

GAMYU



Friday, September 12, 2014

Issue #19

2014 Hualapai Days Schedule

Submitted by: Pete Imus

COMMUNITY MEETING

Monday,
September 15th
5:00 pm - 7:00 pm
Tribal Gym

Agenda:

- Upcoming Sec-
retarial Election
(See Page 9)
- Constitutional
Update

*Refreshments will
be served.*

By: Hualapai Tribal
Council

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

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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

Diamond Creek Restaurant • September Specials

Submitted by: Brandi Lindemuth, Restaurant Manager

SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy Labor Day! Chili Beans & Fry Bread	2 Lasagna	3 Shredded Beef Chimi	4 Hot Dog w/ Mac n Cheese	5 Fish n Chips	6 Tater Tot Casserole
7 Patty Melt Happy Grandparent's Day!	8 Pork Chop Dinner	9 French Bread Pizza	10 2 Cheese Enchiladas, 2 Tacos Rice & Beans	11 Strawberry Delight Salad	12 Lobster Bisque in a Bread Bowl	13 Beef Tips And Noodles
14 Stuffed Baked Potato	15 Green Chile Chicken Casserole	16 Chicken Parmesan	17 Soft Tacos	18 Spring Rolls	19 Fish Sandwich	20 Nacho Supreme
21 BBQ Cheddar Bacon Slider	22 Chicken Pot Pie	23 Beef Stroganoff	24 Carne Asada Fries	25 Chicken Stir Fry	26 Happy Native American Day!! Fish n Chips	27 Indian Tacos
28 Sloppy Joe's	29 Turkey Melt	30 Mini Spaghetti				
DIAMOND CREEK RESTAURANT 928-769-2800 Hours of Operation Daily 630am-9pm					Featured Items Available 11am-Until Sold Out Featured Items Subject to Change without notice	

Women's Traditional Sweat • Every Last Thursday of the Month

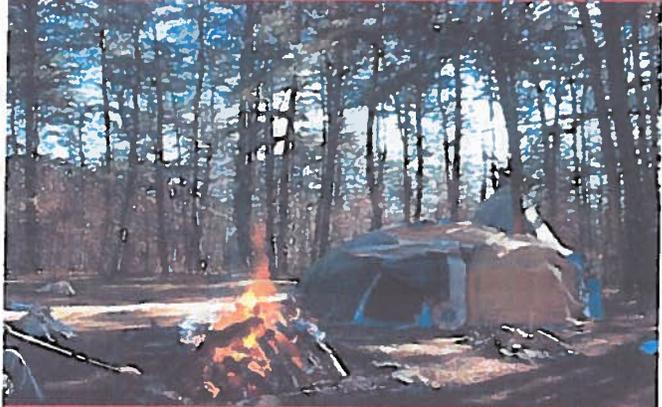
Submitted by: Debbie Clark, Hualapai Social Services Department

Traditional Sweat

Women's Sweat



**6:00 pm Every
Last Thursday of
The Month**



Behind the Boys & Girls

**For more information
please call Debbie @
(928) 769-2269**

Meeting Announcement

Submitted by: Kevin Davidson

Meeting Announcement Hualapai Tribal Transportation Safety Planning

Tuesday, September 16th
10:00 am to 12:00 noon
Cultural Center
880 Highway 66
Peach Springs, AZ

Agenda

1. Review Meeting Notes from August 5, 2014
2. Present crash data analysis
3. Determine emphasis areas from analysis / include local projects of concern
4. Identify strategies for each emphasis area

**SAFETY
FIRST**



WANTED

Submitted by: Dr. Robyn Purdum

WANTED: HUALAPAI SPEAKING ELDERS

The Hualapai Tribal Health Advisory Board is looking for Elders willing to say our prayer in Hualapai during our monthly health board meeting.

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

Hankyu



Language Class

Submitted by: Dr. Robyn Purdum

Gamyu,

On September 3rd, 2014, I attended the Hualapai Adult Language class offered at the Cultural Center. I found the class to be great fun and I actually learned a few words in Hualapai. Unfortunately, I am ignorant of my own Native languages; however, I am delighted to have the opportunity to learn Hualapai. It is a difficult task to preserve our Native languages in this modern world but it is a task that is worth doing.

In my eight-teen years of practicing Chiropractic and natural healing methods I have often used language to aid in healing. If an individual has the knowledge of their traditional language it can be a powerful tool used to release emotional and spiritual wounds. When spoken, these old languages have a higher energy and they resonant at a higher frequency. For example, I have had several opportunities to hear Elders speak their Native language and although I did not know what they were saying, my Spirit was moved by their words.

I want to thank our Hualapai Elder, Georgine Paya for her kindness and patience and for making the class so much fun. I also want to thank everyone who attended the language class as I learned from other people in the class too.

Hankyu,
Dr. Robyn Purdum D.C.
Shawnee

fyi,

Gamyu Newsletter 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 and **no ANONYMOUS** submissions please.

Article Deadline:

Friday, September 19th

Next Publication:

Thursday, September 25th



Colorado River Indian Tribes 2014 Indian Days Celebration

"Four Cultures Living As One People"

September 25-27, 2014

Native Visions Film Festival & Frybread Contest at CRIT Bluewater Cinemas, Resort Dr.

October 2-5, 2014

All other events will be at Manataba Park Fair Grounds.



THURSDAY, SEPTEMBER 25TH, 2014-Bluewater Cinemas: FREE
6:00PM.....DOORS OPEN 6:30PM.....FILM--Akamaya Culture Group: Hoop Love Story & Alice Piper Journey
7:00PM.....FILM--Off The Rez feature presentation with special guest appearances by: Shoni, CeCe & Rick Schimmel

FRIDAY, SEPTEMBER 26TH, 2014-Bluewater Cinemas: FREE
6:00PM.....DOORS OPEN 6:30PM.....FILM--1138 Studios- Short Films-Akamaya Culture Group: GOATMAN
7:00PM.....FILM--Native American Paranormal Project: Wheelock Academy
9:00PM.....FILM--COWBOY ZOMBIES with special guests: Lee Whitestar and Paul Winters

SATURDAY, SEPTEMBER 27TH, 2014-Bluewater Cinemas: FREE
10AM.....FRYBREAD MEGA CONTEST
6:00PM.....DOORS OPEN 6:30PM.....ERIC DRENNAN
7PM.....FILM--DRUNKTOWN'S FINEST with special guest Sydney Freeland

WEDNESDAY, OCTOBER 1ST, 2014-Manataba Park Stage: FREE
7PM.....Miss CRIT Royalty Pageant & Celebratory Fireworks Show

THURSDAY, OCTOBER 2ND, 2014-Manataba Park: FREE
1PM.....Community BBQ 1:30PM.....TUG O WAR CHALLENGE
2PM.....Stage-DJ 3PM.....Stage-CRIT Hour
3PM.....Carnival Opens/Games/Concessions & Exhibit Hall OPEN
5PM.....Stage--Opening Ceremony with CRIT Tribal Council
6PM.....ZUMBA Registration- Irataba Hall Stage-Josh Savino Game
6:30PM.....ZUMBA PARTY- Irataba Stage-CRUZ Band (Waila) Music
DUSK.....OPENING DAY FIREWORKS SHOW

Friday, October 3rd, 2014- Manataba Park: ADMISSION CHARGED
7:30 AM/8AM.....Registration 3K WALK RUN AT SDP BUILDING
10AM.....DHSS Health Fair- SDP Building, Kennedy Dr.
12NOON.....Carnival Opens/Games/Concessions & Exhibit Hall
2PM.....Stage-DJ 3PM.....Stage-CRIT Hour
4PM.....BABY REGALIA CONTEST- MANATABA PARK STAGE
6PM.....Weigh In's-Livestock Arena 6PM-Stage- Josh Savino Game
6:30PM.....Stage--The MaKaav Blues Band
7PM.....GRAND ENTRY POW WOW ARENA 8PM-10PM- Stage- DJ

EVERYONE IS WELCOME

PRE-SALE CARNIVAL RIDE TICKETS/ GATE PASSES \$10 AVAILABLE
SEPTEMBER 1, 2014 AT FASCINATING THINGS, LBJ, CRBM, CRIT ACCT. OFC., BWCINEMAS, CRIT FARMS, CRIT MUSEUM, PARKER CHAMBER OF COMMERCE, EXEC. BLDG., RECEPTION DESK JOANNA LAFFOON



Don't forget to pick up your Annual Fair Book Coming Out Sept. 12th!

FREE CAMPING AVAILABLE
DISABILITY GOLF CART SERVICE PROVIDED
THE COLORADO RIVER INDIAN TRIBES IS NOT RESPONSIBLE FOR ACCIDENTS, THEFT OR INJURIES.
NO WEAPONS/DRUGS ALLOWED. THANK YOU --- CRIT PBC



FOR MORE INFORMATION VISIT US
at crit-nsn.gov or call: (928) 669-9211 or
follow us on Facebook at www.facebook.com/CRITNativeAmericanDaysFairExpo

Morongo Thunder & Lightning Pow-wow • Friday, September 26th

Submitted by: Charlotte Navanick | http://www.morongocasinoresort.com/wp-content/powwow/pow_sched.php



Friday, September 26th

- 4:00pm MORONGO INDIAN MARKET OPENS
Registration opens for all activities
Blessing of the dance area
Bird Singers
- 5:30pm GOURD DANCING
- 7:45pm DRUM CALL
- 8:00pm COLOR GUARD GRAND ENTRY
Flag Ceremony
Invocation
Dance Contests
Drum Contests

Saturday, September 27th

- 10:00am MORONGO INDIAN MARKET OPENS
- 11:00am GOURD DANCING
- 12:45pm DRUM CALL
- 1:00pm COLOR GUARD GRAND ENTRY
Flag Ceremony
Invocation
Introduction of Dignitaries & Special Guests
Recognition of Visiting Indian Royalty
Inter-Tribal Dance
Drum Contests
- 2:00pm POWWOW REGISTRATION CLOSES
Dance Contests

Saturday, September 27th (continued)

- 5:00pm BIRD CONTEST
Dinner (5pm-7pm)
- 6:45PM DRUM CALL
- 7:00pm COLOR GUARD GRAND ENTRY
Flag Ceremony
Invocation
Dance Contests
Drum Contests
- 12:00am CLOSING - RETIRE FLAGS
Time is approximate

Sunday, September 28th

- 10:00am MORONGO INDIAN MARKET OPENS
- 11:00am GOURD DANCING
- 12:45pm DRUM CALL
- 1:00pm COLOR GUARD GRAND ENTRY
Flag Ceremony
Invocation
Dance Contests
Drum Contests
- 6:00pm CLOSING
Time is approximate, schedule subject to change.

42nd ANNUAL CRIT NATIVE AMERICAN DAYS EXPO

Four Cultures Living As ONE PEOPLE

Bird Singing & Dance Contest

Saturday, October 4, 2014

Manataba Park Ball Field

Pow Wow Arena

Time: 3:00PM-6:45PM

(Dinner Break)

REGISTRATION WILL CLOSE 1 HOUR BEFORE CONTEST STARTS

DANCE CONTEST:

Try Tot: 0-6 years old (amount to be determined)

7-11 yrs & 12-17 yrs: 1st place-\$100.00 2nd place-\$75.00

3rd place-\$50.00 4th place-\$25.00

18-27 yrs & 28-45 yrs: 1st place-\$250.00 2nd place-\$200.00

3rd place-\$150.00 4th place-\$100.00

46-54 yrs & Golden Age 55+: 1st place: \$300.00 2nd place-\$250.00

3rd place-\$200.00 4th place-\$150.00

GROUP SINGING CONTEST:

(4 or more singers)

1st place-\$400.00 2nd place-\$350.00 3rd place-\$300.00 4th place-\$250.00

PARTNER/COUPLES SPECIAL:

17 & Under

1st place-\$150.00 2nd place-\$125.00

3rd place-\$100.00 4th place-\$75.00

18 & Over

1st place-\$300.00 2nd place-\$250.00

3rd place-\$200.00 4th place-\$150.00

PELONGAMES: SATURDAY, OCTOBER 4TH @ DUSK (9:00PM)

MEN/WOMEN/YOUTH

CONTACT INFO: JOLITA AMI ELVENAH (928) 201-9566

AMEEL_SHAGS@AOL.COM

BIRD CONTEST INFO: STEPHANIE ENAS (928) 216-0231

(AFTER 1PM, LEAVE A MESSAGE OR TEXT.)

STEPHENSOBIA@GMAIL.COM / MESSAGE ON FACEBOOK

San Manuel Pow-wow • Friday, October 10th

Submitted by: Charlotte Navanick | http://www.sanmanuel-nsn.gov/PDF_Downloads/13636_Pow_Wow_14_Flyer_r1_LR.pdf



October 10-12, 2014

The San Manuel Band of Mission Indian's Annual Powwow. Experience Native American culture up close.

Arts and Crafts * Competitive Dancing * Traditional Foods

Don't miss the Grand Entry with hundreds of dancers in full regalia * Free entertainment for the whole family.

Visit <http://www.sanmanuel-nsn.gov/> for more information

See more at:

<http://www.sanmanuel.com/index.php/events/event/pow-wow-2014/2014-10-10#sthash.KEDko5N1.dpuf>

Go Pink & The 2nd Annual Scarecrow Contest

Submitted by: Nancy Echeverria, Hualapai Lodge Property Manager

Go Pink!
T-shirts on sale now! All profits will be donated to support the Hualapai Nation Cancer Cause!



Only \$20 each! (\$21 for 3x/4x)

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



Secretarial Election Notice • October 24, 2014

Submitted by: Melvin Hunter, Jr.



United States Department of the Interior

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



IN REPLY REFER TO:
Office of the Superintendent

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



EPCH Internet Radio PROGRAM SCHEDULE

(revised 09/05/2014)

EPCH Internet Radio Program Schedule

Submitted by: Terri Hutchens, EPCH Station Manager

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
6:00AM	General Variety Music (GVM)	General Variety Music(GVM)	General Variety Music(GVM)	General Variety Music(GVM)	General Variety Music(GVM)	GVM	GVM
7:00AM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
8:00AM	Hualapai Welcome GVM	GVM	GVM				
9:00AM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
10:00AM	Mz Mira's Morning Blend local events/ weather	GVM	GVM/Gospel if DJ live				
11:00AM	Mz Mira's Morning Blend local events/ weather	GVM	GVM/ Gospel if DJ live				
12:00PM	Native Noon Hour- "Me Ev Nya" National Native News Wanda J and Lyndee	Native Noon Hour- "Me Ev Nya" National Native News Wanda J and Lyndee	Native Noon Hour- "Me Ev Nya" National Native News Wanda J and Lyndee	Native Noon Hour- "Me Ev Nya" National Native News Wanda J and Lyndee	Native Noon Hour- "Me Ev Nya" National Native News Wanda J and Lyndee	Native Noon Hour-Week end & NV1- Talk with a Champ	Native Noon Hour-Week End NV1-Talk with a Champ
1:00PM	Ba:al Ko'bay Mi'dti'cu va meh Rosie W.	Roots and Riddims Darlene and Lyndee	Native Country Rosie W	GVM	Ba:al Ko'bay Mi'dti'cu va meh-Rosie W.	GVM	NV1-Talking Drum/ Warrior Report short
2:00PM	GVM	GVM	GVM	GVM	GVM	GVM	NV1-Voices from the Circle
3:00PM	GVM	GVM	GVM	Dempsey's Power Hour Dempsey W	Finally Friday Classic Rock Terri and Tina	GVM	NV12- American Indian Living
4:00PM	GVM	GVM	GVM	Chris Kelly's Heatseeker 5 Countdown Show Duane and Shawna	Finally Friday Classic Rock Terri and Tina	GVM	NV1- Earthsongs
5:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
6:00PM	GVM	GVM	GVM	GVM/"Skankin wit dem Walapai" Jah Reggae	GVM	GVM	GVM
7:00PM	GVM	GVM	GVM	GVM/"Skankin wit dem Walapai" Jah Reggae	GVM	GVM	GVM
8:00PM	GVM	GVM	GVM	GVM Skankin wit dem Walapai" Jah Reggae	GVM	GVM	GVM
9:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
10:00PM	GVM	GVM	GVM	GVM	GVM	GVM	GVM
11:00PM	NV1-Undercurrents	NV1-Undercurrents	NV1-Soul Delux	NV1-Soul Delux	DJ DEMC's TribalStylez	DJ DEMC's TribalStylez	NV1- Undercurrents
12:00AM to 6:00am	GVM	GVM	GVM	GVM	GVM	GVM	GVM

EDUCATION & TRAINING INFORMATION

Peach Springs Elementary School • September Events

Submitted by: Dr. Anthony Perkins, PSUSD Superintendent

PEACH SPRINGS ELEMENTARY SCHOOL

September 2014 Events

September 1: No school Labor Day

September 2: Governing Board meeting at 5:30 p.m.

September 29-October 2: Galileo Benchmark #1 testing for grades 2-8

Classroom Spotlight Ms. Canto's 5th Grade Classroom

General Information:

Tutoring is off to a great start. Thank you for allowing your child to be a part of tutoring! The school will be providing some snacks during the tutoring sessions outside of school hours. We are working on math and reading skills according to your child's current needs. We are reviewing basic skills as well as preparing for upcoming assessments. We also do a reteach class during the school day to continue to be successful in our math/reading skills.

Upcoming Activities:

This week in Math we will be looking at division skills. The class will focus on various strategies and exercises to better understand these mathematical concepts. Our Reading class will continue to study about story theme, inferences, and plot elements.

In the coming weeks and months the following topics will be covered in these particular subjects:

Math: *Multiplication, division, decimals, fractions, word problems, geometry, graphing, order of mathematical operations, and Metric and Customary measurements.*

Language Arts: *Story themes, inferences, plot sequencing elements in poetry, story, and drama, character and plot elements, author's point of view, interpretation of word meaning, main ideas supported by the details in the story, utilization of resources available from different media, spelling, writing exercises, and Prosody.*

Science: *Scientific Method, systems of the human body, ecological topics, graphing, physical science topics (matter, energy, forces) and Earth science topics (weather, atmosphere, solar system), scientific investigations, science and technology.*

Social Studies: *State capitals and state geography, colonial studies, constitution, government, and democracy, Civil War, Manifest Destiny, European influence in early America, work and taxes, business, and banking practices.*

Red Tickets and Auction: *This week is our monthly Bling Wall auction. Please remind your child to bring in any red tickets they earned. I will be looking for ways to hand out extra tickets this week for a job well done and outstanding behavior. Our auction will be towards the end of the day this Thursday pending great behavior the rest of this week. Overall, so far so good!!!*

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

Learn more at www.psusd8.org

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

The following students from Peach Springs Elementary School will have artwork displayed at the Mohave County Fair in Kingman.

Congratulations to all of these talented young artists.

- Ozias Dini, 2nd Grade
- Reed Lee, 2nd Grade
- Rametrious Suathojame, 2nd Grade
- Sharain Walker, 2nd Grade
- Montae Walker, 2nd Grade
- Alphonso Wescogame, 2nd Grade
- Maylene Yazzie, 2nd Grade
- Daniel Havatone, 3rd Grade
- Lorenzo Hernandez, 3rd Grade
- Thomas Yazzie, 3rd Grade
- Sunny Jackson, 4th Grade
- Johnny Whatoname, 4th Grade
- Shauntel Crozier, 5th Grade
- Zilean Watahomigie, 5th Grade
- Ruby Wellington-Powsey, 6th Grade
- Brandon Hairy Bull, 8th Grade
- Laurenz Siyuja, 8th Grade

Peach Springs Elementary Art Students of the Week

Congratulations to these creative students!

Weeks of August 20, 2014 and September 2, 2014

- Marley Powsey, 1st Grade
- Mary Susanyatame, 1st Grade
- John Marshall Marshall, 2nd Grade
- Chanelle Powskey, 2nd Grade
- Erin Putesoy, 4th Grade
- Dondre Benson, 6th Grade
- Severio Cabrera, 6th Grade
- Norasia Fielding, 6th Grade
- Peter Garcia, 6th Grade
- Meadow Jackson, 6th Grade
- Taisha Wellington-Powsey, 6th Grade
- Deandre Lewis, 8th Grade



Johnny Whatoname, 4th Grade

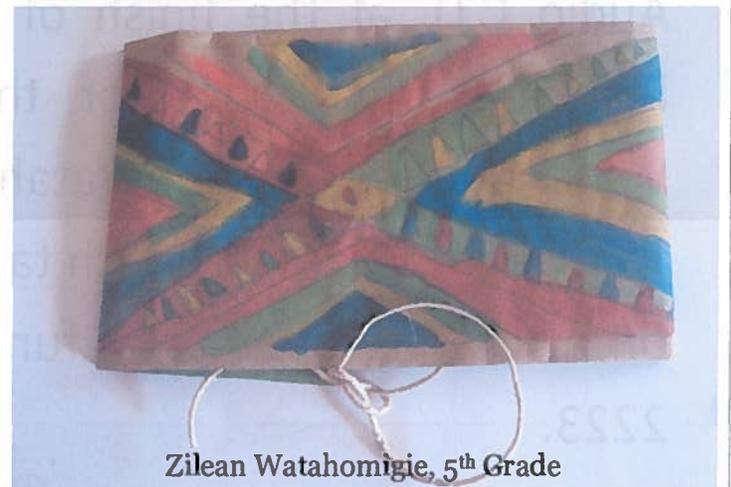


Thomas Yazzie, 3rd Grade

WELL
done
You
Did
It!



Sunny Jackson, 4th Grade



Zilean Watahomigie, 5th Grade

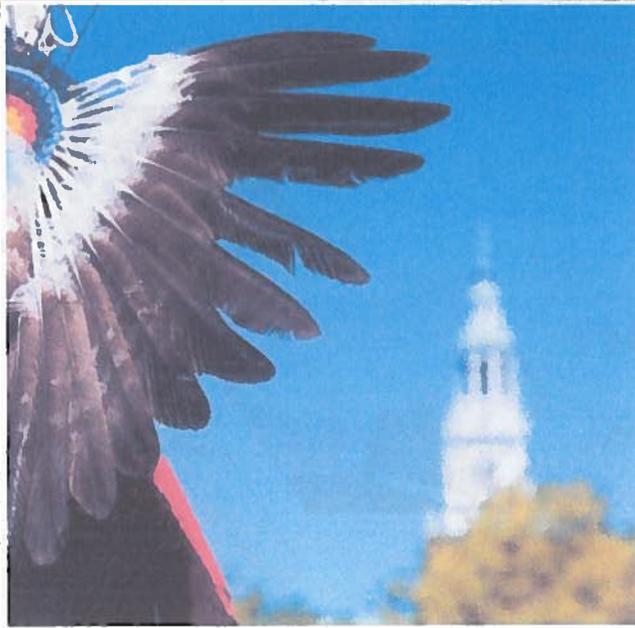
ADULT LANGUAGE CLASS MEETINGS

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.



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



INTER TRIBAL COUNCIL OF ARIZONA, INC. | Hazardous Materials Emergency Preparedness Program

Tribal Leaders and EPCRA/ITCA Information Presentation

September 22nd, 2014 | 8:00 A.M. - 12:00 PM

HOST: Hualapai Tribe

WHERE: Multi-Purpose Building
Peach Springs, Arizona



TARGET AUDIENCE: Tribal Leaders, Tribal Councils, Enterprise Leaders and Departments Heads who are interested in providing on-going training in regards to Hazardous Materials Awareness, Hazardous Materials Planning and assistance with planning.

TRAINING INFORMATION: This course is designed to provide information to Tribal Leaders and Department Heads on the Emergency Preparedness and Community Right to Know Act in regards to Hazardous Materials Planning and Training services provided by the Inter Tribal Council of Arizona Hazardous Materials Emergency Preparedness Office.

Information on the Sandy River Improvement Act and the Tribal Training Officer Program will also be provided to allow interested Tribal Governments the opportunity to make informed decisions in regards to Emergency Preparedness Activities.

Interested parties should contact Coby Covington at Peach Springs EMS, or Nathan Nixon, Emergency Preparedness Coordinator for ITCA at (602) 258-4822 or nathan.nixon@itcaonline.com.

Inter Tribal Council of Arizona, Inc.
2214 N. Central Ave., Suite 100 - Phoenix, Arizona 85004
Tel: (602) 258-4822 - Fax: (602) 258-4825
www.itcaonline.com



TRAINING ANNOUNCEMENT

Hazardous Materials Training for Dispatchers

September 22nd, 2014 | 1:00 to 5:00 pm

**Host: Hualapai Tribe
Multi-Purpose Building
920 Hualapai Way
Peach Springs, AZ 86434**

TARGET AUDIENCE: 9-1-1 Operators, Police, Fire and EMS Dispatchers; Tribal Firefighters; Police; Forest Service; Highway/Transportation Workers; Public Works; Security; EMTs; Community Members; Environmental Personnel; and other personnel that respond to emergencies on tribal lands.

TRAINING INFORMATION: This course is designed for dispatchers who take emergency information regarding a hazardous materials emergency and dispatch first responders to releases or potential releases for the purpose of protecting nearby persons, property, or the environment from the effects of the release.

The training includes topics on how to recognize a hazardous materials spill, utilize the 2012 Emergency Response Guidebook, and effectively send the appropriate resources to manage the incident. The training is sponsored by the Inter Tribal Council of Arizona, Inc. (ITCA) Environmental Quality Programs. A Hazardous Materials Emergency Preparedness (HMEP) grant enables ITCA to provide the EPCRA training and other related training courses at no cost to participants. The training will be instructed by Sylvia and Chuck Monroe who have extensive experience with training emergency personnel in situations involving hazardous materials.

Attached is a registration form. Please complete and submit the registration form to Nathan Nixon or Coby Covington through fax or email prior to September 15, 2014.

Should you require additional information, please contact:

Nathan Nixon, M.S.
Emergency Preparedness Program Coordinator
Inter Tribal Council of Arizona, Inc.
T: (602) 258-4822
E: nathan.nixon@itcaonline.com

Al-Chin Indian Community
Cocopah Tribe
Colorado River Indian Tribes
Fort McDowell Yavapai Nation
Fort Mojave Tribe
Gila River Indian Community
Havasupai Tribe
Hopi Tribe
Hualapai Tribe
Kaibab-Paiute Tribe
Pascua Yaqui Tribe
Pueblo of Zuni
Quechan Tribe
Salt River Pima-Maricopa Indian Community
San Carlos Apache Tribe
Tohono O'odham Nation
Tonto Apache Tribe
White Mountain Apache Tribe
Yavapai-Apache Nation
Yavapai-Prescott Indian Tribe

First Responder Awareness 8 Hr. Training • Tuesday, September 23rd

Submitted by: Shawna Havatone, Hualapai Animal Control Program Administrative Assistant



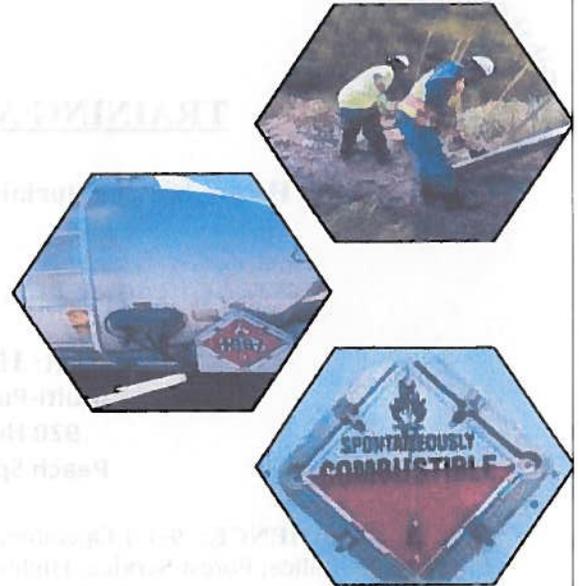
INTER TRIBAL COUNCIL OF ARIZONA, INC. | Hazardous Materials Emergency Preparedness Program

FIRST RESPONDER AWARENESS 8-HOUR TRAINING

September 23rd, 2014 | 8:00 A.M. - 5:00 P.M.

HOST: Hualapai Tribe

WHERE: Multi-Purpose Building
Peach Springs, Arizona



First responder awareness level. First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release and who have been trained to initiate an emergency response sequence by notifying the proper authorities of the release. They would take no further action beyond notifying the authorities of the release. First responders at the awareness

TARGET AUDIENCE: Tribal Highway/Transportation Rangers, EMTs, Community Personnel, and other emergencies on Tribal lands.

TRAINING INFORMATION: individuals who may be the or potential release of addition, this course will put an emphasis on the community emergency response team roles and functions. The training will cover isolating the area, denying entry, and identifying the hazards of a release without the use of personal protection equipment and minimizing the danger to others.

Police, Forest Service, Workers, Public Works, Tribal Members, Environmental personnel that respond to

This course is designed for first at the scene of a release hazardous substances. In

The training is sponsored by the Inter Tribal Council of Arizona, Inc. (ITCA) Environmental Quality Programs. A Hazardous Materials Emergency Preparedness (HMEP) grant enables us to provide the EPCRA training at no cost to participants.

Inter Tribal Council of Arizona, Inc.
2214 N. Central Ave., Suite 100 - Phoenix, Arizona 85004
Tel: (602) 258-4822 - Fax: (602) 258-4825
www.itcaonline.com

First Responder Operations 24-Hr Training • Begins: Wednesday, September 24th

Submitted by: Shawna Havatone, Hualapai Animal Control Program Administrative Assistant



INTER TRIBAL COUNCIL OF ARIZONA, INC. | Hazardous Materials Emergency Preparedness Program

FIRST RESPONDER OPERATIONS 24-HOUR TRAINING

September 24-26, 2014 | 8:00 A.M. - 5:00 P.M.

HOST: Hualapai Tribe

WHERE: Hualapai Tribe Multi-Purpose Building,
Peach Springs, AZ



TARGET AUDIENCE: Tribal Firefighters, Police, Forest Service, Highway/Transportation Workers, Public Works, Tribal Rangers, EMTs, Community Members, Environmental Personnel, and other personnel that respond to emergencies on Tribal lands.

TRAINING INFORMATION: This course is designed for individuals who respond to releases or potential releases of hazardous substances as part of the initial response to the site for the purpose of protecting nearby persons, property, or the environment from the effects of the release. The training covers responding in a defensive fashion without actually trying to stop the release, containing the release from a safe distance, keep it from spreading, and prevent exposures.

The training is sponsored by the Inter Tribal Council of Arizona, Inc. (ITCA) Environmental Quality Programs. A Hazardous Materials Emergency Preparedness (HMEP) grant enables us to provide the EPCRA training at no cost to participants.

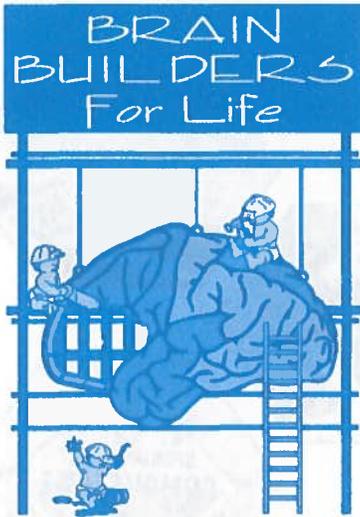
For additional information, please contact Nathan Nixon, HMEP Program Coordinator, at (602) 258-4822 or nathan.nixon@itcaonline.com

Inter Tribal Council of Arizona, Inc.
2214 N. Central Ave., Suite 100 - Phoenix, Arizona 85004
Tel: (602) 258-4822 - Fax: (602) 258-4825
www.itcaonline.com

Brain Builders for Life • Saturdays March 7th & 28th, 2015

Submitted by: Sandy Smith, First Things First

The University of Arizona
Cooperative Extension presents:



This 16-hour Interactive training will focus on Integrating early brain development and typical child development for children prenatal to age three. The training will cover all domains of child development including physical, cognitive, social, emotional and adaptive development. Even if you have previously attended the 'Mind Matters' Training, this is a perfect follow-up, with new information.

Brain Builders for Life



DID YOU KNOW.....?

- That 90% of a child's brain is "wired" by the age of three?
- That early childhood experiences have profound lifelong impacts?
- That the brain of a three year old is as active as a college student's?
- That eyesight development is completed by age 3?

WHAT?	A 16-hour training institute that combines early brain development and child development focusing on infants and toddlers
WHEN?	The 2014-2015 Brain Builders for Life Training schedule is enclosed.
WHERE?	The Brain Builders for Life Training will be offered in all DES Districts! See the enclosed training schedule for trainings in your area.
WHO?	This training is open to all child care providers. Preference will be given to DES Certified Home Providers and then licensed centers.
HOW?	You have 3 different ways to apply for this training: Email, mail or fax. Just follow the directions on the enclosed application form!
COST?	The training is FREE to anyone who works in a regulated child care setting: directors, caregivers, pre-school, teachers, etc.

TWO DIFFERENT WAYS TO APPLY:

- Fill out the enclosed application and mail it to the address on the form.
- Fill out the enclosed application and FAX it to the number on the form.



Brain Builders for Life Training Contact Information

Apache County - Stephanie Copeland smartell@cals.arizona.edu
 Cochise County - Evelyn Whitmer (520) 626-2422 emarkee@ag.arizona.edu
 Coconino County - Stephanie Copeland (602) 509-9276 smartell@cals.arizona.edu
 Gila County - Cathy Martinez (520) 836-5221 cmartin@cals.arizona.edu
 Graham County - Evelyn Whitmer (520) 626-2422 emarkee@ag.arizona.edu
 Greenlee County - Evelyn Whitmer (520) 626-2422 emarkee@ag.arizona.edu
 La Paz County - Darcy Dixon (520) 281-2994 ddixon@ag.arizona.edu

Maricopa County - Stephanie Copeland (602)827-8229 smartell@cals.arizona.edu
 Mohave County - Stephanie Copeland smartell@cals.arizona.edu
 Navajo County - Stephanie Copeland smartell@cals.arizona.edu (602)827-8229
 Pima County - Darcy Dixon (520) 281-2994 ddixon@ag.arizona.edu
 Pinal County - Cathy Martinez (520) 836-5221 cmartin@cals.arizona.edu
 Santa Cruz County - Darcy Dixon (520) 281-2994 ddixon@ag.arizona.edu
 Yavapai County - Stephanie Copeland (602) 509-9276 smartell@cals.arizona.edu
 Yuma County - Darcy Dixon (520) 281-2994 ddixon@ag.arizona.edu

The Brain Builders for Life Training is provided by the University of Arizona and is funded by the Arizona Department of Economic Security Child Care Administration

El entrenamiento de Construyendo el Cerebro por Vida se lleva a cabo por la Universidad de Arizona y está financiado por el Departamento de Seguridad Económico-Administración para el Cuidado de Niños



GAMYU

Brain Builders for Life • Application

Submitted by: Sandy Smith, First Things First



Training Is FREE!

Brain Builders for Life Training Institute Application 2015			
Please Print – Make copies of blank application as needed – one form per applicant—Limit 3 per facility per month			
Applicant Information		Work Information	
First Name	Last Name	Business (facility) Name	DES Provider ID
Applicant Address		Facility Address	
City	State	ZIP	City
State	City	State	ZIP
Personal Phone (cell/home)	Personal email	Work Phone	Work email
I work in a: <i>(check all that apply)</i> : <input type="checkbox"/> DHS Licensed Center <input type="checkbox"/> DES Family Home <input type="checkbox"/> DHS Group Home <input type="checkbox"/> Head Start Facility <input type="checkbox"/> Other: _____		I work with: <i>(check all that apply)</i> : <input type="checkbox"/> 0-3 year <input type="checkbox"/> 3-5 year olds <input type="checkbox"/> Other <u>Do you need:</u> <input type="checkbox"/> Spanish Translation <input type="checkbox"/> Other Accommodations (specify): _____	

Brain Builders for Life Training Institute Schedule for 2015

Institute	Location	Dates <i>(Must attend both dates)</i> 8am-5pm	Mark choice with an "x"
1	Kingman	Saturdays March 7 and 28	

How to Apply:

Fill out the enclosed application;
 FAX to (602) 827-8292 - OR - Mail to:
 University of Arizona Cooperative Extension
Attn: Stephanie Copeland
 4341 E. Broadway Rd.
 Phoenix, AZ 85040-8807
 Questions? Email: smartell@email.arizona.edu
<http://extension.arizona.edu/brain-builders-life>

Within 2 weeks of receipt of this application, you will receive a confirmation phone call and Postcard.

By signing below; I agree to attend the 16 hour Brain Builders for Life Institute. I also agree to notify Brain Builders for Life two weeks in advance if I am unable to attend. I understand that upon completion of this 16 hour training I will receive a \$25 gift card. Attendance is free; on a first come, first serve basis.

Signature

Date

Two (2) weeks prior to the workshop you will receive a confirmation letter and a RSVP postcard that must be returned to secure your space. If you do not hear from us, please contact us at 602-509-9276.

****An application is required by everyone prior to being admitted into the training; substitutions are not allowed. Thank you for your interest in Brain Builders – We look forward to seeing you in 2014!!!**

Application Received: _____	** For Office Use Only**
Confirmation Letter/Postcard sent: _____	Postcard/Written Confirm Received: <u>DATE</u> : _____ attending: YES / No
	Verbal Confirmation: <u>DATE</u> : _____ attending: YES / No

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities. Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Celeste Burrell at 602-827-8253. Requests should be made as early as possible to allow time to arrange the accommodation.

HEALTH & SAFETY INFORMATION

Food & Nutrition Program • September Menus

Submitted by: Michelle Zephier

PEACH SPRINGS ELEMENTARY SCHOOL

P.O. BOX 360

PEACH SPRINGS, ARIZONA 86434

928-769-2316

Dear Parents, Guardians, Community Members,

Recently, we've had questions regarding the Food and Nutrition Program. The State has made changes on what is to be served to the students. There are specific requirements which we must meet in order to stay in full compliance. To help understand some of these changes, we are posting the meal patterns for breakfast and lunch. This explains the components and the amounts of food to be served in each component. We offer three types of 1% milk – chocolate, regular and strawberry. Please refer to our menu to see what milk we are offering and what the menu is for that day.

Our students will be given many different fruit, vegetables, meat/meat alternates, grains and breads. We are striving to teach the children to eat healthier. We are proud to say our kitchen staff prepares the foods daily from scratch...no microwave foods, no frozen pre made foods!!

We are fortunate to also have the Fresh Fruit and Vegetable Program. Students are given all sorts of fruits and vegetables every Wednesday and Thursday. These fruits/vegetables are fresh – no frozen or canned foods. These awesome foods are presented in Ms. Schifano's health class. Students learn about where the food comes from, growing environment, but most important nutritional value! The focus is made on eating a piece of fruit or a vegetable in place of foods that have no or little nutritional content. Example – the students were introduced to butter lettuce. The emphasis was made on eating lettuce leaves with a protein like turkey, chicken or low fat cheese instead of eating white bread.

Through the fresh fruit and vegetable program our students have experienced the following: Figs, rumbutan, pineapple, pink lady apples, crab apples, passion fruit, dragon fruit, gojo, carnival cauliflower, asparagus, green beans, edamame, snap peas, sea beans, carrots, cabbage, and there are many more.

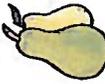
Please know we do not "force" students to eat the new fruits or vegetables, or the items being given for breakfast or lunch. However, we do encourage them to try the new items. Some of the items will be offered more than once in the school year. The meals and FFVP are not used as any type of punishment – students are encouraged. We ask for your support in both programs. Parents/guardians can join their student for breakfast (\$1.00) or lunch (3.50) and join the students during health class to try the various fruits and veggies – no charge.

Thank you for sharing your time! We are looking forward to seeing you!

Dr. Perkins & Staff

Food & Nutrition Program • September Menus

Submitted by: Michelle Zephier

School Breakfast Meal Pattern, School Year 2014-15 (4-DAY)						
	Serve Only	Offer vs. Serve (OVS)				
		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
	<ul style="list-style-type: none"> Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, NEW 1 item must be a ½ cup Fruit/Juice/Vegetable 					
REQUIRED	<p>1 item of Fluid milk Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain</p> 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
	<p>1 item of Fruits/Juice/Vegetables Juice must be 100% full-strength. NEW No more than half weekly offering may be juice. NEW In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week</p> 	NEW 1 cup daily	NEW 1 cup daily	NEW 1 cup daily	NEW 1 cup daily	NEW 1 cup daily
	<p>1 item of Grains/Breads Daily and weekly minimums must be met. Flexibility for grain maximums. NEW All of grains offered must be whole grain-rich</p> 	1 oz/eq (daily) 5.5-8 oz/eq (weekly)	1 oz/eq (daily) 6.5-8 oz/eq (weekly)	1 oz/eq (daily) 6.5-8 oz/eq (weekly)	1 oz/eq (daily) 7-8 oz/eq (weekly)	1 oz/eq (daily) 7-8 oz/eq (weekly)
	Optional to prepare:					
OPTIONAL	<p>1 item of Meat/Meat Alternate No daily or weekly requirement Item counts towards grain weekly requirement</p> 	0	0	0	0	0
	Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
	NEW Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly average		≤10				
Trans Fat Daily		0g/serving				

Food & Nutrition Program • September Menus

Submitted by: Michelle Zephier

Lunch Meal Pattern SY 2014-15, 4-Day

Serve Only: <ul style="list-style-type: none"> • Must PREPARE all 5 components in required amounts • AT POS: Must SERVE all 5 components in minimum required amount 		Offer Versus Serve (OVS): <ul style="list-style-type: none"> • Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable				
Component Specifications: Daily and Weekly Amount Based on the Average for a 4-Day week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2 (½)			4 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 (¾)			4 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total</i> Minimum creditable amount to count as a subgroup is 1/8 cup
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		¼			½	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	6.5-7 (1)	6.5-8 (1)	6.5-7 (1)	8-9.5 (2)	NEW All grains offered must be <i>whole grain rich</i> Weekly, no more than 2 oz/eq. grain based dessert
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	6.5-8 (1)	7-8 (1)	7-8 (1)	8-9.5 (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	4 (1)				Must offer two varieties daily. (Variety can be fat content or flavor)
Dietary Specifications: Weekly Average Requirement for a 4-Day week						
Grades		K-5	6-8	K-8	9-12	Additional information
Minimum - Maximum calories (kcal)		550-650	600-700	600-650	750-850	
NEW Sodium (mg) 2014-15		≤ 1230	≤ 1360	≤ 1230	≤ 1420	This is Target 1 for sodium. Target 2 will be implemented in SY2017.
Saturated fat (% of calories)		≤ 10				
Dietary Specifications: Daily Requirement for a 4-Day week						
Grades		K-5	6-8	K-8	9-12	
Trans fat		Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

Food & Nutrition Program • September Menus

Submitted by: Michelle Zephier

SEPTEMBER MENU 2014

Monday	Tuesday	Wednesday	Thursday
1  No school in honor of Labor Day	2 Granola bar, yogurt, orange juice LUNCH Roast turkey with gravy, potatoes, peas n' carrots, rolls, fresh purple grapes	3 Cold cereal, toast, fresh peach slices LUNCH Tomato soup, grill cheese, celery sticks, fresh banana's	4 Breakfast pita, hash browns, apple juice LUNCH SALAD BARI! Cottage cheese, dell meats, rolls, assortment of veggies and fresh fruit cup
8 Biscuits N' Gravy, egg, fresh orange LUNCH Meat loaf, brown rice, green beans, rolls, peaches  September Cupcake Day! Happy Birthday to YOU!!	9 Cheese n' ham quesadilla, grape juice LUNCH Chicken salad sandwich, splnach leaves, tomato silces, multigrain chips, diced pears	10 Muffins, string cheese, apple slices LUNCH No meat chili beans, cheese chunks, ww tortilla, celery & cucumber slices, watermelon	11 Eggs McMereditth, mixed fruit juice LUNCH Spaghetti, garlic bread, tossed salad, fresh berries
15 Pancake on a stick, apple juice LUNCH Manager's choice	16 Granola, toast, berries LUNCH Catfish, coleslaw, oven browned potatoes, pineapple chunks	17 Manager's choice for BKF LUNCH Pinto beans, cheese chunks, corn bread, fresh nectarines	18 Breakfast pizza, mixed fruit juice LUNCH SALAD BARI! Sliced chicken, wheat rolls, tons of veggies, green grapes
22 Bagel, ham, egg, tomato julce LUNCH Pork roast & apples, green beans with peppers, rolls, mashed potatoes, fresh plums	23 Fruit Danish, sausage patty, banana LUNCH Porcupine sliders, veggie strips, Fruit cup (melon, grape, pineapple)	24 Rice pudding, wheat toast, Orange juice LUNCH Ham/cheese squares, broccoli spears, multigrain chips, diced pears	25 Cereal bar, string cheese, grape juice LUNCH  In honor of National Indian Day! Hualapai Taco's with the works! Cantaloupe slices
29 Biscuits, eggs, gravy, apple juice LUNCH Nacho's with ground beef topping, salsa, vegetable toppings, fresh kiwi	30 Cream of wheat, toast, raisins LUNCH Chicken brown rice bowl, fresh apricots	<u>Breakfast costs - \$1.00 Lunch costs - \$3.50</u> We offer two varieties of 1% milk daily: Monday – regular milk and chocolate milk Tuesday – regular milk and strawberry milk Wednesday – regular milk and chocolate milk Thursday – regular milk and strawberry milk "This Institution is an equal opportunity provider"	



September After School Tutor Program 2014

We serve 1% milk - regular, chocolate, strawberry flavors

Monday	Tuesday	Wednesday
25 Fruit cups Graham crackers Milk	26 Cheese sticks Fruit juice Biscuits (whole wheat)	27 Celery sticks Peanut butter Milk
No School in honor of Labor Day	2 Applesauce cups Crackers Milk	3 Pears Cheese chunks Saltine crackers
8 Muffin Melon Milk	9 Peach Graham crackers Milk	10 Fruit juice (apple, orange, grape choices) Cheese slices crackers
15 Berries Whole wheat sugar cookie milk	16 Teddy Grams Fresh fruit Milk	17 Cucumber slices Low fat yogurt dip Crackers & milk
22 Fresh grapes Pbj! milk	23 Tutor's Choice!	24 banana bread Juice milk
29 cheese N' crackers Melon slices milk	30 kiwi Teddy grams milk	

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

Active Play Feels Great!
Submitted by: Karen Hays, Hualapai Healthy Heart Program

Active play feels great!



**Help your children run, jump, and play.
Encourage about 2 hours of active play
time every day. Have fun!**

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





September 2014

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor day Holiday	2 In Office	3 In Office	4 In Office	5	6
7	8 In Office Health Board Meeting	9	10 Woman's ceremony Seattle, WA	11 Woman's ceremony Seattle, WA	12 Woman's ceremony Seattle, WA	13 Woman's ceremony Seattle, WA
14 Woman's ceremony Seattle, WA	15 Woman's ceremony Seattle, WA	16 Woman's ceremony Seattle, WA	17	18	19 In Office	20
21	22 In Office	23 In Office	24 In Office	25 In Office	26	27
28	29 In Office	30 In Office				

Dr. Robyn Purdum
Chiropractic Physician

(928) 769-6083

Call to schedule your
appointment.

Office location:

Peach Springs, AZ
Hualapai Lodge
Room 201

September Schedule

Submitted by: Dr. Robyn Purdum