

GAMYU

Newsletter of the Hualapai Tribe



Election Notice

Submitted by: Melvin Hunter, Jr.

Gamyu News- letter Deadline & Publication Dates

Gamyu articles are due every other **FRIDAY(S)**, the week before tribal pay week by 5:00 p.m. Please remember to attach an Information Sheet with your articles.

Article Deadline:

Friday, September 5th

Next Publication:

Friday, September 12th

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IN REPLY REFER TO:
Office of the Superintendent

United States Department of the Interior

BUREAU OF INDIAN AFFAIRS
TRUXTON CAÑON AGENCY
13067 E. Hwy. 66
Valentine, AZ 86437



ELECTION NOTICE

Hualapai Indian Tribe

Members of the Hualapai Indian Tribe are hereby advised that a Secretarial Election will be held **October 23, 2014**, for the purpose of voting on ratification or rejection of proposed amendment(s) to the Hualapai Indian Tribe's Constitution. This election is being conducted by the Bureau of Indian Affairs in accordance with Part 81 of Title 25 of the Code of Federal Regulations 25 CFR Part 81 (web link: www.ecfr.gov).

Pursuant to the requirements of 25 CFR Part 81.6(d), members must register to vote in this election. A Registration Form is being mailed to eligible members. Any member who does not receive such a form by mail should request one from the Election Board Chairperson, Mr. Jim Williams (928) 769-3306 or Mr. Melvin Hunter, Jr., Election Committee Member at (928) 769-3305.

REGISTRATION WILL BE CONDUCTED BY US POSTAL MAIL OR HAND DELIVERY. THE REGISTRATION FORMS MUST BE RECEIVED AT TRUXTON CANON AGENCY NO LATER THAN 12:00 PM ARIZONA TIME ON SEPTEMBER 29, 2014.

It is particularly important and is being emphasized and repeated that **only those eligible voters who register to vote in this election will be permitted to cast ballots on the ratification or rejection of the proposed amendment(s) to the Hualapai Indian Tribe's Constitution.**

This election will be conducted by Absentee Ballot. All registered voters will receive an Absentee Ballot and Rules of Election which will be mailed by October 10, 2014. Ballots must be delivered by US Postal Mail AND/OR Hand Delivered TO TRUXTON CAÑON AGENCY on October 23, 2014 by 12:00 PM.

The election results will be posted on October 24, 2014 at:

Hualapai Tribal Office
Grand Canyon West Store
Hualapai Lodge
Bureau of Indian Affairs, Truxton Cañon Agency

Elderly Advisory Committee for July 21, 2014

Submitted by: Barbara Tinhorn, Chairperson for the Elders

Hualapai Elderly Advisory Committee Meeting for July 21, 2014

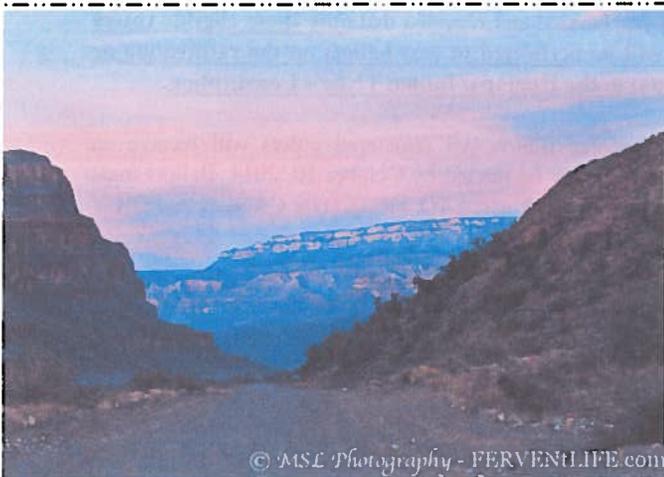
1. Approve minutes for June 9, 2014
2. Kevin Davidson update on Elderly Live-in Center
 - 8 rms. Independent can do for yourself
 - Not a nursing home
 - Each room has its own bathroom. Share the kitchen
 - Complete by Thanksgiving
 - How will they pick the people?
 - How much will it cost a month?
 - In about 2 weeks Kevin will be back to ask about counter tops/cabinets
3. Complaints: spices are too much. Would like it bland?
4. How to spend the money to make: game bds. At the tables, speakers, podium, plants for the front, etc.
5. Trips Notice: advance call to get on the list, come to the center to check on the board for where they're going
6. New things to do: Activity Night - line dancing or traditional
7. Budget: How much money do we have?
8. Bingo: When: Thursday, July 24, 2014; 11:30 a.m.-1:00 p.m.; need Bingo prizes.

Started: Noon

End: 12:27

Health Advisory Board Looking for Hualapai Elders

Submitted by: Dr. Robyn Purdum, Hualapai Tribal Health Advisory Board



The Hualapai Tribal Health Advisory Board is looking for Hualapai Elders fluent in the Hualapai language.

We are looking for Elders who would be willing to say our prayer in the Hualapai language during our monthly health board meetings.

Please contact Dr. Robyn Purdum at (928) 769-6083, if you would be able to assist us.

Hankyu

PAT Works to Increase Participation in Free Parent Support & Coaching Program

Submitted by: Angela Klostermeier, Arizona's Children Association



ARIZONA'S CHILDREN
ASSOCIATION

Protecting Children. Preserving Families.
Across Arizona Since 1912.

NEWS RELEASE

For immediate release
July 1, 2014

Contact: Dayna Gabler
Arizona's Children Association
520.622.7611 x 2305
Cell: 602.448.6145

PAT Works to Increase Participation in Free Parent Support & Coaching Program

(Phoenix, Arizona) July 13, 2014- Arizona's Children Association's Parents as Teachers (PAT) program has hired a Community Outreach Specialist to let young families, community stakeholders, and potential referral sources – such as doctors, social service providers and schools – know about this free family support and coaching program.

The voluntary program is available to families of children 5 years old and younger who want information and support to enhance their child's health and development. The PAT program is open to all families of young children throughout Mohave and La Paz counties and is not contingent upon income or need.

Funded through a grant from First Things First, PAT home visits consist of parent and child activities that support the parent as the first and best teacher in their child's life. Parent educators facilitate two home visits per month with fun and easy activities to support and enhance a child's skills and prenatal home visiting for each trimester to help support expecting parents. Developmental, vision and hearing screenings for infants and children, and group meetings with other parents as support and networking are also offered. As needed, consultation for resources and referrals to community resources are also provided to all families as part of the program.

PAT home visitors are early childhood educators who are nationally certified to bring this evidence-based program to Mohave and La Paz county families. With more than 30 years of research, this parent and child curriculum supports advanced language, problem-solving, cognitive development, and social development skills necessary for school readiness. Families who have participated in the **PAT** program have children who are more prepared to arrive to school ready to learn and score higher on kindergarten readiness tests and in standardized measures of reading, math and language tests in elementary grades.

Arizona's Children Association is located in Lake Havasu and has a team of five (5) parent educators who travel throughout Mohave and La Paz counties to conduct home visits. For more information about the program, please contact the Program Coordinator, Shelley Fischer at 928-230-2305.

About Arizona's Children Association

Arizona's Children Association is the best resource for helping children and families in the state. Our mission is to protect children, empower youth and strengthen families. Founded in 1912, we are now one of the oldest and largest statewide child welfare and behavioral health nonprofit agencies in Arizona. Our programs serve more than 42,000 children, individuals and families in all 15 counties of the state each year. Learn more at www.ArizonasChildren.org.

About First Things First

First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit azfff.gov.

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Hualapai Tribe Regional Partnership Council Meeting Minutes

Submitted by: Sandy Smith, First Things First Administrative Assistance



FIRST THINGS FIRST

Ready for School. Set for Life.

Arizona Early Childhood Development and Health Board
Hualapai Tribe Regional Partnership Council
Meeting Minutes

Call to Order/Roll Call/Welcome

The regular meeting of the First Things First Hualapai Tribe Regional Partnership Council was held on July 9, 2014 at 3:00 p.m. at the Hualapai Health, Education and Wellness Department in Peach Springs, Arizona, 86434.

Members Present

Candida Hunter, Chair; Darren Hudak, Vice Chair; Reverend Pete Imus; Sandra Irwin; Dr. Anthony Perkins
Omaovensl Coochwytewa and Charlene Imus participated telephonically

Members Absent

Barbara Tinhorn and Lucille Watahomigle

Chair Hunter called the meeting to order at 3:07 p.m.

Possible Approval of May 14, 2014 Meeting Minutes

Member Perkins made a motion to approve the May 14, 2014 meeting minutes. Reverend Imus seconded the motion. The motion passed unanimously.

Call to the Public

There were no responses to the call to the public.

Regional Partnership Council Member Announcements and Reports

Vice Chair Hudak provided a summary of the West Regional-Board Forum that he attended on May 22 along with Member Irwin and Member C. Imus. Vice Chair Hudak enjoyed the opportunity to network with other regional council members and new First Things First Chief Executive Officer Sam Leyvas. Vice Chair Hudak noted the advantages of sharing best practices and formulating solutions together.

Reverend Imus shared a summary of the First Things First Faith-based Forum, which was the first of its type. Reverend Imus noted one discussion that stood out was developing messaging for faith-based representatives and defining their roles in the community.

Fiscal and Program Updates

Regional Director Ashley Pascual reviewed the FY2014 financial expenditures, noting that even though FY2014 is over, grantees have forty-five days to submit reimbursement requests. FTF Finance personnel are in contact with the Tribal Finance Department and St. Mary's to assist so all requests are received before the deadline.

Director Pascual also reviewed the FY2014 quarter 3 grantee data reports and offered additional explanation about the implementation of the programs.

Director Pascual discussed implementation plans for FY2015, which began July 1, noting Quality First is back in the region, with the opportunity to enroll the Hualapai Day Care Center.

SFY2016-2018 Strategic Planning Discussion

Director Pascual noted that council members had requested community input, so a community gathering was held in May, which Member Irwin and Member C. Imus also attended. Following an overview of the Adverse Childhood Experiences Study

(ACES), the fifteen attendees discussed community strengths, provided input on pertinent childhood issues, and offered ideas to prioritize areas of focus in planning. One recurring theme was the need for outreach.

Director Pascual provided an update on State Board direction, noting the action items pending the Board's July meeting. Director Pascual discussed the next steps, and asked regional members whether they have sufficient information to complete the strategic planning process. Discussion ensued about the need for a specialist for children with emotional issues, in addition to the current services provided by the special education staff at Peach Springs Unified School District. Director Pascual will arrange a focus group with Head Start and Child Care Center staff, and already plans one with Behavioral Health staff. Chair Hunter acknowledged this is a time-consuming task, especially in light of the decreasing budget and the importance of leveraging resources and working together. Director Pascual noted the State Board would not set exact regional allotments until September/October.

Discussion on First Draft Needs and Assets Assessment

Chair Hunter advised members to submit their comments to Director Pascual. Members discussed the difference between pending items that will be included in the next draft, and items that may or may not be provided for the report. Senior Director Gary Arnold mentioned that some other regions have noticed inconsistencies on maps.

Parent Awareness and Community Outreach Report

Erlin Taylor, Community Outreach Coordinator, discussed the Association for Supportive Child Care conference held in Laughlin on June 21, which Hualapai Head Start and Child Care Center staff attended. She advised that Director Pascual presented at the Hualapai Day Care Center's Parent Night. There are plans a site tour of the Mobile Food Pantry, and Coordinator Taylor noted recent changes have increased distribution while food storage remains an issue. This site visit is scheduled the same day as the Mother/Daughter Retreat; however, the visit is before the retreat so invitations will be sent to Tribal Council and regional council members. Coordinator Taylor will also participate in the Back to School Bash on August 1.

Regional Director's Report

Director Pascual provided regional and statewide updates, and offered congratulations to the reappointed regional council members. Director Pascual mentioned the presentation to Tribal Council on July 2, and noted the August 13 regional council meeting is important as the vendor for the Needs and Assets Report will present the final draft.

Next Meeting

Chair Hunter reminded the regional council of the next meeting, which will be held August 13, 2014, at 3:00pm at the Hualapai Health Education and Wellness Center.

Adjourn

Chair Hunter adjourned the meeting at 4:26 p.m.

SUBMITTED BY:

APPROVED BY:

Sandy Smith

Sandy Smith, Administrative Assistant II

Candida Hunter

Candida Hunter, Chair

EPCH Internet Radio • Radio Show

Submitted by: Miranda George, EPCH Radio Station



**IMON'S
SKANKIN'
WIT'
DEM'
WALAPAI**



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

EVERY TUESDAY 1-2 PM

**Listen Every
Tuesday afternoon and
Thursday Night For
Your Chance To Call
In And Win**



**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 Recycle Program Announcement

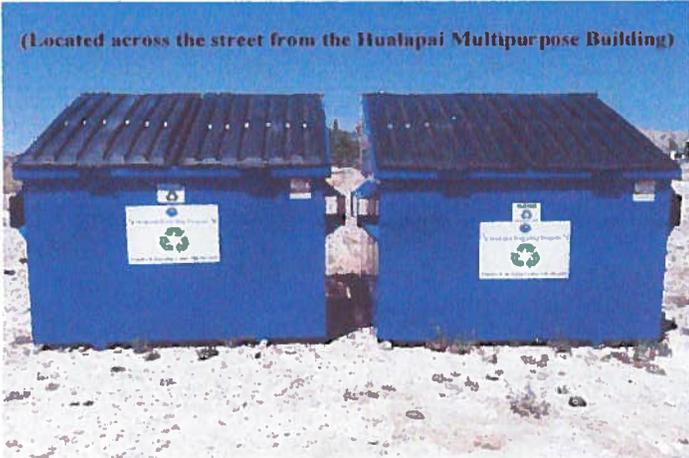
Submitted by: Hualapai Public Works Department



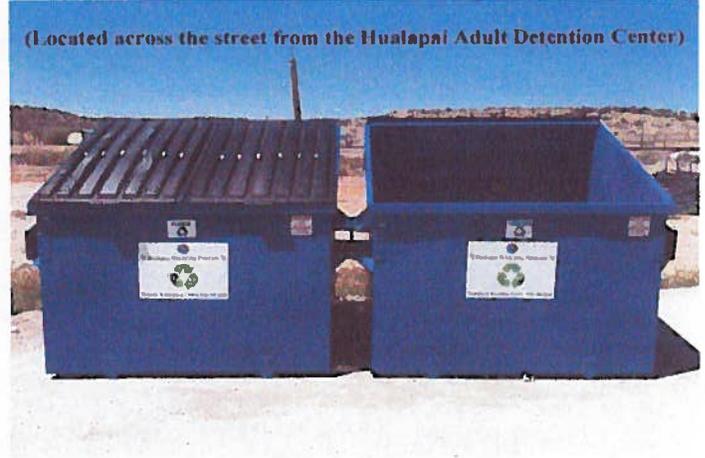
Hualapai Recycle Program



(Located across the street from the Hualapai Multipurpose Building)



(Located across the street from the Hualapai Adult Detention Center)



The Hualapai Recycle Program has expanded to include several drop-off areas for recyclable items. These areas are where the large blue dumpsters have been placed throughout the community (as shown in the pictures above).

Items that can be dropped off in the dumpsters are empty plastic bottles, empty aluminum cans, cardboard, and paper. There are labels for each item on the dumpsters. Please feel free to take advantage of this recycling opportunity.

Also, please do not place any household trash other than the recyclable items in the dumpsters.

Hualapai Public Services Department
Solid Waste
Recycle Program

2014 Hualapai Days Schedule*Submitted by: Pete Imus*

Growing Better, Faster & Stronger.

HUALAPAI: People Of The Tall Pines

Monday 9/22

6:00AM—Walk, Meet at Route 66
Contact: Healthy Heart 769-1630

6:00PM—Mr. & Ms. Hualapai Days Pageant at Tribal Gym
Contact: Youth Services 769-2207

Tuesday 9/23

10:00AM—Eldrs Walk at Rodeo Circle
Contact: Diabetes Program 769-2644

5:30PM—Frybread Making Contest

6:00PM—Frybread Eating Contest

Both events taking place at Multipurpose Building
Contact: Vensi/Youth Services 769-2207

6:00PM—Wi Stoh Games at Multipurpose Building
Contact: Youth Services 769-2207

Wednesday 9/24

12:00-4:00PM—Cultrual Fair at Peach Springs Elementary School

5:00PM—Cradle Board and Baby Contest at Tribal Gym

6:00PM—Bird Singing and Dancing Contest at Tribal Gym
Contact: Vensi 769-2207 & Pai Woman Roselyn Jackson

Thursday 9/25

5:00PM—Horseshoe Tournament at Route 66 Park
Contact: Diabetes Program 769-2644

5:30PM—Parade—North Diamond Creek Rd. to Peach Springs School
Contact: Youth Services 769-2207

6:00PM—Community Dinner at Tribal Gym
Contact: Youth Services 769-2207

2014 Hualapai Days

2014 Hualapai Days • Attire Day
Submitted by: Pete Imus

Hualapai Tribal Attire Day

On Thursday September 25, 2014 all Hualapai tribal, GCRC, and IHS employees are encouraged to wear tribal attire, this includes clothing from other tribes, pow-wow regalia, or clothing indigenous to your people. No bark skirts or loin clothes!

Employees dressed in complete tribal attire, are invited to enjoy lunch at 12:00PM at the tribal gym, first come first served, RSVP by Tuesday 9/23.

Growing Better, Faster & Stronger.

HUALAPAI: People Of The Tall Pines



Hualapai Youth Services Phone-769-2207 Email-pete.imus@gmail.com

Hualapai Lodge Presents: 2nd Annual Scarecrow Contest

Submitted by: Nancy Echeverria

CALLING ALL TRIBAL DEPARTMENTS,
GCRC BUSINESSES, CLUBS AND CHURCHES!

HUALAPAI LODGE PRESENTS THE SECOND ANNUAL SCARECROW CONTEST!

WHAT:

Dress up your scarecrow to be judged on first impression, creativity, durability, and originality.

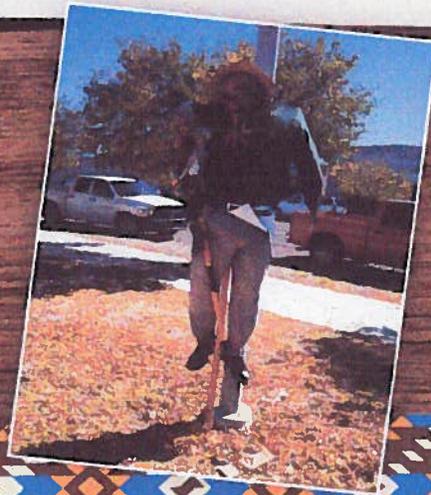
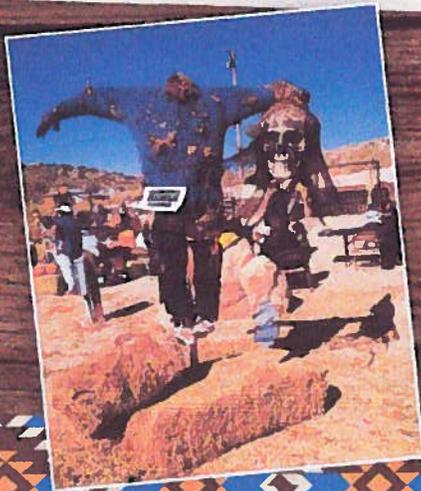
WHERE:

Route 66 Park

WHEN:

Bring your scarecrows on October 27.
Scarecrows must be set up and completed by 2:30 pm.
Judges will review the scarecrows at 3:00 pm.
Scarecrows will stay up thru November 3.

Dessert prizes for the top three!
Winner will be announced on October 31 at 9 am



FOR MORE INFORMATION, CONTACT:

NANCY ECHEVERRIA

PROPERTY MANAGER, HUALAPAI LODGE

GENERAL MANAGER, HUALAPAI TOURISM RESERVATION CENTER

928-769-2344 | NANCY.ECHEVERRIA@GRANDCANYONRESORT.COM

Community Transportation Information

Submitted by: Antonia Cogburn, Hualapai Health Department

**Hualapai Tribe
Hualapai Health Department
Medical Transport – Update 5-28-2014**

DESCRIPTION OF TRANSPORTATION SERVICES

The Hualapai Tribe through the Hualapai Health Department's Non-Emergency Medical Transport provides transport services which include services to the elderly and disabled. The Hualapai Tribe is a Tribal Government which provides governmental services for individuals who live on the Hualapai Indian Reservation. One of those services is Non-Emergency Medical Transportation.

Hualapai Health Department's Transport Services

1. The priority is medical transports. These trips are for medical appointments or for medical admissions. The trips are requested by completing the Non-Emergency transport form located at the Health, Education and Wellness Reception desk. Please attach a copy of your appointment slip. The completed transport request and appointment slip. Submit transport request as soon as you know you need the transport. The completed transport form should be given to the HEW Reception staff. If you do not receive a call informing you that you have been scheduled, you may call 928-769-4188. The trips are provided between 3 AM to 10 PM, Monday through Friday. The trips are normally made to Kingman, Arizona but also include, Flagstaff, Phoenix, Parker, Tucson Arizona and occasionally to Las Vegas, Nevada. Seat belts and car seats are required for all transports. You must bring your own car seat.
2. AHCCCS is billed for medical transportation for those Individuals who are on AHCCCS or who may qualify. Non-AHCCCS, who qualify, patients are covered through the Hualapai Tribe's general funding.
3. Non-Medical Transports. There is a charge for other types of transports of \$10.00 per 100 miles per person. Those trips include: food bank, shopping, pick-up or drop off at various places, trips to medical facilities where their immediate relative has been flown or taken by ambulance, individuals who need to pick up their vehicle, shop for a program, and other social or program issues that may arise. The trips are available between 8 AM to 5 PM, Monday through Friday. The trips are made to Kingman, Flagstaff, Parker, Phoenix, Las Vegas, Supai Hilltop.
Local transports may be provided if a driver and vehicle are available.

If an escort is needed, please complete that portion of the transport form.

Summary Statement

The driver may encounter a situation not covered in this or the Hualapai Tribe's Policy and Procedure and may not be able to discuss alternatives with the Supervisor or Director and will need to make the best decision they can. In these instances, they must notify the Supervisor/Director as soon as possible and follow-up with a letter explaining what happened - follow-up and outcome. The Hualapai Tribe does not discriminate against any individual on the basis of race, color, sex, religion, national origin, age, pregnancy, disability and/or sexual orientation.

Please review the attached complaint and incident forms, provide feedback to HEW Transport if you see anything that needs to be added or removed. Thanks. Sandra Irwin, Director

Community Transportation Information*Submitted by: Antonia Cogburn, Hualapai Health Department*

Passenger Complaint Form

Date: _

Your Name _____ Address _____

Phone Number _____ Contact Number _____

E-Mail _____

Street City ZIP County _____

Other persons (if any) involved in this problem:

1. _____

2. _____

3. _____

My complaint is: _____

What do you consider to be a fair resolution/solution to your problem?

If you need more space, please attach additional sheets.

Community Transportation Information
Submitted by: Antonia Cogburn, Hualapai Health Department

Transportation Request Form

Return to: Health-Education & Wellness
Phone: (928) 769-4188 Fax: (928) 769-2881
Mail: PO Box 397, Peach Springs, AZ 86434

- Medical Transportation LOCAL
 Non-Medical Transportation

****Shopping—must pay a fee of \$10 per 100 miles per person to the Tribal Office and bring receipt to the H.E.W. w/REQUEST****

Scheduling Hours: 8 am—5 pm Monday—Friday

- | | | | |
|-------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> One Way | <input type="checkbox"/> ALTC/AHCCCS | <input type="checkbox"/> Training Center | <input type="checkbox"/> H.E.W |
| <input type="checkbox"/> Round Trip | <input type="checkbox"/> RTC | <input type="checkbox"/> Tribal Office | <input type="checkbox"/> Housing |
| <input type="checkbox"/> Ambulatory | <input type="checkbox"/> I.H.S Clinic | <input type="checkbox"/> Social Services | <input type="checkbox"/> Lodge |
| <input type="checkbox"/> Wheelchair | <input type="checkbox"/> GCRC | <input type="checkbox"/> Court | <input type="checkbox"/> Other |
| <input type="checkbox"/> Discharge | <input type="checkbox"/> Store/P.O | <input type="checkbox"/> School/H. Start | <input type="checkbox"/> Out of Town-Shopping |

APPOINTMENT DATE	APPOINTMENT TIME	PICK UP TIME	TODAYS DATE
/ /	:	:	/ /

First Name	Last Name
Phone # or Message #	
Name of escort:	
ALCCCS # or ALTC # (IF MEDICAL)	D.O.B (IF MEDICAL) / /
<input type="checkbox"/> Pending	

ORIGIN - Pick Up Address
DESTINATION
DESTINATION NAME
DESTINATION ADDRESS
Phone Number:

****FOR OFFICE USE (Do not write in area below)****

Driver: _____	Beginning Mileage _____	For Shopping Trips: Amount paid: _____
Vehicle: _____	Ending Mileage _____	Receipt #: _____

TRIP INFORMATION

Start	Pick up Mileage:	Drop off Mileage:	Total
	Pick up Time:	Drop off Time:	
Return	Pick up Mileage:	Drop off Mileage:	Total
	Pick up Time:	Drop off Time:	

TOTAL _____

_____ X _____ = _____

Reason Client is not going with Transportation: _____

- Trip approved and scheduled as requested

Signature of Transportation Coordinator/HHD Director



Community Transportation Information
 Submitted by: Antonia Cogburn, Hualapai Health Department

Hualapai Health Department
P.O. Box 397
Peach Springs, AZ 86434
Telephone (928) 769-2207 Fax (928) 769-2588

Transportation Report

Assigned Driver: _____

Vehicle Tag No.: _____

Destination: _____

Time of Departure: _____:_____ **AM/PM**

Time of Return: _____:_____ **AM/PM**

Unexpected Passenger (Complete Transportation form)

Name of passenger: _____

Other information: _____

Passenger Violations

Cursing **Arguing/ Fighting** **Drinking** **Purchased Alcohol**

Theft/Shoplifting **Refusal of Transportation Rules** **Other**

(Describe violation)

Passenger Riding One-Way (State drop-off point/location)

Vehicle Damage or other issues (Complete Incident form)

Driver Signature: _____ **Date:** _____

Director/Designee Signature: _____ **Date:** _____

Consequences:

First Offense:
 Meeting with Director & drivers to discuss violation to develop an agreement before violator is allowed transportation services.

Second Offense:
 Meeting with Director & drivers to re-evaluate agreement, violator will be suspended from services for 2 weeks – 1 month (depending on severity).

Third Offense:
 Meeting with Tribal Administration (if requested), Director, & drivers to discuss resolution. Violator will be suspended from services from 1 – 6 months (depending on severity).

EDUCATION & TRAINING INFORMATION

Adult Language Class • Every Wednesday

Submitted by: Carrie Cannon, Hualapai Department of Cultural Resources

ADULT LANGUAGE CLASS MEETINGS EVERY WEDNESDAY @ CULTURAL CENTER 5PM-7PM



Beginning in September the Cultural Center will be offering adult language classes from 5pm-7pm in the evening. The class will be offered for several months, and those that attend regularly will be given a Hualapai Language Curriculum Work Book with accompanying Audio C.D. at the finish of the language course. The language instructors for the course include Philbert Watahomigie, Lucille Watahomigie, Jorigine Paya, and Josie Steele, who will each take turns instructing the class on a rotating basis. For further questions call 928-769-2223.

August Events & Important Dates

Submitted by: Dr. Anthony Perkins, Peach Springs Unified School District Superintendent

PEACH SPRINGS ELEMENTARY SCHOOL**August 2014 Events****Team Members for the 2014/2015 School Year**

Kindergarten: Ms. Colbert, Ms. Ryff, & Ms. DalCerro

Grade 1: Ms. Cho / **Grade 1:** Ms. Brinkman

Grade 2: Ms. Monsen / **Grade 2:** Mrs. Karabinis

Grade 3: Mr. Hunter

Grade 4: Mrs. Davis (formerly Ms. Quasula)

Grade 5: Ms. Canto / **Grade 5:** Mrs. Fox

Grades 6, 7, & 8: Mr. Wagner, Ms. Massey, and Ms. Adams

Exceptional Student Services (ESS): Ms. Neztosie/Ms. Watahomigie
(lower grades) and Mr. St. Clair/Ms. Hoffman (upper grades)

Physical Education/Health: Ms. Schifano

Art: Ms. Thomas

Title I: Ms. Fuller, Mrs. Paya, and Ms. Lucas

Computers: Ms. Weissman

Library (Part-time) Mrs. Irwin

Literacy Coach/Gifted Mr. Irwin

Office Team: Ms. Hunter and Mrs. Hurst

Transportation/Maintenance/Food Services: Mr. Halbert

Assistant to the Superintendent: Mr. Madrid

Superintendent/Principal: Dr. Perkins

Important August Dates

August 11-14: DIBELS Testing grades k-6

August 18-21: Galileo Testing grades 2-8

August 27: Curriculum Night 5:30-6:30 p.m. Learn the academic standards that your child will learn this school year. Snacks will be provided.

September 1st: No school Labor Day

September 2nd: Governing Board meeting at 5:30 p.m. Meeting held next to Library.

See Next Page

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

Student/Parent KEYS to eliminating STRESS

- Get a high amount of SLEEP. It refreshes the soul.
- Exercise at least 30 minutes three times a week.
- Free your mind. Forgive others, carry no guilt, and have no resentment.
- Eat healthy food.
- Maintain an ideal weight.

- Deepak Chopra

Our Vision is to create college and career ready Native Americans to be tomorrow's leaders in a rapidly changing world. Mi Wih!

Learn more at www.psusd8.org

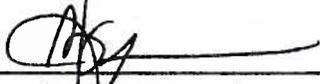
Hualapai Head Start Information*Submitted by: Hualapai Tribal Administration Information*

**HUALAPAI HEAD START PROGRAM P.O. Box 119 * Peach Springs,
Arizona 86434 * 928-769-2244 PH * 928-769-2457 FAX**

INTEROFFICE MEMORANDUM

Date: August 22, 2014

To: To all Tribal Departments

From: 
Jennifer Begaye, Director

Re: SY 2014-2015 Annual Calendar & September Calendar

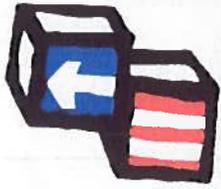
Greetings! We would like to share Head Start's Annual and September Calendar with your department and staff. Forthcoming on a monthly basis, will be monthly calendars. Everyone is always welcome to volunteer and/or visit the Head Start Center. School begins on Tuesday, September 2, 2014. Head Start office hours are Monday through Friday from 8:00 A.M. to 5:00 P.M unless otherwise specified. Head Start school hours for children are Monday through Thursday, 8:00 A.M. to 2:00 P.M unless otherwise specified.

We are available to share information regarding our program and services and highly support collaborative efforts. A training calendar will also be forthcoming. They will be open to all. Please keep us abreast of any trainings, workshops, and events held through your department that you might feel Head Start parents and staff may benefit from. In addition, for those of you "Facebookers", we invite you to 'LIKE' our page labeled, 'Hualapai Head Start' which will provide ongoing updates and information on all Hualapai Head Start current events, activities, etc.

We look forward to working with all tribal departments to make this school year for our children and families a successful one. Call me for questions or clarifications. Thank you.

Hualapai Head Start Information

Submitted by: Hualapai Tribal Administration Information



Hualapai Head Start Program—PARENT CALENDAR

SEPTEMBER 2014

NO BUS RUN—Parents drop off/pick up ONLY...

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Holiday	2 9-1pm Dental Exams	3 9-1pm Dental Exams	4 9-1pm Dental Exams	5 NO SCHOOL Staff In-service All Ballots Due	6
7	8 **Hearing/Visi 5pm PPC Mtg	9 10 on Screenings* 5pm PC Mtg	10 11 Pageant Apps Due	11 12 NO SCHOOL Staff In-service	13	14
14	15	16	17	18	19 NO SCHOOL Staff In-service	20
21	22	23 10am Pageant @ Center	24 10am Perform- ance @ Center	25	26 Indian Day Holiday	27
28	29	30				

CONTACT INFO:

479 Hualapai Way/P.O. Box 119

Peach Springs, Arizona

(928) 769-2522 PH

(928) 769-2457 FAX

Office Hours:

8:00 am to 5:00 pm

School Hours:

8:00 am to 2:00 pm

ANNOUNCEMENTS:

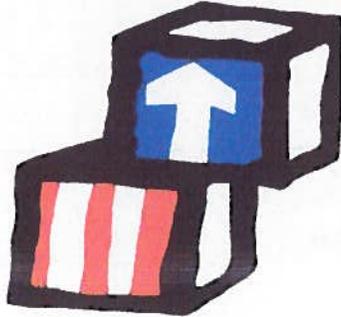
- 2—1st Day of School
- 5—PC/PPC Ballots are Due
- 9—Policy Council Meeting @ Center
- 10—Parent Committee Meeting @ Center
- 11—Pageant Apps Due
- Dental Exams @ Center
- Hearing/Vision @ Center
- PPC & PC Meetings @ Center
- Pageant @ Center
- Performance @ Center
- Fridays-Staff In-Service
- 26—Indian Day Holiday



Hualapai Head Start Information

Submitted by: Hualapai Tribal Administration Information

HUALAPAI HEAD START PROGRAM 2014-2015 CALENDAR



20 - Open House
21 - Home Visits/Introductions
25-29 Pre-Service Training

1 - Labor Day
2 - School Begins
2-4 - 1st Dental Exams
9/10 - Hearing/Vision Screenings
15 -18 Developmental Screenings
26 - Indian Day
17 Student Days

6-9 - Fall Break
13-16 P/T Conferences
16 - Parent Training
20-23 1st Home Visits
14 Student Days (31)

11 - Veteran's Day
18/19 - Dental Follow-ups
25 - 45 Day Deadline
27-28 - Thanksgiving Day
14 Student Days (45)

1-4 Home Visits
22-31 - Winter Break
12 Student Days (57)

JULY 2014

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MARCH 2015

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APRIL 2015

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MAY 2015

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JUNE 2015

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28	29	30				

1-2 - Winter Break
5-8 P/T Conferences
19 - Martin Luther King Day
15 Student Days (72)

16 - President's Day
17-19 - 2nd Dental Exams
15 Student Days (87)

9-12 - Spring Break
14 Student Days (101)

6-9 2nd Home Visits
18 Student Days (119)

5/6 - Dental Follow-ups
15 - Transition Day
9 Student Days (128)
25 - Memorial Day



Native American Fly-In Program • October 12 - 15

Submitted by: Hualapai Education & Training Department



DARTMOUTH COLLEGE

Native American Fly-In Program

October 12-15, 2014

The Native American Fly-In Program at Dartmouth College provides Native high school seniors – and those interested in the Native community – the opportunity to visit Dartmouth for four days in the Fall.

You will have the chance to stay on-campus with a current student host, attend classes & seminars specially set up for you, learn more about the admissions and financial aid processes.

Come see what the Native community at one of the nation's top colleges is all about!!

Applications are available at:

<http://www.dartmouth.edu/registration/bound/>

For more information, contact Steven Abbott, Associate Director of Admission, at steven.h.abbott@Dartmouth.edu

HEALTH & SAFETY INFORMATION

Maternal Child Health Program Brochure Information

Submitted by: Vivian Parker, Maternal Child Health Program

Maternal Child Health Program



Preparing families in our community to establish connections which will straighten family bonding and growth.

A program to empower parents to obtain the support they need to be effective, caring and competent parents, who can raise healthy children to ensure that they have every opportunity for success in school and in life.

MCH

MCH (Maternal Child Health) program is associated with First Things First (FTF) providing home visitation, community outreach, and health education for women during their pregnancy and their baby, developmental education and screenings for children to the age of 5. You're Maternal Child Coordinator and Maternal Child Health Advocate will provide education, assessments, and referrals to other agencies:

IHS Clinic
WIC
Social Services

All resources are to help you and your family for your best of need.

Partnership

We are partnered with Head Start, Child Care providers, and public schools to address and identify the health and development of the child needs.



Reading abilities
Alphabets
Language punctuation
Writing material
Identify basic geometric shapes
Help set your child's mind for kindergarten and above elementary

Provides

The Maternal Health Coordinator and Advocate educate Mothers/Fathers/Guardians four times per month.

Home Visitation with non-clinical assessments and developmental education and screening for prenatal—age two.

Provides early developmental screenings and educate parents on the purpose and benefits of conducting such screening and how to share concerns with their pediatricians or any other health specialist.



Mission

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.

Goal

- * Supporting pregnant mothers with workshops, home visitation, etc.
- * Reduce alcohol, cigarettes and illegal drugs
- * Educate families on health and nutritional needs for child.

Fact

- * 80 cents tax on every package of cigarettes goes towards FTF funds of Arizona programs.
- * 90% of a child brain is developed by the age of 5.

Help Prepare our kids for Success!

Office Hours:

8am-5pm
Monday-Friday

Contact:

P.O. Box 397
Peach Springs, Arizona 86434
Phone: 928.769.2207
Fax: 928.769-2588 or 2884

Vivian Parker
Maternal Child Health Coordinator

Roxanne Rodriguez
Maternal Child Advocate

 **FIRST THINGS FIRST**
Ready for School. Set for Life.

2 in 5 American Adults Will Develop Diabetes • www.medscape.com

Submitted by: Karen Hays, Hualapai Healthy Heart Program | Veronica Hackethal, MD | August 13, 2014

About 40% of US adults will develop diabetes, primarily type 2, in their lifetime, and over 50% of some ethnic minorities will be affected, according to new research from the Centers for Disease Control and Prevention (CDC) and Emory University, Atlanta, Georgia, published online August 13 in *Lancet Diabetes & Endocrinology*.

This is substantially higher than previous estimates that were based on incidence and mortality from the 1990s, say the researchers.

"We have found that over the past few decades the chance that the average person will develop diabetes at some point in their lifetime has increased tremendously," commented lead author Edward Gregg, PhD, chief of the epidemiology and statistics branch of the division of diabetes translation at the CDC.

Many factors could explain the striking increase in diabetes over the past 3 decades, says Dr Gregg, but the central reason is obesity. "And people are living longer, so they basically have more years of life in which to develop diabetes," he observed.

"Obesity really has been the driving force," he noted. "There is some encouraging evidence that obesity trends might be flattening, and we hope that will have an effect on diabetes, which follows very closely what happens in obesity. But it's not clear yet whether we're seeing that happen."

Other contributory factors include dietary changes, such as eating in restaurants more often, larger portion sizes, fast food, sugary beverages, refined sugars and carbohydrates, and fewer whole grains. Declining physical-activity levels play an independent role, he added.

Up to 20% Increase in Diabetes Diagnosis Since the 1980s

The researchers used data from the nationally representative National Health Interview Survey (NHIS) and linked death records in the National Death Index for nearly 600,000 adults from 1985 to 2011. They based diabetes diagnosis on NHIS self-reported data and excluded gestational diabetes. Although researchers did not differentiate between type 1 and type 2 diabetes, they note that overall increases in new diagnoses of diabetes mostly occurred among adults, who usually develop type 2.

Over the 26 years surveyed, results suggest that the incidence of diabetes increased in both women and men. During this time, overall mortality also declined, both for those with and without diabetes.

"The good news is that people are living longer. The number of years lost to diabetes after a person is diagnosed has actually decreased," Dr. Gregg explained. But, he added, "we don't know clearly what the impact of these extra years is going to be on the population overall in the future, so that is a concern." Key issues include rising healthcare costs and quality-of-life burdens related to having such a chronic illness, he said.

From 2000 to 2011, women had a lifetime risk of receiving a diabetes diagnosis of 39.6%, representing a 13% increase from 1985-1989. For the same period, men had a risk of 40.2%, or a 20% increase from 1985-1989.

The future looks even bleaker for some ethnic groups. Hispanic men and women and non-Hispanic black women had the highest lifetime risk - over 50%. Black men had a 45% risk.

Among those diagnosed at age 40, the number of life-years lost to diabetes decreased by about 2 years among both women and men. The overwhelming increase in diabetes in the general population, however, translated into a 44% increase in cumulative life-years lost to the disease among women and a 46% increase among men. Overall, more years were spent living with diabetes, with a 70% increase in women and a 156% increase in men.

Numbers are "Daunting"; Population Approach Required

"The numbers are daunting," Dr. Gregg admitted, "The main thing that needs to be done to reduce this high lifetime risk is to reduce the rate of new cases. If high-risk people can be identified and given assistance to help change their lifestyles, they can substantially reduce their risk." There are also changes that need to be made across the population, he added.

He and his colleagues note that the profile of increasing incidence and declining mortality has also been observed in the United Kingdom, Canada, and Finland, suggesting that similar dynamics in lifetime risk are taking place in other countries.

In an accompanying comment, Lorraine Lipscombe, MD, an endocrinologist and assistant professor of medicine at Women's College Hospital and the University of Toronto, Ontario, says that recent CDC statistics showing that almost 10% of US adults have diabetes and 1 in 4 do not know it is almost certainly the "tip of the iceberg." She points out, however, that changing diabetes diagnostic criteria and higher screening rates could have led to earlier detection and diagnosis of diabetes.

Dr. Gregg and colleagues also note this possibility and mention that surveillance data indicate rising rates of diabetes throughout the 1990s, both before and after guideline changes. But they also note that further analyses in their study suggested "increasing detection is not a dominant factor in increased lifetime risk."

"As the number of diabetes cases continues to increase and patients continue to live longer, healthcare systems will increasingly be challenged to meet their needs," Dr. Lipscombe says.

"With close to half of the adult population estimated to develop diabetes during their lifetime," any gains made in diabetes outcomes will soon be overtaken "by the sheer number of people needing care," she stresses.

"Only a population-based approach to prevention can address a problem of this magnitude."

"Prevention strategies should include optimization of urban planning, food-marketing policies, and work and school environments that enable individuals to make healthier lifestyle choices. With an increased focus on interventions aimed at children and their families, there might still be time to change the fate of our future generations by lowering their risk of type 2 diabetes," she concludes. ■

You Can Help Him Get the Sleep He Needs *Submitted by: Karen Hays, Hualapai Healthy Heart Program*

You can help him get the sleep he needs.



At 5 years old, Brady needs about 11-12 hours of sleep a day. Getting enough sleep will help him be happier and healthier.

Children need plenty of sleep to feel and do their best. Getting enough sleep helps them have fewer mood swings and better control of their emotions. It may help them reduce their risk for obesity and diabetes.

If your child is older and in school, getting enough sleep will help them think, remember information, solve problems, and learn.

Here is how much sleep children should get per day, including naps:

- Newborns: 16-18 hours
- Toddlers: 12-14 hours
- Preschool Age Children: 11-12 hours
- School Age Children: At least 10 hours
- Teens: 9-10 hours

Thank you to Brady Wyatt Garcia (Navajo/Acoma) and his family for helping with the photo.



Produced by the IHS Division of Diabetes Treatment and Prevention
www.diabetes.ihs.gov

Your Child Will Feel Great by Playing, Laughing & Eating Well

Submitted by: Karen Hays, Hualapai Healthy Heart Program

Your Child Will Feel Great by Playing, Laughing, & Eating Well

Every parent wants to see their child happy, wearing a big smile. One way to help your child feel good from the inside out is to encourage them to move their body every day.

Running, jumping, and playing often leads to smiling and laughing. It helps children get rid of stress and feel joy. They will develop a healthy habit, one that will help their body, mind, and spirit.

There are other ways to help your child feel their best. Try a few of these tips. Join your child. Your entire family will feel great!

Limit screen time

You can help your child take small steps to be more physically active. Limit their computer, television, and phone time, so they'll have more time to play!

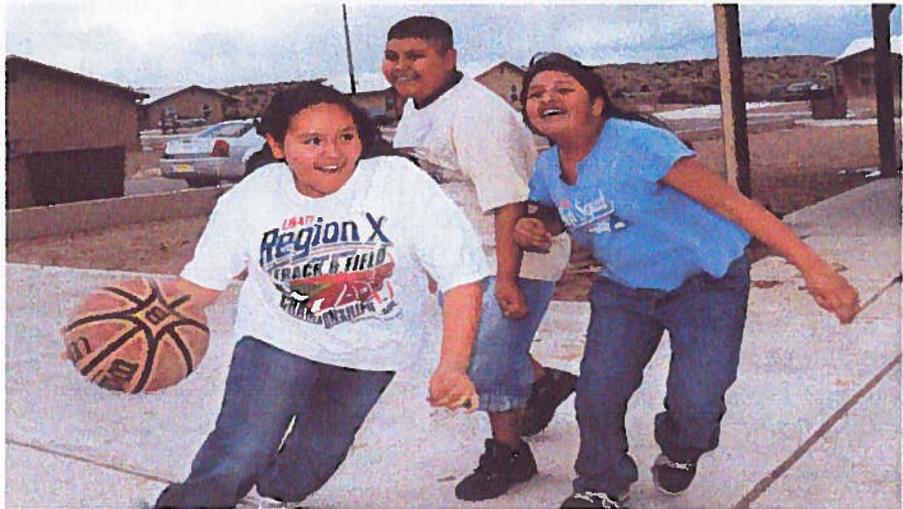
If your child is going to watch TV or play computer games, break it up! Pause the game. Make commercial breaks into "Move Breaks." Make it fun!

- Jumping jacks
- Dancing
- Sit-ups and push-ups
- Jogging in place

Play actively every day

Have your child work up to playing actively for about two hours every day. Remember, it doesn't all need to happen at one time. Playing throughout the day all adds up. Join your child:

- Ride bikes.
- Run around the block.
- Play basketball.
- Walk the dog.
- Join a dance class.



Eat more fruits and vegetables

Your child's body needs many kinds of foods to grow up healthy. They need plenty of fruits and vegetables.

Here are some tips to help your child eat more fruits and vegetables:

- Give fruit as a snack. Give apples, strawberries, oranges, or grapes.
- Give veggies as a snack. Slice up some carrots, celery sticks, and cucumbers.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.
- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach.
- Try mixing vegetables into your child's favorite foods. Order a veggie pizza with toppings like green peppers and tomatoes.
- Let your child help you in the kitchen. Give them a special job, like stirring and adding ingredients. They will know

they helped with the meal, and feel good about it.

If you need help getting fruits and vegetables for your family, please ask a tribal staff person or health care provider about local food resources.

Drink lots of water

Give your child plenty of water and low-fat milk (or non-dairy milk.)

- Give water instead of sugar-sweetened drinks, punch, soda, or juice.
- Add some lemon or cucumber to add flavor to water.
- Give low-fat milk instead of whole milk.

Try a few of these steps. Every day, try another step. You will be helping your child and your entire family feel better. You will be giving your child a healthy start on life. They will be developing good habits, ones to last a lifetime.



Produced by the IHS
Division of Diabetes
Treatment and Prevention
www.diabetes.ihs.gov

Try These Steps to Lose Weight

Submitted by: Karen Hays, Hualapai Healthy Heart Program

How To Start Your Family Plan To Lose Weight

Remember:

- If you are overweight or obese, losing a small amount of weight can help you lower your risk of heart disease.
- Lose weight slowly, about 1 to 2 pounds a week.
- Pick a day to begin.
- Change one thing at a time, and stick to each one.
- Be physically active. Walk or dance for 30 to 60 minutes on most days.

Maintain a Healthy Weight! Stay Active and Feel Better!

Did you know that losing even a small amount of weight can lessen health problems that result from being overweight? This section will discuss healthy ways to lose weight or maintain a healthy weight.

Mary's problem: Mary and her family like to have snacks while they watch television. Recently, she has noticed that her family has gained a little too much weight.



- "The kids no longer play outside like they used to. They watch TV, play video games, and use the computer."
- "I don't have time or energy to go for a walk."
- "We eat at places where the food is cheaper. We order large hamburgers, French fries and sodas."

Does Mary's family situation sound like yours? If so, it is time to make some healthy changes!

Your choice for Change!
Contact Healthy Heart @ (928) 769-1630

Mary: "The doctor told me that being overweight affects my heart and my health. My family and I have started walking to lose the extra pounds."



Try These Steps To Lose Weight

1. Choose heart healthy foods.

- Choose fat-free or low-fat (1%) milk and cheese
- Eat fruit and vegetables with your meals.
- Drink water or other calorie-free drinks instead of regular soda.



- Eat lean cuts of meat and fish.*

*Pregnant and breastfeeding mothers: Talk to your health care provider to find out what types of fish are lower in mercury. Mercury may be harmful for your baby.

Mary: "We took steps to lose weight slowly. We are now at a healthy weight. My cousin followed a diet that offered a fast and easy way to lose weight. She lost weight initially, but she gained it all back."



Mary says she and her family gained weight because:

- "Our family sits in front of the TV for hours. We snack even after having a large dinner."



Healthy Lifestyles • Skinny Baked Broccoli Macaroni and Cheese

Submitted by: Karen Hays, Hualapai Healthy Heart Program | www.skinnytaste.com

Cheesy macaroni and broccoli are topped with bread crumbs and baked to perfection. Kid friendly, vegetarian and comfort food at it's finest. I used rotini pasta, you can really use whatever shape you like. It's perfect if you're craving macaroni and cheese but don't want to waste a days worth of calories in one meal. You still get that same comforting taste, with a little less guilt.

When I first made this, I used a Mexican blend of cheese, because it was all I had on hand, but since I've been making it with a sharp reduced-fat Cheddar such as 50% less-fat Cabot, in my opinion this is better with a sharp cheddar to really let the cheesy flavors stand out.

To speed things up, I used pre-cut fresh broccoli. This recipe was loved by all in my home, even my not-so-crazy-about-broccoli husband loved it and leftovers are perfect for lunch. You can bake this in one large baking dish, or individual oven safe dishes for perfect portion control, or you can make half and use a 9 x 9-inch baking dish.

Skinny Baked Broccoli Macaroni and Cheese

Ingredients:

- 12 oz high fiber elbows like Ronzoni Smart Taste
- 1 ½ tbsp butter
- ¼ cup minced onion
- ¼ cup flour
- 2 cups skim milk
- 1 cup fat free chicken broth (vegetarians use vegetable broth)
- 8 oz (2 cups) reduced-fat sharp cheddar (Cabot 50%)
- salt and fresh pepper to taste
- 12 oz fresh broccoli florets (1 used pre-cut bag)
- 2 tbsp grated parmesan
- ¼ cup seasoned bread crumbs
- cooking spray

Servings: 8
 Serving Size: 1 cup
 Old Points: 6 pts
 Points+: 8 pts
 Calories: 314.9
 Fat: 9.8 g
 Protein: 17.7 g
 Carb: 44.3 g
 Fiber: 6.3 g
 Sugar: 4 g
 Sodium: 215.7 (without salt)

Directions:

Cook pasta and broccoli together in a large pot of salted water, according to package directions for al dente (or slightly under cook 2 minutes). **Spray** a baking dish with cooking spray. **Preheat** oven to 375°. In a large, heavy skillet, melt butter. **Add** onion and cook over low heat about 2 minutes, **add** flour and cook another minute, or until the flour is golden and well combined. **Add** milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. **Season** with salt and pepper.

Once the sauce is thick, **remove from heat**, **add** cheese and **mix** well until cheese is melted. **Adjust** salt and pepper to taste, **add** cooked macaroni and broccoli and mix well. **Pour** into prepared baking dish. Top with grated cheese and breadcrumbs. **Spray** a little more cooking spray on top.

Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden.

Congratulations to Candida Hunter

Submitted by: Lucille Watahomigie



Ms. Hunter has taken the position at First Things First as the Senior Director of Tribal Affairs. She will begin her new job on September 8, 2014 in Phoenix, AZ. Ms. Hunter will still be working for our Hualapai and other Native American youth in Arizona. We are very proud to have her as our advocate, friend, family and tribal member. She has served her Hualapai Tribe to the best of her ability for over 10 years and we will miss her knowledge and support.

The mission statement of First Things First is: To increase the quality of, and access to, the early childhood development and health system that ensures healthy children and ready to succeed.

Tribal Affairs is an integral component of First Things First. First Things First Tribal Affairs is staffed by the Senior Director of Tribal Affairs that serves as a link to tribal governments, Indian organizations, the general public and FTF

staff. FTF is intentional in the design of the structure and functions of our Tribal Affairs to ensure that all partners are connected and work together to ensure that young children entering school in tribal communities are healthy and ready to succeed.

Arizona's Tribes and Indian Nations can participate in First Things First in one of two ways:

Tribal Regions - Tribes may elect to have their tribal lands treated as a separate region by the statewide FTF Board.

Regions Affiliated with Tribes - Tribes may elect to participate in the designated geographical region or regions in which their tribal lands are located. ■



Toyota Time Sales Event*Submitted by: Findlay Toyota of Flagstaff*
ToyotaTime
 sales event


Findlay Toyota of Flagstaff

5030 E. Market Place Drive - Flagstaff, Az 86004

New

Come On In!!

Used

HAVE MONEY DOWN?

HAVE A JOB?

NEED A RIDE?



Browse our inventory from new and used vehicles.

www.FlagToyota.com

Good Credit or Bad Credit?

We got lots of banks...Take advantage of the good rates and approvals... only here at your Findlay Toyota of Flagstaff.

- * We are here to serve YOU and ready to offer the Best Deal possible.
- * We have all makes & models to choose from and ready for you to take delivery today.
- * Call and ask for Donovan Scott or Evan Scott or Morgan Bitsoe at (602)628-8787 or (928)660-0317 to set up an appointment!!!
- * Our finance department can help get you on the road today in your New or Used vehicle.
- * Send me a friend and if they buy and say you sent them...I'll send you \$100.

GET A BIG CITY DEAL WITH A SMALL TOWN FEEL

(shhh!!! But if you present this flyer personally I'll give you an additional \$500 off your MSRP.)