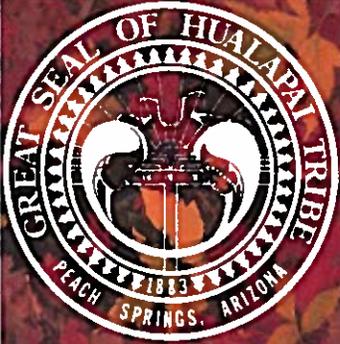


Issue #24

Happy Thanksgiving

Friday,  
November 20, 2015



Newsletter of the Hualapai Tribe

GAMYU

**Community Thanksgiving Dinner • Monday, November 23<sup>rd</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Council Assistant Secretary*

**COME GIVE THANKS | EVERYTHING WILL BE GRAVY**

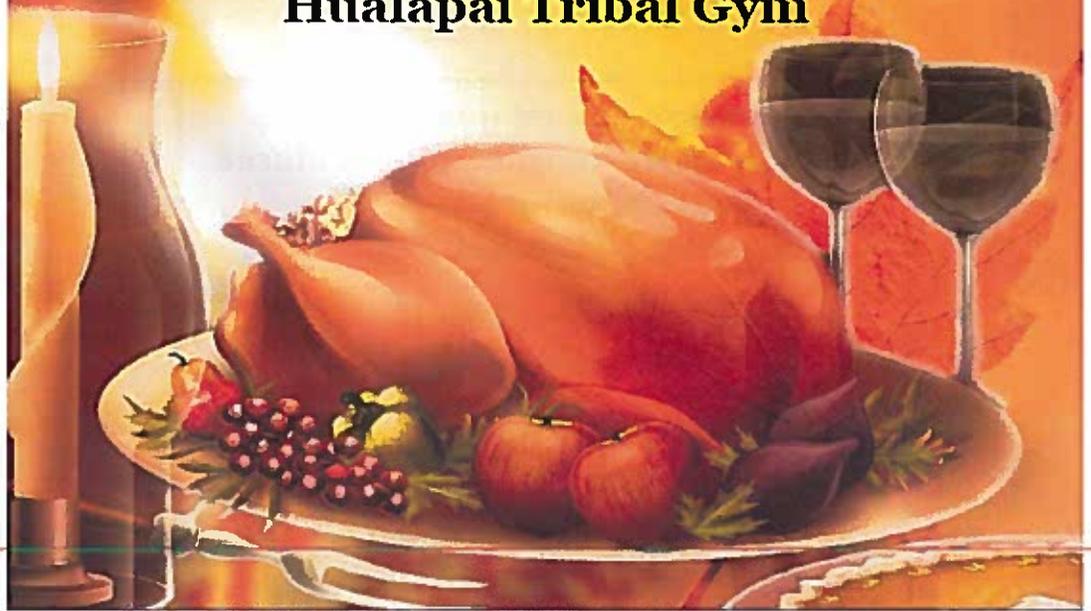
**MONDAY, NOVEMBER 23, 2015**

# THANKS GIVING

*Community Dinner*

**4:00 P.M.**

**Hualapai Tribal Gym**



**Inside this issue:**

Events & Information	2
Health & Safety	10
Community Messages	13

Gamyu newsletter articles are due every other **\*FRIDAY**, the week before tribal pay week by 5:00 p.m.

Please remember to attach the **Information Sheet** with your articles and no **ANONYMOUS** submissions please.

**Article Deadline:**  
Monday, November 30<sup>th</sup>

**Next Publication:**  
Friday, December 4<sup>th</sup>

Kevin Davidson, Planning Director

**Diamond Creek Restaurant • November Specials**

Submitted by: Brandi Lindemuth | Diamond Creek Restaurant



# November 2015

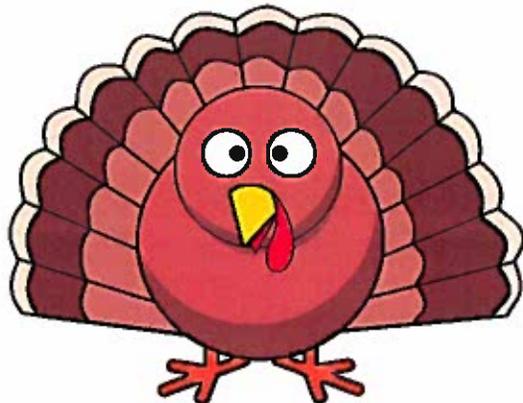


Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Buffalo Chicken Wrap	2 Hot Meatloaf Sandwich	3 Chicken Parmesean	4 Pork Green Chile Taco	5 Hot Dog w/Homemade Mac n Cheese	6 National Nacho Day	7 Cook's Choice
8 Southwest Turkey Melt	9 Cheesy Broccoli Chicken Casserole	10 Mama Mia Burger	11 Happy Veteran's Day! All American Basket	12 Corned Beef Sandwich	13 Fish n Chips	14 Steak Sandwich
15 Grilled Ham and Cheese	16 Pulled Pork Sandwich	17 Mini Spaghetti	18 Potato Tacos	16 Strawberry Delight Salad	20 Fish Sandwich	21 Patty Melt
22 Bowl and A Half	23 Hot Pastrami Sandwich	24 Fettuccini Alfredo	25 Cesar Salad	26 Happy Thanksgiving! Closed	27 Mini Fish Tacos	28 BBQ Chicken Wing Basket
29 Cook's Choice	30 Adobe Jack Burger					
 <p><b>DIAMOND CREEK RESTAURANT</b> 928-769-2800 Hours of Operation Daily 630am-9pm</p>				<p><b>Featured Items Available</b> <b>11am-Until Sold Out</b> <b>Featured Items Subject to</b></p>		



**Attention valued guests,  
Diamond Creek Restaurant will be closed  
Thanksgiving Day.  
Thursday, November 26th!**

**Happy Thanksgiving!!  
Gobble! Gobble!**



**DIAMOND CREEK  
RESTAURANT**  
**WE WILL BE GOING TO  
WINTER HOURS**

**BEGINNING SUNDAY,  
NOVEMBER 15<sup>TH</sup>**

**6:30am – 8:30pm Daily**

**THANK YOU**

Diamond Creek Restaurant • Notices  
Submitted by: Brandi Lindemuth | Diamond Creek Restaurant

# Chili Beans Contest

Community Christmas Carnival December 23<sup>rd</sup>, 2015

**Cooking Contest, Entries must be turned in by 10:30am for judging!**

Get your recipes out and ready yourself for a chili cook off! Cash awards will be given for 1st, 2nd and 3rd place winners! Pick up contest info at the GCRG Admin HR office window or Tribal Office. Get ready to cook and win!



**CHILI  
COOK  
OFF**



**Proposed Changes to the Youth Recreation Program • Due Monday, November 30<sup>th</sup>**

*Submitted by: Danielle Bravo | Hualapai Planning Department*

**PUBLIC NOTICE**

**PROPOSED CHANGES TO THE HUALAPAI YOUTH RECREATION PROGRAM (YRP)**

One of the duties of the Planning and Economic Development Department is to administer the Youth Recreation Program fund. The Program is a discretionary fund designed to provide supplementary financial assistance to tribal member youth under 25 years of age. The program provides assistance to individuals and groups participating in cultural, recreational, or education activities that involve expenses as follows: 1) registration costs, 2) sport fees, 3) meals, 4) lodging, and 5) fuel costs. Recreational activities also include sporting events and education activities include attending conferences. Currently, the amount of funding can be up to \$250.00 per individual, \$550.00 for group of 5 or more people. A group of 100 more or people may be considered a community request and the amount is at the discretion of the Department and contingent upon available funds. The Program does not provide funding for family emergencies, apparel or school pictures, nor does it provide reimbursements. The application notes that the Johnson O'Malley Fund, the Gaming Fund and GCRC are also available to help support these youth-related activities and to avoid "double-dipping."

The Department requests several modifications to the existing application to allow for:

- 1) funding of one, two, three and four youth,
- 2) set the number of times an individual or group may apply at three per year,
- 3) to allow for single-event applications where one applicant may pool the funding of three events into one request, and
- 4) to explicitly allow funding for high school and college graduation events more than 60 miles from the parents home.

Please note those who have not turned in receipts within 30 days will be asked to pay the money back and those who have not turned in receipts will not be allowed to use the fund again until they do or until they pay the money back. A payroll deduction form may be used to collect outstanding funds

At this time, applicants must complete and turn in their completed applications to the department one week in advance of the event. The completed application must describe the type of request, the event, youth enrollment number, and proof of fundraising. In addition, event-related receipts must be turned into the department within ten days of the event ending date.

Written comments on the proposed modifications in the application may be delivered, mailed or emailed to:

Hualapai Tribe  
Department of Planning & Economic Development  
ATTN: Kevin Davidson or Danielle Bravo  
P.O. Box 179/887 W. Hwy 66.  
Peach Springs, Arizona 86434  
[kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov) or [dbravo@hualapai-nsn.gov](mailto:dbravo@hualapai-nsn.gov)

The Planning Department will accept written comments until **Monday, November 30, 2015**.

The revised application will be presented to the Hualapai Tribal Council on the Regular Council Meeting on December 5<sup>th</sup>.

You may view the revised application on the Hualapai website at: [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov)

## Bid Requests (3)

Submitted by: Kevin Davidson | Hualapai Planning Department



### REQUEST FOR CONSTRUCTION BIDS

#### Upgrade Automatic Transfer Switch at Walapai Market

The Hualapai Indian Tribe is requesting bids from electrical contractors to upgrade the Automatic Transfer Switch from 400 Amps to 600 amps and wire additional electrical panels to the switch. The project site is located at 885 Highway 66, Peach Springs, AZ. Bids will be accepted from both Indian-owned and other firms for this project. A 5% bid preference in the award of contracts & subcontracts is given to Indian organizations & Indian-owned enterprises.

**PRE-SUBMITTAL MEETING:** December 3, 2015, 2:00 P.M., on-site at the Walapai Market, 885 Highway 66, Peach Springs, Arizona 86434.

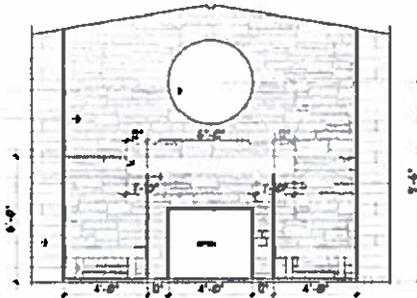
**SUBMITTAL DUE DATE:** December 18, 2015, 2:30 P.M., at Hualapai Administration Office, 941 Hualapai Way, Peach Springs, Arizona 86434.

**BID DOCUMENTS:** working drawings & specifications are available on the Hualapai Tribe's website <http://hualapai-nsn.gov/>. Bid documents are also available at the Hualapai Planning and Economic Development Dept., 887 West Hwy 66 Peach Springs, Arizona, (928) 769-1310.

**QUESTIONS SHALL BE DIRECTED TO:** Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

#### Seeking Bid Proposals to paint three Hualapai Seals for the Youth Camp Bunk House

With the reconstruction of the Youth Camp nearing completion, the Hualapai Planning and Economic Development Department is seeking the talent of a Hualapai artist to paint three, four-foot diameter Hualapai Seals for the new Bunk House. The first seal will be mounted over the main entrance door. The second and third seal will be placed on either side of the stone veneer chimney inside the building. The contractor has provided three paint primed plywood disks. The wood disks can be viewed at the Hualapai Planning and Economic Development Department located at 887 West Hwy 66, Peach Springs, Monday through Friday, 8:00 AM to 5:00 PM. Bid proposals are due to the Planning and Economic Development Department, December 21, 2015 at 5:00 PM. Please include in the bid proposal the cost of materials and labor and time line for completion, which should occur on or before January 31, 2015. Please contact Kevin Davidson, Planning Director, at (928) 769-1310 or e-mail: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov) for further information.



### REQUEST FOR CONSTRUCTION BIDS NEW PARK AND PLAYGROUND IN PEACH SPRINGS

The Hualapai Indian Tribe is requesting bids for a General Contractor to construct a new park and playground to be located at 640 Oak Street, Peach Springs, AZ. The park will contain a playground with swings, slides, climbing structures etc., basketball court, a horseshoe pit, shade ramadas, a splash pad water feature and perimeter jogging track. The site will also include ADA parking spaces concrete curbing, security lighting, signage, landscaping, fencing and drainage structures on approximately 1 ¼ acres. Bids will be accepted from both Indian-owned and other firms for this project. A 5% bid preference in the award of contracts & subcontracts is given to Indian organizations & Indian-owned enterprises.

**PRE-SUBMITTAL CONFERENCE:** December 3, 2015, 10:00 A.M., Hualapai Administration Office, 941 Hualapai Way, Peach Springs, Arizona 86434.

**SUBMITTAL DUE DATE:** December 18, 2015, 2:00 P.M., at Hualapai Administration Office, 941 Hualapai Way, Peach Springs, Arizona 86434.

**BID DOCUMENTS:** working drawings, general conditions & specifications are available at Ariat Enterprises, LLC, 1580 E. Butler Ave Kingman, Arizona, (928) 753-0872. Bid documents are also available at the Hualapai Planning and Economic Development Dept., 887 West Hwy 66 Peach Springs, Arizona, (928) 769-1310 for a non-refundable price of \$100.00 per set.

**QUESTIONS SHALL BE DIRECTED TO:** Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

**Zero Tolerance • DUI and Seatbelt Check Points Coming Soon**

*Submitted by: Sergeant Brian Frayer | Hualapai Nation Police Department*



**ZERO TOLERANCE  
DUI AND SEATBELT CHECK POINTS COMING SOON**

On September 15, 2015, the United States Department of Interior Office of Justice Services awarded the Hualapai Nation Police Department a grant for \$71,500.00 through the Bureau of Indian Affairs Indian Highway Safety Program.

The Hualapai Nation Police Department was awarded this grant to conduct DUI and Seatbelt enforcement activities on the Hualapai Nation Tribal Reservation. The Hualapai Nation Police Department will be taking part in three DUI and Seatbelt enforcement mobilizations

***Don't Shatter the Dream Indian State Mobilization*** (DUI Enforcement) December 19, 2015 to January 05, 2016

***Click It or Ticket Mobilization*** (Seatbelt Enforcement) May 11-25, 2016

***Drive Sober or Get Pulled Over Mobilization*** (DUI Enforcement) August 19-September 05, 2016

There will also be additional enforcement activities outside of these dates. The BAT Mobile will also be in Peach Springs throughout the holiday season. Not that BAT Mobile, the Breath Alcohol Testing mobile command post. The BAT Mobile makes it possible for officers to process DUI's on the spot instead of transporting them from the stop location to the police department to be processed.



The grant funds will pay for the police officers' overtime salaries, Hualapai Adult Detention Transport Officers' overtime salary, and reimburse the Hualapai Nation Police Department for the mileage on all vehicles during the check points and saturation patrols. The grant funds also purchase 205 traffic cones to be used for grant details, and educational brochures to hand out to drivers coming through the check points.

The DUI check points and saturation patrols will be zero tolerance enforcement. All check points will be conducted within the Hualapai Nation Police Departments General Orders and Policies and Procedures.

The Hualapai Nation Police Department is committed to keeping the residents of Peach Springs and Hualapai Nation employees safe and the roadways clear of dangerous drivers who may be driving intoxicated or recklessly.

In 2014, 100% of the fatal traffic collisions on the Hualapai Nation Tribal Reservation were the results of a drunk drivers. It is the Hualapai Nation Police Department's goal to have zero fatal traffic collisions due to drunk drivers on the roadways within the Hualapai Nation Police Department's jurisdiction.

Thus far in 2015 there have been 58 DUI arrests on the Hualapai Nation Tribal Reservation. Of those 58 DUI arrests, one is a three time DUI offender in 2015 alone, and four are two time DUI offenders in 2015. The Hualapai Nation Police Department has also issued more than 900 traffic citations on the Hualapai Tribal Reservation, with about four percent of those citations being issued to Tribal members and the rest being issued to visitors and tourists to the Hualapai Tribal Reservation.

If you have any questions about the awarded grant or DUI/Seatbelt Check Points please contact Francis Bradley, Sr., Chief of Police for the Hualapai Nation Police Department, at (928)769-1024. The Hualapai Nation Police Department may also be reached on Facebook.

Article written by:  
Sergeant Brian Frayer  
Hualapai Nation Police Department

### **Hualapai Education & Training Notice • Stipends for Hualapai Tribal Members**

*Submitted by: Adeline Crozier | Hualapai Tribal Council Assistant Secretary*

Stipends for Hualapai tribal members available for:

- Jr. High promotion
- High school Diploma
- G.E.D.
- Vocational
- Associate's Degree
- Bachelor's Degree
- Master's Degree
- Doctorate Degree

Call the Education office at (928) 769-2200 for further information on obtaining your stipend.

#### ***Hualapai Department Education & Training***

Located at:  
**460 Hualapai Way  
Peach Springs Arizona**

You can also mail documents to:  
**Attn: Stipend  
P.O. Box 179  
Peach Springs, AZ 86434**

or email:  
[dhnet@hualapai-nsn.gov](mailto:dhnet@hualapai-nsn.gov) or [hualapaieducationdepartment@gmail.com](mailto:hualapaieducationdepartment@gmail.com)

# EPCH/KWLP Radio Station • Program Schedule

Submitted by: Terri Hutchens | ECPH/KWLP Radio Station



## KWLP/EPCH PROGRAM SCHEDULE

(revised 10/25/2015)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
6:00AM	Hualapai Welcome General Variety Music (GVM)	GVM	GVM				
7:00AM	Hualapai Welcome GVM The Morning Hoe Down w/ Dan O	Hualapai Welcome GVM The Morning Hoe Down w/ Dan O	Hualapai Welcome GVM The Morning Hoe Down w/ Dan O	Hualapai Welcome GVM The Morning Hoe Down w/ Dan O	Hualapai Welcome GVM The Morning Hoe Down w/ Dan O	GVM	GVM
8:00AM	The Morning Hoe Down w/ Dan O	GVM	GVM				
9:00AM	The Morning Blend	The Morning Blend	Contemporary Country	The Morning Blend	The Morning Blend	GVM	GVM
10:00AM	The Morning Blend	The Morning Blend	Contemporary Country	The Morning Blend	The Morning Blend	GVM	Fly High with Brother Walt- Special replays
11:00AM	The Morning Blend	The Morning Blend	Contemporary Country	The Morning Blend	The Morning Blend	GVM	Ba'aj Ko'boy Mi'diti cu va meh-w/ Pai Woman.
12:00PM	Native Noon Hour- National Native News Wanda J	Native Noon Hour- National Native News Wanda J	Native Noon Hour National Native News Wanda J	Native Noon Hour National Native News Wanda J	Native Noon Hour- National Native News Wanda J	Native Noon Hour- NV1-Talk with a Champ	Native Noon Hour- NV1-Talk with a Champ
1:00PM	NV1-NA Calling	GVM	NV1-Talking Drum				
2:00PM	GVM	Roots and Rhythms w/ DJ Chica	Rez Country Radio DJ Boots	GVM	GVM	GVM	NV1-Voces from the Circle
3:00PM	Monday Memories-Oldies Hosted by Cherise Jackson	Alternative Oasis DJ Breeze	Classic Country	GVM	Finally Friday Classic Rock w/ De Goda Girls	GVM	NV1-American Indian Living
4:00PM	Monday Memories-Oldies Hosted by Cherise Jackson	Alternative Oasis DJ Breeze	Grand Canyon Country Countdown with Dan O	Heatseeker 5 Top 40 Countdown Chris Kelly and DJ Love	Finally Friday Classic Rock w/De Goda Girls:	GVM	NV1- Earthsongs
5:00PM	Soulful Moments with the one and only Tina	Tuesday Torture with Stagger Lee	GVM	DJ DEMC's Live at Five	GVM	GVM	NV1-NA Calling
6:00PM	Soulful Moments with the one and only Tina	Tuesday Torture Stagger Lee	Fly High with Brother Walt	Reggae Take Over With DJ DemC	GVM	GVM	GVM
7:00PM	GVM	GVM	GVM	Reggae Take Over With DJ DemC	GVM	GVM	GVM
8:00PM	GVM	GVM	GVM	Reggae Take Over With DJ DemC	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 Undercurrents	NV1-Undercurrents	DJ DEMC's Power Hour Replays	DJ DEMC's Power Hour Replays	NV1-Soul Delux
12:00AM to 6:00am	GVM	GVM	GVM	GVM	GVM	GVM	GVM

\*Native. \*Rebelle \*Top 40/Urban \*Country \*Spiritual \*Rock \*Oldies

# WE LOVE OUR VOLUNTEERS



*"The Peach."*

*The Hualapai Nation's Live and Local Radio Station*

*Proudly Announces and Congratulates*

*October Volunteer of the Month:*

*Dempsey Wellington, aka Dem-C*



*Dempsey Wellington, aka "DJ Dem-C" and "DJ Tribalstylz" currently hosts two shows on "The Peach: "Live at Fine" and "Reggae TakeOver." Thursday evening at KWLP, 100.9 FM basically belongs to Dem-C, which is great news for listeners! Dem-C previously hosted "The Power Hour" and those shows are still rebroadcast late night on the week-ends. Cross your fingers... There is talk of him doing yet another show.... Dem-C is well known in the community and the region as a top notch DJ for dances, raves and other events. He assists the station with these talents often! Dem-C keeps in the know about up and coming Native Artists and makes sure to give them airtime. Staff can count Dem-C's support with promotions, events, recruiting and training new Djs and much more! If you aren't already a fan or following him on Facebook—you definitely should be! Thanks so much for all you contribute to KWLP! If you'd like to join the Peach volunteers! Call 769-1110.*

# HEALTH & SAFETY INFORMATION

**Hualapai Department of Emergency Services Notice • New Emergency Line**

*Submitted by: Ava Whatoname | Hualapai Department of Emergency Services*

## Hualapai Department of Emergency Services



*Serving the HUALAPAI NATION with excellence in Professionalism and Emergency Response*



**CALL OUR DISPATCH CENTER ANYTIME FOR YOUR EMERGENCY**



# 769-2205

# 769-2233 769-2810



**HELPFUL HINT: Calling 911 Only Delays Your Call**



This portion of Mohave County is not 911 friendly, any call to the 911 Dispatch goes directly to Kingman and later transferred to the appropriate Communications Center. This Causes a Delay to you, call us Direct.

### THINGS A DISPATCHER WILL ASK YOU

- |                                       |                                      |                     |
|---------------------------------------|--------------------------------------|---------------------|
| What is your Name                     | What is the nature of your emergency | What is your Number |
| Where is the location of the Incident | How Many Involved                    | How did it happen   |
| Is the Person Breathing or Conscious  | Medical History                      | Age of Person       |

### YOUR EMERGENCY IS OUR EMERGENCY

Give the Dispatcher as much information as possible

Try To Be Calm



**CALL OUR DISPATCH CENTER ANYTIME FOR YOUR EMERGENCY**



**Food Handler Training • 2016 Schedule**  
*Submitted by: Danielle Bravo | Hualapai Planning Department*

**Hualapai Indian Tribe**  
**2016 Food Handler Training**

MONTH	DAY	LOCATION	Time (Arizona)	INSTRUCTOR
January	25	Health & Wellness Center	10am - 12pm	Isaac Ampadu
February	22	Health & Wellness Center	10am - 12pm	Isaac Ampadu
April	25	Health & Wellness Center	10am - 12pm	Isaac Ampadu
July	25	Health & Wellness Center	10am - 12pm	Zachary Hargis
August	22	Health & Wellness Center	10am - 12pm	Zachary Hargis
October	24	Health & Wellness Center	10am - 12pm	Zachary Hargis

If you are unable to participate in the Food Handler Trainings, please take the Online training course at:  
<http://www.ihs.gov/foodhandler/>, as an acceptable unrestricted alternate to on-site FHTCs taught by Phoenix Area IHS DEHS staff.

**2016 CERTIFIED FOOD MANAGER TRAINING**

Training times for Day 1 & Day 2: 8:30am to 5pm (Arizona Time)  
 Day 3 (Exam) Time: 8:30am to 12pm (Arizona Time)

MONTH	DAY	LOCATION	INSTRUCTOR
March	09	AVI Resort and Casino	Isaac Ampadu / Vince Garcia
	11	AVI Resort and Casino	Isaac Ampadu / Vince Garcia
	12	AVI Resort and Casino	Isaac Ampadu / Vince Garcia
June	15	Bluewater Resort and Casino	Isaac Ampadu / TBA
	16	Bluewater Resort and Casino	Isaac Ampadu / TBA
	17	Bluewater Resort and Casino	Isaac Ampadu / TBA
September	14	Bluewater Resort and Casino	Isaac Ampadu / TBA
	15	Bluewater Resort and Casino	Isaac Ampadu / TBA
	16	Bluewater Resort and Casino	Isaac Ampadu / TBA

## **Wild Blueberries Could Boost Primary School Children's Memory & Concentration**

*Submitted by: Dr. Robyn Purdum B.S., D.C., Ph.C. | All One People Chiropractic, Inc.*

Release Date 07 October 2015

Consuming wild blueberries may have a significant effect on the cognitive ability of primary schoolchildren, new University of Reading research has found. The study, the first of its kind, saw a group of 21 children aged 7 to 10 given a drink containing either a high dose of wild blueberry (about 1.75 cups); a low dose ( $\frac{3}{4}$  cup); or a placebo. They were given a series of cognitive tests examining memory and attention before consumption of the drink and then at 1h 15mins, 3 and 6 hours later.



The results suggest wild blueberries could strengthen the performance of primary schoolchildren in class. In one test the children were presented with a list of 15 words to recall 1hr 15mins following consumption of the drink. Compared to their performance before they were given the drink, on average the children remembered one more word after drinking the high dose beverage compared to when they drank the placebo.

The delayed recognition test saw the children trying to identify the 15 words from a list of 50 words approximately 20-25 minutes after hearing them for the last time. Following both the high and low dose drinks, the children recognized approximately one word more during the 1hr 15mins and 3hr test sessions, and two words more during the 6hr test session than when they took the placebo. Improved performance on a further task where the children were required to ignore distracting stimuli indicated that concentration levels in the wild blueberry rich groups also increased.

### **Oral Health Public Service Announcement**

*Submitted by: Patsy Boney | Oral Health Advocate*

## ***6 Quick Dental Tips***

### **1- Soft-Bristled Toothbrushes**

Soft bristled brushes are best for beginners because they do not cause gingival recession.

### **2- Discard Brush After Sickness**

Toothbrushes can have microbial build-up.

### **3- Don't Brush too Hard**

Over-brushing erodes enamel and irritates the gums. After time it can increase sensitivity.

### **4- Handle Shapes Don't Matter**

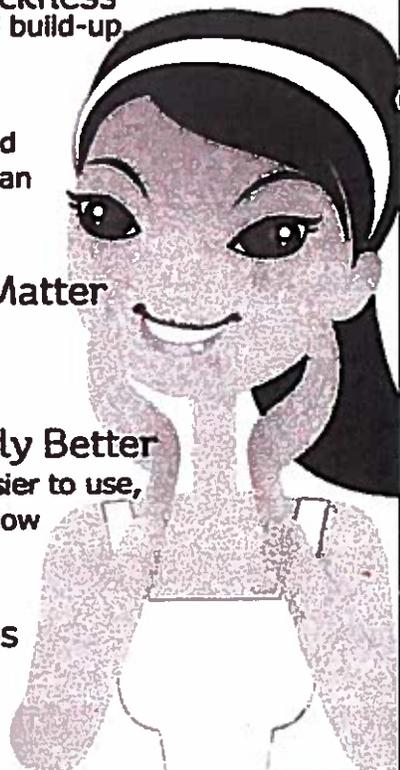
The neck of the brush has little effect on the overall results.

### **5- Electric Not Necessarily Better**

Electric toothbrushes may be easier to use, but there is no proved data to show they clean better.

### **6- Sugar-Free Gum Helps**

Gum washes away plaque acid which leads to healthier teeth.



Professor Claire Williams, from the University of Reading's School of Psychology & Clinical Language Sciences, led the study. She said: "Wild blueberries are rich in flavonoids, compounds found naturally in foods such as fruits and their juices, vegetables and tea. They have been associated with a range of health benefits including antioxidant and anti-inflammatory effects. The primary class of flavonoids present in wild blueberries is anthocyanins. "We have known for some time that flavonoids promote healthy brain function in adults. However, this is the first, fully controlled, double-blinded research study to examine the effects of flavonoids on cognitive behavior in children."

On the same day each week, over a three week period, the children consumed one of the drinks. Following each serving they were then asked to perform four tasks that tested attention and memory at different time intervals throughout the day. Prior to and during the test day the children eliminated flavonoids from their diets for a 24-hour period.

Professor Williams added: "The composite scores for all the tasks highlighted a significant difference in the children's cognition results, with the strong drink leading to the best performance and the placebo the least effect performance. Primary school is a vital stage in a child's educational and social development. These results indicate

strongly that consuming foods rich in flavonoids, such as wild blueberries, could aid overall learning in the classroom." As a result of these initial findings, Prof. Williams and her team will undertake new studies to investigate the effects of wild blueberries on reading development, and also to see whether children diagnosed with ADHD may benefit.

Previous Reading research has shown that consuming regular blueberries, as well as other flavonoid rich drinks such as orange juice, can also improve memory and concentration. Research is still ongoing to determine the exact mechanisms by which flavonoids may exert benefits to the brain. Several mechanisms have been proposed such as improved blood flow in the brain and protecting neurons against oxidative damage and increasing the efficiency with which neurons transmit signals.

*Cognitive Effects Following Acute Wild Blueberry Supplementation on 7 - 10 Year Old Children* was published in European Journal of Nutrition.

<http://www.reading.ac.uk/news-and-events/releases/PR647152.aspx>

# COMMUNITY MESSAGES

## Waiver of Sovereign Immunity

Submitted by: Kevin Davidson | Hualapai Planning Department

### Waiver of Sovereign Immunity

Article XVI (16), Section 2 of the Hualapai Tribe's Constitution requires 30% of the tribal voters to vote in a special election to approve an express waiver of sovereign immunity if the waiver may: 1) expose the tribe to liability in excess of \$250,000, or its equivalent, or 2) expose more than 100 acres of land to possible foreclosure or encumbrance.

The federal grant (USDA) the tribe received is nearly \$2 million. Developing water, electricity and sewerage is very expensive and exposes the Tribe's liability far more than \$250,000 – possibly millions of dollars.

The tribe plans to bring electricity from the Meadview area to Grand Canyon West. That is about 20 miles away from the reservation. Most likely UniSource (power company) is demanding that the tribe waive sovereign immunity before they work with the tribe.

### Leota Suminimo

### Response from Hualapai Tribal Utility Authority

The Hualapai Tribal Council created the Hualapai Tribal Utility Authority (HTUA) in 2014 to develop utilities important to the economic development of the Hualapai Tribe. Grand Canyon West, one of the economic engines of the tribe, would grow in profitability if connected to the regional electrical grid by a power line built along Diamond Bar Road. This would provide cheaper power to the tribe by line service rather than from diesel generation saving as much as \$2,000,000 in energy costs per year at present.

On October 1, 2015, Tribal Council approved Resolution No. 79-2015 which requested the Department of Interior to begin the Special Election process to amend Article XVI of the Hualapai Constitution to add Section 3 as follows:

*Notwithstanding Section 2 of this Article, a limited waiver of sovereign immunity otherwise within the scope of that Section shall require only the approval of the Tribal Council if the Tribal Council determines that such waiver would facilitate the advancement of the economic or commercial interests of the Tribe and its members. Only those tribal entities formed and governed pursuant to ordinances of the Tribal Council may, with Tribal Council approval, grant limited waivers of sovereign immunity as prescribed in this Section 3.*

The proposed amendment will not take away any wording from the Constitution. The amendment will add new wording that provides the Tribal Council the authority to vote on this issue. The limited waiver shall not be construed to waive any immunity of the Hualapai Tribe, or to extend any liability to any assets, revenues, or incomes of the Hualapai Tribe, other than those of the HTUA such as power lines, substations, generators and other facilities it may own and operate.

### Hualapai Tribal Utility Authority

### HTUA Meeting • Mon., Nov. 30<sup>th</sup>

Submitted by: Kevin Davidson | Hualapai Planning Department

### Upcoming HTUA meeting

Monday, November 30<sup>th</sup>

9:00 AM

Cultural Resources Dept.

**Grandmother's Gathering • Held on October 22nd**  
 Submitted by: Dr. Robyn Purdum | All One People Chiropractic, Inc.



Grandmother's  
 Gathering  
 October 22nd,  
 2015  
 Peach Springs, AZ



Grandmother's  
 Gathering  
 October 22, 2015  
 Peach Springs.



**Grandmother's Gathering October 22nd, 2015**



**Red Ribbon Week Contest Winners**  
 Submitted by: Charlene Imus

**Hualapai Red Ribbon Department  
 Decorating Contest**

Hualapai Tribal Court  
 1st Place Winners



They won a gift basket full of goodies for the entire staff to enjoy!

Women in picture are: Collette Quasula, Yolanda Wescogame, Alyce Crook, Tina Grounds, April Havatone, & Tawnya Shongo

Wescogame, Alyce Crook, Tina Grounds, April Havatone, & Tawnya Shongo



Hualapai Housing Dept.  
 2nd Place Winners

"Gwem thee' thah"

"Shut the door to drugs, Open the door to your future"

"Drug Free Birthday Party"

"This year flew by, but we remember... just say no to drugs"

"Twinkle, Twinkle little star, if you do drugs, you won't go far"



**Notices From Your Postmaster**

Submitted by: Vivian Campbell | Peach Springs Postmaster

**HOLIDAY Shipping Schedule**

**2015 Holiday Shipping Deadlines**

To ensure that holiday mail and packages are delivered in time for Christmas, the Postal Service recommends customers observe the following mailing and shipping deadlines:

- December 1— First-Class Mail International®
- December 1 — Priority Mail International®
- December 8 — Priority Mail Express International®
- December 15 — Standard Post™
- December 19 — Global Express Guaranteed®
- December 19 — First-Class Mail®
- December 21 — Priority Mail®
- December 23 — Priority Mail Express®\*

The dates listed above are the earliest deadlines for international and military mail.

**Post Office Holiday Hours**

The Peach Springs Post Office will be closed on November 26, 2015 for the Thanksgiving Holiday.

Our normal hours will resume on Friday November 27, 2015

**Window Retail Post Office Work Hours**  
Monday through Friday 8:00 am to 4:00 pm  
Closed for Lunch between 11:30 am to 12:30 pm



**Letters from Santa - North Pole Postmarks**  
Give your child an unforgettable gift - a personalized letter from Santa!

The U.S. Postal Service® can help keep the enchantment of Santa Claus alive by delivering a letter from Jolly Old Saint Nick, post-marked from the North Pole.

**Here's how:**

1. Write a personalized letter to a child from Santa Claus and sign it "From Santa."
2. Insert the letter into an envelope and address it to the child.
3. Add the return address: SANTA, NORTH POLE, to the envelope.
4. Ensure a First-Class Mail stamp is affixed to the envelope.
5. Place the complete envelope into a larger envelope, with appropriate postage, and address it to:



North Pole Postmark  
Postmaster  
4141 Postmark Drive  
Anchorage, AK 99530-9998

"Letters from Santa" must be received by the Anchorage, AK Postmaster no later than December 15, 2015. Santa's helpers in Anchorage, AK, will take care of the rest!

**Mohave Electric • Outage Card**

Submitted by: Kevin Davidson | Hualapai Planning Department

**Don't Get Caught In The Dark!**

**24/7 OUTAGE REPORTING**  
Don't Get Caught In The Dark!



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TOLL FREE (632 - 2667)  
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ACCOUNT #

Write your account number in the space provided for fast reporting. Please put this magnet on your refrigerator to make outage reporting easier.

**HELP US FIND YOU FAST  
KEEP YOUR INFORMATION CURRENT!**

- Your accurate phone number on file means:
- Instant recognition of your service location
  - Quicker deployment of field personnel
  - Faster repair time
  - Shorter outage duration for you



Member Service Office  
928-763-1100  
www.mohaveelectric.com

To add or update phone numbers, address and e-mail\* on your account, complete and return this card in the enclosed envelope or return to our Member Service Office. You can also call our Member Service Office at 928-763-1100 or go online to www.mohaveelectric.com and click on SmartHub®



Account # \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please include phone numbers for anyone associated with your account that would call to report an outage at your home. You may list two phone numbers. Do not include work phone numbers.

Home  Cell \_\_\_\_\_  Cell \_\_\_\_\_

E-mail Address\* \_\_\_\_\_

\* The purpose of requesting this information is to provide you with the best service possible. Mohave Electric will only use this information in the course of providing safe and reliable service. Your information will not be used for soliciting or telemarketing. MEC is an equal opportunity provider and employer.



Gamyu newsletter articles are due every other **\*FRIDAY**, the week before tribal pay week by 5:00 p.m.

Please remember to attach the **Information Sheet** with your articles and no **ANONYMOUS** submissions please.

**Article Deadline:**

Monday, November 30<sup>th</sup>

**Next Publication:**

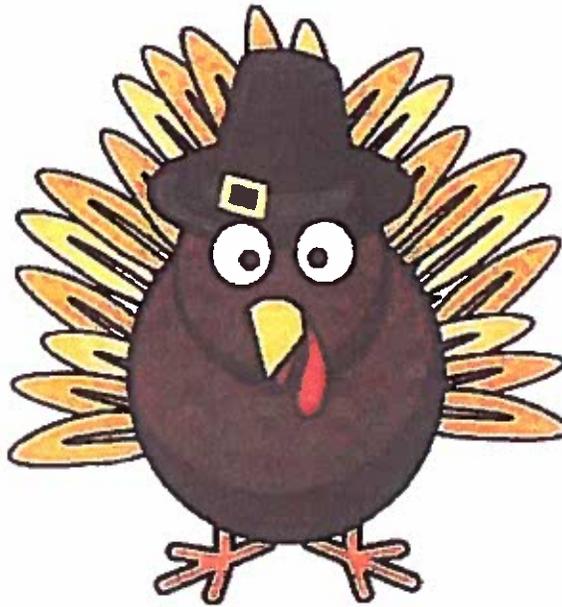
Friday, December 4<sup>th</sup>

Kevin Davidson  
Planning Director



# WALAPAI MARKET

Walapai Market will be closed on Thanksgiving Day November 26, 2015  
reopen Friday November 27<sup>th</sup> 12pm to 8pm.



GIVE  
THANKS  
FAMILY • FRIENDS • GRATITUDE

