARY SCHOOL

#### January 2014 Events

January 6 School Resumes

January 7 Basketball away v. Wallace 3:30 p.m.

January 7 Governing Board meeting 5:50 p.m.

January 8 Half Day for Parent/Teacher Conferences. AM Kinder dismissal at 11:30. No PM Kindergarten class. Grades 1-8 dismissal at 12:30. Report cards to be given out at conferences.  
**Parents, your attendance is important at conferences.**

January 8 BB Game away v. HPA 4:00/5:00 p.m.

January 9 Honor Roll Assemblies in cafe: K-4 9:00-9:45/Grades 5-8 9:50-10:20

January 13 BB Game home v. Wallace 3:00/4:00 p.m.

January 15 BB Game home v. Black Mountain 3:00/4:00 p.m.

#### SUPERINTENDENT'S SUPERSTARS DECEMBER 19, 2013

These students are working hard academically and socially

Kindergarten - Mrs. Colbert AM - Gabriella Hernandez  
PM - Edmond Suathojame

1st Grade - Mrs. Walker - Aalayziah Burke

2nd Grade - Ms. Rich - Naerithian Walema

3rd Grade - Mr. Medal - Triton Powskey

4th Grade - Ms. Quasula - Damaris Parker

5th Grade - Mrs. Cantos - Taisha Wellington

5th Grade - Mr. Tellez - Meadow Jackson

6th Grade - Mr. Wagner - Taylaquay Marshall

7th Grade - Ms. Deswood - Sukwana Quasula

8th Grade - Ms. Deswood - Sonwai Jackson

Art student - Zilean Watahomigie

PE student - Lamar Whatoname

Title 1 Reading - Dominic Flores

Title 1 Reading - Penelope Whatoname

FROM THE DESK OF THE SUPERINTENDENT  
PEACH SPRINGS ELEMENTARY SCHOOL

Happy Holidays! School Resumes Monday, January 6, 2014



## HEALTH &amp; SAFETY INFORMATION





**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 call Healthy Heart @769-1630, Diabetes Prevention**

**@769-2644 or I.H.S @ 769-2900**



*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](http://www.facebook.com/yiway.han)

[HEALTHYHEARTHUALAPAI@GMAIL.COM](mailto:HEALTHYHEARTHUALAPAI@GMAIL.COM)



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## **News from the Healthy Heart Program (928) 769-1630**

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Michelle joined the Hualapai Healthy Heart program because she wanted to lose some weight and learn how to eat healthier. Another reason why Michelle joined the Healthy Heart Program was because her boys wanted her to be healthier so that she can "stay around for a long, long, long time". Healthy heart bucks were the motivation for Michelle to start exercising and eating better. She earned the Healthy Heart bucks by being active and making healthier food choices each day. She recorded her healthy choices on a log and turned the logs into the Healthy Heart Program. Each time she turned in a log of her healthy choices, she earned Healthy Heart bucks. Eventually Michelle earned enough Healthy Heart bucks to buy a pair of Nike N7 shoes.

It's been over a year since Michelle joined the Healthy Heart Program. She admits that starting out was not easy, but she stuck with it. Michelle went from being inactive to now walking and running every single day for up to an hour.

Today, Michelle is much healthier for herself and her boys. Her cholesterol and her diabetes are under control. In addition to being much healthier, she also has several pairs of Nike N7 shoes that she bought using the Healthy Heart bucks that she earned. Come join the Hualapai Healthy Heart Program and start earning your healthy heart bucks today.

Along with Michelle, we have another inspiring story with Mr. Tom, who wanted to gain strength. He wanted to make his legs and his arms stronger. To help him reach his goals, he joined the Healthy Heart program.

He started to visit every day and would ride the stationary bike for 2 minutes. It's now been a year and he has built up enough strength in his legs that can ride the stationary bike for 30 minutes a day. For the first time in years, he was able to walk a short distance with his family at the fair and he is much healthier. In addition, his diabetes is now under control.

The Healthy Heart Program helped him reached his goals and can help you to. Come visit us at Healthy Heart and let us help you reach your goals. ■

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## **The Warning Signs of Kidney Disease - Better Medicine**

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*Submitted by Hualapai Healthy Heart Program*

Kidney disease is a stealth illness. It may often be silent for many years-until it has reached an advanced stage. When you get a checkup, it's important to make sure your health care provider includes tests of your kidney function, experts say. This is especially true if you have some of the conditions that can increase your risk for kidney disease, such as high blood pressure and diabetes.

Two simple blood tests, blood-urea-nitrogen and serum creatinine level, and a regular urine analysis can help determine if your kidneys are functioning normally. If you have diabetes but no known kidney disease, your health care provider can order an additional test called microalbumin screening. This test can pick up signs of early kidney problems before any of the other "kidney function tests" become abnormal. For patients with diabetes, the microalbumin test should be done once a year, according to the American Diabetes Association.

When high blood pressure or diabetes is detected and controlled with treatment, the risk of kidney disease and other complications is greatly reduced. Many people don't realize how important their kidneys are to their good health. In addition to filtering wastes from your blood, the kidneys do several other key jobs to keep your body functioning smoothly:

- They produce a hormone that helps your body make red blood cells. This prevents anemia or a low blood count.

- They make hormones that help to regulate blood pressure.
- They keep your bones strong by making an activated form of vitamin D. ■

Submitted by the Hualapai Healthy Heart Program

# Ten “Doable” Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: \_\_\_\_\_ Date: \_\_\_\_\_

**1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.  
☐ YES! I can! ☐ YES! I did it!

**2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.  
☐ YES! I can! ☐ YES! I did it!

**3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.  
☐ YES! I can! ☐ YES! I did it!

**4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.  
☐ YES! I can! ☐ YES! I did it!

**5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.  
☐ YES! I can! ☐ YES! I did it!

**6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.  
☐ YES! I can! ☐ YES! I did it!

**7 If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.  
☐ YES! I can! ☐ YES! I did it!

**8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.  
☐ YES! I can! ☐ YES! I did it!

**9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.  
☐ YES! I can! ☐ YES! I did it!

**10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!  
☐ YES! I can! ☐ YES! I did it!





Submitted by the Hualapai Healthy Heart Program

# Whole Wheat Fry Bread

Recipe adapted from *What's Cooking, Healthy in Warm Springs*, Sara Lee Thomas, MS, RD and Edison Yazzie

**Prep Time:** 10 minutes

**Cook time:** 15 minutes

**Serves:** 8 small fry breads, 8 serving

## Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 3 tablespoons powdered milk
- 1 tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying



The whole wheat fry bread in this photo was made by Julie Jojola, IHS DDTP staff. She noted that, by using canola oil instead of other oil, there was less odor while frying. The fry bread had a light, whole wheat taste.

## Directions:

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

## Nutrition Information

Calories: 240, Total fat: 10g, Saturated fat: 1g, Sodium: 220-510mg, Carbohydrate: 35g, Fiber: 4g, Protein: 6g



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# COMMUNITY MESSAGES

## Update from the Maternal Child Health Program

The Maternal Child Health Program is back in action with a new staff and new events!

Here at the Maternal Child Health Program we provide:

- Home visits by the MCH coordinator and MCH advocate
- Developmental screenings
- Learning activity booklets
- Monthly Educational opportunities
- Parent/Health education
- Community Outreach and Collaboration
- Prepared Childbirth Classes
- And Breastfeeding education



Our mission is to increase the quality of, and access to, early childhood programs that will ensure that a child entering school arrives healthy and ready to succeed.

If you have any question, comments, or concerns please feel free to call 769-2207 ext. 206 for Vivian Parker or ext 210 for Amanalicia (Amy) Vaughn or you can simply stop by the Hualapai Health Department.

### MATERNAL CHILD HEALTH NEWS

*Ms. Vivian Sue Parker has been hired as the Maternal Child Health Coordinator, here at the Hualapai Health Education and Wellness Center.*

*Ms. Parker is the daughter of the late Barbara Mukeche and Sam Wong. Ms. Parker has two daughters, Fawn Parker and Chelsea Bender. She is a proud grandma of Zaharia, Zahmira, Marley and Isaiah.*

*Her daughters and grandchildren all live in Washington State.*

*Ms. Parker is excited to work alongside Amy Vaughn, Maternal Child Health Advocate and the parents/children here in the Peach Springs community.*

*Please stop by to find out more about the Maternal Child Health Program offered or you can call Vivian or Amy at 928-769-2207.*

*We wish you all a Merry Christmas and Happy New Year!*

## Happy 26<sup>th</sup> Birthday to my Twin Boys

Kesley Dial Spud Powsey  
Kerwin Chief Jordan Powsey  
January 7, 2014

My! How the years have gone by and as you grow older you still are doing for yourselves and your families, despite all the obstacles you endure. No matter how hard it gets, you guys always find ways to overcome, you had a good teacher huh? Your Jida, lol. Anyway, here's a birthday shout out to you two handsome, lovable and caring dads. Always keep in mind that no one's going to do things for you, you have to do it yourself. When you do, you grow stronger and learn to survive in this ever changing world. Hope you have a wonderful day. You guys deserve all the best life has to offer.

***With all our love, your Jida, ginya, niya and the rest of the family***



# 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