



GAMYU

Happy Valentine's Day

Issue #03 Friday, February 10, 2017

Newsletter of the Hualapai Tribe

Now Boarding | Hualapai Tribe Starts Bus Service
 Submitted by: Kevin Davidson | By: JC Amberlyn—Kingman Daily Miner

Special points of interest:

- TERC Meeting will be on Wednesday, February 15th at 9:00 a.m. at the Cultural Resources Department.
- HTUA Meeting will be on Wednesday, February 22nd at 9:00 a.m. at the Hualapai Health & Wellness Department.

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Daily Miner

Originally Published: February 6, 2017

Now Boarding: Hualapai Tribe Starts Bus Service Between Kingman, Peach Springs

All riders welcome, stops along the way



Sunny Wakayuta, 11, stands in front of a new Hualapai Transit bus. She designed the logo she stands next to. She tied with Craig Talieje in a design contest. Her work is the new logo and his work will be the wrap-around artwork expected to soon be placed on the buses. Photo by JC Amberlyn

The Hualapai Tribe has launched a public transit service within the Hualapai Indian Reservation and between Peach Springs and Kingman. Hualapai Transit will include the Hakdagwiva bus route, which will run about nine times a day in the reservation and is free.

It also includes the Kingman Ya:m Jo'h bus route that runs from Peach Springs to Kingman and back and will cost \$9 round trip.

The cost is \$5 around trip for ages 50 and older and the disabled. The route will connect to Kingman Area Regional Transit buses at the Kingman Walmart. Currently, the transit line consists of two 14-passenger buses for in-town use and one 30-passenger bus for the Kingman-Peach Springs route.

The Hualapai Tribal Council held a ribbon-cutting and ceremony Friday at the tribal offices. Sherry Counts and Bonita Imus said prayers and blessings.

Hualapai Transit was made possible thanks to multiple grants from the Arizona Department of Transportation, the Federal Transit Authority and supplemental funding from tribal transportation construction funds.

The Hualapai Tribal Council thanks all those involved with this project, including the Hualapai Tribe Planning Department, Hualapai Tribe Health

Education and Wellness Department, Hualapai Tribe Public Services Department, the Arizona Department of Transportation, KART, the Western Arizona Council of Governments, Mohave County Public Works, the City of Kingman, with consulting by Kimley-Horn and Associates and M. Greene Planning and Resource Development. They also thank Rob Owen, the city's Public Works director; and Veronica Asare-Yeboah of Mohave County Public Works. Mike Normand of ADOT also was singled out for thanks.

The Hualapai Transit Program held a Design Our Logo Contest in October and it resulted in a tie. Sunny Wakayuta designed the winning logo that is now featured on the side of the buses. Craig Talieje's winning design will be used as a wrap-around on the buses. Both received a certificate and an iPad for their artwork.

The new bus line is the culmination of two to three years' worth of work for the Hualapai community.

The Hualapai Tribal Council took input from the community to find out what it needed. There are many people commuting between Peach Springs and Kingman for work each day.

There also were needs for after-school bus service and a remedy to alleviate parking congestion during events and meetings in Peach Springs.

Drivers of the new buses are CDL certified and trained for customer service. Everyone is welcome to use the bus; one doesn't have to be a member of the Hualapai Tribe to benefit from the services.

There will be stops along the Peach Springs-Kingman route, including Valle Vista, Hackberry, Truxton and Valentine. Riders in those locations are encouraged to call ahead of time and inform Hualapai Transit they will be waiting for service.

There will be buses dedicated to shopping trips Wednesday and Saturday mornings.

The bus departs from the tribe's office at 9 a.m. and leaves from the Kingman Walmart at 2 p.m.

Reservations will be required for these trips. To learn more or make a reservation, call Hualapai Transit at 928-769-6384. Visit their website at www.hualapaitransit.org for more information, rates, and route maps.

The Hualapai Tribal Council's goal is to respond to community needs and help both the tribe and its neighbors in the region. If ridership numbers are there, the tribe could elect to expand services in the future.

Website: <http://hualapaitransit.org/>



The Hualapai Tribal Council has secured funding to begin a bus service on the reservation, as well as between Peach Springs and Kingman and all stops in between. From the left is Ernie Wright, manager of Transit Operations; Phil Wisely, Public Works director; Darlene Wakayuta, assistant manager of Transit Operations; Sherry Counts, Little Miss Hualapai Marian Whataname, behind her is Carol and Philbert Watahomigie Sr., vice-chairman of the Tribal Council; Miss Teen Hualapai Taylaquay Marshall, and in front holding scissors is Sunny Wakayuta.

Kingman Ya:m Jo'h

Monday through Friday		
Departures	AM	PM
AM: 5:20 am from Peach Springs	Bus	Bus
PM: 5:05 pm from Peach Springs		
1. Tribal Office	5:20	5:05
10. Peach Springs School	5:23	5:07
11. Walapai Market	5:25	5:08
16. Route 66 @ Buck & Doe	5:29	-
12. Music Mountain—GCRC Offices		5:17
Truodon, Valentine, Hackberry (if needed)	TBD	TBD
19. Valle Vista Park & Ride	5:43	5:43
18. 66 Station Park & Ride	5:52	5:52
17. KART Terminal—Walmart Kingman	6:30	6:06
Departures	AM	PM
AM: 6:45 am from Kingman	Bus	Bus
PM: 6:20 pm from Kingman		
17. KART Terminal—Walmart Kingman	6:45	6:20
18. 66 Station Park & Ride	6:53	6:29
19. Valle Vista Park & Ride	7:08	6:43
Hackberry, Valentine, Truodon (if needed)	TBD	TBD
12. Music Mountain—GCRC Offices	7:43	-
15. Hualapai Lodge	7:51	-
1. Tribal Office	7:55	7:15

SHOPPING TRIPS (Wednesday & Saturdays)

****RESERVATIONS REQUIRED****

WEDNESDAY—The bus will leave from the Tribal Office at 9 a.m. Shoppers must catch the 8 a.m. Hakdagwiva to reach the Tribal Office at 8:53 a.m.

SATURDAY—Bus will start circulating from the Tribal Office to pick up shoppers at 9 a.m. All shoppers must be at the bust stop closest to their home for pick up. The bus will return to Peach Springs from Walmart at 2 p.m. arriving in Peach Springs at approximately 3 p.m.

Reserve your seat call 928-769-6384

hualapaitransit.org
 928-769-6384

BUS FARE

Hakdagwiva Bus

FOR EVERYONE.....Free

Kingman Ya:m Jo'h & Shopping

General Public—ONE WAY \$5.00
 General Public—ROUND TRIP \$9.00
 Child (under 6 yrs.) accompanied by an adult FREE
 Senior (50+) and Disabled—ONE WAY \$3.00
 Senior (50+) and Disabled—ROUND TRIP \$5.00

Kingman Ya:m Jo'h 30 Day Passes

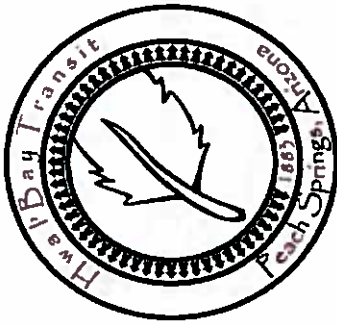
UNLIMITED RIDES PER TIME PERIOD

General Public (per month) \$160.00
 Senior (50+) and Disabled \$110.00

ABSOLUTELY NO REFUNDS

Vision: Hualapai Transit is committed to openness and integrity, Hualapai Transit supports the Hualapai Tribe's commitment to support the independence of Hualapai Tribal members & surrounding areas and to be a model for excellence by integrating the local spirit and culture.

Mission: Hualapai Transit will provide safe, reliable, friendly and affordable transportation services to meet the mobility needs of the Hualapai community & surrounding areas while pursuing sustainable development and facilitating the cultural missions of the Peach Springs Community


Hualapai Transit
hualapaitransit.org
 928-769-6384


Passenger Guide

INCLUDES

Complete Schedule

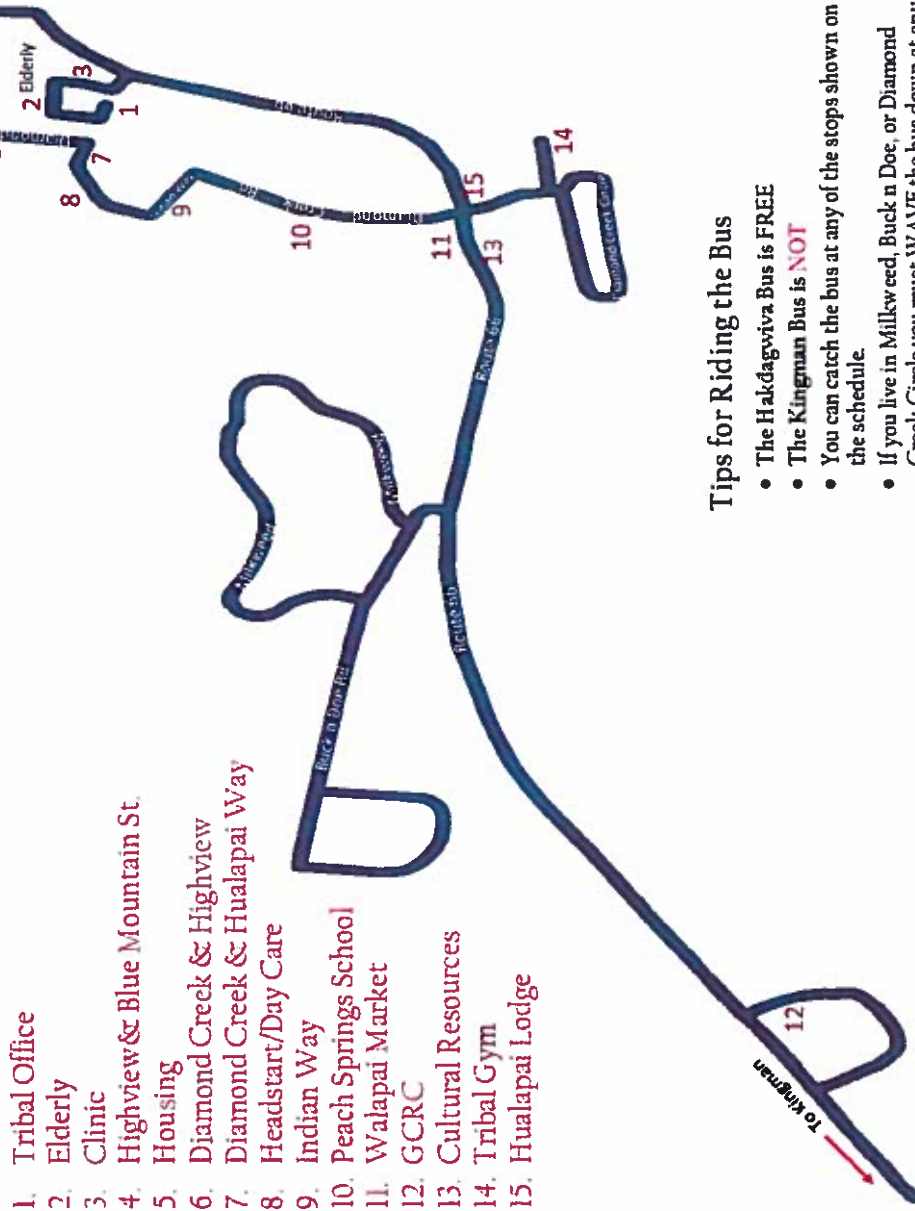
Route Map

Fares and Bus Passes


*Serving the Hualapai Indian Reservation
 and Historic Route 66 Communities*

Hakdagwiva Route Map

Map not to scale

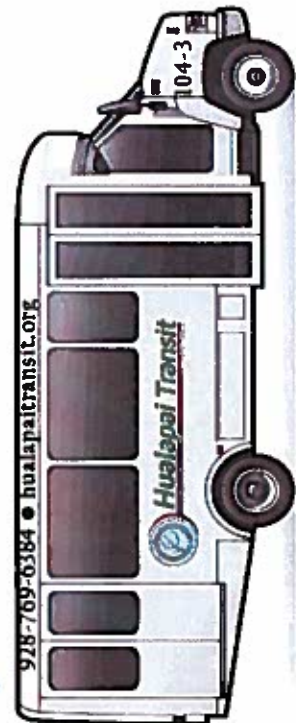


Hakdagwiva Bus Schedule

Monday through Friday				
Daily Departures	First AM	Time past	Last hour	Bus
AM: 7:00, 8:00, 9:00, 11:00				
PM: 12:00, 1:00, 4:00, 5:00, 6:00				
1. Tribal Office	7:00	:00	6:00	
2. Senior Center	7:01	:01	6:01	
3. I.H.S. Clinic	7:02	:02	6:02	
4. Highview Dr & Blue Mtn. Street	7:05	:05	6:05	
5. Highview Dr—Hualapai Housing	7:06	:06	6:06	
6. Diamond Creek & Highview Dr.	7:08	:08	6:08	
7. Diamond Creek & Hualapai Way	7:09	:09	6:09	
8. Headstart / Day Care	7:10	:10	6:10	
9. Indian Way	7:11	:11	6:11	
10. Peach Springs School	7:13	:13	6:13	
11. Walapai Market	7:15	:15	6:15	
Milkweed Circle—WAVE DOWN	7:20	:20	6:20	
Buck & doe Circle—WAVE DOWN	7:25	:25	6:25	
12. Music Mountain GCRC Offices	7:31	:31	6:31	
13. Cultural Center	7:40	:40	6:40	
Diamond Creek Circle—WAVE DOWN	7:42	:42	6:42	
14. Tribal Gym / Tribal Court	7:44	:44	6:44	
15. Hualapai Lodge / Nelson Rd.	7:47	:47	6:47	
1. Tribal Office—DROP OFF ONLY	7:50	:50	6:50	
2. Senior Center—DROP OFF ONLY	7:51	:51	6:51	
3. I.H.S. Clinic—DROP OFF ONLY	7:52	:52	6:52	
1. Return to Tribal Office	7:53	:53	6:53	

Tips for Riding the Bus

- The Hakdagwiva Bus is **FREE**
- The Kingman Bus is **NOT**
- You can catch the bus at any of the stops shown on the schedule.
- If you live in Milkweed, Buck n Doe, or Diamond Creek Circle you must **WAVE** the bus down at any location along the route at the time it's schedule to be in those areas.
- **Kingman Riders:** Please be ready to pay your fare when you board. You must have exact cash or a ticket. Drivers do not handle or carry money.
- Monthly Passes may be purchased from Accounting at the Tribal Office. Receipt must be taken to Transit Office to receive pass booklet.



For current schedule updates and information:

928-769-6384

hualapaitransit.org

General Administrative Order • No. 2017-001 & No. 2017-002*Submitted by: Hualapai Tribal Court*

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other: in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible – plants don't grow – there will be no life – nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai – PEOPLE OF THE TALL PINES –

GENERAL ADMINISTRATIVE ORDER
No. 2017-001

Adopted this 12th day of January, 2017



AUTHORITY: This General Administrative Order is promulgated pursuant to authority vested in the Hualapai Judiciary at Article VI, Section 3(d) in the Constitution of the Hualapai Indian Tribe to “establish court procedures for the Hualapai judiciary” and Sec. 3.22 of the Hualapai Law and Order Code which provides that “details of judicial procedure not prescribed by this Code shall be set forth in rules of court promulgated by the Tribal Court.”

PURPOSE: Court Clerks and Court staff have many duties, all of which are intended to assist the Hualapai Judiciary in the expeditious administration of justice. Court staff are much more productive and can provide the maximum assistance to judges and litigants when they can concentrate on tasks at hand and complete the processing of the day's work the same day. As noted in the final report provided the Hualapai Tribal Council subsequent to a 2016 Hualapai Tribal Court Assessment conducted by the Bureau of Indian Affairs, the Review Team recommended that the Hualapai Tribal Court align itself with most federal, state and tribal courts and close for usual court business at 4:00 p.m. to ensure that Clerks and staff have sufficient opportunity to timely and properly process the day's work by 5:00 p.m. By doing so, the Court maximizes efficiency and controls appropriate case flow management for the benefit of Court customers.

IT IS HEREBY ORDERED that:

The public window at the Hualapai Tribal Court will close for the regular transaction of court business at 4:00 p.m. daily except for tribal holidays or when the Court is not open for regular court business by order of the Tribal Chairman or the Chief Judge.

The following services **WILL NOT BE AVAILABLE AFTER 4:00 P.M.:**

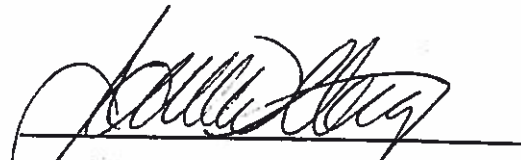
1. Disbursing support or restitution payments;
2. Receiving payments for fees, fines, restitution or support;
3. Filing pleadings or any other documents;
4. Assisting with self-help form selection and preparation.

The following services **WILL REMAIN AVAILABLE UNTIL 5:00 P.M.:**

1. Court staff will be available to provide assistance by telephone;
2. All scheduled court hearings will take place in their assigned courtroom;
3. All probation services;
4. All Wellness Court services.

This General Administrative Order is effective commencing February 1, 2017 and shall remain in effect until further order of this Court or upon enactment of superseding legislation by the Hualapai Tribal Council or upon order of the Hualapai Court of Appeals vacating this Order.

SO ORDERED this 12th day of January, 2017.



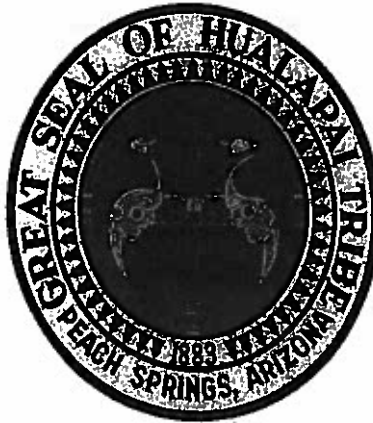
**Hon. Jan W. Morris, Chief Judge
Hualapai Tribal Court**

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

**GENERAL ADMINISTRATIVE ORDER
No. 2017-002**



Adopted this 12th day of January, 2017

AUTHORITY: This General Administrative Order is promulgated pursuant to authority vested in the Hualapai Judiciary at Article VI, Section 3(d) in the Constitution of the Hualapai Indian Tribe to "establish court procedures for the Hualapai judiciary" and Sec. 3.22 of the Hualapai Law and Order Code which provides that "details of judicial procedure not prescribed by this Code shall be set forth in rules of court promulgated by the Tribal Court."

PURPOSE: This General Administrative Order is intended to ensure that the interests of justice and judicial administration are served and the interests of litigants are protected by requiring all practitioners to submit a Notice of Appearance with the Clerk of the Court in addition to submitting the required fee to appear in that case prior to the practitioner's first appearance in person, by telephone or via pleading or other document filed with the court.

IT IS HEREBY ORDERED that:

1. In every pending case, every law practitioner, whether attorney or non-attorney, certified to practice in the courts of the Hualapai Tribe, must submit a Notice of Appearance as legal counsel of record for that party or interested person. A Notice of Appearance must be filed with the Clerk of the Court *not less than one (1) hour* prior to any court proceeding at which the law practitioner intends to appear on behalf of his or her client.

2. In addition, the law practitioner must remit to the Clerk of the Court the fee required of all law practitioners in each case the practitioner submits his or her Notice of Appearance.


3. Both the Notice of Appearance and the case appearance fee must be timely submitted before a judge will recognize the law practitioner as counsel of record for the party in that case. In the absence of one or both required submissions, the practitioner may be allowed to attend the court proceeding (at the presiding judge's discretion), but will not be allowed to give counsel to or speak on behalf of the prospective client party while in the courtroom during a session on the record.

4. Practitioners employed by the Hualapai Tribe who work in the Office of the Public Defender are exempt from the requirement for a case fee, and such practitioners may appear with the prospective client party without prior submission of the required Notice of Appearance, but a formal Notice of Appearance must be filed and date-stamped with the Clerk of the Court prior to 4:00 p.m. on the day of the practitioner's first appearance. If the Notice of Appearance is not timely filed, the judge shall not permit the practitioner to give counsel to or speak on behalf of the prospective client party at any future proceedings while in the courtroom during a session on the record until the filing requirement has been met.

5. Practitioners employed by or contracted with the Office of the Prosecutor are exempt from the requirements of this General Administrative Order.

This General Administrative Order is effective commencing January 30, 2017 and shall remain in effect until further order of this Court or upon enactment of superseding legislation by the Hualapai Tribal Council or upon order of the Hualapai Court of Appeals vacating this Order.

SO ORDERED this 12th day of January, 2017.


**Hon. Jan W. Morris, Chief Judge
Hualapai Tribal Court**

Contact Information for Eye Centers • Please Complete Gaming Assistance Application*Submitted by: Marilyn Vaughn | Hualapai Tribal Administration*

VISION CENTERS CONTACT LIST

Desert Family Eye Center
2187 Airway Avenue
Kingman, AZ 86409
(928) 757 – 5005
Mon – Thurs, 8AM to 6PM

Riverview Vision
2215 Hualapai Mountain Road
Kingman, AZ 86401
(928) 718 – 1009
Mon – Fri, 9AM to 5PM

Kokopelli Eye Imaging
2403 N. Stockton Hill Road, Suite 1
Kingman, AZ 86401
(928) 771 – 9000
Mon – Thurs, 8AM to 4PM
Fri, 8AM to 1PM

Walmart Vision Center
3396 Stockton Hill Road
Kingman, AZ 86401
(928) 681 – 3533
Mon – Sat, 9AM to 6:30PM
Sun, 12PM to 4:30PM

Nationwide Vision
3505 Stockton Hill Road, Suite 180
Kingman, AZ 86409
(928) 757 – 7670
Mon – Fri, 9AM to 6PM
Sat 8AM to 5PM

Western Eye Medical Center
3953 Stockton Hill Road
Kingman, AZ 86409
(928) 757 – 3330
Call for hours of operation

****Assistance is available for Tribal members to purchase eyeglasses/contact lenses. Funds are limited to \$275 and/or one pair per Tribal member (annually). Complete a Gaming Assistance Application and attach a quote from the vision center of your choice.****



If you have questions regarding Gaming vision benefits, call Marilyn Vaughn at (928) 769 – 2216 ext. 111.

(Updated 01.26.2017)

Target of Fraud*Submitted by: Detective Sergeant Roger Felker | Hualapai Nation Police Department*

The Hualapai Nation Police Department has taken a few fraud reports recently. One scam being used involves someone who claims to be from the IRS.

According to the IRS, they **DO NOT** initiate contact with taxpayers by e-mail, text or social media channels and DO NOT threaten taxpayers with lawsuits, imprisonment or other enforcement action.



Being able to recognize these telltale signs of a phishing or tax scam could save you from becoming a victim. If you are contacted by phone from anyone claiming to be from the IRS, hang up and contact the IRS directly using the resources provided at www.irs.gov.

2017 Annual Livestock Meeting • Friday, February 10th*Submitted by: Michael Williams | Hualapai Department of Natural Resources***Livestock District Members**

Dear Members,

The Agriculture Program is requesting your attendance on January 13, 2017 for District 5, January 20, 2017 for District 4, January 27, 2017 for District 3, January 30, 2017 for District 1 and February 3, 2017 for District 2 at 5:00 pm in the large conference room located at the Health Department for each meeting to discuss your goals and objectives for 2017. This is an annual reminder so that we can discuss the needs of the association and what the Hualapai Department of Natural Resources and its partners can provide to your association. This is also the time to discuss management plans, livestock numbers, Bylaw submissions, and member changes/updates. This will also be a good time for myself and Jessica Orozco to introduce ourselves as the new range specialists for the Hualapai Department of Natural Resources.

The 2017 Annual Livestock Meeting is fast approaching and is tentatively set for **February 10, 2017**. We would like to get your input on some of the proposed Farm Bill projects we are considering and how to best implement them. Your ideas on any issues the District would like to discuss or receive updates on, such as the recent installation of several rain gauges across the 44 grazing pastures of all 5 districts and how your association can benefit from the data collected. Also, any proposed or current ongoing NRCS projects in your district or future animal health related workshops can be discussed.

We look forward to meeting you and seeing you there.

Respectfully,

Michael Williams, Range Specialist
Hualapai Department of Natural Resources

Native American Veterans Income Tax Settlement Fund | Living & Deceased*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

Veterans,

Please share the following information with all interested veterans, especially Arizona Native American veterans. Last legislative session, the Arizona Legislature created the Native American Veterans Income Tax Settlement Fund (NASF) designed to return state income tax erroneously withheld from Arizona Native Americans who served in the U. S. military while claiming tribal land as their domicile from September 1, 1993 through December 31, 2005.

The Fund is now active and further background and information on how those Native American veterans entitled to a refund of withheld tax can apply for their refund can be found at this site:

<https://dvs.az.gov/nasf-native-american-settlement-fund>

Diamond Creek Restaurant • February Specials

Submitted by: Brandi Lindemuth | Diamond Creek Restaurant

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pork Green Chili Chimi	2 Chicken Tacos	3 Fish n Chips 	4 Macho Burrito
5 Super Bowl Appetizer Platter	6 2 Corn Dogs w/Fries	7 Fettuccini Alfredo	8 Mexican Pizza	9 Southwestern Chicken Salad	10 Fish n Chips 	11 Turkey Bacon Melt
12 Chicken and Waffles	13 Toasted Italian Hoagie	14 Happy Valentine's Day!	15 Nacho Supreme	16 Cook's Choice	17 Fish n Chips 	18 Adobe Jack Burger
19 Cook's Choice	20 Chicken Salad Croissant	21 Sourdough Griller	22 Cheese Enchiladas	23 Strawberry Delight Salad	24 Fish n chips 	25 Chicken Gumbo
26 Patty Melt	27 Pulled Pork Sandwich	28 Red Beans and Rice				
DIAMOND CREEK RESTAURANT 928-769-2800 Hours of Operation Daily 630am-830pm					Featured Items Available 11am-Until Sold Out Featured Items Subject to Change without notice	
						



Boys & Girls Club of Peach Springs • February Calendar of Events

Submitted by: Adeline Crozier | Hualapai Tribal Administration

Don't forget your permission slips for programming!

FEBRUARY 2017

GREAT FUTURES START HERE.

*Please make sure your child/ren have an updated membership application**

ASP Club Hours:

Monday-Thursday

3:30 PM- 6:00 PM

3:30-7:00 pm (Teens Only)

Friday

8:00 AM- 5:00 PM

Office Hours:

Monday-Thursday

10:00 AM-6:00 PM

Friday

479 Diamond Creek Road

P.O. Box 395

Peach Springs, AZ 86434

Phone: (928) 769-1801

Any questions, comments or concerns please call to speak with a staff.



BOYS & GIRLS CLUB
OF PEACH SPRINGS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SNAP ED VISIT Food Knowledge 4-5 PM 	2 What is groundhogs day? 	3 *Tournaments *Minute to Win it *Board games 	4
5	6 *Homework Slay *TRAIL	7 *Homework Slay *Native Spirit	8 Kite Flying *Homework Slay *TRAIL *Money Matters	9 Truckton Lunch *Homework Slay *Native Spirit *Money Matters *Torch/Keystone	10 Indoor Carnival *Passport to Manhood *SMART Girls *Radio Club	11 *Passport to Manhood *SMART Girls *Radio Club
12	13 *Homework Slay *TRAIL	14 Happy Valentine's Day *Homework Slay *Native Spirit	15 *Homework Slay *TRAIL *Money Matters	16 *Homework Slay *Native Spirit *Money Matters *Torch/Keystone	17 Healthy Heart Presentation T80 *Passport to Manhood *SMART Girls *Radio Club	18 *Passport to Manhood *SMART Girls *Radio Club
19 Yes, We are Open Presidents Day Barn-5pm 	20 *Homework Slay *TRAIL	21 *Homework Slay *Native Spirit	22 FAMILY FUN NIGHT 5:30-7:00 PM *Homework Slay *TRAIL *Money Matters	23 *Homework Slay *Native Spirit *Money Matters *Torch/Keystone	24 *Tournaments *Minute to Win it *Board games 	25 *Passport to Manhood *SMART Girls *Radio Club
26	27 *Homework Slay *TRAIL	28 Mardi Gras Birthday Celebration! *Homework Slay *Native Spirit				

Hualapai Tribal Youth Explorers Program & Agenda • Monday, February 13th

Submitted by: Pete Imus | Hualapai Youth Services

Hualapai Tribal Police

Youth Explorers Program

We are looking for Hualapai youth who are interested in creating a local Explorers Post for the tribe.

This session will be a introduction of the Explorers program and will cover important aspects to consider.

Youth and parents are welcome to attend.

Hualapai Tribal Youth 14-20

Monday February 13, 2017 6:00PM
Health Education & Wellness Center
488 Hualapai Way, Peach Springs, AZ

For information contact:

Hualapai Youth Services
POB 397/488 Hualapai Way
Peach Springs, AZ

769-2207

pete.imus@hualapai-nsn.gov



Are you the next chief of police?

Hualapai Tribal Police Youth Explorers Program Hualapai Tribal Youth 14-20

Monday February 13, 2017 6:00PM
Health Education & Wellness Center

Agenda

- What is the Explorers Program
- Hualapai Explorers History
- The benefits of the program
- What is provided
- Opportunities
- The responsibility/dedication of youth & parents
- Questions

Are you the next chief of police?



769-2207
pete.imus@hualapai-nsn.gov

Hualapai Youth Services
POB 397/488 Hualapai Way
Peach Springs, AZ

Do-It-Herself Workshop on Thursday, February 16th • Sign Up by Friday, February 10th
Submitted by: Pete Imus | Hualapai Youth Services

DO-IT-HERSELF WORKSHOP



Learn to Build a

Cupcake Stand

Thursday February 16, 2017 6:30PM Kingman Home Depot

Join The Home Depot associate-lead demonstration and watch as they demonstrate how to use carpenter's tools and precut wood corbels to fashion a beautiful cupcake stand. When they're done, they'll help you shop for everything you need to create your own project.



Itinerary—Thursday February 16th

4:15PM-Meet at HEW board Youth Council Van

4:30PM-Depart HEW

**5:30PM-Dinner stop in Kingman.
Dinner is on your own dollar.**

**6:30-Arrive at Home Depot for
check-in and participate in project**

**8:00PM-Project wrap up and return
to Peach Springs.**

**9:00PM-Arrive in Peach Springs and
drop off at homes.**

Hualapai Tribal Females ages 12 and Up.

**Sign up with the Youth Services Office by
Friday February 10, 2017. Space is limited,
sign up quickly.**

**Transportation and all necessary supplies
will be provided for participants by the Youth
Services Office. Dinner will be on your own
dollar.**

Hualapai Youth Services

POB 397/488 Hualapai Way

Peach Springs, AZ 86434

Phone: 769-2207 Email: pete.imus@gmail.com



HUALAPAI TRIBAL YOUTH SERVICES

488 Hualapai Way
 P.O. Box 397
 Peach Springs, AZ 86434
 Pete Imus, Youth Services Coordinator
 Phone: 928-769-2207 Fax: 928-769-5487
 Email: pete.imus@hualapai-nsn.gov

Parent/Guardian/Youth 18 and older must sign and return.

I give my permission for my child/I will attend _____ to attend:

Event/Activity	Home Depot Do-It-Herself Workshop	
Location	Home Depot, Kingman AZ	
Date(s)	Thursday February 16, 2017	
Chaperone 1 Name & Title	Pete Imus Coordinator	Organization: HEW/Youth Services
Chaperone 2 Name & Title	Jessica Powskey Coordinator	Organization: HEW/Strategic Prevention
Chaperone 3 Name & Title	Heather Nieto Educator	Organization: HEW/Prevention Health & Wellness Educator

Chaperone(s) have my permission to tend to any medical emergencies my child may encounter under their supervision.

I can be contacted at (phone number): 1. _____
 2. _____

Childs Date of Birth: _____ Address: _____

Insurance information: _____

Please list any physician prescribed medication your child may be presently taking.

Medication(s)	
Purpose for Medication	
Doctor	
Dosage	
When Should Be Taken	
Other, allergies, etc.	

I will not hold the Hualapai Tribe, hosting facility, hosting organization responsible for any injury, illness, or death my I/child may encounter while on this activity/trip.

I also authorize Hualapai Youth Services the use of any live images, still images, audio recordings, video recordings, photographs, written quotes, or likeness of my child/myself named above of whom I am the parent/guardian; which my be used in any form of media produced by Hualapai Youth Services and will be the property of Hualapai Youth Services which will be used in nonprofit and/or educational media and be distributed as such by Hualapai Youth Services.

REGISTRATION FEE: There is no registration fee. Youth Services will cover the cost of supplies onsite for those who are in attendance.

SEE BACK FOR VEHICLE RULES

Parent/Guardian/Individual Signature

Date

Vehicle Rules

In the vehicle ...

- No food/eating or drinks – BOTTLED WATER ONLY.
- No candy, gum, snacks, sunflower seeds, etc.
- Keep feet/shoes off of dashboard, seats and windows.
- Seat belts must be worn at all times by driver and passengers.
- No lying down in seats.
- Each passenger must sit up facing forward with both feet on the floor.
- Cell phone use by the driver while the vehicle is in motion is prohibited.
- Driver should also limit conversation with other passengers.
- Never allow more than 15 people to ride in a 15-passenger van.
- When the van is not full, passengers should sit in seats that are in front of the rear axle.
- In van cargo should be placed forward of the rear axle.
- Youth Services is not responsible for passengers items left, lost or stolen in or from the van.
- Males are to sit separate from females starting at the front of the vehicle, at least two passengers on each bench.

Tribal Economic Development Leaders 3rd Quarterly Meeting • Friday, February 17th

Submitted by: Kevin Davidson | Hualapai Planning Department

**NORTHERN
ARIZONA
UNIVERSITY**



The W. A. Franke
College of Business

CENTER FOR AMERICAN INDIAN ECONOMIC DEVELOPMENT
PO BOX 15066
FLAGSTAFF, AZ 86011-5066
928.523.7320
nau.edu/franke/caied/

TRIBAL ECONOMIC DEVELOPMENT LEADERS

3rd Quarterly Meeting

Friday, February 17, 2017

9:30am—3:00pm

Tohono O'odham Cultural Museum

Large Conference Room,

Fresnal Canyon Road,

Sells, AZ 85634



For more information contact: NAU CAIED at 928-523-7320 or email Crystal.Cree@nau.edu

23rd Annual Avi Kwa Ame Pow Wow • Begins on Friday, February 17th - 19th

Submitted by: Danielle Bravo | Hualapai Planning Department

2 3 R D A N N U A L

Avi Kwa Ame Pow Wow

FEBRUARY 17, 18 & 19, 2017

POW WOW WILL BE HELD IN THE EVENT CENTER LOCATED DIRECTLY ACROSS THE RIVER FROM THE AVI CASINO

ADMISSION

\$ 5.00/DAY OR \$ 8.00/ 2 DAY PASS

BIRD DANCE EXHIBITION

Friday 6:00pm

GOURD DANCING

Saturday 11:00am

Sunday 11:00am

GRAND ENTRY

Saturday 12:00pm & 7pm

Sunday 12:00pm

DRUM SIGN-UP

Saturday 10:00am

BIRD DANCER REGISTRATION

Saturday 10:00am - 4:00pm

DANCER REGISTRATION

Friday 10:00am - 5:00pm

BIRD SINGING & DANCING CONTEST

Saturday 5:00pm - 7:00pm

Host Drums To be selected
at each session.

MC - Terry Fiddler
Arena Director - Tate Honadick
Ground Blessing
Gary Koshiway

– All Drums Welcome –
Daily Pay for Drums
Head Staff will be
selected at each session.

Vendors Contact
Maria Medrano
at (760) 629-4591 or
(928) 788-5198

Lodging is available at the
Avi Resort & Casino
(702) 535-5555
(POW WOW 7)

**"No alcohol, drugs, firearms or
fireworks allowed"**

Pow Wow Committee is not responsible
for damages to property or injury.



ALL TIMES ARE AZ TIME AT EVENT CENTER

O'odham Tash Social Powwow & Softball Tournament • Saturday, February 18th

Submitted by: Charlotte Navanick | Ute Tribe Public Relations



O'odham Tash Social Powwow



February 18, 2017

Paul Mason Sports Complex

Casa Grande, AZ

Host Northern Drum

Master of Ceremonies

Host Southern Drum

Maswadae

Chuck Benson

Greasewood

Tucson, AZ

Ft. McDowell, AZ

Phoenix, AZ

Head Man

Arena Director

Head Gourd

Dwayne Joe

Donald Sabori

Southwest Gourd Society

Phoenix, AZ

Gila River, AZ

Tucson, AZ

Head Lady

Scheduled of Events:

Adrianne Sabori

Gourd Dancing

Gila River, AZ

11:00 am to 12:30 pm - 4:30 pm to 6:30 pm

Grand Entry

1:00 pm and 7:00 pm

Posting of Colors by Ira

Hayes American Legion

Post# 84

Arts & Crafts Vendors

Space Available

10'x10' Booth Space

Please contact for more info:

Doreen Atkinson

(520) 471-7813

Georgette Johnson

(520) 221-5368

Powwow Information Contact:

Donald Sabori

(602) 820-2504

Georgette Johnson

(520) 221-5368

Alcohol and other drugs will not be tolerated. Not responsible for accidents, theft, or damages.



San Carlos INCA-AATCD Workshop • March 6th—9th
Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region

Caring for Mother Earth, Plants and Animals And Strengthening the Circle of Life thru Agriculture

National and Regional Tribal, BIA and USDA Workshop

Hosted by:

**Indian Nations Conservation Alliance
(INCA)**

Arizona Association Tribal Conservation Districts (AATCD)

March 6- 9, 2017

**Apache Gold Casino Resort
5 miles east of Globe on highway 70
San Carlos, Arizona 85550
1-800-272-2438**

Registration is \$100 and includes two lunches



ARIZONA
ASSOCIATION OF TRIBAL CONSERVATION DISTRICTS
P.O. BOX 1471 • TUBA CITY, AZ 86045





Monday March 6, 2017

1:00 – 5:00 AATCD Board Meeting

Tuesday March 7, 2017

7:00 – 8:00 Check In

Moderator: Steve Titla

8:00 – 8:30 **Invocation and welcome:** Terry Rambler, Chairman, San Carlos Apache Tribe

8:30 – 8:45 **Opening Remarks:** Richard Thompson, INCA Board Chairman

8:45 – 9:00 **Opening Remarks:** Roland Tso Chairman AATCD, INCA board member

9:00 – 9:10 **Coming Together:** Dick Gooby, Executive Director, INCA

9:10 – 9:40 **Working Together:** Astor Boozer, Regional Conservationist, NRCS

9:40 – 10:10 **Working Together:** Ira Newbreast BIA National Office ???

10:00 – 10:20 **Break:**

10:20 - 10:50 **Success Story – ARMP Implementation FT Peck Reservation, Montana:** Paul Finnicum, NRCS District Conservationist, Mirna Walking Eagle ???

10:50 – 11:00 **Integrated (Agricultural) Resources Management Plan:** Allen Hanley, INCA

11:00 – 11:20 **USDA Council for Native American Farming and Ranching:** Roselyn Yazzie USDA National Committee ???

11:20 – 11:40 **Working Together:** Ronald Harris, Director, Outreach and Advocacy Division NRCS???

11:40 – 12:00 **NRCS National Office, Efforts to Strengthen NRCS Program usage in Indian Country:** Barry Hamilton, NRCS

12:00 – 1:00 **Lunch**

1:00 – 1:30 **Bringing Conservation Stewardship Program to Tribal or Individual Trust or Fee lands.** Kari Jo Lawrence ???South Dakota

1:30 – 2:00 **Smith Valley Student Agriculture Projects:** Sadie Lister, INCA, Benita Litson, Dine College, Latona Old Elk, Extension Director, Little Big Horn College

2:00 – 2:30 **Tohono O'Odham Working Together Success Story:** TCD, Tribal Dept. NRCS BIA, etc

2:30 – 3:00 **Hualapai Working Together Success Story:** Phillip Bravo, TCD, Tribal Dept., NRCS, BIA

3:00 – 3:20 **Break**

3:20- 5:00 **Regional Tribal Conservation Advisory Council Open Meeting:** Astor Boozer, Regional Conservationist, NRCS

5:00 – 9:00 **INCA Board meeting**

Wednesday, March 8, 2017

- 8:00 – 8:20 **Invocation:** Harold Joseph
Moderator: Roland Tso
- 8:20 – 9:00 **APHIS PPQ Farm Bill Section 10007:** Carl Etsitty, Tribal Liaison, Animal Plant Health Inspection Service, Plant Protection and Quarantine
- 9:00 – 9:30 **APHIS Farm Bill:** Terry Clark, Deputy Director, APHIS Office of Tribal Relations
- 9:30 – 10:00 **Navajo Weed Plan:** Renee Benally, BIA
- 10:00 – 10:30 **Break**
- 10:30 – 11:30 **Executive leadership Working Together to bring Conservation Programs to Indian Country:** Keisha Tatem, Sharon Pinto, Catherine Wilson Tribal Natural Resource, Bryan Bowker, BIA, Roland Tso, Chairman AATCD, Phillip Bravo, Chairman Hualapai, TCD ???
- 11:30 – 12:00 **APHIS Vet Services:** Evelyn Williams, Arizona Field Veterinarian Medical Officer Animal plant Health Inspections Service veterinary Services ???
- 12:00 – 1:00 **Lunch**
- 1:00 – 1:30 **APHIS Wildlife Services:** David Bergman, State Director Animal Plant Health Inspection Service
- 1:30 – 2:00 **Biological Weed Control and which noxious weeds have a safe Biological Weed Control agent available:** Dewey Murry, Animal Plant Health Inspection Service, Plant Protection and Quarantine
- 2:00- 2:30 **Climate Change –** Margaret Hiza Redsteer USGS ???
- 2:30 – 3:00 **Cows Eat Weeds:** Kathy Voth,
- 3:00 – 3:30 **Break**
- 3:30 – 4:00 **Southern Rockies Landscape Conservation Cooperative:** Kevin Johnson, Southern Rockies LLC Coordinator ???
- 4:00 – 5:00 **Farm Service Agency Farm Loan and Student loan Programs:** Farm Service Agency ???

Thursday, March 9, 2017

- 8:00 – 8:20 **Invocation:** Roland Tso
Moderator: Harold Joseph
- 8:20 – 9:00 **USDA Rural Development Program Overview:** Ernie Wetherbee, Acting State Director RD.
- 9:00 – 9:30 **INCS Student Intern Speaker** ???
- 9:30 – 10:00 **Tribal Conservation Districts and Tribal Conservation Advisory Council's meeting**
- 10:00 – 10:30 **Break**
- 10:30 – 12:00 **Tribal Conservation Districts and Tribal Conservation Advisory Council's Meeting**

This workshop series is presented by:



COLLEGE OF AGRICULTURE & LIFE SCIENCES

Animal & Comparative
Biomedical Sciences

Cooperative
Extension



Arizona
Cattle
Growers'
Association

This workshop series is sponsored by:



PURINA



PERFORMANCE MINERALS



Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity affirmative action institution. The University prohibits discrimination in its programs and activities on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation or gender identity and is committed to maintaining an environment free from sexual harassment and retaliation.

GAMYU

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Range Livestock Nutrition Workshop • March 14th—16th

Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region

Range Livestock Nutrition Workshop 2017



Register Online!

<http://azcattlemensassoc.org/>

Registration Due by March 1st

Tuesday, March 14th, 2017

Safford General Services Building
921 Thatcher Blvd.
Safford, Arizona

Wednesday, March 15th, 2017

Navajo County Fair Grounds
404 E. Hopi Drive
Holbrook, Arizona

Thursday, March 16th, 2017

Mojave County Administration Building
700 W. Beale Street
Kingman, Arizona



The University of Arizona
Beef Extension Program
1650 E. Limberlost Dr.
Tucson, AZ 85719

Schedule of Events

9:30 am Registration

10:00 am Welcome and Introduction of Sponsors

10:00 am Trich Overview and Regulations Update

10:30 am Principles of Cow Nutrition

Dr. Dan Faulkner
School of Animal and Comparative Biomedical Sciences
The University of Arizona

11:00 am Range Monitoring for Management

School of Natural Resources and the Environment
The University of Arizona

11:30 am Mineral Nutrition

Octavio Mendivil

Sponsored by Zinpro

12:00 pm Lunch (Included with registration)

1:00 pm Protein Supplementation

Juliet Conant

Sponsored by Purina Animal Nutrition

1:30 pm Market Update

Dr. Russ Tronstad

Department of Agricultural and Resource Economics

The University of Arizona

2:00 pm Equine Vaccinations and Supplementation

Dr. Betsy Greene

School of Animal and Comparative Biomedical Sciences
The University of Arizona

2:30 pm Beef Quality Assurance Certification Class

(Included with registration)

Ashley Wright (Safford)

Arizona Cooperative Extension, The University of Arizona

Dr. Dan Faulkner (Holbrook and Kingman)

School of Animal and Comparative Biomedical Sciences
The University of Arizona

4:00pm Adjourn

Range Livestock Nutrition Workshop Registration Form



Online Registration Available for Credit Card Payments

<http://azcattlemensassoc.org/>

Registration Due by March 1st

of people attending _____ X \$25

Registration \$25 per person, includes lunch

Amount enclosed or to be charged: \$ _____

_____ Check _____ Cash _____ Money Order

Credit Card Payment:

_____ Visa _____ Mastercard _____ American Express

Card Number: _____

Expiration Date: _____

Name on Card: _____

Corporate Credit Card? _____ Yes _____ No

Billing Address: _____

Mailing Address: _____

Please note that AZ Cattlemen's Association will appear as the vendor on your credit card statement.

For payment in the form of personal check or money order.



Make Payment To: ACGA

For questions about registration contact Debbie Reed
(520) 626-7107 or dreed@email.arizona.edu

Send Registration Form and Fees To:

Range Livestock Nutrition Workshop

Attn: Debbie Reed

1650 E. Limbertost Dr.

Tucson, AZ 85719

Fax: (520) 626-1283

Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Debbie Reed, (520) 626-7107. Requests should be made as early as possible to allow time to arrange the accommodation.



NINETEEN TRIBAL NATIONSWORKFORCE DEVELOPMENT BOARD
Workforce Innovations and Opportunity Act

Dislocated Worker Program

Have You Been Laid Off?

- ✦ Are you collecting Unemployment Insurance benefits or have exhausted those benefits?
- ✦ If you answered YES to the above, you are encouraged to call for more information. Please call (602) 550-3556 or (928) 713-3080.

Equal Opportunity Employer/Program
Auxiliary aids & services are available upon request to individuals with disabilities



NINETEEN TRIBAL NATIONSWORKFORCE DEVELOPMENT BOARD
Workforce Innovations and Opportunity Act

Are you a Displaced Homemaker?

- ✦ A Displaced Homemaker is an individual, male or female, who has primarily been dependent on someone else's income while staying home full time.
- ✦ When that income is lost through death, divorce, job loss of spouse or disablement of spouse, the individual becomes displaced from the home role and must not find work as soon as possible to support themselves and their family.
- ✦ If you feel you qualify for this program, you are encouraged to complete the pre-application and fax or scan to the number given on the form.
- ✦ You will be contacted concerning your application within 5 working days. For more information about the Workforce Innovation and Opportunity Act (WIOA), please call (602) 550-3556 or (928) 713-3080.

Equal Opportunity Employer/Program
Auxiliary aids & services are available upon request to individuals with disabilities
TTY: 7-1-1

Peach Springs Unified School District • Job Announcements

Submitted by: Jamie Cole | Peach Springs Unified School District, Superintendent



Peach Springs USD Job Announcements

All applicants must have clear background check, Arizona fingerprint Clearance Card, and qualify for positions upon applying for job

Certified Positions (2016-2017 salaries online www.psusd8.org)

Elementary Teachers (1st and 7th grade)-

Title I Reading Teacher/Instructional Coach (Must have ADE reading endorsement for Title I)

Special Education teacher (life skills)-

Special Education teacher (resource and inclusion teacher)

Classified Positions (pending position)

Bus driver/custodian (drug test, CDL, bus passenger certification, CPR, fingerprint) \$18

Substitute (ADE substitute or ADE emergency substitute if recommended)- \$100-125 a day

Paraprofessional (AA degree for highly qualified classified position)-\$12-\$15

Secretary (must have positive attitude, excellent background check, and references)- \$12

Job descriptions are on file in the front office upon request or online

Benefits

Full time staff members receive 100% paid insurance, match retirement with Arizona State at 11% match, leave includes 1 day paid leave a month earned, positive work environment

Additional Certified Teacher benefits- housing to rent on or near site, \$1000 move in/ recruitment stipend, small class sizes, technology includes laptop per student, interactive board, curriculum provided for ELA (reading, writing, grammar) and math with differentiated materials for students, PROP 301 extra funding on top of teacher salary includes (\$2000-\$6000) for 2016-2017 SY

Questions, please call 928-769-9034 ask for Jaime Cole

PSUSD School
12/8/2016



Contact information

Jaime Cole, Superintendent
colej@psusd8.org

PO Box 360

Peach Springs, AZ 86434

Phone: 928-769-9034

Community Development Institute • CDI Head Start*Submitted by: Carolyn Dayish | CDI Head Start***Community Development Institute****HEAD START****Serving Hualapai Tribe**

PO Box 125

479 Hualapai Way

Peach Springs, Arizona 86434

(928)769-2522 phone * (928)769-2457 fax

Vacant Positions as of January 18, 2017. Open until filled

Please contact Head Start and ask to speak with the Program Director to inquire about any of these vacant positions at 928-769-2522.

Administrative Assistant Fiscal/Human Resources

This position is responsible for the human resources activities of the program including personnel files, ensuring orientation and tracking of staff. This position is responsible for the smooth operations of an office and other duties related to administration including answering phones, filing, etc. Performs all duties as required by the Program Director and other duties as assigned relating to the administrative component including, policy and procedure updates, typing, word processing, faxing, acting as receptionist and other clerical duties. This position performs all duties as required to ensure accurate and timely processing of accounts payable, accounts receivable, payroll and other duties relating to fiscal operations. Position is responsible for monitoring program expenses, tracking activity in program budget lines and communicating any issues or overspending concerns. Minimum requirements are a high school diploma or GED with some relevant experience in human resources and two years direct experience working with purchasing, accounts payable, accounts receivable and payroll. Must possess a basic understanding of accounting systems and have at least one year of direct experience working with an accounting system general ledger and budget. AA degree or higher in a related field preferred. The individual must possess a sound working knowledge of Microsoft Excel. The position must have the ability to manage numerous tasks, possess good organizational skills, communicate effectively with co-workers and the public, and work collaboratively in a team environment.

Pay D.O.E., 40 hours a week. 52 weeks per year.

Education Coordinator-Grant Funded position (temporary)

This position is responsible for the general and day to day operations of a Head Start center, covering multiple classrooms, assuring regulatory and legal compliance with federal, state and local regulations, communicating with parents and the community and supervision and monitoring of all staff working at the center. This position is responsible for the education and early childhood development of the Head Start Performance Standards. This includes working to develop an early childhood education curriculum and providing educational resources for staff and parents. This position will also coach, mentor and guide teaching staff. This position requires at a minimum a Bachelor degree in Early Childhood Education, Child Development or other related Human Services degree with at least 30 credits in ECE credits and two years demonstrated experience working with young children and families. ONE year supervisory experience preferred. Position requires a B.A in E.C.E. \$1,520.00/biweekly, 40 hours a week.

Teacher Preschool/Substitute Teacher

This position serves as the lead worker in a classroom of Head Start children by planning, implementing, and supervising all classroom activities. This position works with typically developing children and children with disabilities. This position supports and assists families as they identify and meet their own goals through a family-centered case management model for developing and carrying out the program Family Partnership Agreements including responsibility for child files, enrollment/applications, etc. Entry-level requires an A.A. in ECE Pay is \$1,050.00/biweekly at an A.A. level, and \$1,120.00 biweekly at a B.A. level 35 hours per week,



Community Development Institute

HEAD START

Serving Hualapai Tribe

PO Box 125

479 Hualapai Way

Peach Springs, Arizona 86434

(928)769-2522 phone * (928)769-2457 fax

39 weeks per year. We will consider applicants that are enrolled in an AA or BA degree program in early childhood education that are able to obtain the degree within a reasonable timeframe.

Vacant Positions as of January 18, 2017. Open until filled

Please contact Head Start and ask to speak with the Program Director to inquire about any of these vacant positions at 928-769-2522.

Assistant Teacher Preschool/Assistant Teacher On-Call

This position works as a part of a teaching team to work as a partner with the teacher/lead teacher in developing activities for preschool (Head Start) children to provide them with varied experiences and an appropriate learning environment. Typically works with developing children and children with disabilities. Assistance is given to the teacher in carrying out the goals, policies, and activities designed to implement educational objectives and performance standards. This position works with families to promote parent involvement in the program. In addition, this position might also serve as a Bus Monitor as part of the transportation services provided by the program. This position may be assigned additional duties based upon program need and areas of developing expertise. This position works along with the teacher/lead teacher to attain the goals of the program. The position may be reassigned to various classrooms/centers as deemed necessary for program operations. Pay D.O.E., 35 hours per week, 39 weeks per year

Program Aide/Program Aide On-Call

This position works as a part of a team to assist in activities in the areas of the classroom, kitchen and bus and/or to serve as a disabilities aide as needed. The position contains elements of job descriptions of positions with titles similar classroom aide, bus monitor, janitor and kitchen aide and as a disabilities aide providing support for children with disabilities. Works with typically developing children and/or children with special needs/disabilities. The minimum requirement is that the individual be 18 years of age. This is an entry-level position requiring no previous education or experience, a high school diploma or G.E.D. is preferred. Pay D.O.E., 35 hours per week, 39 weeks per year.

Janitor/Janitor On Call

This position is responsible for ensuring clean, safe and functional facilities by performing daily cleaning and on-going light maintenance activities for Head Start/Early Head Start offices, classrooms, outdoor areas and other spaces used. Duties may include setting up spaces for meetings, Family Nights, socializations, etc. This position also works as a part of a team to assist in activities in the areas of the classroom, kitchen and bus and/or to serve as a disabilities aide as needed.
Pay D.O.E.

Cook On-Call

This position is one role in a large system of services provided to children and families. A strong food service program is important to supporting the goals of the program. This position is responsible the ordering, preparing, serving and documenting of meals and snacks. It includes following menus and all phases of kitchen operations including inventory control. The position may prepare foods for and/or preschool children following the USDA/CACFP standards. Position may involve reassignment to various kitchens/centers as deemed necessary for program operations. Pay D.O.E. *This is an On Call position.* ■



2017 Current Job Posting for the Hualapai Tribe

OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
Emergency Services	Structure Fire Fighter	D.O.Q.	June 23, 2015	Open until filled
Health Department	Community Counselor	D.O.E.	June 24, 2016	Open until filled
	Substance Abuse Counselor (1)	D.O.E.	August 24, 2016	Open until filled
	Community Health Representative	D.O.E.	August 5, 2016	Open until filled
	Radio Station Technical Apprentice	\$10.00/Hr./PT	Dec. 19, 2016	Open until filled
	Youth Services Assistant	\$12.00-\$15.00/Hr.	Jan. 27, 2017	Feb. 8, 2017
Juvenile Det. Center	Program Specialist Coordinator	D.O.E.	Jan. 27, 2015	Feb. 8, 2017
Adult Det. Center	Food Service Worker	D.O.Q.	October 21, 2016	Open until filled
Hualapai Day Care	Floater	D.O.E.	Jan. 27, 2017	Feb. 8, 2017
	Provider Assistant	D.O.E.	Jan. 27, 2017	Feb. 8, 2017
Natural Resources	Agriculture Program Manager	D.O.E.	Jan. 11, 2017	Feb. 11, 2017

FOR COMPLETE JOB ANNOUNCEMENTS, PLEASE SEE AT THE TRIBAL ADMINISTRATION OFFICE
OR VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV

Part-Time Positions Available at Grand Canyon Resort Corporation

Submitted by: Heather Nieto | Grand Canyon Resort Corporation, Leadership Program

Grand Canyon Resort Corporation

HUMAN RESOURCES DEPARTMENT



Part-Time Positions

Available at

Grand Canyon West Resort Corporation

Part-time positions are available for any individual interested in working 20-25 hours a week. If you're currently in school, looking for extra income, or want to be a part of the Grand Canyon Resort Team consider applying. If you're currently in school we can offer weekend and holiday hours.

We will begin accepting applications for available part-time positions November 7th. Individuals over the age of 14 years old are eligible to apply. Please contact Grand Canyon Resort Corporations Human Resources office at 928-769-2640 for applications or for more information.

Thank you,



GCRC Human Resources (928) 769-2640
P.O. Box 359 Peach Springs, AZ 86434
16500 E. HWY. 66 (Mile Post 97)

*Current GCRC team members are not eligible to hold both
full-time and part-time positions within the company.

Hualapai Preference

EDUCATION & TRAINING

Now Accepting Enrollment Applications • CDI Head Start

Submitted by: Carolyn Dayish | CDI Head Start



Head Start

CDI HEAD START

SERVING

HUALAPAI TRIBE

Is Now Accepting

Applications for Enrollment

Ages

3-5

Head Start is a quality early childhood education program provided at no charge to income eligible families. Offering education, nutrition, medical, dental, mental health, disabilities/special needs and family education services.

For more information, contact the center at

928-769-2522 or

Stop by the Head Start Center at 479 Hualapai Way

Documents needed to inquire income eligibility

- **Birth Certificate**
- **Certificate of Indian Blood**
- **Proof of Residence**
- **Income Verification (Current and Prior income for the past 12 months)**

College Horizons • Deadline: Tuesday, Feb. 14th*Submitted by: Hualapai Department of Education & Training***COLLEGE
HORIZONS****Application Deadline: Feb 14, 2017**

A reminder that the deadline for College Horizons is fast approaching. Postmark your application to College Horizons by Feb 14, 2017 to be considered on-time!

*College Pride, Native Pride!***<http://www.collegehorizons.org/apply>**

THE COBELL SCHOLARSHIP
APPLICATION
IS
NOW OPEN!

Summer 2017 and Academic Year 2017-2018
Opportunities available!

Please visit Cobellscholar.org to start your application!

DEADLINE:
March 31, 2017

Funding Opportunity: Native Youth I-LEAD • Estimated Due Date: April 24th*Submitted by: Adeline Crozier | Hualapai Tribal Administration***Funding Opportunities: Native Youth Initiative for Leadership, Empowerment, and Development (I-LEAD) Department of Health and Human Services****Opportunity Number:** HHS-2017-ACF-ANA-NC-1263**Opportunity Title:** Native Youth Initiative for Leadership, Empowerment, and Development (I-LEAD)**VIEW FUNDING OPPORTUNITY AT:**

http://www.grants.gov/web/grants/view-opportunity.html?oppId=290439&utm_source=phplist446&utm_medium=email&utm_content=HTML&utm_campaign=Funding+Opportunities%3A+Native+Youth+Initiative+for+Leadership%2C+Empowerment%2C+and+Development+%28I-LEAD%29+Department+of+Health+and+Human+Services

Description:

The Administration for Native Americans (ANA), within the Administration for Children and Families (ACF), announces the availability of Fiscal Year (FY) 2017 funds for the Native Youth I-LEAD. This program will emphasize a comprehensive, culturally-appropriate approach to ensure that all young Native people can thrive and reach their full potential by fostering Native youth resilience, capacity building, and leadership. Native Youth I-LEAD will specifically focus on implementation of community programs that promote Native youth resiliency and foster protective factors such as connections with Native languages and Elders, positive peer groups, culturally-responsive parenting resources, models of safe sanctuary, and reconnection with traditional healing. Projects will also promote Native youth leadership development through the establishment of local models to instill confidence in Native youth of their value and potential, preparation of older youth to be role models for younger peers, and activities that foster leadership and skills-building. In addition, it is intended that Native youth must be actively involved during the planning and implementation phases of the projects to ensure that they are responsive to the needs of Native youth in the communities to be served and to ensure that youth remain engaged throughout the project period.

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Submitted by: Chris Gortariz | Hualapai Emergency Services



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HEALTH & SAFETY INFORMATION

Wheat Belly • Summary

Submitted by: Health & Wellness Program | By: www.thehealingproject.us

Book Summary: *Wheat Belly* by William Davis, MD

September 22, 2012 By Lisain Book Summary, Gluten, Wheat

For those that would love to read this book, but don't have the time... I've summarized it for you! Some very interesting information indeed!

"*Wheat Belly* is a provocative look at how eliminating wheat – even so-called healthy whole grain wheat – from our diets is the key to permanent weight loss and can offer relief from a broad spectrum of health and digestive problems. Drawing on decades of clinical studies and the extraordinary results he has observed after putting thousands of his patients on wheat-free regimens, Dr. William Davis makes a compelling case against this ubiquitous ingredient."

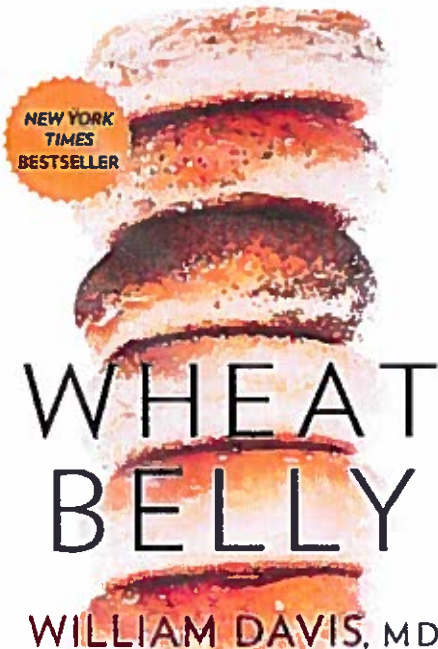
Chapter 1: *What Belly?*

- A wheat belly represents the accumulation of fat that results from years of consuming foods that trigger insulin, the hormone of fat storage. Unlike fat in other body areas, it provokes inflammatory phenomena, distorts insulin responses, and issues abnormal metabolic signals to the rest of the body.
- Most will say something like "I don't get it. I exercise five days a week. I've cut my fat and increased my healthy whole grains, yet I can't seem to stop gaining weight!"
- For most Americans, every single meal and snack contains foods made with wheat flour.
- Why only pick on wheat? Because wheat, by a considerable margin, is the dominant source of gluten protein in the human diet.
- Wheat has unique attributes those other grains do not, attributes that make it especially destructive to our health.
- Whole wheat bread increases blood sugar as much as or more than table sugar, or sucrose.
- After removing grain for 3 months from my diabetic/overweight patients, the diabetics became *non*-diabetic and many of them had lost twenty, thirty, even forty pounds.
- Other cures: acid reflux disappeared, cramping and diarrhea gone, energy improved, greater focus, sleep was deeper, rashes disappeared, rheumatoid arthritis pain improved, asthma symptoms improved.

Chapter 2: Not Your Grandma's Muffins: The Creation of Modern Wheat

- Exceeded only by corn, wheat is the most consumed grain on earth, constituting 20% of all calories consumed.
- **The wheat of today is not the same grain our forebears ground into their daily bread. It has changed dramatically in the past 50 years under the influence of agricultural scientists.**

LOSE THE WHEAT, LOSE THE WEIGHT,
AND FIND YOUR PATH BACK TO HEALTH



- Pure strains of wheat have been hybridized, crossbred and introgressed to make the wheat plant resistant to environmental conditions, such as drought or pathogens, such as fungi.
- Genetic changes have been induced to **increase yield per acre**.
- During the 19th and early 20th centuries, as in many preceding centuries, wheat changed little.
- That all ended in the latter part of the 20th century when an upheaval in hybridization methods transformed this grain.
- Wheat has undergone a drastic transformation to yield something entirely unique, nearly unrecognizable when compared to the original, and yet called by the same name: wheat.
- Small changes in wheat protein structure can spell the difference between a devastating immune response to wheat protein versus no immune response at all.
- The first wild, then cultivated, wheat was **einkorn**, the great granddaddy of all

subsequent wheat. Einkorn has the simplest genetic code of all wheat, containing only 14 chromosomes.

- Shortly after the cultivation of the first einkorn plant, the **emmer** variety of wheat (the natural offspring of parents einkorn and an unrelated wild grass, *aegilops speltoides* or goat-grass) made its appearance in the Middle East, including 28 chromosomes.
- Wheat did not evolve naturally in the New World, but was introduced by Christopher Columbus in Puerto Rico in 1493, Spanish explorers in Mexico in 1530, Bartholomew Gosnold to New England in 1602, and shortly thereafter by Pilgrims who brought wheat with them on the Mayflower.
- Wheat has been modified by humans to such a degree that **modern strains are unable to survive in the wild without human support.**
- **No animal or human safety testing was conducted on the new genetic strains that were created. So intent were the efforts to increase yield, these products**

were released into the food supply without human safety concerns being part of the equation.

- Wheat gluten proteins undergo considerable structural change with hybridization.
- Genetic differences generated via thousands of human-engineered hybridizations make for substantial variation in composition, appearance, and qualities important not just to chefs and food processors, but also potentially to human health.

Chapter 3: Wheat Deconstructed

- The modern wheat foods of today, such as Twinkies, Cinnabon pastries and Dunkin Donuts would not be possible with the dough of ancient wheat. An attempt to make a modern jelly donut with ancient einkorn wheat would yield a crumbly mess that would not hold together.
- Wheat starches = complex carbohydrates (glucose).
- Candy, soft drinks, etc = simple carbohydrates (sucrose).
- Glycemic Index (GI) = measure of glucose level increase from carbohydrate food. Foods with carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream tend to have a high GI.
- GI of *whole grain bread: 72, *white bread: 69, *Mars Bar: 68, *Shredded Wheat cereal: 67, table sugar: 59, *Snickers bar: 41.
- Aside from some extra fiber, eating 2 slices of whole wheat bread is really little different, and often worse, than drinking a can of sugar-sweetened soda or eating a sugary candy bar.
- Wheat products might be regarded as a super-carbohydrate because it is a highly digestible carbohydrate that is more efficiently converted to blood sugar than nearly all other carbohydrate foods, simple or complex.
- Glucose is unavoidably accompanied by insulin, the hormone that allows entry of glucose into the cells of the body, converting the glucose to fat.
- The higher the blood glucose after consumption of food, the greater the insulin level, the more fat is deposited.
- This is why eating a 3 egg omelet that triggers no increase in glucose does not add body fat, while 2 slices of whole wheat bread increases blood glucose to high levels, triggering insulin and growth of fat, particularly abdominal or deep visceral fat.
- The consequences of glucose-insulin-fat deposition are especially visible in the abdomen – resulting in, yes, wheat belly.

Chapter 4: Hey, Man, Wanna Buy Some Exorphins? The Addictive Properties of Wheat

- While you knowingly consume coffee and alcohol to obtain specific mind effects, wheat is something you consume for "nutrition", not for a "fix". But it is easy to underestimate the psychological pull of wheat.
- Wheat can dictate food choice, calorie consumption, timing of meals and snacks, influence mood and behaviors, dominate thoughts.
- When people stop ingesting wheat products, 30% experience something that can only be called withdrawal: fatigue, mental fog, irritability, inability to function at work or school, depression.
- People who haven't experienced these effects find it hard to

believe that something as pedestrian as wheat can affect the central nervous system as much as nicotine or crack cocaine do.

- Dr F. Curtis Dohan observed that the people of New Guinea virtually had no known cases of schizophrenia prior to the introduction of Western influence. Once beer made from barley and corn were introduced, he watched the incidence of schizophrenia skyrocket sixty-five-fold.
- Autism has gone from being rare in the the mid-twentieth century to 1 in 150 children in the twenty-first century.
- Gluten is one of wheat's main proponents. Gluten is degraded to a mix of polypeptides. Once having gained entry into the brain, wheat polypeptides bind to the brain's morphine receptor, the very same receptor to which opiate drugs bind.
- Wheat is an appetite stimulant: it makes you want more both wheat containing and non-wheat containing foods.

Chapter 5: Your Wheat Belly Is Showing: The Wheat/Obesity Connection

- I'd go as far as saying that over-consumption of wheat is the *main* cause of the obesity and diabetes crisis in the United States.
- 34% of adult Americans are overweight and another 34% are obese. Less than 1 in 3 are normal weight.
- The real upward acceleration of obesity started in the mid-eighties, and during this time, the cornerstone of all nutritional directives was "Eat more healthy whole grains."
- The low-fat, more-grain message also proved enormously profitable for the processed food industry. It triggered an explosion of processed food products.
- Wheat flour, corn starch, high fructose corn syrup, sucrose and food coloring are now the main ingredients of products that fill the interior aisles of any modern supermarket.
- The extremes of blood sugar and insulin are responsible for growth of fat specifically in the visceral organs.
- Visceral fat produces inflammation signals responsible for diabetes, hypertension, heart disease, dementia, rheumatoid arthritis and colon cancer.
- Belly fat is a special kind of fat, in effect, an endocrine gland much like your thyroid gland or pancreas.
- **The essential phenomenon that sets the growth of the wheat belly in motion is high blood sugar (glucose). High blood sugar, in turn, provokes high blood insulin. High blood insulin provokes visceral fat accumulation, which causes tissues such as muscle and liver to respond less to insulin. This so-called insulin resistance means that the pancreas must produce greater and greater quantities of insulin to metabolize the sugars. Eventually, a vicious circle of increased: insulin resistance, insulin production, deposition of visceral fat, insulin resistance etc, etc, ensues.**
- Foods such as salmon and walnuts has no effect on blood sugar.
- Aftermath of high insulin levels causes irresistible hunger as the body is trying to protect you from low blood sugar.
- Visceral fat is also a factory for estrogen production in both sexes. Women = higher risks for breast cancer. Men = larger breasts or "manboobs".

Chapter 6: Hello Intestine. It's Me, Wheat. Wheat And Celiac

Disease

- The most dramatic evidence of failed adaptation to wheat is celiac disease, the disruption of small intestinal health by wheat gluten.
- It is impossible to talk about the effect of wheat on health without talking about celiac disease.
- Not having celiac disease at age 25 does not mean you cannot develop it at age 45 and it is increasingly showing itself in a variety of new ways besides disruption of intestinal function.
- The connection between celiac disease and wheat consumption was first made in 1953.
- Gluten elimination yielded dramatic cures.
- About 1% of the population is unable to tolerate wheat gluten, even in small quantities. The lining of their small intestine breaks down from it, leading to cramping, diarrhea and yellow-colored stools that float in the toilet bowl because of undigested fats.
- 50% experience: cramping/diarrhea/weight loss; the other 50% experience: anemia, migraine headaches, arthritis, neurological symptoms, infertility, short stature, depression, chronic fatigue; or later in life as neurological impairment, incontinence, dementia, gastrointestinal cancer.
- The increase in celiac disease has been paralleled by an increase in type 1 diabetes, allergies, and autoimmune diseases such as multiple sclerosis and Crohn's disease.
- The protein of wheat gluten has the unique ability to make your intestine permeable, allowing various components of wheat to gain entry into the bloodstream.
- What happens when foreign compounds get into bloodstream? Autoimmunity, your body's immune system attacking healthy organs.
- Wheat proteins are able to pick the lock on any door, allowing unwanted intruders to gain entry into places they don't belong.
- Conditions associated with celiac disease: Dermatitis herpetiformis, liver disease, autoimmune diseases, diabetes, neurological impairment, nutritional deficiencies.
- Thinking of celiac disease as just diarrhea, as is often the case in many doctors' offices, is an enormous and potentially fatal oversimplification.
- All is not lost if you have celiac disease: You appreciate food more. You eat foods because you require sustenance and you enjoy their taste and texture.
- It's not a burden, rather a *liberation*.
- People who reduce fats but replace lost fat calories with "healthy whole grains" have resulted in: weight gain, obesity, bulging abdomens of visceral fat, pre-diabetes and diabetes on a scale never before witnessed.
- Only during the last half of the 19th century when sucrose (table sugar) consumption increased did diabetes become more widespread.
- **If national wheat consumption is averaged across all Americans, the average American consumes 133 pounds of wheat per year, or a bit more than half a loaf of bread per day.**
- In addition to increased consumption of wheat, we also are eating new, high-yielding dwarf strains and new gluten structures not previously consumed by humans.
- A Paleolithic or Neolithic human breakfast might consist of wild fish, reptiles, birds or other game, leaves, roots, berries, or insects. Today it will more likely be a bowl of breakfast cereal consisting of wheat flour, cornstarch, oats, high-fructose corn syrup and sucrose.
- Nobody becomes diabetic by gorging on too much wild boar they've hunted, or wild garlic and wild berries they've gathered ... or too many veggie omelets, too much salmon, or too much kale, pepper slices, and cucumber dip. But plenty of people develop diabetes because of too many muffins, bagels, breakfast cereals, pancakes, waffles, pretzels, crackers, cakes, cupcakes, croissants, donuts and pies.
- **Carbohydrates trigger insulin release from the pancreas, causing growth of visceral fat; visceral fat causes insulin resistance and inflammation. High blood sugars, triglycerides, and fatty acids damage the pancreas. After years of overwork, the pancreas succumbs to the thrashing it has taken from glucotoxicity, lipotoxicity, and inflammation, essentially burning out, leaving a deficiency of insulin and an increase in blood glucose – diabetes.**

Chapter 7: Diabetes Nation: Wheat And Insulin Resistance

- Because of wheat's incredible capacity to send blood sugar levels straight up, initiate the glucose-insulin roller coaster ride that drives appetite, generate addictive brain-active exorphins, and grow visceral fat, it is the one essential food to eliminate in a serious effort to prevent, reduce, or eliminate diabetes.
- Health conscious people who follow conventional dietary advice to reduce fat and eat more "healthy whole grains" consume approximately 75% of their carb calories from wheat products.
- The adoption of grains into the human diet was followed by archaeological evidence of increased infections, bone disease such as osteoporosis, increased infant mortality and reduction in the life span, as well as diabetes.

Chapter 8: Dropping Acid: Wheat As The Great pH Disrupter

- Veer up or down from the normal pH of 7.4 by just .5 and you're dead.
- Acids drive pH down, triggering a panic mode response from the body to compensate. The body responds by drawing from any alkaline store available, from the bloodstream and the bones.
- The body is happier being slightly more alkaline.
- Major dietary source of acid: carbonated sodas like Coke. Also, any food derived from animal sources generate some acid challenge.
- Vegetables and fruits are the dominant alkaline foods in the diet.
- Hunter-gatherer diets of meats, veggies and fruits, along with relatively neutral nuts and roots, yield a net alkaline effect.
- The modern human diet of plentiful "healthy whole grains" but lacking in vegetables and fruit is highly acid-charged, inducing a condition called acidosis, which takes a toll on your bones.
- Until recently, osteoporosis was thought to be largely a condition peculiar to postmenopausal females who have lost the bone-preserving effects of estrogen. It is now understood that the decline in bone density begins *years* before menopause.
- Grains are the only plant product that generates acidic by-

products.

- Grains such as wheat account for 38% of the average American's acid load.
- If wheat and other grains are responsible for tipping the pH balance towards acid, what happens if you do nothing more than remove wheat from the modern diet and replace the lost calories with other plant foods such as veggies fruits beans and nuts? The balance shifts back into the alkaline range, mimicking the hunter-gatherer pH experience.

Chapter 9: Cataracts, Wrinkles and Dowager's Humps: Wheat And The Aging Process

- No one has yet identified a visible age marker that would permit you to discern, to the year, just how old someone is.
- Advanced glycation end products (**AGEs**), is the name given to the stuff that stiffens arteries, clouds the lenses of the eyes (cataracts) and mucks up the neuronal connections of the brain (dementia).
- The older we get the more AGEs can be found in the kidneys, eyes, liver, skin and other organs.
- AGEs have no useful function and are useless debris that result in tissue decay as they accumulate.
- Some AGEs enter the body directly through the food we eat.
- They are also a by-product of high blood sugar, the phenomenon that defines **diabetes**.
- The higher the blood glucose, the more AGEs will accumulate and the faster the decay of aging will proceed.
- Diabetes is the real-world example that shows us what happens when blood glucose remains high.
- While eggs don't increase blood sugar, nor do raw nuts, olive oil, pork chops or salmon, all carbohydrates do – from apples and oranges to jelly beans and seven grain cereal.

Chapter 10: My Particles Are Bigger Than Yours: Wheat And Heart Disease

- In biology, size is everything. In countless situations in nature, bigger is better.
- The Law of Big also applies to the microcosm of the human body. In the human bloodstream, low-density lipoprotein (LDL), follow the same size rules as shrimp and plankton.
- Large LDL = 25.5 nanometer or larger
- Small LDL = less than 25.5 nanometer
- LDL particle size determines whether the LDL particle will accumulate in the walls of arteries, such as those of your heart, neck or brain, or not.
- In my personal experience with thousands of patients with heart disease, nearly 90% express the small LDL pattern to at least a moderate, if not severe, degree.
- The drug company explains this phenomenon as "high cholesterol". But cholesterol has little to do with atherosclerosis.
- It's not about *cholesterol* but about the *particles* that cause atherosclerosis.
- One crucial group of particles is very low-density lipoproteins, or VLDL.
- A series of changes in the bloodstream determines whether VLDL will be converted to big or small LDL particles, and diet has a very powerful influence over this.
- Recently it has become clear while increased intake of fats does indeed deliver greater quantities of triglycerides into the liver and bloodstream, it also shuts down the body's

own production of triglycerides, so the net effect of high fat intake is little or no change in triglyceride levels.

- Carbs, on the other hand, contain virtually no triglycerides. But they do possess the unique capacity to stimulate insulin, which in turn triggers fatty acid synthesis in the liver, which floods the bloodstream with triglycerides.
- High insulin levels efficiently transform carbs into triglycerides, which are then packaged into VLDL particles.
- Anything that provokes an increase in blood sugar will also provoke small LDL particles. Anything that keeps blood sugar from increasing such as proteins, fats, and reduction in carbs such as wheat, reduces small LDL particles.

Chapter 11: It's All In Your Head: Wheat And The Brain

- Wheat's effects reach the brain in the form of opiate-like peptides, called polypeptide exorphins.
- Exorphins cause your brain to instruct you to eat more food, increase calorie consumption and desperately scratch at the bottom of the box where there's nothing else left.
- Among the most disturbing of wheat's effects are those exerted on brain tissue itself, on the cerebrum, cerebellum and other nervous system structures, with consequences ranging from incoordination to incontinence, from seizures to dementia.
- Between 10-22% of people with celiac disease have nervous system involvement.
- High blood sugars occurring repeatedly over several years damage the nerves in the legs, causing reduced sensation, diminished control over blood pressure and heart rate, and sluggish emptying of the stomach, among other manifestations of a nervous system gone haywire.
- Study of 35 gluten-sensitive patients with "peripheral neuropathy": 25 on wheat/gluten free diet improved over 1 year; 10 controlled participants who did not remove wheat/gluten only deteriorated.
- In one particularly disturbing Mayo Clinic study of 13 patients with celiac disease, dementia was also diagnosed.
- The addictive properties of wheat, expressed as overwhelming temptation and obsession, obstructed by opiate-blocking drugs, are not directly due to gluten, but to exorphins, the breakdown product of gluten.

Chapter 12: Bagel Face: Wheat's Destructive Effect On The Skin

- If wheat and its effects can grasp hold of organs such as the brain, intestines, arteries, and bones, can it also affect the largest organ of the body, the skin? Indeed it can.
- Any dermatologist can tell you that skin is the outward reflection of internal body processes.
- The body's reaction to wheat expresses itself through the skin.
- If an abnormality due to wheat is expressed on the skin surface, then it usually means that the skin is not the only organ experiencing an unwanted response.
- Acne is nearly a universal phenomenon in Western cultures, affecting more than 80% of teenagers, and up to 95% of 16-18 year olds.
- Some cultures display no acne whatsoever: Kitavan Islanders of Papua New Guinea, the hunter-gatherers of Paraguay, natives of the Purus Valley in Brazil, African Bantus and

- Zulus, Japan's Okinawans and Canadian Inuit are curiously spared the embarrassment of acne.
- Evidence suggests it's because of diet, not genetics.
 - Cultures without acne consume little to no wheat, sugar or dairy products.
 - As Western influence introduced processed starches such as wheat and sugars into groups like the Okinawans, Inuits and Zulus, acne promptly followed.
 - **Most treatments today are aimed at suppressing acne eruption, not in identifying causes.**
 - Insulin stimulates the release of a hormone called insulin-like growth factor-I, or IGF-I, in the skin. IGF-1 stimulates tissue growth in hair follicles and the dermis, the layer of skin just below the surface. Insulin and IGF-1 also stimulate the production of sebum, the oily protective film produced by the subcutaneous glands. Overproduction of sebum, along with skin tissue growth, leads to the characteristic upward-growing reddened pimple.
 - Of course, wheat, with its uncommonly high glycemic index, triggers higher blood sugar than nearly all other foods, thereby triggering insulin more than nearly all other foods.
- Chapter 14: Create A Healthy, Delicious, Wheat-Free Life**
- Foods to consume in unlimited quantities**
- Vegetables
 - Raw nuts and seeds
 - Healthy oils
 - Full-fat cheese
 - Meats and eggs
 - Non-sugary condiments (mustard, horseradish, salsa, etc)
 - Others: flaxseed, avocados, olives, coconut, spices, cacao
- Consume in limited quantities**
- Non-cheese dairy: milk, cottage cheese, yogurt, butter
 - Fruit: Berries are best
 - Whole corn
 - Fruit juices
 - Non-wheat/non-gluten grains
 - Legumes
 - Soy products
- Consume rarely or never**
- Wheat products
 - Unhealthy oils
 - Gluten-free foods: those made with cornstarch, rice starch, potato starch or tapioca starch
 - Dried fruit
 - Fried foods
 - Sugary snacks
 - Sugary fructose-rich sweeteners
 - Sugary condiments

4 Ways to Support National Cancer Prevention Month

Submitted by: Strategic Prevention | Health & Wellness Program | By: www.21co.com



4 Ways to Support National Cancer Prevention Month

APPLE A DAY BLOG | FEBRUARY 03, 2014

Every February, individuals are invited to turn their attention to a very important cause: personal health. The second month of the year is National Cancer Prevention Month and activists and healthcare providers all work diligently to spread the word on simple ways that people can lower their risk of a cancer diagnosis.

According to the American Institute for Cancer Research, there are several ways that people can enhance their personal health and lessen their risk of becoming cancer patients. But for those looking to support National Cancer Prevention Month in a different way, here are a few suggestions that can get you started:

Learn your risk factors. When it comes to protecting your own health, the best weapon you can have is information. Do some research and homework to find out what your personal risk factors are so that you are aware of them when making choices about your health. Regardless of whether you research information on prostate cancer, colon cancer or breast cancer, awareness of the risk factors is the first step in knowing where you stand for prevention.

Schedule a doctor's appointment. Most people wait until there's something wrong to call their doctor. Get proactive about your health and schedule an appointment. Talk about your risk factors that you've researched, what changes need to be made (in order of priority) and strategies you can take to make those changes. Be sure to leave with some action items and a follow up plan to keep up with the momentum.

Introduce one new healthy habit. When people get involved in working on their personal health, all the

changes they “should” make can overwhelm them to the point where they won’t even try or they try to change everything at once and get burned out by the effort. Start small. Pick one new healthy habit and work it into your everyday life. Maybe you’ll start with drinking 8 glasses of water a day. Perhaps you’ll work to include 30 minutes of exercise into your schedule 4 days a week. Wherever you start, keep it small. Once you’ve mastered that new habit, start a new one. Pretty soon you’ll be well on your way to hitting all your health goals.

Bring a friend. Maybe you don’t need to actually bring a friend to your doctor’s appointment but at least tell someone you know what you’re up to so that they’ll be inspired to schedule their own appointment or do their own homework. Passing on the gift of proactive healthcare has never hurt anyone and can only bring good things to all those involved. There are so many other things that people can do to support National Cancer Prevention month including volunteering at a cancer awareness fundraiser or event or donating to a cause that is important to you. But the best place that anyone can start is at home. When you have your personal health at the forefront of your mind, you’re more likely to be in a position to help others down the road.

Boost Your Self-Esteem • 10 Ways to Feel Good About Yourself Right Now

Submitted by: Strategic Prevention | Health & Wellness Program | By: Dileen Simms—www.huffingtonpost.ca

Boost Your Self-Esteem: 10 Ways To Feel Good About Yourself Right Now

We’re already into the second month of the year, and there are more than a few of us who’d just love to skip this one out because of two little words: Valentine’s Day. It doesn’t help that people tend to withdraw socially, and are often depressed during these cold and dreary winter months anyway. According to Dr John Powell, an associate clinical professor in public health, this winter depression is unfortunately more common in women.



But if you’re feeling lonely this Valentine’s Day, remember your worth comes from what you are, not who you’re with. It’s possible that people in relationships are also feeling the blues. Dr. Gail Saltz, a New York-based psychiatrist who specializes in relationships, notes you can feel alone, even in a crowd.

In addition, researchers at the University of Chicago, suggest that some people have a genetic predisposition to be lonely. Not very comforting, we know, but whatever the reason, this lethal combination of winter and Valentine’s Day can spell disaster for our self-worth. But we say it’s time to cheer up. February is also International Boost Self-Esteem Month (which is likely not a coincidence), so lifting our spirits can therefore be the gift we give ourselves this Valentine’s season.

We can listen to cheesy songs to keep our spirits up, and work on our smile-o-metre, (for when we eventually venture out) with this list provided from Psychlog. Remember, positive self-esteem builds confidence, so here are 10 more tips from TOPS Club, Inc., a non-profit weight-loss support organization, to get you started.

1. **Stop comparing yourself to others.** Trying to live up to or exceed someone else’s personal best is a losing game. As the saying goes, “How boring would it be if we were all the same?” Focus on being the best you that you can be.
2. **Compliment yourself regularly,** either by looking in the mirror and saying something you like about yourself or writing it in a journal. Many times, we’re quick to compliment others on their success but hesitate to do the same for ourselves.
3. **Exercise consistently,** at least 30 minutes of exercise several times a week, to strengthen muscles and to burn calories. Improve your physical strength, and you may feel a sense of empowerment that can dramatically enhance your self-esteem.
4. **Simply smile.** The mere act of smiling changes blood flow to the brain and can actually makes you feel happier and relieve tension. A smile sets off chemical and physical reactions within your mind and body, releasing endorphins that boost your mood.
5. **Focus on your accomplishments.** Forgive yourself for mistakes and focus on the positive by celebrating your victories. Consider writing them down so you can review and reflect when you’re feeling down and need to renew your confidence.
6. **Get the support you need to succeed.** Join a weight-loss support group, like TOPS, which can help you to stay on track to accomplish your wellness goals. Fellow members will help keep you motivated.

7. **Make a list of your positive qualities.** Are you generous? Kind? Write down at least ten positive qualities about yourself and return to this list as often as needed to boost your morale.
8. **Find something special in each day.** Even if it's in a small way, do something pleasant and rewarding, like catching up on your favorite television show, taking a walk to the park, or indulging in a bubble bath. Or treat yourself to something small that isn't a food or beverage, like a manicure or a new piece of costume jewelry.
9. **Eat better.** Pay attention to your food choices and nourish your body. Buy healthier foods and prepare well-balanced meals that will help give you energy and feel like your best self – not sluggish and overstuffed.
10. **Explore a passion.** Whether it's a side job, hobby, or as a volunteer, pursuing your passion in even a small way can lead to a sense of purpose and significantly improve your overall happiness and quality of life.

Teen Dating Violence Awareness Month

Submitted by: Strategic Prevention | Health & Wellness Program | www.unc.edu.org

Teen Dating Violence Awareness Month



Every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. It is also known that 3 in 4 parents have never talked to their children about domestic violence. In light of these alarming facts, every year during the month of February advocates join efforts to raise awareness about dating violence, highlight promising practices, and encourage communities to get involved.

There are many resources available to provide information and support to victims and assist service providers and communities to decrease the prevalence of dating violence among young people. Anyone can make this happen by raising awareness about the issue, saying something about abuse when you see it and organizing your community to make a difference. Take Action!

Learn About Teen Dating Violence

Teen dating violence (TDV) is defined as a pattern of abuse or threat of abuse against teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual and digital. TDV occurs across diverse groups and cultures. Although the dynamics of TDV are similar to adult domestic violence, the forms and experience of TDV, as well as the challenges in seeking and providing services, make the problem of TDV unique.

Break the Cycle

Empowering Youth to End Domestic Violence

The National Resource Center on Domestic Violence and VAWnet have developed an Online Special Collection: Preventing and Responding to Teen Dating Violence. Recently updated, this Special Collection emphasizes collaborative and multilevel approaches to the prevention of and response to teen dating violence. This year's updates include additional resources for teachers and school-based professionals and a new section to support the efforts of pregnancy prevention advocates and adolescent sexual health practitioners in addressing adolescent relationship abuse.

Start Talking

For the past ten years, Break the Cycle and the Love Is Not Abuse Campaign have been hosting It's Time To Talk Day. This awareness campaign aims to generate conversations about healthy relationships and prevent teen dating violence and abuse. This year, the NO MORE campaign developed a toolkit titled "How to Start a Conversation: Talking About Dating and Healthy Relationships Step-by-Step".

**NO MORE SILENCE
IT'S TIME TO TALK**

Because starting a conversation with teens can be daunting, the toolkit provides parents with an easy to follow guide complete with sample open-ended questions to start a conversation about teen dating violence.

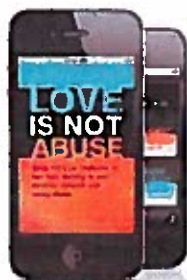
Staying Safe

The Love Is Not Abuse iPhone app is an educational resource for parents that demonstrates the dangers of digital dating abuse and provides much needed information on the growing problem of teen dating violence and abuse.

Circle of 6 app Circle of 6 is an iPhone app for college-aged students and their friends to stay close, stay safe, and prevent violence before it happens. The design is simple. It takes two touches to get help and they use icons to represent actions, so that no one can tell what you're up to if they see your phone. The design ensures safety, speed and privacy.

One Love Foundation app The One Love Foundation app helps the user determine if a relationship is unsafe and helps to create the best action plan by weighing an individual's unique characteristics and values. In partnership with LoveIsRespect.org, the app provides access to trained advocate support

24/7 through an embedded live chat function. This app is free and can be used anonymously on smart phones and other electronic devices.



Get Involved

The National Resource Center on Domestic Violence (NRC DV) is sponsoring a series of events and opportunities for engagement throughout the month of February for Teen Dating Violence Awareness & Prevention Month.

National Resources

There are many organizations that provide direct services to young people who experience dating violence, as well as information to adults who are concerned about young people. National initiatives and campaigns are also in place to provide training, technical assistance, public awareness, and community programming focused on engaging youth, adults, and community members to address dating violence.

National Dating Abuse Helpline This hotline provides 24-hour national web-based and telephone resources to help teens experiencing dating abuse. Young people (as well as concerned friends, parents, teachers, clergy, law enforcement and service providers) anywhere in the country can call toll free, 1-866-331-9474, text "loveis" to 22522, or log on to the interactive website, loveisrespect.org, and receive immediate, confidential assistance



Break the Cycle is a national nonprofit organization that provides preventive dating and domestic violence education and outreach to teens and young adults.

Love is Not Abuse Beginning in 2012, Break the Cycle is operating the Love is Not Abuse campaign and grassroots coalition of advocates. The campaign includes comprehensive resources for parents, a digital abuse curriculum and tips for engaging men and boys.

Random Acts of Kindness Week is Coming • Are You Ready to Spread the Love?

Submitted by: Strategic Prevention | Health & Wellness Program | www.verifiedvolunteers.com

Random Acts of Kindness Week is Coming. Are You Ready to Spread the Love?

BY KATIE ZWETZIG, EXECUTIVE DIRECTOR OF VERIFIED VOLUNTEERS



Random Acts of Kindness Week (February 14-20) and Random Acts of Kindness Day (February 17) are approaching – and we want to make sure as many of the world's citizens are participating as possible.

What is Random Acts of Kindness Week/Day?

Random Acts of Kindness Week/Day is a time when citizens all across the globe are challenged to do something kind for a friend or stranger for no reason at all. Originally started by Megan Singleton, Josh de Jong and Marshall Gray, Random Acts of Kindness Week continues on thanks to the efforts of the Random Acts of Kindness Foundation, a really terrific nonprofit organization founded upon the powerful belief in kindness and dedicated to providing

resources and tools that encourage acts of kindness.

How can you participate in Random Acts of Kindness Week/Day?

Any way you want – you just have to do something nice for someone else. It can be as easy as holding a door open or lending someone a dollar for a cup of coffee. Or you can take it a step further and volunteer.

But the Random Acts of Kindness Foundation encourages you to start however you can. Here are some ideas they give on their website (<https://www.randomactsofkindness.org/kindness-ideas>):

- Be generous with compliments
- Return a shopping cart
- Help someone load or unload their groceries
- Make someone laugh
- Thank your employees
- Give your seat to an elderly person
- Smile at others

Easy, right? In fact, none of the ideas listed above take more than 5 minutes of your day. In addition to making the person you direct these acts of kindness at feel good, they'll make you feel good too. So start small – and then make incorporating acts of habit into your daily routine a habit.

How else can you take part?

If you work in a school, you can take it a step further. Check out these free activities you can download and work on with students during the week.

(http://downloads.randomactsofkindness.org/RAK_Week_school_activities.pdf). They'll have fun – and learn

how important it is to respect and be kind to others. And, no matter who you are, make sure you join the social media effort around Random Acts of Kindness Week. Use the hashtag #RAKWeek2016 to encourage your friends and networks to join in. We'll be posting around the week on Facebook and Instagram too. Follow us, retweet and repost – and tell us how you'll spread a little kindness this year.

And, remember, "No act of kindness, no matter how small, is ever wasted." - Aesop

Health Risks of Smoking

Submitted by: Prevention Health | Health & Wellness Program



Health Department: Prevention Health & Wellness Educator

Heather Nieto

1 in 5 Native American Men smoke cigarettes

1 in 4 Native American Women smoke cigarettes

21.9% of Native American Adults in the US smoke Cigarettes



HEALTH RISKS OF SMOKING

layout, text design © teddy-o-ted.com

1 OUT OF 2
long-term smokers will
DIE FROM TOBACCO.





Every cigarette smoked
CUTS 5 MINUTES OF LIFE
on average - about the time taken to smoke it.

Smoking is the single
LARGEST PREVENTABLE CAUSE
of disease and premature death.

Cigarettes contain more than
4,000 TOXIC OR CARCINOGENIC
chemicals.



1 OUT OF 4
heart diseases victims and
3 OUT OF 4
chronic bronchitis victims



ARE SMOKERS.

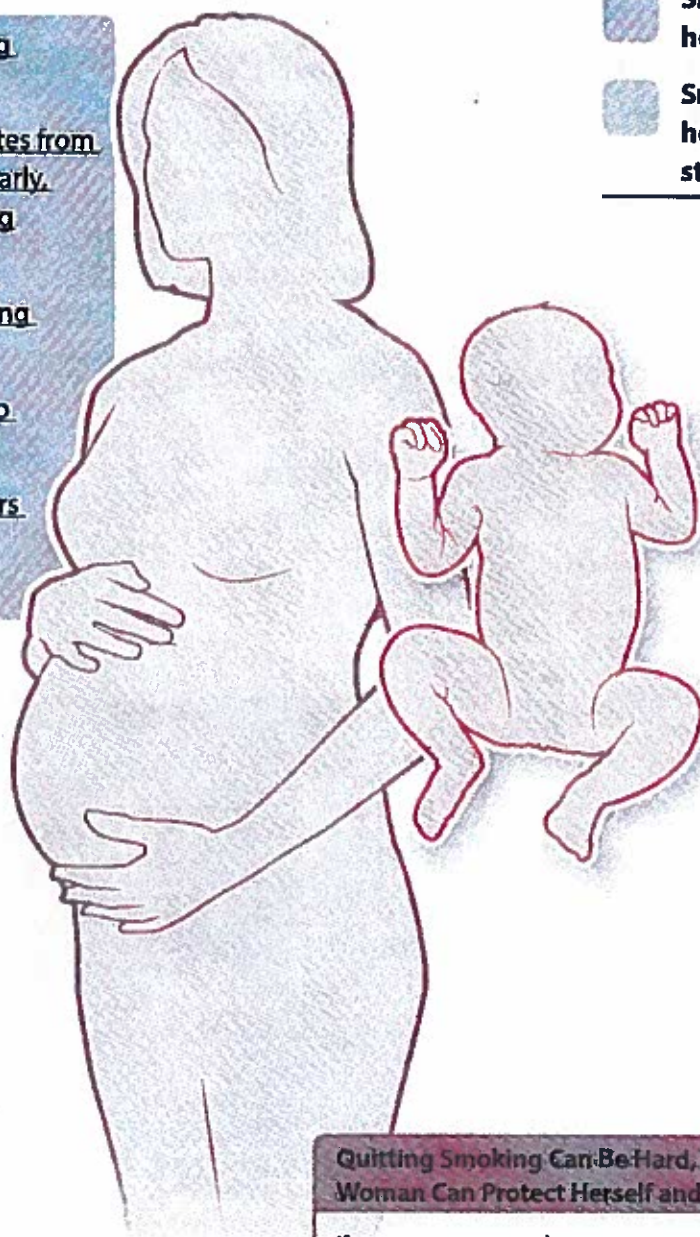


Smoking and Pregnancy

Smoking can cause problems for a woman trying to become pregnant or who is already pregnant, and for her baby before and after birth.

Effects on Women

- Difficulty getting pregnant
- Placenta separates from the womb too early, causing bleeding
- Placenta covers the cervix, causing complications
- Water breaks too early
- Pregnancy occurs outside of the womb



- Smoking causes these health effects.
- Smoking could cause these health effects, but more studies are needed to be sure.

Effects on Babies

- Baby born too small
- Baby born too early
- Sudden Infant Death Syndrome
- Stillbirth
- Infant death
- Cleft lip/palate
- Certain birth defects, such as:
 - Clubfoot
 - Gastroschisis
 - Some heart defects
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Miscarriage

Quitting Smoking Can Be Hard, But It Is One of the Best Ways a Woman Can Protect Herself and Her Baby's Health.

If you or someone you know wants to quit smoking, talk to your healthcare provider about strategies. For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, please call **1-800-QUIT-NOW** (1-800-784-8669); TTY 1-800-332-8615.

For additional resources to help quit smoking, visit www.cdc.gov/reproductivehealth/TobaccoUsePregnancy/Resources.htm



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Updated based on 2014 Surgeon General's Report



Health Department: Prevention Health & Wellness Educator Heather Nieto

The Hoppin' John recipe is using Black-Eye Peas which can be purchased at our community Hualapai Market. The recipe is full of vegetables and served with brown rice. A health dinner or make-ahead meal for you community members on the go.

Give it a try and enjoy healthy eating!

Hoppin' John by the Pioneer Woman

Prep: 6 Hours

Level: Easy

Cook: 1 Hours

Serves: 10

Ingredients

- 4 Tablespoons Butter
- 1 whole Large Onion, Diced
- 4 cloves Garlic, Minced
- 1 whole Green Bell Pepper, Diced
- 2 stalks Celery, Diced
- 4 cups Soaked Black-eyed Peas
- 5 cups Low-sodium (or No-sodium) Chicken Broth
- 1 whole Ham Hock
- Salt And Pepper, to taste
- Cayenne Pepper To Taste
- 2 Tablespoons White Vinegar
- Brown Rice, For Serving



Preparation

(Soak black-eyed peas in cool water for at least 6 hours. Rinse before using.)

Heat butter in a large pot over medium-high heat. Add onion, garlic, green pepper, and celery and stir. Cook for 3 to 4 minutes. Stir in soaked beans, then add chicken broth, ham hock, salt & pepper, and cayenne to taste. Bring to a boil, then reduce heat and cover the pot for 30 minutes.

After 30 minutes, check the liquid level; if it's too soupy, cook with the lid off for another 15 minutes or so. If it's too thick, splash in a little more broth.

Stir in vinegar, then taste for seasonings. Add more spice if needed.

Serve over brown rice, making sure to get plenty of the cooking liquid spooned over the top. Or, you may mix the bean mixture with the rice before serving.

COMMUNITY MESSAGES

Information on the Old Indian School

Submitted by: Leota Suminimo | By: Karin Goudy | Published in November 1984, MOHAVE

Teaching English and Christianity

Indian children made to attend 'white man's school'

By Karin Goudy

The Truxton Canyon Indian School was one of those institutions established late in the 19th century to care for and educate the native Indian populations of the United States. The purpose of these schools was to bring the Indians into the prevailing society by teaching them, among other things, English, Christianity and sanitation. The Massachusetts Indian Association, instrumental in the establishment of the Truxton Canyon Indian School, wanted it to become "a thriving colony, with the 'boarding school as an object lesson, and its final purpose the absorption of the Indians into the general life of the nation."

In 1894 this association employed Miss F.S. Calfee as matron for a school for the Hualapai Indians. The Massachusetts Indian Association provided Miss Calfee with a salary of \$60 a month plus a rented house. She was also furnished 20 pupils with a daily lunch. In 1895 the association, unable to increase its expenditures, appealed to the commission of Indian affairs to establish a permanent government-operated school in Truxton Canyon. After a favorable decision was made by the government, the association purchased and donated to the United States the land for the future school. The site was 'the Aitken Ranch in Truxton Canyon. It had a house, a windmill, a well, five to six acres of alfalfa and orchards, plus other acreage as yet uncultivated.

In 1883 the Hualapai Indian Reservation had been designated by President Chester A. Arthur on land that had been conveyed to the United States by the Santa Fe Pacific Railway. The Hualapai Indian School Reserve, including the old Aitken Ranch, was established by President McKinley on Dec. 22, 1898.



The Truxton Canyon Indian as it appeared during the early years of its use. (Photo courtesy Mohave County Historical Society)

The school was a day school for several years. Flora Gregg Illff, a government teacher who was paid \$40 a month, arrived in Truxton as a primary school teacher in 1900. From her book "People of the Blue Water" comes a description of one of the early school buildings. "The big, low room we entered was both kitchen and dining room for the workers...as it had been for the family who wrested the land from the desert before it was purchased as a site for the school. Those who built the old Truxton Canyon Ranch had left us more than the work of their hands. Nothing about the place had escaped the impress of their lives; their passion for the soil fruited in orchard and vineyard, in field and garden; the big comfortable barn holding the warmth of their affection for horses, and the spreading old house offering hospitality."

Miss Gregg also received room and board. Although the food brought little comment, Miss Gregg was not as impressed by her assigned room as she had been by the rest of the old ranch house. "The size of my room, its proximity to the kitchen,



Apache girls pose outside the school building in a 1926 photo. (Photo courtesy Mohave County Historical Society)

and the small window high in the west wall, indicated that this had been the pantry... my heart sank at the hopelessness of the rough board walls and the worn, rough boards of the floor, partly covered by a grayish-white wagon sheet. It was several minutes before I glanced up at the ceiling, although had I reached up my hand I could have touched it...a canvas had been stretched across just below the roof... and it bagged down under inverted dunes of fine sand."

All of the students at this time were Hualapai Indians. Miss Gregg thought, those first days of teaching, that all the students looked alike. They had "straight black hair, dark eyes and only slight variation in skin coloring made it difficult to identify one child from another," she wrote. To add to her confusion all the uniforms were alike. Her process of identifying individual children began by learning to recognize the tattoo designs that many of the girls had on their faces.

Since cleanliness was important in the prevention and control of body lice and disease, regulations required a weekly bath. The teachers dreaded bath day, but the children loved it. The children were separated by sex and each group would crowd into adjoining washrooms, "Four or five wash tubs were lined up near a wall and filled with water from a caldron, tempered with cold water... I treated sores and rashes in my classroom and distributed clean clothing to the boys as they went into bathe. After two or three baths, the tub was upended and the water dumped on the floor. It ran off through the wide cracks but the floor was wet and steam and heat from the caldrons made the air stifling. Bath day was never dull. The children told jokes, laughed and had fun, a pleasant relaxation from classroom study."

In 1901 the new buildings were finished but due to lack of supplies and equipment, the boarding school could not open immediately. The buildings were of brick that had been made by the Indian boys attending the school. This was part of their manual training. As the years passed more buildings were completed. By 1903 there was an acetylene gas plant and an ice plant. A laundry followed some years later. The best description of the new facilities comes from Flora Gregg Iliff. The rooms were shiny with varnished woodwork and white, hard-finished



Miss Calfee, the teacher at the Truxton Canyon Indian School, in 1896. (Photo courtesy Mohave County Historical Society)

walls. The boys and girls were housed in separate wings, with the older students' classrooms on the lower floor below the boys wing and the primary classrooms on the lower floor below the girls dormitory. The classrooms were complete with blackboards, hardwood floors and central heat. Those students that were boarded were from tribes not in the area. The Apache, Havasupai, Hopi, Mohave, Navajo and Papago children were treated to shiny clean

dorms while the Hualapai children walked to their homes, a nearby assortment of wickieups and wooden shacks, every afternoon after school. But these children had the advantage of being with their own families, while homesickness was common among the boarding students.

In 1917 Jim and Lillian Anderson, arrived in the area as Christian missionaries to the Hualapai's and Havasupai's as well as to the children of the boarding school. Mrs. Anderson, in an oral interview conducted in 1967 told a little about the medical problems confronted by the school. In speaking of the epidemics that came periodically she related that "one of the teachers that had been here just a short time before we came, she came back to visit, and when she came up to the big girls' dormitory, she said, 'This just makes me shiver to look at this room. You know,' she said, '13 of the girls died one night. That was an epidemic of measles.'"

There was also a problem with some of the native plants that the Hualapai's used in preparing medicine and drink. Some of the girls got some of the weed and many of them got sick. "One Hopi girl jumped out of the second story window and got hurt bad, and... the hospital (was) full of girls that had been drinking this stuff from the glsenug (sic) weed, eating it. It just made them crazy." There was a wave of weed eating among the students until one of them indulged to the point of permanent brain damage. That ended that epidemic.

Little is known about what the students themselves thought about the education they received at the Truxton Canyon School. There is mention of the school in two interviews with Hualapai Indians in 1967. Mrs. Tim McGee had attended the early day school. She stayed with an aunt to go to

Miss Calfee's day school. "We just learned to sing and tried to learn English in the morning then (they) give us dinner and then we go back."

When the school was moved to the Aitkens ranch, Mrs. McGee said, "I went to school in middle of orchard... I stayed with another family. Weekends I go back to Hackberry. I run all the way sometimes, run back Sunday evening, run back on Friday evening. Back and forth like that till I grew up. I don't learn very much schooling. I was up in the third grade, that was all. And then I met my husband."

Suwlm Fielding had this to say about the school. "I went with my dad down to school, you know. Just visiting around. And then got so I liked the students there. Well, I just stayed there with the boys and finally... I went to the school there all that time till I got to fourth grade. I just stayed there and then I finally ran off from school and then I went to work. What I lost, the schooling. Well, it's in those days you know, it's hard for us, we got to work hard and try to learn the English and it seemed to be hard."

The school continued to grow until by August of 1934 the Mohave County Miner reported that the Truxton Canyon Indian school would open Sept. 10 with 200 pupils and additional teachers. In January of 1937 Guy Hobgood, superintendent of the Valentine Indian School (formerly Truxton Canyon Indian School) wrote in the Mohave County Miner that the boarding school was equipped for a capacity of 200

and that the school was turning down applications due to lack of space. In addition to the boarding school, there were two-day schools in operation, one at Peach Springs and one at Supai. The schools consisted of grammar school and an upper grade vocational school which taught construction skills, mechanics and agriculture to the boys and cooking, sewing and housework to the girls. The staff included a doctor and three nurses as well as teachers and administrative staff.

Mr. Hobgood had plans for additional buildings including a 40-bed hospital but the Truxton Canyon Indian School was about to become a victim of the bureaucracy in Washington. Under a change of government policy, all the children of tribes other than the Hualapai, were to be schooled in the Phoenix area after the spring of 1937. The day schools were to continue but the buildings of the boarding school were used by the Hualapai Indian Agency for administrative purposes.

And so, after more than 40 years, the school was closed and a period in Mohave County and Indian history was finished. One wonders what became of Miss Calfee, the first matron, or Smiggoty, her favorite pupil, or the student who was marked by the medicine man with three knife cuts on his forehead to show him as special, or the hundreds of little boys and girls who left their homes to attend the "white man's school."

Diamond Creek Restaurant • Happy Hour and Partial Close

Submitted by: Brandi Lindemuth | Diamond Creek Restaurant



DIAMOND CREEK RESTAURANT



HAPPY HOUR DRINK SPECIALS

DAILY 230PM-430PM

HALF PRICE

FOUNTAIN DRINKS & SHAKES

Attention all valued guests:

Diamond Creek Restaurant

**Will be closing Monday, February 13th
at 11:30am for Staff Meeting**

We will open for dinner at 430pm

We apologize for any inconvenience.



To the Community

Submitted by: Patrick Gonzales | HDJRC

Hello Community Members,

PWWS wood cutting and yard cleaning is a complimentary service provided by the Hualapai Juvenile Detention program. It is intended for the elderly or disabled that have no capable adult one in the home to provide these services. Again, if there are family members in the home males or females over 16 years of age that can do these jobs, we will not be able to assist you. Our service is only preformed on weekends providing we have enough staff or we have youth in the PWWS program. We only go out cutting wood twice a month when time allows us, when we deliver wood it is not intended to be a full load it is to hold a person over until they can get wood delivered. We do have a list of people and are trying to get to everyone in the order of the list.

Thank you for your patience and have a safe New Year's.



Please remember to submit your Gamyu articles in by the deadline to avoid any inconvenience with the print time. It is a bi-weekly newsletter publication and the Gamyu newsletter is also available on-line for your convenience at: <http://hualapai-nsn.gov>

JUST A LITTLE
Reminder

Next Publication:
Friday, February 24th

Article Deadline:
Friday, February 17th

If you have any questions, please contact the Planning Department at: (928) 769-1310. Thank you for your cooperation.



Valentine's Day Bazaar

February 14, 2017 @

8:30am to 4:00pm

Multi-Purpose Building

ALL VENDORS WELCOME

FEES:

Hualapai Tribal Members	Free
Enrolled Native Americans	\$25.00 per day
Non-Indians	\$40.00 per day

Contact: Monique Alvarez 928-225-5328 or *Payments due before set up.

Facebook: Monique Mahone Alvarez

1 TABLE PER VENDOR

*Happy
Valentine's
Day*



Mattressland & Furniture Exclusive Offer • Hualapai Tribe Members Only

Submitted by: Shay Thomas | Mattressland & Furniture

**EXCLUSIVE OFFER
FOR HUALAPAI TRIBE
MEMBERS ONLY.
SHOW YOUR TRIBAL
CARD AND RECEIVE**



MattressLand
& Furniture

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(928)692-3311

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Fort Mohave, AZ 86426
(928)763-9369

1751 Hwy 95 #179
Bullhead City, AZ 86429
(928)444-1570

Resubmitted: Who To Vote For?*Submitted by: Waylon Honga*

May 19, 2016

My fellow tribal members,

You should vote for someone who is honest. Someone who will not hire their family/cousins, give their family/cousins loans or a house. It is ok if a candidate does not know all the issues because they can learn. We need honest people to make decisions in our best interest.

We are one tribe, we are all equal and the one thing that irritates everyone is favoritism. We all hear about it, we know it happens and it makes us mad because it is not fair. We need council members who will be fair and honest in every decision, in every action.

I was on tribal council for ten years and we had tribal members ask for loans, ask for jobs, ask for houses, etc. Some tribal members asked for money to go to conferences, visit loved ones who were sick, to move to another house or apartment, etc.

This life is hard. We will all encounter difficult times and we may need a helping hand at one time or another. The problem occurs when some tribal members get more than the rest of us.

One time we voted to give a tribal member around \$4,000 to pay her bills but we denied the next tribal member who made a similar request. This was in 2010 or 2011 so I might be mistaken on the dollar amount.

We have tribal members who save their money, pay their bills, buy their own food, etc. They live within the money they make. We have tribal members who never ask for a loan. My problem is that some tribal members ask every month or every year, like clockwork and they get more than the rest of us.

On one occasion the total amount of tribal loans went over \$50,000 so we stopped giving out loans. It was our FELLOW tribal members who did not pay back and in this instance the tribal council forgave them. I was there, I voted to forgive these loans because there was little chance the loan would get paid (in some cases the tribal member had a loan and he/she passed away).

Tribal Council should always report who gets a loan and why. Who gets a house and why. Don't tell us after the fact. Tell us before the favor is given.

Again, we want council members who will be fair to everyone. Vote for someone who is honest and will be fair to all tribal members.

Waylon

