

Newsletter of the Hualapai Tribe

GAMYU

Issue #13



Friday, June 19, 2015



Mohave County Public Works: Structural Resurfacing Work

Submitted by: Philbert Watahomigie, Jr., Hualapai Public Works



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Michael P. Hendrix, P.E.
County Administrator
County Engineer

FOR IMMEDIATE RELEASE: June 9, 2015

PIERCE FERRY ROAD FROM STATE ROUTE 93 TO DOLAN SPRINGS MILE POST 7.3 STRUCTURAL RESURFACING WORK TO COMMENCE ON MONDAY, JUNE 23RD

Mohave County, in conjunction with Cactus Asphalt, will be performing structural pavement resurfacing on approximately 7.3 miles of Pierce Ferry Road in connection with the County's internationally recognized Capital Pavement Preservation Program. The Work provides a durable pavement structural resurfacing, through a proven and innovative Polymer Modified Asphalt Rubber (PMAR) binder surface treatment known as Fractured Aggregate Surface Treatment (FAST) configured for high volume roads. A FAST bituminous surface composed of a single application of PMAR binder material and pre-coated aggregate form the pavement surface preservation treatment. Such treatments act as a stress absorbing membrane to limit proliferation of reflective cracking from the underlying pavement surface layer, resist water infiltration into the pavement structure base and/or subgrade and maintain a longer surface life than conventional chip seal applications. As an interesting side note, approximately 8100 used tires collected in Mohave County will be used for the crumb rubber ingredient in the binder on this Mohave County road.

Cactus Asphalt will begin work on June 23, 2015 and anticipates completion on or about June 30, 2015. Work hours will be 6:00 a.m. to 5:00 p.m., weekdays only.

Project extents:

- Pierce Ferry Road – Intersection of State Route 93 to the edge of north and south turning aprons of Thirteenth Street (MP 7.3)

Motorists traveling through the Project area should expect delays of less than 10 minutes. A pilot car and flagmen will be utilized to provide maintenance and protection of traffic through the work zone and maintain single-lane roadway operations on Pierce Ferry Road.

For additional information, contact Jed Noble, P.E. at the Mohave County Public Works Department Engineering Division at (928)757-0910 or Jed.Noble@mohavecounty.us



Due to a mechanical failure in the email server, the Hualapai-nsn.gov email is currently down. The IT department is working on it and will get it back up as soon as the server can be repaired or replaced.

Sorry for the inconvenience.

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Engineering • Survey • Roads
Improvement Districts • Water Systems



Traffic Control • Fleet Service
Parks • Facilities Maintenance

Dear Community Members and Medicine Walk
Submitted by: Dr. Robyn Purdum, Hualapai Tribal Health Advisory Board

June 10, 2015

Dear Community Members,

We have had some very good beginnings here in the past few weeks. Our tribal council, behavioral health department and the health board have worked together to bring expert people into the community to help us better serve. We need everyone to step up and do your part to help our fellow human beings. Reach out to others and let them know you care, learn the signs of suicide, be kind to others, be kind to yourself, and know we are all here for a reason. No one is an accident! We need your help too.



According to Native American clinical psychologist, Jane Middleton-Moz, M.S., CCDC, the 5 leading causes of youth suicides and attempts are:

1. Abandonment and Neglect
2. Sexual Abuse
3. Bullying
4. Sexual orientation
5. Prior suicides or deaths that have not been resolved

Ms. Middleton-Moz is an internationally known speaker and author with over thirty-five years of experience in consultation, training and community intervention. She has served on the Board of NACOA (National Association of Children of Alcoholics) and the Advisory Board of NANACOA (National Association of Native American Children of Alcoholics) and has been awarded the distinction and title of "Honorary Witness for the Truth and Reconciliation Committee of Canada." She has a Master's degree in Clinical Psychology and has held numerous direct service, management and executive positions in large non-profit corporations and community agencies.

Hankyu,

Dr. Robyn Purdum B.S., D.C., Ph.C.

(929)769-6083

All One People Chiropractic, Inc.

Hualapai Tribal Health Advisory Board Chairwoman

Madgiv vo:jk Medicine Walk

When: Friday June 26th 2015

Time: 5:00am-7:00AM

Prayer: Hualapai Elders

Look for the big yellow canopy.

Route: We will meet in front of the multipurpose building. We will finish at the multipurpose building. A time of sharing will be encouraged after the walk. This will be our 4th walk.



Purpose:

Our purpose for this Medicine Prayer Walk is to bless, purify and protect our Hualapai People with our sage medicine, bringing back those good feelings to promote safety and serenity within our community.

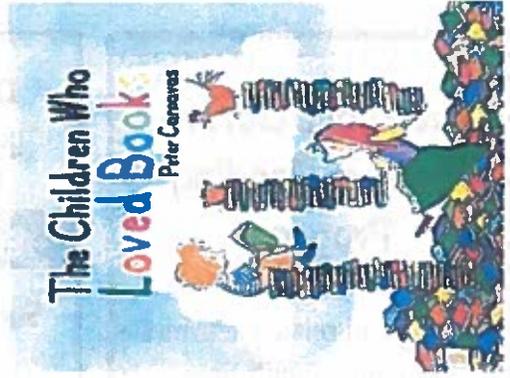
Everyone is encouraged to participate!

This event is brought to you by your Hualapai Tribal Council and your Hualapai Tribal Health Advisory Board Chairwoman

Summer Reading and Book Club
Submitted by: Barbara Tinhorn

Summer Reading/ Book Club

COME AND LISTEN TO MS. TINHORN READ EVERY TUESDAY @ 10:00AM. OLDER KIDS JOIN THE SUMMER BOOK CLUB. HOW MANY BOOKS CAN YOU GET AT THE END OF THE SUMMER? READING STARTS TUESDAY JUNE 16TH 2015 @ TRAINING CENTER LIBRARY. SEE YOU THERE!!



**BOYS & GIRLS CLUB
OF PEACH SPRINGS**

Summer Reading &

Book Club

Come and listen to Ms. Tinhorn read every Monday @ 9:00 a.m. older kids come and join the summer book club. How many books can you read by the end of the summer?

Reading starts Monday, June 15, 2015 @ the Boys & Girls Club.

Hope to see you there!!!



EDUCATION & TRAINING

Tinhorn Corner
 Submitted by: Barbara Tinhorn

Reading Is a Family Affair

The Public Library Summer Reading Program

is a fun way to include reading and related activities in summer family time. It helps children maintain and improve reading skills.

One great way to keep your children reading is to have them join the

Every Hero Has a Story

Summer Reading Program
 at
Training Center (10am)
on Tuesdays



Reading expert Stephen Krashen says:

- Children read more when they listen to and discuss books.
- Reading skills grow by reading.
- Reading helps improve children's writing.

During the summer months:

- Read to young children daily.
- Read a chapter book to your school-age children by reading aloud one or two chapters every day.
- Encourage your children to spend time reading and looking at books.
- Talk with your children about what they are reading.
- Ask your library about programs for children.



Hualapai Head Start
 Submitted by: Jennifer Begaye



Hualapai Head Start 2015-2016 Recruitment

Is your child turning age 3? Head Start is enrolling for school year 2015-16. Applications are available at the Head Start. Please come by!

The following should be attached to your completed and signed application:

- Official Birth Certificate
- CIB
- Social Security Card
- Verification of Income
- Medical Insurance Card
- Up-to-date Immunizations
- Legal Guardianship Documents (if applicable)

If you have any questions, please call Jennifer Begaye at 769-2522 or come by.

Thank you,
 Jennifer Begaye, Director
 Hualapai Head Start Program



Seligman Unified School District Accepting Open Enrollment Applications
Submitted by: Sherri James, Seligman Unified School District #40

J-1081

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JFB-E

EXHIBIT

**2015-2016
OPEN ENROLLMENT
ATTENDANCE APPLICATION**

File this application at the School District Office

Student's name _____
Last First M.I.

Current grade _____ Birth date _____ Home phone _____

Work phone _____ Message phone _____

Parent's name _____
Last First M.I.

Home address _____
Street City Zip

E-mail address _____

The above-named student: resides outside the School District; or
 resides within the School District

Present school of attendance

School _____ District _____

City _____ County _____

Request assignment to _____ School

Is the above-named student:

Yes No Expelled or long-term suspended from any school or school district?

Yes No Currently subject to expulsion or long-term suspension from a school or school district?

Yes No N/A In compliance with conditions imposed by a juvenile court?

Yes No N/A In compliance with a condition of disciplinary action in any school or school district?

J-1081

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JFB-E

EXHIBIT

Note: The following conditions apply to the open-enrollment program:

1. An attendance application must be completed and submitted on or before June 1.
2. Enrollment is subject to the capacity limit established for the school and/or its grade levels.
3. On or before August 1, the parent or legal guardian will be notified in writing whether the application has been accepted, rejected, or placed on a waiting list.
4. Transportation for the student may be the responsibility of the parent or legal guardian.
5. Providing false information on this form may result in the application being denied or admission being revoked.

The signatory affirms that the student will abide by the rules, standards, and policies of the school and the District if enrolled.

Signature of Parent or Legal Guardian

Date

FOR DISTRICT USE ONLY • DO NOT WRITE BELOW THIS LINE

Student number _____ Date stamp _____
Filing Date

Accepted Placed on waiting list Principal _____
Date

Rejected - Reason for rejection _____

Copies sent by school to applicant and Superintendent's office.

Date sent _____

Growing Our Own: The GCRC Leadership Program from *Mu Gwawa* Newsletter

Submitted by: April Tinhorn, Tinhorn Consulting

[GROWING OUR OWN:]

THE GCRC LEADERSHIP PROGRAM

An internship is a formal opportunity for a person to gain professional experience in a work environment. The Grand Canyon Resort Corporation (GCRC) Leadership Program kicked-off in 2014 with its first class of interns. The two-year program consists of (8) three-month rotations through the different departments of the corporation while simultaneously completing college and Hualapai cultural classes. Two interns, Chris Novak and Dawn Rocha, reflect and share what being a GCRC Leadership intern means to them after finishing half of their leadership program.

Chris Novak, Hualapai, was a food and beverage supervisor at Grand Canyon West. He was searching for something more when he applied for, and was accepted into, the GCRC Leadership Program.

CN: None of us knew what we were getting ourselves into. At first, we were quiet, because we knew of each other, but we didn't know each other, you know? Family traumas are a commonality between us. These traumas molded us, but we are choosing to turn them into something more positive.

AT: What have you learned so far?

CN: Experience, trust, and love. Love and trust were built in each department. Being a security intern was very different than being a supervisor. I learned not to judge a book by its cover. I give security props as they are great at keeping things confidential and calm, while still give great customer service. In accounting, they're held to a high standard and must keep things confidential. In the gift shop, I was able to work with Ms. Majenty. She is highly professional, treated employees well, didn't take sides, kept track of everything, and remained positive. She showed me how to be a good manager. In marketing, it's 24x7!

I am thankful for the leadership program and the great managers. I've folded t-shirts, I've escorted people through the rain, and I've gone above and beyond to meet customer expectations as an intern. At the end of the day, it's all for the tribe.

AT: What type of training do interns receive?

CN: Every Monday and Tuesday we are in Mohave Community College classes. I look forward to being uplifted at Friday's cultural training at the Cultural Department. The Hualapai elders remind us to be grateful for everything from the clothes on our backs to the new technology we have. We make gourds, cradles, and dolls. I love learning the language. It's not hard; it just takes lots of time and practice. When you do something old school, like the struggle of making a drum, it makes you appreciate it.

AT: Why do you do it?

CN: My motivation is big. I do it for my family, my community, my daughter, but most of all for me. I credit my daughter for making me grow up. I look forward to the experience, the trials and errors, friendships, and college. The plan is for us to gain all this experience to become assistant managers. My goal is to be a supervisor or join the Navy Seals.

AT: Any advice to future interns?

CN: To everyone in the community, give it your all! The only thing holding you back is fear. Always give it your all. Every rainy day has a rainbow. You live, you learn.



Like this cradleboard made during cultural class by Chris, the interns are a work in progress as they are half way through their leadership program experience.

SKY | EARTH | WATER



The Inaugural GCRC Leadership Class:

1. Creedence Honga
2. Ventura Hunter
3. Lana Lee
4. Luka Montana
5. Cotton Munoz
6. Heather Nieto
7. Christopher Novak
8. Janice Querta
9. Dawn Rocha
10. Adam Watahomigie
11. Latisha Weaver

Dawn Rocha is a former Miss Hualapai. She was an employee in the GCRC Accounts Receivable department and her next promotion eluded her due to a lack of education and experience. She was ready for change and liked new things so she applied for the GCRC Leadership Program.

AT: What Have You Learned So Far?

DR: One of our instructors made these three observations about our class: 1- we're for the People; 2- we want change for children; and 3- we have a different outlook on how we can provide. Growing up on the rez, I've always heard negative things. Haguys did this and that to us. Why has it been like this for so long? Negative things happened, but how can we change our biases and accept all races? I want to change these negatives into positives for our kids.

While at the Skywalk, I learned employee relations and office management skills from two totally different managers. Security looks out for the well being of the people, the land, and everything.

AT: What does leadership mean to you?

DR: It not only means to lead by example, but to also understand others and adjust accordingly. Leaders move forward, help guide, and are involved.

AT: Why do you do it?

DR: I was raised no one is better. You are all equal. That's what I'm teaching my eight year old. My intentions are to finish college and to be an assistant manager.

AT: Any advice for future interns?

DR: Go for it! This is an opportunity of a lifetime. It's a chance to show your knowledge, ambition, and dedication to the corporation.



"I can see the change in myself as the leader with prayer with all of the changes in my spiritual life and in my life. It makes it easier for me to look at things in a different way."

Dawn Rocha • GCRC Leadership Program Intern



HEALTH & SAFETY INFORMATION

Free Spinal Screening • Friday, June 19th
Submitted by: *Dr. Robyn Purdum, All One People Chiropractic, Inc.*

Free Spinal Screening

Get your spine checked by Dr. Purdum to see if Chiropractic can help you live a healthier life, naturally.

When: Friday June 19th, 2015

Where: 4th Annual Hualapai Housing Fair at the Tribal Gym

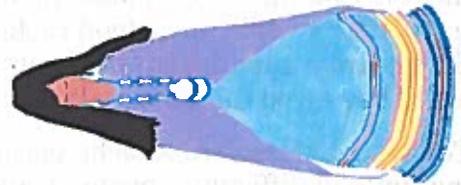
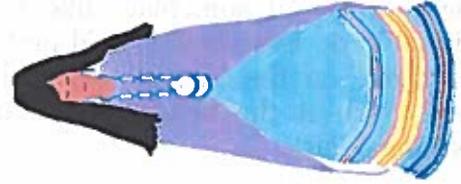
Time: 9:00am



(928) 769-6083 Dr. Purdum's number

Chiropractic treatments can help you with things like:

- Arthritis
- Headaches
- Aches and Pains
- Sports Performance
- Improved Muscle strength
- Depression & Fatigue
- Vertigo
- Ear Infections and Sinus
- Allergies
- And Lots more!!!



Maternal Child Health Screening • Wednesday, June 24th
Submitted by: *Vivian Parker, Maternal Child Health*

Do you know how well your child is developing?

No waiting in line

No appointments

Free!



June 24, 2015

Hualapai Health – Education & Wellness Center

Large Conference room

12:00pm – 1:00pm

Maternal Child Health is screening infants or young children at the age of five who are in need of further assessment to determine their growth development needs.

Come and find out where your child stands.

Only 25 minutes.

Lunch will be provided!

Free! Contact:
Maternal Child Health Coordinator
Vivian Parker
(928) 765-2727
Ext. 203

FIRST THINGS FIRST
Ready for School. Set for Life.

Native American Youth Face Higher Suicide Risk

Submitted by: Dr. Robyn Purdum | By: Laura Paskus & Bryant Furlow, New Mexico in Depth

Like most young people, Coloradas Mangas wonders about his future.

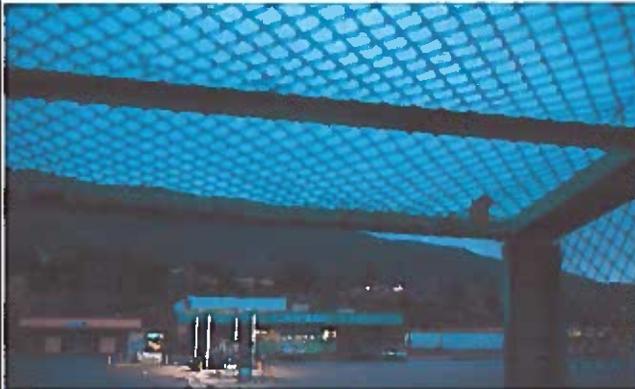
He imagines working as a museum curator or as a park ranger at someplace like Yellowstone National Park. Even better, he'd prefer to stay close to home on the Mescalero Apache Reservation and work at the nearby Guadalupe Mountains National Park.

It is autumn 2014. The late afternoon sun sets a grid of light on Mangas' face. With rectangular glasses and long black hair brushed out down his back, Mangas taps slim fingers against the surface of his desk, politely resigned to be talking with a reporter.

And so he begins a story about survival.

Long ago, in a cave within the Guadalupes, two boys hid from chaos. Fleeing from an ambush, the people couldn't bring along the boys, one lame and the other blind. They bundled them in the cave, with food to help them survive until it was safe to return. After a while, their food cache dwindled and the boys feared no one would come for them. Then they heard a sound from the back of the cave. Four deities emerged to stave off sickness, starvation, evil. They saved the boys, reuniting them with their people.

Today, the Mescalero Apache perform crown dances in honor of those spirits, Mangas explains, during times of difficulty, sorrow. Today is such a time, some say, as Native American youth in New Mexico are dying by suicide at an alarming rate.



The grocery store in Mescalero, seen from a walkway that crosses over U.S. Highway 70.

For years, Mangas has battled the sorrow. As a Ruidoso High School sophomore in 2010, he spoke against the silence and the stigma that surrounds youth suicide.

In the two years previous, groups of teens on the Navajo Nation and the Mescalero Apache reservation had died by suicide, news that made headlines. At the time, reports tallied nine deaths in the two communities. That spring, Mangas was one of several Native speakers to appear during a hearing of the U.S. Senate Committee on Indian Affairs, where he ticked off name after name of those who had died during his 16 years.

He testified about the night he checked his phone at a youth meeting of the Mescalero Reformed Church: "I got a message I never thought I would get, a text message from my friend saying she loved me and that I will always have a place in her heart," he said. He called the police, he said, but no one responded. So Mangas went to the forest and searched until midnight: "I looked everywhere, every tree, and I found her. It was a good thing I found her when I did. Otherwise, she would have been gone forever."

Mangas told the senators a boost in mental health services was needed. So was streamlined Medicaid approval for people who are referred to residential treatment centers. He wished the tribe would



Coloradas Mangas, who works in suicide prevention, stands silent atop a peak in the Sacramento Mountains overlooking the Mescalero Apache Reservation. Dec. 4, 2014, the day this photo was taken, was the first time he saw this view of his community.

build places where young people could hang out and have fun. And he called out Native people for their silence. "I am also from a new generation of young men and women who believe in breaking the silence and seeking help," Mangas told the committee. "I believe in change."

Higher suicide rates

Almost five years later, Mangas is still waiting. Employed part-time by Systems of Care – just a stone's throw from the squat Indian Health Services hospital that serves the reservation—he works with young people and their parents, talking about coping skills, drugs and alcohol, and suicide prevention. His work there isn't funded by the tribe, but through a federal grant and the University of New Mexico.

"It's not just Native people that face issues like this. Hispanic people face issues like this, Anglo-American people, African-American people – all these other ethnic groups face the same thing," Mangas says. "We need to work towards trying to prevent suicide for everybody's children."

Many experts echo his belief that all people face issues that could lead to suicide. But New Mexico's Native youth suicide rates are commonly more than twice as high as those seen in other ethnicities.

To complicate matters, accurately tracking those numbers has proved difficult. An analysis by New Mexico In Depth found that two databases maintained by separate state agencies have differing totals for Native American youth suicides.

According to New Mexico vital statistics data kept by the state Health Department, 201 Native Americans between the ages of 9 and 24 died by suicide in New Mexico between 1999 and 2013, the most recent year represented in the database. Meanwhile, the state's Office of the Medical Investigator (OMI) has records of only 161 investigated deaths of Native American youth between 2000 and 2014. New Mexico in Depth's analysis suggests something else, too: both databases underestimate the true number of Native lives lost to suicide. But without better data collection, no one can know the true extent of the problem – and young Native people across New Mexico will continue to die.

Many factors contribute to the apparent incompleteness of official statistics. Investigators from OMI lack jurisdiction on federal or sovereign tribal lands and can only investigate reservation deaths when tribal officials invite them to do so. On the Navajo Nation, which crosses four state borders, that means sometimes New Mexico might investigate deaths in Arizona. Even when tribal investigators ask OMI for help, families do not always cooperate. Suicide is stigmatized and taboo; some traditional Natives frown upon autopsies. Loved ones won't always disclose suicide notes to OMI investigators, who are often "outsiders" – Anglos or Hispanics from non-tribal communities.

Often, possible suicides are left unresolved with an "undetermined" cause of death, or they're categorized as accidents. Investigators' opinions about the manner of a death (such as suicide, homicide, or accident) aren't necessarily what's entered on a death certificate. Suicides recorded in the state Health Department's vital statistics database do not always appear in OMI records, and vice-versa. Studies also show that death certificates, and other government records, frequently misclassify Natives as Hispanic – particularly in urban areas.

The lack of solid data is even more complicated in places like Thoreau, N.M. and communities around it, where a patchwork of state, county, federal and tribal jurisdictions in the Navajo Nation's



A scene at the intersection of NM 371 and Borrego Pass Rd. north of Thoreau in November 2014. The 2010 suicide cluster claimed the lives of several people in Thoreau and surrounding, isolated villages like Prewitt and Smith Lake – communities separated by hundreds of square miles of desert, asphalt and sandstone cliffs.

“checkerboard” country prevents community members and health workers from knowing the exact numbers of suicides over time. The tribe has some numbers. State agencies have others. Other possible suicide deaths may be reported as “undetermined” or as accidents. Reviewing OMI records, New Mexico In Depth also found that Native communities have experienced suicide clusters – a series of two or more suicides in a given area over the course of a year or less.

The suicide clusters on the eastern Navajo Nation and the Mescalero Apache reservation made headlines in 2009 and 2010. But in a review of OMI death investigations conducted between 2000 and



A sign warns people to stay away as a freight train passes through Grants in November 2014.

2014, NMID also found evidence of possible Native youth suicide clusters in Gallup, Farmington, the Pueblo of Laguna, and on the Jicarilla Apache reservation.

Roots in Historical Trauma

The death of a young person is demoralizing – for families, peers, and communities as a whole. The loss of even one child – one future leader, spouse, parent, grandparent – can make a tiny tribe’s future less certain. A cluster of two or more suicides can devastate a generation.

So few Indigenous people remain today, that every young person is precious, says Corrine Sanchez, who grew up in the Pueblo of San Ildefonso. Sanchez is the executive director

of Tewa Women United, a nonprofit serving women and families in Española. The 2010 Census pegged San Ildefonso’s population at 527 – and that number includes non-Native people who live at the pueblo. The pueblos of Picuris and Pojoaque are even smaller. Even the Navajo Nation, the largest tribe in the southwestern United States, has a population of only about 298,000.

For years academics and public health professionals have used the term “historical trauma” to try to explain the plight of Native people when talking about issues like poverty and health care. Softening the hard truths that lie behind them, those two words can lose their effectiveness. But Sanchez knows their burden -- and she also knows how to explain historical trauma in a way that’s hard to forget. At her office in Española, Sanchez moves from behind her desk and pulls out Ziplock bags full of stones. Pebbles line the bottom of the first, snack-sized bag. She places it inside a larger bag with rocks the size of marbles. And on and on, each bag representing a generation. As the bags get bigger, so too, do the stones.

The rocks represent traumatic events, she says, ticking off the waves of conquest Native people suffered in New Mexico. First the Spanish conquest. Entire villages destroyed and some Native people enslaved. Then came the Mexican-American War; and later the U.S. Army. Even well into the 20th century, the U.S. government relocated or reorganized tribes. Many Native people left their home reservations and settled in cities, removed from their culture and language. According to the 2010 Census, 25,600 Native Americans live in Albuquerque, away from their homelands and kin.

And today, young Native Americans are still prey for the powerful -- whether the Catholic priests who allegedly abused children within the Gallup diocese, the men who beat Natives in border towns such as Grants or Farmington, or the schoolyard bullies who tease kids for being different. Each of these events – and so many more not recorded, often not even spoken of – has weighed down the hearts of generations upon generations of Native people in New Mexico, Sanchez says. And each has accelerated losses of culture and community connection. When recounting the traumatic events – from enslavement and conquest four hundred years ago to child sexual abuse within the last century’s boarding schools – Sanchez’s voice remains steady and even.

Finally, she heaves a gallon-sized bag full of stones onto the table. There's air within each of the sealed bags within sealed bags, Sanchez says. Those gases represent guilt, shame and anger. She explains that her parent's generation grew up with substance abuse and alcoholism. They lost their language. They also began losing memories of old stories and a sense of belonging.

"As we pass the bags along, the gas is sealed in — more and more — in each bag," she says. "People become overwhelmed. They have suicidal thoughts and problems like alcoholism." There is hope. But change requires hard work. People must work to heal themselves, she says. To open the bags. To release the anger, guilt, and shame. "We want to protect the most vulnerable, bring back the core values, and honor and strengthen women and children," she says. "We are ourselves. But we're made up of our past, and the choices we make will affect future generations. We need to think about our responsibility."

A concentration of risk factors

Over the course of almost two years, NMID reviewed OMI death investigation reports on 161 young Natives' suicides in New Mexico and on the Navajo Nation, including Navajo deaths that occurred across the Arizona border but were investigated by New Mexico OMI between 2000 and 2014. We compiled data from OMI investigators' reports into spreadsheets for analysis -- not to intrude on families' pain or to memorialize lost lives, but to search for clues about why rates are so high among these kids and to get a better sense of what might be done.

Those reports and interviews suggest a concentration of risk factors that lead to youth despair, traditions of silence, and unresolved grief that ripples through families and tight-knit communities, increasing the risk of additional suicide attempts and deaths. One recent study by public health researchers reveals the concentration of risk factors some youth are confronting. At a public health conference in Albuquerque last year, University of New Mexico researchers Dornell Pete and Kyle Smith presented a survey they'd administered to more than 1,300 Native Americans from seven New Mexico communities. The survey asked people about their exposure to adverse childhood experiences like problems with alcohol and physical violence at home, separated or divorced parents, a close family member serving time in jail, physical abuse, neglect, and sexual abuse.

The numbers were off the scale. Twenty-nine percent of those surveyed had been exposed to four or more of those experiences as children. But even that number might be low. Since the surveys were conducted face-to-face, researchers say they assumed that some were reluctant or embarrassed to keep answering "yes" to the questions. The use of alcohol can't be overlooked as a possible contributor to the high rates of suicide. It lowers inhibitions, making impulsive behavior and risk-taking more likely. NMID's analysis of OMI records shows that alcohol was present in just under half of the youth suicides OMI investigated in Native communities. But investigators don't always order lab tests for alcohol, so that number may be artificially low.

Social isolation and alienation amplify alcohol abuse and other risk factors for suicide — including mental illness and readily-available firearms. Health care workers and psychologists call it "thwarted belongingness." That is, feeling like you don't belong within your community, your peer group, or even your family. It's clear from the OMI records that investigators consider social and family strife as common precipitating events for youth suicide. Those triggers can include a romantic break-up or an argument with parents or siblings. But those triggers don't tell the entire story, says Susan Casias, a social worker who has worked in suicide prevention for more than a decade.

"What was going on earlier?" asks Albuquerque resident Casias, a member of the Jicarilla Apache tribe in Northwestern New Mexico. "There are always additional issues: Was he in school? Did his family support him? And there are additional issues: domestic violence, child abuse and neglect, rapes, alcohol and drugs?"

To be clear, these risk factors occur in all communities and ethnic groups. But their concentration in some Native communities — coupled with the cumulative burdens of generational trauma — puts chil-

dren there at particular risk. Stigmatizing communities where people are already grappling with so many of life's challenges doesn't help. But addressing youth suicide demands acknowledging that there are pockets within New Mexico where children are routinely exposed to factors that increase the risk of suicide, including violence, abuse, poverty and alcohol and drug abuse. Take the case of two close friends who died together on railroad tracks in western New Mexico. One was a victim of a sexual assault, according to the OMI investigator's report. The other had recently lost her remaining parent to an alcohol-related disease. Her foster parent was rarely home.

Initially, their deaths were considered an accident, a game of "chicken" turned tragic on the railroad tracks. But a persistent OMI investigator learned that one teen left behind a note. Videotape from a camera attached to the front of the 95-ton locomotive, along with interviews with the conductor, made it clear: The children's deaths were not accidental. In another instance, one 14-year old, who was preceded in death by a brother, took his life at the family's trailer. He was found by another brother. The OMI investigator noted that, when asked, the mother "knew nothing about her son, his friends or how he was doing in school."

Even vigilant and concerned parents can misunderstand what's happening in their children's lives. Or they may not know how to communicate with their teenagers. After leaving home on foot and staying out until the early morning hours, a teen was chastised by her worried father, according to one OMI report. After her death by suicide, a cousin told an OMI investigator that the girl had been raped the previous evening.

The importance of listening

Listening is important for preventing suicide. Don't tell a child that his or her concerns are silly, advises Casias, the social worker. "Ask what they are feeling," she says. "Parents need to understand what's important to their kids. A lot don't. Suicide prevention begins in the home." There is a lot to talk about.

In many OMI-investigated cases NMID examined, for example, other children and teens discovered youth suicide victims. Kids as young as two and four years old witnessed a father's or sibling's suicide. Unresolved, chronic grief – including grief over the loss of loved ones to suicide – appears to play an important role in fueling the state's high suicide rates among Natives. Within OMI records and obituaries, it's plain to see how pain and sadness diffuse through, and persist within, families and small or tight-knit communities, like waves and ripples from a stone heaved into a pool of water.

Obituaries frequently note siblings, uncles, cousins, or parents who preceded young people in death. And in their notes, many OMI investigators mention that the young people who died by suicide had been distraught or depressed since the deaths of fathers, step-fathers, uncles, cousins or friends. Grief caused by another person's suicide is becoming more widely recognized among researchers as a risk factor for suicide. And it's compounded when grief cannot be discussed openly with others. That's why Casias and other suicide-prevention workers want to confront longstanding traditions of silence surrounding death and suicide – traditions that can isolate people when they most need support. Casias says she once saw villagers avoid the mother of a child who had died by suicide: "Some people who knew her came up the (supermarket) aisle behind her, and when they recognized her, they turned around and went the other way."

After a pause, Casias continues: "That's not right. People say it's tradition, but I say, well, can't you break tradition? Because the fact is, this person lost somebody. Would you do that if their grandmother had died?" ■



Jacob James, left, and Hector Largo compare tunes on their phones before a meeting of the Thoreau Community Center Youth Board on Nov. 5, 2014.

Let's Start Taking Care of OUR Health

Submitted by: Hualapai Healthy Heart Program

**Come on People- lets start taking care of
OUR Health**



Join Us At Hualapai Healthy Heart Today!

Are you ready to take the first step to healthy choices? Want to pack healthy lunch or snacks? Concerned that your loved one may have diabetes, high blood pressure, or other health concerns?

IF YES TO ANY OF THESE QUESTIONS COME TO HEALTHY HEART OR CALL 769-1630 FOR SUPPORT AND INFORMATION.

A male Elder told us: "I had diabetes for over 20 years and this is the first time my numbers are good. I am very Happy."



A Hualapai lady told us: "I have so much energy I lost 15 pounds and it feels good making small healthy changes is all you have to do!"

About Hualapai Healthy Heart- Making small changes for a better you-

Rosemary is a RN, she will go over your numbers with you and answer questions you may have.

She does nutrition, healthy cooking classes and assists YOU, in making **SMALL CHANGES** that will help you feel better.



Athena is our data coordinator/recruiter/fitness trainer- she keeps track of all events/participants, inputs data to submit to coordinating center, she does the exercise challenges, dept. chair exercises, bike riding; exercise plans, and assists with community events- walks/runs.



Emmeline is our Admin. Assistant/wellness coach- she takes care of office duties and does the Hualapai movement club in the mornings and evenings. She also helps with our events.



Nicky helps with our HH events, community events, and keeps track of our grant and does our reports so we can continue to keep the program for the community, so come see what our program can do for you and/or your families.



- ◆ IT IS PRIVATE, FRIENDLY, & PEACEFUL.
- ◆ WE ARE HERE TO SUPPORT, ENCOURAGE, EDUCATE & GUIDE YOU TO A HEALTHIER LIFESTYLE.
- ◆ COME ON BY- YOU ARE ALWAYS WELCOME!
- ◆ TAKE THAT ONE STEP TODAY.



CALL 928-769-1630, STOP BY OR Email: healthyheartualapai@gmail.com

COMMUNITY MESSAGES

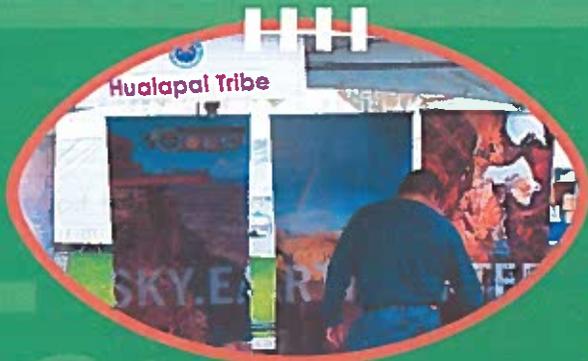
Hualapai Cultural Activities from Mu Gwawa Newsletter

Submitted by: April Tinhorn, Tinhorn Consulting

[HUALAPAI CULTURAL ACTIVITIES]

AT THE 2015 SUPER BOWL SUPER BOWL INDIAN VILLAGE

Photos courtesy of Amy Davila Photography and April Tinhorn, TINHORN CONSULTING



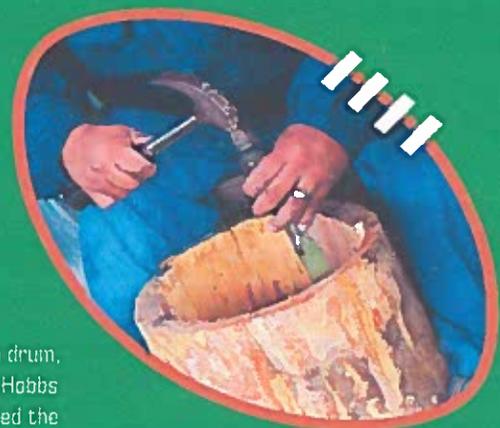
Employees at the Hualapai Grand Canyon Resort Corporation booth shared our tourism products available to the public.



Not even the rain could stop the Hualapai Grand Canyon West Bird Singers and Dancers from delighting the audience with their passionate hops. Pictured left to right: Chuck Cook, child, Wynona Sinyella, Rosella Sinyuja, Louise Benson, and Brielene Chamberlain, Miss Teen Hualapai 2014-15.



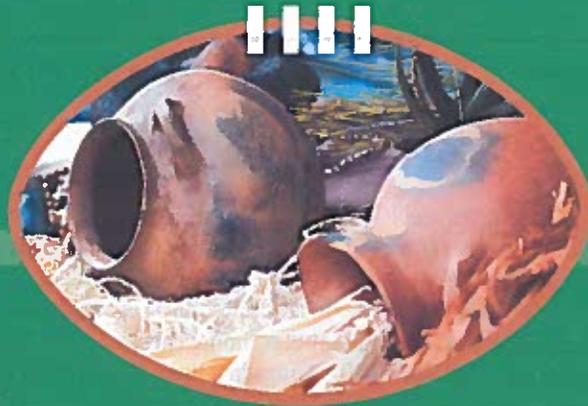
The Hualapai Cultural Department demonstrated the process to make a drum, beginning with hide to the finished instrument. On the first day, Dawn Hobbs and Bennett Jackson, both from the Hualapai Cultural Department, pulled the hair from the hide that eventually became the drumhead.



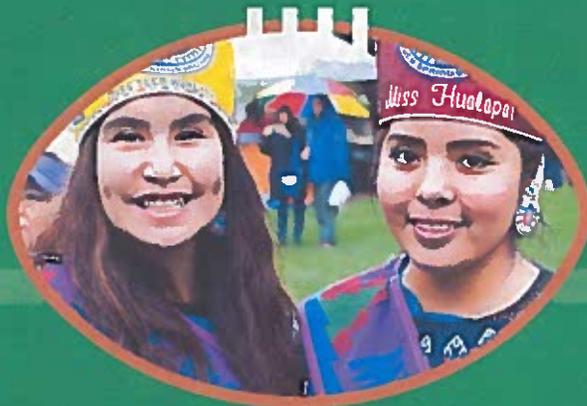
SKY | EARTH | WATER



Hualapai elder, Benny Schrum, knew where to find a dry spot to sit and enjoy the company of Marcie Craynon, Hualapai Cultural Department in the winter downpour.



Pai Pai pottery, sandals, and indigenous materials were on display at the Hualapai area of the Pai Village at the 2015 Super Bowl Indian Village.



Hualapai ambassadors, Brilene Chamberlain, Miss Teen Hualapai 2014-15, and Elaena Bravo, Miss Hualapai 2014-15.



Hualapai bird singers sang through the rain as the Hualapai Grand Canyon West Bird Dancers entertained the crowd. Pictured left to right: Roselyn Jackson, Pai Woman 2014-15, Benny Schrum, Wilfred Whatoname, former Hualapai Chairman, Wynona Sinyella, Chuck Cook, and Louise Benson, former Hualapai Chairwoman.



Enjoying a short break between the waves of tourists asking questions about Grand Canyon West, the Hualapai River Runners, and the Hualapai Lodge. Pictured left to right: Kurtis Shaul, Marketing Manager, Grand Canyon Resort Corporation, and Stewart Crozier, Interim Assistant GM, Grand Canyon West.

Elder Fall Prevention Week 2015

Submitted by: Darlene Bender

Elder Fall Prevention Week 2015

During the week of June 10-12, 2015 the TIPCAP Injury Prevention Program, Healthy Heart, Social Service, U of A, I.H.S, Supai Suicide Prevention Program, Hualapai CHR's, Fitness Center, Banner Alzheimer Institute and Recreation coordinated efforts to host the 1st Annual Elder Fall Prevention Week at the Tribal Gym in Peach Springs, Arizona.

The event included educational topics regarding Suicide Prevention, Elder Abuse, exercise to keep the brain active, cataracts, blood sugar and diabetes, home care, memory loss, nutrition, liver disease and many fun exercise activities that got the elders up and moving. On Thursday, June, 11 the elders participated in elder Olympic games and chair volleyball.

Thanks to all who contributed to make this event a success for the elders who had a good time laughing and learning.

--Lyndee Hornell Duwyenie, TIPCAP Injury Prevention Coordinator



Tune In to KWLP Radio Station

Submitted by: Terri Hutchens, EPCH Radio Station

The Hualapai Nation's Local Radio Station

KWLP 100.9FM

All Kinds of Music for All of Peach Springs

LISTEN TO THE WORLD'S RADIO



YOUR LIVE AND LOCAL RADIO STATION

DOWNLOAD AND SEARCH: EPCH

New Show!

FLY HIGH

...with God as your guide!

Take flight with Brother Walt...

Sunday mornings at 10:00 a.m.

For an hour of uplifting:

**Native Christian talk*

**Christian Music*

**Prayer and Praise*

**Info on Native Christian Events*

On the Hualapai Nation's local radio station: "The Peach"

KWEP 100.9 FM and EPCH online at www.epchradio.com

Kevin Davidson,
Planning Director

Gamyu newsletter 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(s) Deadline: Friday, June 26th
- Next Publication: Thursday, July 2nd

**TURN IN
YOUR ARTICLES
EARLY!**

MY POP ROCKS

JUNE 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Indian Burgers	2 Baked Chicken Dinner	3 Carne Asada	4 Pulled Pork Sandwich	5 Fish n Chips	6 Toastadas	
7 French Bread Pizza	8 Chicken Enchilada Casserole	9 Homemade Lasagna	10 Posole	11 Southwest Turkey Melt	12 Popcorn Shrimp and Strip Basket	13 Smothered Shredded Beef Burrito	
14 Fly your Flag's it's Flag Day! Chili Dogs	15 Bowl And a Half	16 Baked Ravioli	17 Mini Crispy Chicken Soft Tacos	18 Strawberry Delight Salad	19 Fish n Chips	20 Turkey Wrap	
21 Happy Father's Day! Flat Iron Steak Dinner	22 Chopped Kale Salad	23 Fettuccini Alfredo	24 Tater Tot Nacho Supreme	25 Orange Chicken	26 Fish Tacos	27 Sloppy Joe's	
28 Cheese Enchiladas	29 Steak Fajitas	30 Parmesan Stuffed Chicken Breast				I ♥ DAD	

Featured Items Available
11am-Untill Sold Out
Featured Items Subject to
Change without notice

DIAMOND CREEK RESTAURANT
928-769-2800
Hours of Operation
Daily 630am-9pm