



Friday,
November 21, 2014

ISSUE #24

Youth Camp Ground Breaking

Submitted by: Kevin Davidson | Hualapai Planning Department

Youth Camp Ground Breaking

On a cool crisp November 3rd morning members of Tribal Council, departmental staff and CNB Excavating came to together at the Youth Camp to begin work on the long-awaited Youth Camp improvement project. This will start the first phase of construction which includes new water, sewer, and electrical lines for the Youth Camp as well as roadway improvements and a new baseball field.

The second phase will commence early next year and will include a new bunk house, meeting pavilion and restroom/laundry building. The Youth Camp is designed to serve the community and provide a place for youth to learn and practice traditional Hualapai cultural values. Both projects are funded by grants from HUD, Phoenix Indian School and Freeport-McMoRan as well as matching funds from the Hualapai Tribe set aside over the past several years.

At right Billy Childers of CNB Excavating joins Chairwoman Sherry Counts, Vice-Chairman Philbert Watahomigie and Councilwoman Emma Tapija in breaking the ground with ceremonial shovels.



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FOOD DISTRIBUTION

When:

Friday, Dec. 5th

Where:

Hualapai Human Services

Time:

9:00AM

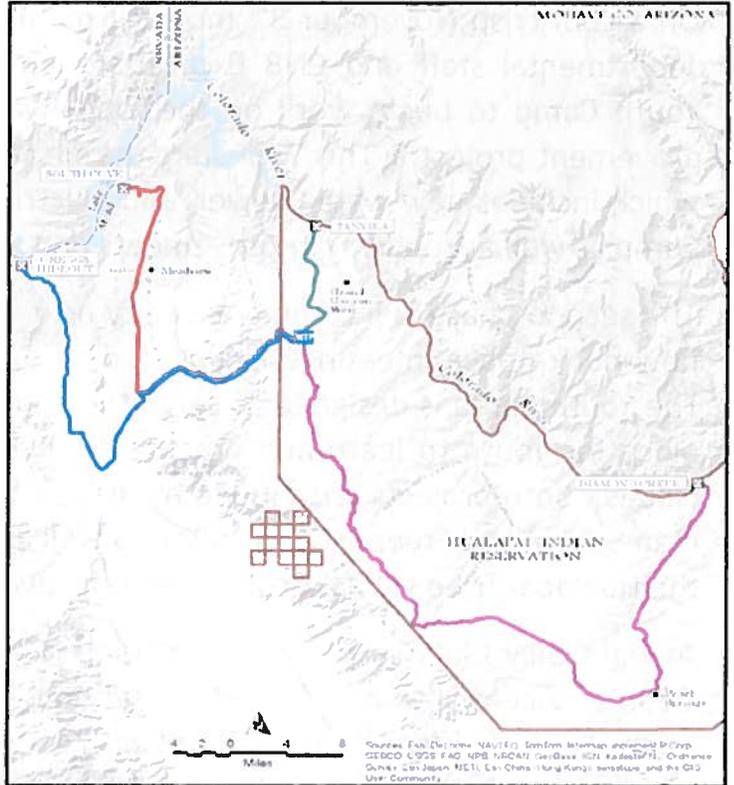
First come, First served

- Bring proof of residency and picture ID



Public Meeting to Discuss the Bringing of Colorado River Water to the Hualapai Reservation & Grand Canyon West

- Please join staff from the Public Works and Planning Departments at 5:30 PM, Wednesday, December 3, 2014, at the Multi-Purpose Building for an update on the pipeline route to convey Colorado River Water to the Hualapai Reservation and Grand Canyon West.



- Refreshments will be served.

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:

**** Monday, December 1st**

Next Publication:

Friday, December 5th

Hualapai Tribal Resolution No. 71-2014 • Tribal Enrollment Membership

Submitted by: Er'Linda Havatone | Hualapai Enrollment Department

**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 71-2014
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION**

(Tribal Membership Enrollment – 5)

**WHEREAS, the Hualapai Tribal Council has the responsibility of enrolling members
Pursuant to the Ordinance of the Hualapai Tribe of Peach Springs, Arizona,
Enrollment Procedures Act: and,**

NOW, THEREFORE, BE IT RESOLVED that the following applicants are approved:

1. CASE, Amiah Belva
2. CHAVEZ, Cija Nicole
3. MANAKAJA IV, Everett
4. WALEMA, Jaenie K. Lynn
5. WALEMA, Judith V.

CERTIFICATION

I, the undersigned as Chairwoman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom nine (9) constituting a quorum were present at a REGULAR COUNCIL MEETING held on this 7th day of November, 2014; and that the foregoing Resolution was duly adopted by a vote of nine (9) in favor; pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.



Sherry J. Counts, Chairwoman
HUALAPAI TRIBAL COUNCIL

ATTEST:



Ronald Two Bulls, Administrative Assistant
HUALAPAI TRIBAL COUNCIL

Diamond Creek Restaurant • Holiday Hours

Submitted by: Brandi Lindemuth | Restaurant Manager

DIAMOND CREEK RESTAURANT HOLIDAY HOURS

THURSDAY, NOVEMBER 27TH, THANKSGIVING DAY

CLOSED

WEDNESDAY, DECEMBER 24TH, CHRISTMAS EVE

OPEN 6:30AM-1:30PM

SATURDAY, DECEMBER 13TH

OPEN 6:30AM-2PM

THURSDAY, DECEMBER 25TH, CHRISTMAS DAY

CLOSED

SUNDAY, DECEMBER 14TH

OPEN 7:00AM-CLOSE

WEDNESDAY, DECEMBER 31ST, NEW YEAR'S EVE

OPEN 6:30AM-2:00PM

WEDNESDAY, DECEMBER 17TH

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

THURSDAY, JANUARY 1ST, NEW YEAR'S DAY

OPEN 8:00AM-CLOSE

HAPPY HOLIDAYS! 

GCRC Board of Directors Applicant Announcement • Due by Monday, December 1st

Submitted by: Leticia Morgan | Grand Canyon Resort Corporation



The Hualapai Tribe is seeking qualified candidates for the Board of Directors of Hwal'bay Ba:j Enterprises, Inc. HBBE, doing business as Grand Canyon Resort Corporation, operates Grand Canyon West, Hualapai Lodge and Hualapai River Runners. Candidates will be interviewed and selected by the Hualapai Tribal Council.

Qualifications – knowledge of hospitality and tourism operations, finance, law, marketing and/or business development. Board members will be required to attend monthly meetings in Peach Springs, Arizona. Board members are paid a monthly stipend. Committee work will also be expected.

An applicant to serve on the GCRC Board of Directors should not have any connections with GCRC's business operations that could interfere with the applicant's ability to fairly and impartially serve as a Director. For example, an applicant could be disqualified to serve under these circumstances, among others:

- (i) An applicant should not be a current GCRC employee, or have been employed by GCRC within the past 12 months, which includes employment by any of GCRC's business enterprises.
- (ii) An applicant should not have an immediate family member who has made more than \$50,000 in compensation from GCRC in any 12-month period within the past three years. "Immediate family members" include spouses, parents, children, siblings, mothers and fathers-in-law, sons and daughters-in-law, brothers and sisters-in-law, and anyone else who shares your home.

PLEASE NOTE: All applications must be submitted via a separate sealed envelope or emailed to:

Steve.Malin@grandcanyonresort.com

Send a letter of interest and resume to:
Grand Canyon Resort Corporation
Attn: Steve Malin, Interim CEO
P.O. Box 359
Peach Springs, AZ 86434

All applicants will be required to undergo a thorough background investigation and pass a drug screening. All applications must be received by December 1, 2014 by 5pm.

GCRC Request For Proposals for Catering • Due Monday, December 1st

Submitted by: Brenna Powskey-Beecher | Grand Canyon Resort Corporation



**REQUEST FOR PROPOSALS
“Catering”**

Grand Canyon Resort Corporation is soliciting proposals from qualified organization(s) to ensure high quality standards for lunch, speed of services, and guest satisfaction for the upcoming event listed below. If interested, please provide a full detailed proposal with menu items listed. The selected organization is expected to provide full catering services i.e. prepare meal, prepare plates, serve and wait on our guests as well as ensure quality clean up.

GCRC will provide the tableware and utensils.

QUALIFICATIONS:

Current Food Handlers Card
Preference given to Hualapai Tribal members

MENU:

Mashed potatoes and gravy, corn, beans, tortillas, coleslaw, tea, punch and dessert
(Main course will be provided by GCRC)

Venue: ELDERLY CHRISTMAS EVENT

GCRC is expecting up to 150 guests in attendance
December 18, 2014 @ 11:30 a.m. – 1:30 p.m.
Hualapai Gymnasium, Peach Springs, AZ

PROPOSAL DUE

December 1, 2014
12 PM MST

ADDRESS:

P.O. Box 359/16500 Hwy 66
Peach Springs, AZ 86434

Please submit as a Sealed Bid
All proposals will be publicly opened at 2:00 p.m. December 1, 2014

Please call (928) 769-2419 with questions directed to Cydnie Crook - ext. 157, Brenna Beecher - ext. 149,
or Paula Walker - ext. 148

Christmas Tree Lighting • Wednesday, December 3rd

Submitted by: From the CHR Desk | Hualapai Health & Wellness

Christmas Tree Lighting

December 3rd @ 6:00PM

At

Route 66 Park

MUSIC

CHRISTMAS TREE

CELEBRATE

CHRISTMAS

COOKIES

PICTURES

COMMUNITY

HOT CHOCOLATE

GIFTS

PHONE: 928-769-2207

EMAIL:

bwbender@hualapaitribe.org

Any questions contact
Brook Bender or Elena Crozier

Christmas Department Decorating • Enter by Tuesday, December 16th
Submitted by: From the CHR Desk | Hualapai Health & Wellness



Christmas Department Decorating

Enter by December 16, 2014

Judging on December 17, 2014

@ 6:00PM

Only exterior decorating and window display will be judged.

Certificates and prizes will be given to 1st, 2nd, and 3rd place.

All winners will receive 2 Starbucks Travels with coffee additions and pastries for the office to share.

Email entries to:

bwbender@hualapaitribe.org

Or call

928-769-2207

Community Home Decorating • Tuesday, December 16th

Submitted by: From the CHR Desk | Hualapai Health & Wellness



Home Decorating

Enter by December 16, 2014 @ 5:00pm

Judging on December 17th @ 5:00pm

1st Prize \$100 gift card

2nd Prize \$75 gift card

3rd Prize \$50 gift card

Name: _____

Address: _____

Phone #: _____

Drop entries off at the

Hualapai Health Education & Wellness

Questions or Concerns contact Brook (928) 769-2207

Request for Bids • Mandatory Pre-Bid Conference on Tuesday, December 2nd

Submitted by: Kevin Davidson | Hualapai Planning Department

Construction of Youth Camp Bunk House, Pavilion and Restrooms

BID # 1082702GC

The Hualapai Indian Nation is requesting bids for a General Contractor for the construction of three buildings at the Hualapai Youth Camp, located in Coconino County, AZ on the Hualapai Indian Reservation. The buildings include: (1.) a 5,966 s.f. Bunkhouse/Dining Hall, (2.) a 3,645 s.f. indoor/outdoor Pavilion Meeting structure, and (3.) a 1,610 s.f. Laundry/Restroom facility, together with associated site improvements. Bids will be accepted from both Indian-owned and other firms for this project. Bids will be due on December 18, 2014.

A mandatory Pre-Bid Conference will be held at 10:00 AM on December 2, 2014, in the Council Chambers of the Hualapai Administration Building, located at 941 Hualapai Way, Peach Springs, AZ 86434. A visit to the site will also take place following the meeting in the Council Chambers.

The work to be performed under this contract is subject to Section 7(b) of the Indian Self-Determination and Education Assistance Act (25 U.S.C. 450b). A 5% bid preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises. Bid documents can be downloaded through the following link: <https://dl.dropboxusercontent.com/u/21441131/1082702GC%20Bid%20Documents.zip>

If the hyperlink does not work, please copy the link and paste it into the address bar of an internet browser. The zipped folder, containing the bidding documents, is 67 megabytes in size and download time will depend on your internet speed.

Please contact me if you have any questions.

Respectfully,
Matthew Utyro
UrbanTech Ltd.
602-678-0533



Hualapai Long Range Transportation Plan

Submitted by: Kevin Davidson | Hualapai Planning Department

Hualapai Long Range Transportation Plan

- The Hualapai Indian Tribe in collaboration with the Arizona Department of Transportation (ADOT) is updating the Tribe's long range transportation plan funded through ADOT's Planning Assistance for Rural Areas (PARA) program. The plan will provide recommendations to improve automobile, bus, bicycle, equestrian, pedestrian, aviation and marine transportation for the next five, 10 and 20 years. After a set of public meetings, the **Draft** Plan is ready to go before the Hualapai Tribal Council for review and possible approval.
- The Council will hear the **Draft** Plan at its December 8, 2014, Regular Council Meeting.
- The Plan is available at Public Services Department and the Planning Department for viewing and may also be viewed on-line at: www.azdot.gov/hualapai-lrtp



Holiday Light Parade • Wednesday, December 10th

Submitted by: Information Desk | Hualapai Tribal Administration

Holiday Light Parade

Wednesday Dec 10, 2014

1st, 2nd & 3rd Place Prizes

Parade Begins: 6:30 PM

SPECIAL SERVICES TEAM
Grand Marshal TBA

OPEN TO COMMUNITY, DEPARTMENTS & SURROUNDING AREAS!

Parade Route: Top of High View down to Diamond Creek Road and end at Route 66 Park, with Hot Chocolate to be served.

Complements of Diamond Creek Restaurant.



For Parade info contact Vensi at Hualapai Youth Services 928-769-2207 ext 239

Arizona State Notary • Tasha P. Havatone

Submitted by: Tasha Havatone | Hualapai Adult Detention Center Administrative Assistant

Tasha P. Havatone, Arizona State Notary



Located: Hualapai Adult Detention Center
Phone #: 928.769.2345

Notary Services Provided:

Dates: Monday -to- Friday

Times: 9:00 AM to 4:00 PM



- I am not an attorney. Sometimes I talk like one or what I believe an attorney sounds like. I've met some attorneys and am also friends with some. They are essentially good people who try hard and have good intentions. Their primary job is to avoid risk but they are not always right.
- What I'm going to say today is totally my opinion. It is based on experience (20+ years) and knowledge gained from making mistakes. Should you have a situation, you may ask me. But at the end of the day, you need to talk to an attorney. They are licensed to give legal advice and I am not.

**Please call ahead of time to assure that I am on-site prior to your arrival to my location. Thank you. ☺*

Public Notice Post: October 29, 2014 *T.P.H.*

Diamond Creek Restaurant • Winter Hours Start Saturday, November 22nd
Submitted by: Brandi Lindemuth | Restaurant Manager

Attention Valued Guests,

DIAMOND CREEK RESTAURANT
WE WILL BE GOING TO WINTER HOURS
BEGINNING

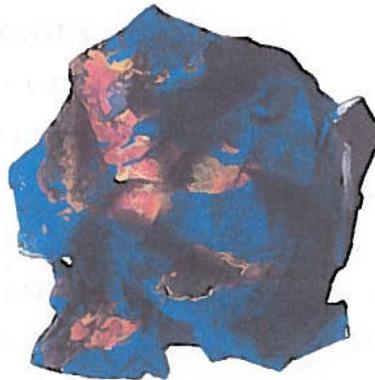
SATURDAY, NOVEMBER 22ND

6:30am – 8:30pm Daily

THANK YOU

Hualapai Recycle Program Announcement
Submitted by: Kateri Watahomigie | Public Works Department

**YOU COULD BE
THROWING AWAY
MORE THAN YOU
REALIZE**



THESE ITEMS ARE RECYCLABLE
PLEASE BRING IN ANY UNWANTED ITEMS TO:

Transfer & Recycling Center
(1134 Mesa View Dr.)



ROBIN'S SALON

ROBIN'S SALON HAS BEEN A GREAT ADDITION TO THE HUALAPAI COMMUNITY AND IS HERE TO SUPPORT THE HUALAPAI PEOPLE. PLEASE FEEL FREE TO CALL AND MAKE AN APPOINTMENT OR JUST DROP BY AS A WALK IN AND ROBIN WILL BE HAPPY TO HELP YOU OUT. YOU CAN CALL 928-234-5944 OR DROP BY AT 887 HIGHWAY 66 SUITE C LOCATED NEXT TO THE HUALAPAI MARKET.

PLEASE SEE SOME OF THE PRICES LISTED BELOW:

- LADIES REGULAR HAIR CUT \$12.00 and up
- CHILDREN/MENS HAIR CUTS \$12.00
- COLOR \$30.00 and up
- HI-LITES \$35.00 and up
- PERMS \$45.00 and up
- COLOR CORRECTIONS \$60.00 and up
- EYE BROW WAXING \$10.00
- PEDI CURE \$20.00
- MANI CURE \$12.00
- SHAMPOO AND STYLE \$15.00 and up
- FLAT IRON \$40.00 and up
- BRAIDS/CORN ROLL \$20.00 and up
- CHEMICAL RELAXERS \$65.00 and up

Education & Training Information

Superintendent's Super Stars • November 13th

Submitted by: Connie Hunter | Peach Springs Elementary School Secretary

Superintendent Super Stars

November 13, 2014

Kindergarten ★ Mrs. Colbert

AM – Demario Talieje
PM – Emery Jackson

1st Grade ★ Ms. Cho

Mary Edith Susanyatame

1st grade ★ Ms. Brinkman

Tatum Havatone

2nd Grade ★ Mrs. Karabinis

Lonewolf Havatone

2nd Grade ★ Ms. Monsen

Orion Holmes

3rd Grade ★ Mr. Hunter

Braeden Bender

4th Grade ★ Mrs. Davis

Angelique Jackson

5th Grade ★ Mrs. Fox

Taylariesa Siyuja

5th Grade ★ Mrs. Canto

Thane Powskey

6th Grade ★ Mr. Wagner

Ruby Wellington Powsey

7th Grade ★ Ms. Lucas

Taylaquay Marshall

8th Grade ★ Ms. Adams

Ahmad Warbington

PE ★ Ms. Schifano

Nakita Lewis

Art ★ Ms. Thomas

DeAndre Lewis

ESP ★ Mr. St. Clair

Maggie Sullivan

December Fresh Fruit and Vegetable Program

Submitted by: Connie Hunter | Peach Springs Elementary School Secretary

December Fresh fruit and Vegetable Program



Wednesday	Thursday
3 Fruit - Crimson sweet crab apples Vegetable - zucchini sticks	4 Fruit - Crimson sweet crab apples Vegetable - zucchini sticks
10 Fruit - sutsuma tangerines Vegetable - Tri color peeled carrots	11 Fruit - sutsuma tangerines Vegetable - Tri color peeled carrots
17 Fruit - Blood oranges Vegetable - Heirloom tomatoes	18 Fruit - Blood oranges Vegetable - Heirloom tomatoes

We welcome parents/guardians to come in and learn all about our fruits and vegetables!!!
Veggies and fruit are introduced during health class.



After school tutoring/PRIDE program

Monday	Tuesday	Wednesday
1 Teddy grams Any fruit available milk	2 Cooks choice	3 Pop tarts ½ apples Milk
8 Muffins, diced fruit Milk	9 Carrots with ranch Wheat crackers, milk	10 Apple slices, peanuts butter, milk
15 Cheese pretzels, fruit, milk	16 PBJ, fruit, milk	17 Cooks choice

December Fresh Fruit and Vegetable Program
 Submitted by: *Connie Hunter* | *Peach Springs Elementary School Secretary*

December Menu

Monday	Tuesday	Wednesday	Thursday
1 Breakfast Cream of wheat, Wheat toast, peaches <u>Lunch</u> Tamale Pie, cheese cubes, Salad, fruit cocktail	2 Breakfast Pancake on a stick, plums <u>Lunch</u> Chicken a La King, wheat roll, Broccoli spears, pears	3 Breakfast Cheese crisp, apple slices <u>Lunch</u> Egg Salad sandwich on Wheat bread, vegetable soup, cucumber slices, Multigrain chips, banana	4 Breakfast French toast, sausage, melon mix <u>Lunch</u> Spaghetti, meat sauce, corn, Wheat bread stick, oranges
8 Breakfast Omelet, wheat toast, sliced ham, diced pears <u>Lunch</u> Mac N' Cheese, wheat buns, hot dogs, green beans, banana	9 Breakfast Manager's Choice <u>Lunch</u> Bean Burrito, Spanish rice, green salad, salsa, melon mix	10 Breakfast Golden apple oatmeal, ww toast, grape juice <u>Lunch</u> Manager's Choice	11 Breakfast Cold cereal, berries, English muffin <u>Lunch</u> Toasted cheese sandwich, Tomato soup, celery stick, peaches
15 Breakfast Excellent Egg Tacos, apple juice <u>Lunch</u> Chili, corn bread, green salad, Shredded cheese, pineapple tidbits	16 Breakfast With Santa Boiled egg, sausage gravy, biscuit, orange slices <u>Lunch</u> Chicken salad sandwich, spinach leaves, tomato slices, multigrain chips, diced pears	17 Breakfast Pop tart, string cheese, fresh apple slices <u>Lunch</u> Nacho's with ground beef topping, salsa, vegetable toppings, fresh kiwi	18 Breakfast Manager's Choice <u>Christmas Lunch</u> Turkey, stuffing, mashed potatoes, rolls, mixed veggies Pumpkin pie!
Winter Break December 22 nd through January 2nd 2015 Happy New Year Regular school resumes on Monday, January 5 th			
<p align="center"><i>Breakfast costs - \$1.00 Lunch costs - \$3.50</i></p> <p align="center">We offer two varieties of milk daily as follows:</p> <ul style="list-style-type: none"> Monday – regular milk and chocolate milk Tuesday – regular milk and strawberry milk Wednesday – regular milk and chocolate milk Thursday – regular milk and strawberry milk <p align="center"><i>"This Institution is an equal opportunity provider."</i></p>			

Health & Safety Information

Walk-In Flu Clinic Only
Submitted by: IHS Peach Springs Health Center

I. H. S. Patients WALK-IN FLU CLINIC ONLY

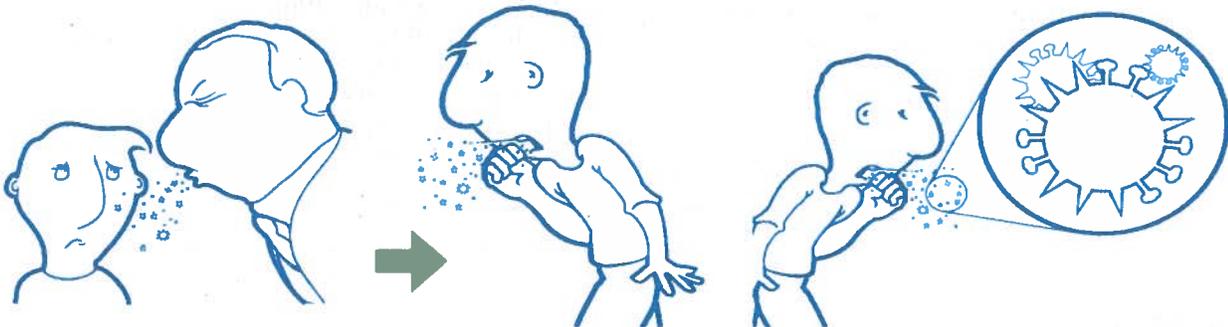
Thursday, 11/20 8a-10a

Thursday, 12/4 8a-10a

Thursday, 12/11 8a-10a

Thursday, 12/18 8a-10a

- Protect yourself, protect others - Get a flu vaccine every year.
- Prevent the spread of germs - Cover coughs & sneezes.



IHS - Peach Springs Health Center

PO BOX 190 ~ Peach Springs, AZ 86434
Phone: 928-769-2900 ~ Fax: 928-769-2701

Cirrhosis • Lifestyle and Home Remedies

Submitted by: CHR Desk | Health & Wellness Department | Mayo Clinic Staff

If you have cirrhosis, be careful to limit additional liver damage:

- **Don't drink alcohol.** Whether your cirrhosis was caused by chronic alcohol use or another disease, avoid alcohol. Drinking alcohol may cause further liver damage.
- **Eat a low-sodium diet.** Excess salt can cause your body to retain fluids, worsening swelling in your abdomen and legs. Use herbs for seasoning your food, rather than salt. Choose prepared foods that are low in sodium.
- **Eat a healthy diet.** People with cirrhosis can experience malnutrition. Combat this with a healthy plant-based diet that includes a variety of fruits and vegetables. Choose lean protein, such as legumes, poultry or fish. Avoid raw seafood.
- **Avoid infections.** Cirrhosis makes it more difficult for you to fight off infections. Protect yourself by avoiding people who are sick and washing your hands frequently. Get vaccinated for hepatitis A and B, influenza, and pneumonia.
- **Use over-the-counter medications carefully.** Cirrhosis makes it more difficult for your liver to process drugs. For this reason ask your doctor before taking any medications, including nonprescription drugs. Avoid drugs such as aspirin and ibuprofen (Advil, Motrin IB). If you have liver damage, your doctor may recommend you avoid acetaminophen (Tylenol, others) or take it in low doses for pain relief.

Visit Mayoclinic.org for more information or consult with your physician for further information.

White Bison's Philosophy

Submitted by: Margaret Vaughn | Hualapai Tribal Court, Probation Division | White Bison, Inc.

White Bison, Inc., is an American Indian non-profit organization

We believe...

- Mother Earth is governed by a set of Principles, Laws and Values
- Leadership exists to serve the people first
- Leadership's existence is to ensure that information (Truth) is given to the people
- Changes are the result of implementing Natural laws
- All Native people believe in a Supreme Being
- In the Elders and teachings as a guiding force to direct ourselves, families and communities
- That there is a natural order running the universe
- That our traditional ways were knowledgeable about the natural order
- When the community leads, the leader will follow
- Alcohol and drugs are destroying us and we want to recover
- That change comes from within the individual, the family and the community
- That within each person, family, and community is the innate knowledge for well-being
- The solution resides within each community
- Interconnectedness - It takes everyone to heal the community
- Healing will take place through the application of cultural and spiritual knowledge
- Alcohol is a symptom... not the cause, drugs are a symptom... not the cause, Domestic Violence is a symptom... not the cause. To "heal a community" it needs to deal with the cause
- That the Circle and the Four Directions are the teachers
- In the Four Laws of Change
 1. Change is from within
 2. In order for development to occur, it must be preceded by a vision
 3. A great learning must take place
 4. You must create a Healing Forest
- OUR CULTURE IS PREVENTION

Grilled Vegetables • Recipe Courtesy of Giada De Laurentiis

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



Total Time: 40 minutes
Prep: 15 minutes
Cook: 25 minutes

Yield: 6 servings
Level: Easy

Next page ⇨

Ingredients:

- 3 red bell peppers, seeded and halved
- 3 yellow squash (about 1 pound total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 zucchini (about 12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 Japanese eggplant (12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 12 cremini mushrooms
- 1 bunch (1-pound) asparagus, trimmed

- 12 green onions, roots cut off
- 1/4 cup plus 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh Italian parsley leaves
- 1 teaspoon chopped fresh basil leaves

Directions:

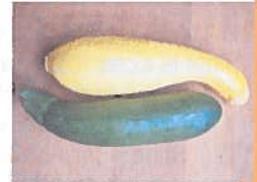
Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Brush the vegetables with 1/4 cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.

Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend. Add salt and pepper to taste. Drizzle the herb mixture over the vegetables. Serve the vegetables, warm or at room temperature.

Fall Food Ideas • Squash is the Answer to Your Problems

Submitted by: Karen Hays | Hualapai Healthy Heart Program | www.abc15.com

How fantastic are fall and winter squash? They're packed to the gills with antioxidants, dietary fiber, Vitamin A and carotenes, fill you up for just a few calories, and can be prepared in approximately seventy billion ways, from sweet to savory. Plus they're in season right this very second, generally cheap as the dickens, and add glorious color and fabulous flavor to your holiday feasts. But how do you tackle the beast? Butternut squash can be unwieldy to butcher, some varieties like turban, hubbard and kabocha look all gnarled and knobbly and scary, and how the heck do you cook them?



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

BUYING AND STORING

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

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

PREPARING

Butternut squash presents a particular challenge because of its oblong shape. To halve it, slice off the top and the bottom so it sits flat on a secured cutting board. Rest it on the widest end, and using a heavy knife, slice down vertically. If you face resistance, use a mallet - ideally rubber - to tap gently on the tops of both sides of the blade. Work as slowly as you need to.

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

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

TO PEEL OR NOT TO PEEL?

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

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

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

COOKING METHODS

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

HALVED, ROASTED SQUASH ON THE SAVORY SIDE

This works especially well with butternut and delicata squash.

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

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

HALVED, ROASTED SQUASH ON THE SWEET SIDE

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

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

CUBED OR SLICED ROASTED SQUASH

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

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

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

MASHED OR PUREED SQUASH

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

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

Submitted by: Karen Hays | Hualapai Healthy Heart Program

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

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

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

Special meal: _____ Date: _____

- 1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
 YES! I can! YES! I did it!
- 2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
 YES! I can! YES! I did it!
- 3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.
 YES! I can! YES! I did it!
- 4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.
 YES! I can! YES! I did it!
- 5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.
 YES! I can! YES! I did it!
- 6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.
 YES! I can! YES! I did it!
- 7 If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.
 YES! I can! YES! I did it!
- 8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.
 YES! I can! YES! I did it!
- 9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.
 YES! I can! YES! I did it!
- 10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!
 YES! I can! YES! I did it!



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Three Simple Steps to Eating More Fruits and Vegetables

Submitted by: Karen Hays | Hualapai Healthy Heart Program

Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

1

Find out how many fruits and vegetables you need to eat every day.

Women		
AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



Men		
AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups



Girls		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups



Boys		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups



These amounts are for less active people. To see the amounts needed by more active people, visit 5aday.gov.

2

Learn what 1 cup and 1/2 a cup look like.

EACH COUNTS AS 1 CUP		EACH COUNTS AS 1/2 CUP	
	1 large orange		16 grapes
	1 large ear of corn		6 baby carrots
	1 large sweet potato		4 large strawberries

For more examples, visit 5aday.gov.



Three Simple Steps to Eating More Fruits and Vegetables (Continued)

Submitted by: Karen Hays | Hualapai Healthy Heart Program



3 See how you can add fruits and vegetables into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.	
SNACK	Grab a piece of fruit.	
LUNCH	Eat a big salad.	
SNACK	Choose raw vegetables as an afternoon snack.	
DINNER	Have two vegetables with dinner and eat fruit for dessert.	

TIPS Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

For breakfast:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.

For snacks:

- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."

For lunch and dinner:

- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.



