



FRIDAY, MARCH 24, 2017

ISSUE #06

# GAMYU

Newsletter of the Hualapai Tribe

**29th Grand Canyon West Anniversary • Saturday, April 8<sup>th</sup>**

Submitted by: Kevin Davidson | Hualapai Planning Department

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## Special points of interest:

- Regular Council Meeting on Monday, April 3, 2017 at 8:01 a.m. in the Hualapai Tribal Chambers.
- The next Earth Day Planning Meeting will be Friday, April 14, 2017 at 11:00 a.m. in the Hualapai Tribal Chambers.
- HTUA Meeting on Thursday, April 20, 2017 at 9:00 a.m. at the Hualapai Health & Wellness Department.

## 10<sup>TH</sup> SKYWALK ANNIVERSARY & 29<sup>TH</sup> GCW ANNIVERSARY

**SATURDAY, APRIL 8<sup>TH</sup>, 2017**

**9:00AM | EAGLE POINT, GRAND CANYON WEST**

### CELEBRATION ACCESS INCLUDES:

ACCESS TO GRAND CANYON WEST  
ACCESS TO SKYWALK  
CONTINENTAL BREAKFAST  
LUNCH  
LIVE ENTERTAINMENT  
RAFFLE – MUST BE PRESENT TO WIN

**~ HUALAPAI TRIBAL MEMBERS MAY BRING 4 GUESTS ~**

### TRANSPORTATION

COMMUNITY BUS TRANSPORTATION (ROUNDTrip TO GCW)  
BUSES ARE FIRST COME FIRST SERVE. NO SAVING SEATS.  
BUSES LEAVE FROM HUALAPAI LODGE  
BUSES DEPART AT 6:30 AM & 7:00 AM  
BUSES DEPART FROM GCW- 4:30 PM & 5:00 PM

Skywalk



**GRAND CANYON**  
*West*.COM



**29th Grand Canyon West Anniversary • Saturday, April 8<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



**GRAND CANYON** *West*

Skywalk

## **29<sup>th</sup> GCW Anniversary**

*10<sup>th</sup> Skywalk Anniversary*

**Saturday, April 8, 2017**

**8:00 AM | Eagle Point, Grand Canyon West**

### **CELEBRATION ACCESS INCLUDES:**

**8:00 AM Continental Breakfast**

**Free Shuttle Access To All Points**

**Free Skywalk Entrance**

**Lunch**

**Live Entertainment at the Hualapai Ranch**

**Raffle – Must Be Present to Win**

### **ENTRANCE INFORMATION FOR HUALAPAI TRIBE, IHS & BIA:**

**Hualapai Tribal Members---Be 18 Years to Invite 4 Guests**

**Other Tribal Members---Invite 2 Guests**

**Non-Tribal---Invite 2 Guests**

**GCRC Team Members (employees)---Invite 4 Guests**

***Departments Send Employee Name & Guest Count To***

**[Lana.Keller-Robinett@grandcanyonresort.com](mailto:Lana.Keller-Robinett@grandcanyonresort.com)**

***by Mon. 4-3-2017 at 12:00 PM***

### **TRANSPORTATION:**

**Roundtrip Community Bus Transportation to GCW**

**Buses are First Come/First Serve; No Saving Seats**

**Buses Leave From Hualapai Lodge**

**►► Buses Depart Peach Springs at 5:30 AM & 6:00 AM ◀◀**

**Buses Depart GCW Main Terminal Front at 4:30 PM & 5:00 PM**

**Questions? Call 928-769-2627, Ext. 225 (Lana)**



## Request for Project Management Proposals • Closes Friday, April 10<sup>th</sup>

Submitted by: Kevin Davidson | Hualapai Planning Department



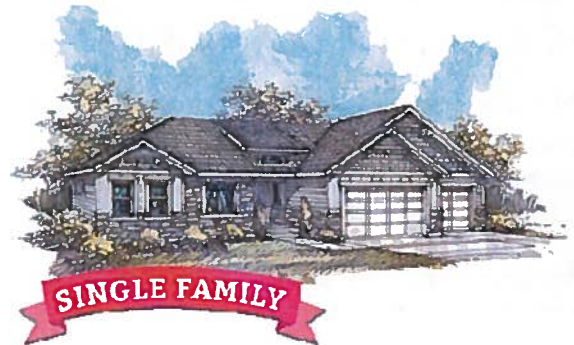
### Request for Project Management Proposals for Building Three Single-Family Homes in Peach Springs, Arizona

The Hualapai Indian Tribe is soliciting consultant services to coordinate and oversee the administration, selected re-design, procurement and construction of three Single-Family Homes in the Box Canyon community of Peach Springs, on the Hualapai Indian Reservation. Proposals will be accepted from both Indian-owned and other firms for this project. Proposals are due on Monday, April 10, 2017, at 5:00 PM.

All questions must be submitted in writing and may be sent via email to the individual listed below. All bids shall be submitted to:

Kevin A. Davidson, Director  
Hualapai Tribe Planning & Economic Development Department

Mail to: P.O. Box 179 or  
Deliver to: 887 W. Highway 66  
Peach Springs, Arizona 86434  
Phone: (928) 769-1310 Ext. 22  
Fax: (928) 769-1377  
Or e-mail to: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)  
See [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) for RFP posting



## Request for Bids on Food Preparation • Deadline: Monday, April 3<sup>rd</sup>

Submitted by: Pete Imus | Hualapai Youth Services

### REQUEST FOR BIDS Food Preparation

Date, Time & Location: Wednesday April 19, 2017 6:00PM  
Multipurpose Building, Peach Springs, AZ

|               |              |                      |
|---------------|--------------|----------------------|
| Request Menu: | Meat Loaf    | Tortillas            |
|               | Potato Salad | Dessert              |
|               | Green Salad  | Tea, Punch, Water    |
|               | Corn         | All table & Flatware |

Anticipated number to feed: 80-100 people

Event: La Paz Run Community Gathering/Orientation

Awarded bidder is responsible for purchase of all groceries and related items, to provide man power to serve through the window at the multipurpose building kitchen. All leftover food must be plated and wrapped and made available for guests to take. Cooks must also provide copies of food handlers card with submitted bid.

Return bids to: Pete Imus, Hualapai Youth Services  
POB397/488 Hualapai Way  
Peach Springs, AZ 86434  
Phone: (928) 769-2207  
Fax: (928) 769-2884  
Email: [pete.imus@gmail.com](mailto:pete.imus@gmail.com)

Deadline: Monday April 3, 2017 12:00PM



**Public Notice • Selective Services***Submitted by: William Dwiggins | Hualapai Education & Wellness***Attention all male Peach Springs Residents!!!**

**Did you know that if you are a male between the ages of 18 and 25, you are legally required to sign up for selective services?**

How do you sign up?

That's easy! Your post office has registration forms to fill out. All you need is a pen and a stamp! You can even fill it out right there!

Does that mean you are enlisted in the armed forces?

No! Registering for Selective Services in no way makes you part of the armed services. All it means is in the event of a president initiating a mandatory draft, they are able to select registered persons for required service. This hasn't happened in quite some time, so your chances of being enlisted aren't high.

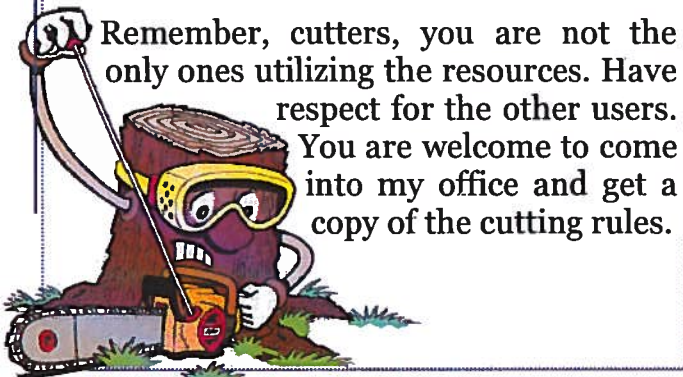
Remember, this is non-optional. ***It's the law!***

**Notice to Fuelwood Cutters***Submitted by: Charles A. Murphy | Hualapai Forestry***Hualapai Tribal Forestry**

By: Charles A. Murphy

This article is directed to both commercial fuelwood cutters and personal-use cutters.

Hualapai Natural Resources recently completed meetings with all the Cattle Associations. All of them had complaints against fuelwood cutters. Fences being cut in order to gain access to trees which were harvested, gates left open, cutters leaving high slash (the branches left after harvesting a tree), leaving high stumps and littering.

**Hualapai WIC Program***Submitted by: Aneloy Dashee | Hualapai Health & Wellness***WIC****WHY NOT USE IT?**

On average **34%** of the Checks issued to participants of the Hualapai WIC program go **unredeemed!**

**\$110.00** is the average cost of 7 CANS of formula

**\$62.00** is the average cash value of a WIC check per participant

From Sept. to Dec. 2016 an estimated **\$16,500** was not redeemed

**THAT'S ALOT OF MONEY LEFT OFF THE TABLE!**





**Boys & Girls Club • Spring Break Club Hours**  
*Submitted by: Danielle Bravo | Hualapai Planning Department*



**BOYS & GIRLS CLUB**  
OF PEACH SPRINGS

# SPRING BREAK!

## Club hours

**PSES/KGMN -March 13-17, 2017 8:00 am– 5:00 pm**

**TRUXTON/KGMN -March 20-24,2017 10:00 am– 6:00 pm**

**SELIGMAN -March 27-31,2017 10:00 am-6:00 pm**

**All Friday's we are OPEN from 8:00 am-5:00 pm**

**If you have any question please give us a call at (928) 769-1801**

.....  
**Diamond Creek Restaurant Generator Testing • Monday, March 27<sup>th</sup>**  
*Submitted by: Hue Sowash | Hualapai Lodge*



### ATTENTION VALUED CUSTOMERS

Due to new generator testing, Diamond Creek Restaurant  
will be closing Monday, March 27<sup>th</sup> @ 10am

At this time we cannot guarantee a reopen time,  
but we will work as quickly as possible.

We apologize for any inconvenience and appreciate your understanding.

Thank you!



## Single Family Housing Repair Loans & Grants

Submitted by: Brooke Bender | Hualapai Health, Education & Wellness



Rural Development



## Single Family Housing Repair Loans & Grants

### What does this program do?

Also known as the **Section 504 Home Repair program**, this provides loans to very-low-income homeowners to repair, improve, or modernize their homes or provides grants to elderly very-low-income homeowners to remove health and safety hazards.

### Who may apply for this program?

To qualify, you must:

- Be the **homeowner and occupy the house**
- Be **unable to obtain affordable credit elsewhere**
- Have a family income below 50 percent of the area median income
- For grants, be age 62 or older and not be able to repay a repair loan

### What is an eligible area?

Generally, rural areas with a population less than 35,000 are eligible. Applicants may **check the address** of their home to determine eligibility online.

### How may funds be used?

- Loans may be used to repair, improve, or modernize homes or to remove health and safety hazards.
- Grants must be used to remove health and safety hazards.

### How much money can I get?

- **Maximum loan is \$20,000.**
- **Maximum grant is \$7,500.**
- **Loans and grants can be combined for up to \$27,500 in assistance.**

### What are the terms of the loan or grant?

- Loans can be repaid over 20 years
- Loan interest rate is fixed at 1%.
- Full title service is required for loans of \$7,500 or more
- Grants have a lifetime limit of \$7,500.
- Grants must be repaid if the property is sold in less than 3 years
- If applicants can repay part, but not all of the costs, applicants may be offered a loan and grant combination

### Is there a deadline to apply?

Applications are available year round as long as funding is available, and are processed in the order they are received.

### How long does an application take?

Approval times depend on funding availability in your area. Talk to a **USDA home loan specialist** in your area for help with the application.

### How do I get started?

Contact a **USDA home loan specialist** in your area.

### What law governs this program?

- The Housing Act of 1949 as amended, 7 CFR, Part 3550
- **HB-1-3550 - Direct Single Family Housing Loans and Grants Field Office Handbook**

NOTE: Because citations and other information may be subject to change please always consult the program instructions listed in the section above titled "What Law Governs this Program?" You may also contact **your local office** for assistance. You will find additional forms, resources, and program information at [www.rd.usda.gov](http://www.rd.usda.gov). **USDA is an equal opportunity provider, employer, and lender.**

Last Updated September 2015



**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

Kokopelli Eye Imaging  
2403 N. Stockton Hill Road, Suite 1  
Kingman, AZ 86041  
(928) 771 – 9000  
Mon – Thurs, 8AM to 4PM  
Fri, 8AM to 1PM

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

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

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

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.\*\***



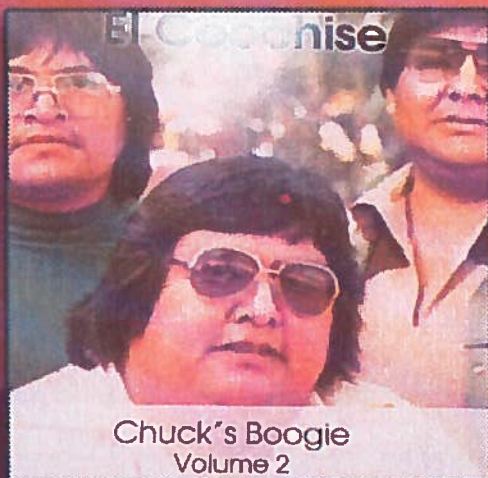
If you have questions regarding Gaming vision benefits, call **Marilyn Vaughn** at (928) 769 – 2216 ext. 111.



**Celebration of Life Music Fest • Saturday, April 1<sup>st</sup>**  
 Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation

# Celebration of Life Music Fest

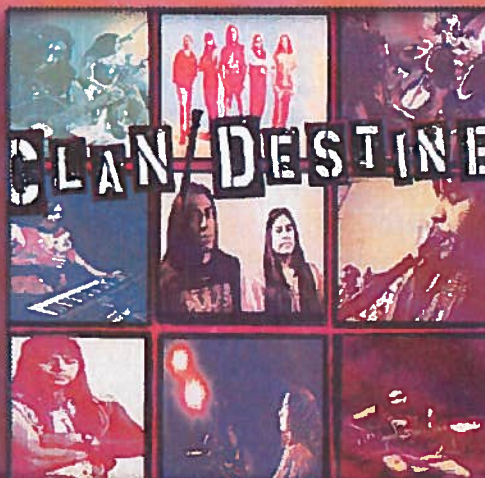
**HONORING 2 HOPI MUSICIAN'S CAREERS**



Chuck's Boogie  
Volume 2

**TJ NAMINGHA (Bacavi)**

*Drummer,  
El Coochise country band  
Passed on October 2015*



**FRANK POOCHA (Polacca)**

*Original member,  
CLAN/DESTINE native rock  
Passed on September 2015*

**ALL  
MUSICIANS  
WELCOME  
TO PARTICIPATE!**

Musicians  
can sign up on  
day of event  
OR call  
602-418-8937.

**SATURDAY  
APRIL 1, 2017  
1:00PM to 8:00PM  
FREE EVENT - OUTSIDE  
Hungry Bear,  
(K-Town)  
Kykotsmovi,  
Arizona**

**MC:  
Wil Numkena**

**ALL FOOD  
VENDORS  
WELCOME  
-NO FEE-**

Sponsored by  
El Coochise  
and  
Bruce Hamana



**Piipaash Matasheevm • Saturday, April 1<sup>st</sup>**  
 Submitted by: Adeline Crozier | Hualapai Tribal Administration

Yavapai - Hualapai - Havasupai - Paipai - Piipaash - Quechan - Mohave - Cocopah - Kumeyaay - Kiliwa



# PIIPAASH Matasheevm

"Peoples Gathering"



## at Lehi, Arizona

Salt River Pima-Maricopa Indian Community

Everyone is invited to join us for a day of bird singing and dancing

# April 1, 2017

## 10am - 10pm

## Lehi Cultural Grounds

1222 E. Oak Street, Lehi, AZ 85203

N.E. corner of Oak Street & Stapley Drive (See map)



All singers & dancers invited / Potluck dishes welcomed

Arts, crafts, and food vendor space available (minimal fee)

Bring your lawn chairs & blankets / Piipaash Matasheevm is a "rain or shine" event

### EVENT HIGHLIGHTS

- 10a Blessing of Grounds
- 10:30a Ribbon Cutting
- 11a **POTLUCK** Lunch
- 12p Singing & Dancing begins
- 4p Veterans Recognition
- 5p Elders Honoring
- 10p Farewell / End

SINGING AND DANCING WILL CONTINUE  
THROUGHOUT THE DAY

### EVENT, SINGER, AND VENDOR INFORMATION:

Ardell Moore (480) 362-7469  
 Emily King (480) 362-2626  
 Bob Aguilar (480) 310-1177



piipaashmatasheevmlehi@gmail.com



Piipaash Matasheevm-Lehi



### NEARBY LODGING:

|                      |              |
|----------------------|--------------|
| Courtyard Marriott   | 480-745-8200 |
| Talking Stick Resort | 480-850-7777 |
| Hampton Inn          | 480-270-5393 |
| Hyatt Place          | 844-421-0709 |
| Sheraton Mesa Hotel  | 480-664-1221 |
| Marriott Mesa        | 480-898-8300 |

No drugs or alcohol allowed / Piipaash Matasheevm is not liable for theft, injury, damage or losses.





**2017 Piipaash Matasheevm  
(People's Gathering)  
Saturday, April 1, 2017  
10am-10pm  
Lehi Cultural Grounds**

1222 E. Oak Street, Lehi, Arizona 85203  
Across from the Lehi Community Center



**VENDOR APPLICATION**

**VENDORS MUST: PROVIDE OWN SETUP – NO BOOTHS PROVIDED – NO ELECTRICITY PROVIDED  
SET-UP AND PARK IN DESIGNATED AREAS ONLY – HAVE A FIRE EXTINGUISHER ON-SITE.**

**FOOD HANDLERS CARD RECOMMENDED AND PREFERRED.**

**NATIVE AMERICAN VENDORS ONLY – TRIBAL ID TO BE SUBMITTED WITH APPLICATION**

**NO SODA SALES BY VENDORS – SODA WILL BE SOLD BY PIIPAASH MATASHEEVM COMMITTEE ONLY**

**Committee is not responsible for setting vendor price of items. Selling price is at the vendor's discretion**

**SPACE FEE: \$30 ADVANCE REQUEST or \$50 DAY OF SIGN-UP**

Payment due at time of application submittal

**I AM REQUESTING:**

☐ **FOOD SPACE, 15'x15'**

Set-Up Size: \_\_\_\_\_

Set-Up Type: ☐ Canopy ☐ Trailer

☐ **ARTS & CRAFTS SPACE, 10'x10'**

Set-Up Size: \_\_\_\_\_

Set-Up Type: ☐ Canopy ☐ Trailer

Vendor Name: \_\_\_\_\_

Vendor DBA: \_\_\_\_\_

First Primary Phone #: \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

Second Primary Phone #: \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

Other Contact Name & #: \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_ Home \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Tribal Affiliation: \_\_\_\_\_ Tribal ID or CDIB#: \_\_\_\_\_

Type of Product(s) to be sold: \_\_\_\_\_

I, \_\_\_\_\_, understand and agree to the vendor terms above. I also understand the event is "rain or shine" and there are no refunds due to weather or my withdrawal.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**COMMITTEE USE ONLY**

Date Received: \_\_\_\_\_

Rec'd By: \_\_\_\_\_

Confirmed Notification Date: \_\_\_\_\_

Confirmed With: \_\_\_\_\_

SPACE #: \_\_\_\_\_

**Form to be returned to and or for questions, contact:**

Monday-Friday, 8:00am-5:00pm

- Ardell Moore at (480) 362-7469

- Emily King at (480) 362-2626

[piipaashmatasheevmlehi@gmail.com](mailto:piipaashmatasheevmlehi@gmail.com)

Find us on : Piipaash Matasheevm-Lehi



Pre-Registration Ends: Monday, March 27<sup>th</sup> • Tall Pine Challenge • Saturday, April 1<sup>st</sup>

Submitted by: Pete Imus | Hualapai Youth Services

# Tall Pine Challenge

## Physical Challenge Course

**Will You** SATURDAY APRIL 1, 2017

**Take Home** COURSE STARTS AT 9:00AM  
**The Gold?**

LUNCH SERVED FOR ALL  
PARTICIPANTS AT 12:00PM

FIRST, SECOND, THIRD PLACE MEDALS  
FOR ALL CHALLENGES

PREREGISTRATION ENDS  
MONDAY MARCH 27, 2016

ONSITE REGISTRATION - 8:15AM-9:00AM  
HEALTH EDUCATION & WELLNESS CENTER  
488 HUALAPAI WAY, PEACH SPRINGS, AZ

FOR MORE INFORMATION CONTACT-HUALAPAI YOUTH SERVICES  
PHONE: 769-2207 EMAIL: PETE.IMUS@GMAIL.COM

HEALTH EDUCATION & WELLNESS CENTER 488 HUALAPAI WAY, PEACH SPRINGS, AZ

**Opening**  
**Ceremony**  
9:00AM

Health Education  
& Wellness Center



### THE COURSE

Tricycle Run

Laps Around Rodeo Circle

Hike Bumble Mountain

3 on 3 Basketball Tournament

Chair Volleyball Tournament

Photo Scavenger Hunt

**COED TEAMS OF 5**

**AGES 14 AND UP**

**FAMILY TEAMS ENCOURAGED**



# Individual Registration Form



**Organize your team and have each member complete a individual registration form.**

Your Name: \_\_\_\_\_

Your Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Leader: \_\_\_\_\_

Leader Phone: \_\_\_\_\_ Leader Email: \_\_\_\_\_

|               |       |            |
|---------------|-------|------------|
| Team Members: | You—  | Age: _____ |
|               | _____ | Age: _____ |
|               | _____ | Age: _____ |
|               | _____ | Age: _____ |
|               | _____ | Age: _____ |

**Deadline  
Friday  
March 27, 2017**

**Proper clothing and foot wear is expected to be worn by all participants. Participants must have their own reusable water bottle, water stations will be available to refill reusable water bottles. No plastic bottled water will be provided.**

**If you are 17 and younger please provide Parent/Guardian**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**I will not hold the Hualapai Tribe, hosting facility, hosting organization responsible for any injury, illness, or death my child may encounter while participating.**

**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 named above of whom I am the parent/guardian; which may 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.**

**Participant**

**Parent/Guardian if 17 and younger**

\_\_\_\_\_  
Signature & Date

\_\_\_\_\_  
Signature & Date

**RETURN TO: Hualapai Youth Services/HEW POB 397/488 Hualapai Way, Peach Springs, AZ 86434  
Phone: (928) 769-2207 Email: pete.imus@gmail.com Fax: (928) 769-2884**



**La Paz Run 2017 • Runner Application Deadline Friday, April 7<sup>th</sup>***Submitted by: Pete Imus | Hualapai Youth Services*

# La Paz Run 2017

## From Fort Beale/Kingman to Peach Springs, AZ

Friday April 7, 2017**Runner Application Deadline****6:00PM Runners Meeting****Health Education & Wellness Center****488 Hualapai Way, Peach Springs, AZ**Saturday April 15, 2017**5:30AM La Paz Site—Ehrenberg, AZ**

Blessing of Site, runners and community members welcome. Breakfast to follow at 6:30AM.

**Directions to La Paz site:** In Parker, AZ starting at the intersection at CRIT tribal complex, travel 40 miles south on Mohave Road. La Paz site is near mile marker 203 on the west side.**Hotel Information For April 14th:** Best Western Flying J Motel (928) 923-9711, located at I-10 exit 1 S. Frontage Road in Ehrenberg, AZ. Attendees are responsible for their own room expense and meals.**10:00AM Fort Beale Site/Kingman AZ, Fort Beale Dr.** Blessing and walk through of site.**11:45AM Kingman Lewis Park, 2201 E. Andy Devine, Ave.** Bird singing & dancing and lunch.Wednesday April 19th, Community Gathering**6:00PM Multipurpose Building—Peach Springs, AZ**

Attendance is a must for runners, All tribal members are welcome to attend. There will be sharing of La Paz history and dinner.

Friday, April 21, 2017**3:15AM—Runners meet at Route 66 Park in downtown Peach Springs for transport to Fort Beale.****5:00AM—Morning blessing at Fort Beale, ALL RUNNERS START/FINISH TOGETHER.**

Runners arrive at "China Town" for regroup and entry into Peach Springs. Runners may arrive into Peach Springs between 12:00PM and 2:00PM. Meet community members at Route 66/ Diamond Creek Rd. intersection to march to tribal gym. Enter gym for final run blessing and community dinner.

## Running to Honor Our Ancestors. Running to Heal Our Land, Our People.

Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities. Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTONICS.** To register to run please contact Youth Services 769-2207 to complete a registration form by April 7, 2017.



### 2017 La Paz Run Medical Questionnaire

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 7, 2017**.

Information is needed should you need any medical attention on the run and to ensure you receive proper medical care.

Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner.

Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/7-4/21. No electronics while on the run. Runners are to be on the run all two days. Please ensure your participation in run related activities.

**Runner must be of Tribal descent.**

Runner Name: \_\_\_\_\_

Contact information should the La Paz committee need to contact you regarding the run.

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Circle one: Male Female Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Past Medical History: \_\_\_\_\_

Have you been diagnosed or have a history of any of the following (circle all that apply):

|                     |                      |           |                  |
|---------------------|----------------------|-----------|------------------|
| Asthma              | Diabetes             | Thyroid   | Tuberculosis     |
| HIV/AIDS            | Hypo/Hyper Glycaemia | Hepatitis | Heart Problems   |
| Foot Problems       | Liver Disease        | Cancer    | Seizure Disorder |
| High Blood Pressure | Low Blood Pressure   |           |                  |

What type(s) of medications do you take (prescription or over the counter), please include dosage(s):

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Are you allergic to any medications? Yes No

Please list if you circled yes above: \_\_\_\_\_

List allergies: \_\_\_\_\_

Any other medical conditions not listed above that Peach Springs EMS need to be aware of:

\_\_\_\_\_  
 \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I, \_\_\_\_\_, feel that I am in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

For participants 14-17 years of age .....

I, \_\_\_\_\_, feel that my child named above, is in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Designated chaperone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**REGISTRATION DEADLINE APRIL 7, 2017**  
**NO EXCEPTIONS**



# 10<sup>th</sup> Annual Hualapai Junior Rodeo • 2017 Season Begins Saturday, April 8<sup>th</sup>

Submitted by: Danielle Bravo | Hualapai Planning Department

## 10<sup>th</sup> Annual Hualapai Junior Rodeo 2017 Season

**Dates:** April 8 9:00 a.m. **Events:** Goat Tail Pull  
 May 13 9:00 a.m. Goat Tying  
 June 3 tba Barrel Racing  
 Finals: July 8 tba Pole Bending  
 Team Roping  
 Break Away  
 Stick Pony Race  
 Steer Stop

**Ages:** 0-5 YRS  
 6-9 YRS  
 10-12 YRS  
 13-18 YRS

# HJR

**Location:** Mile post 102.5 on Route 66 4H, Youth and Ag. Facility  
**Entries will be taken up till 8:30 event starts at 9:00.am**  
 For more Information Please contact Winkie Crook at (928) 769-2255



## Society for Range Management Spring Tour & Workshop • April 11<sup>th</sup> & 12<sup>th</sup>

Submitted by: Elisabeth Alden | University of AZ Cooperative Extension



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES  
**Cooperative Extension**  
Mohave County

Society for Range Management  
Arizona Section



University of Arizona Cooperative Extension and

Arizona Section SRM

Spring Tour and Workshop

April 11-12, 2017

Hualapai Indian Reservation, Peach Springs, AZ

**Tuesday, April 11, 2017**

- Considerations for Monitoring/Key Area Concepts
- Ecological Sites/State-and-Transition Models
- Overview of Methods: Point Ground Cover; Pace Frequency; Dry Weight Rank & Line Intercept
- Monitoring Field Practice

**Wednesday, April 12, 2017**

- Brush Treatment (mulching)
- Brush Treatment (dead standing)
- Travel to Livestock/Wildlife Interaction site  
(Prairie Dog Town)

Certified Professional in Rangeland Management (CPRM)  
CEU's will be available.



Hotel accommodations:      Hualapai Lodge, 900 Route 66, Peach Springs, AZ (928) 769-2230  
    Grand Canyon Caverns, 115 Mile Marker AZ-66, Peach Springs, AZ (928) 422-3223

Please RSVP (in the event of a sponsored lunch) or for more information contact:

Andrew Brischke [brischke@cals.arizona.edu](mailto:brischke@cals.arizona.edu)

Christine Murphy [christinemurphy@email.arizona.edu](mailto:christinemurphy@email.arizona.edu)

Or call the Mohave County Extension office at (928) 753-3788.

***\*\* There is no charge for this workshop. Participants are responsible for their own accommodations. Please be prepared to bring your own lunch in the case we cannot secure a lunch sponsor***

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, Extension & Economic Development, College of Agriculture Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities. "Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Christine Murphy, at (928) 753-3788. Requests should be made as early as possible to allow time to arrange the accommodation."



**Tribal Economic Outlook Conference • Thursday, April 13<sup>th</sup>***Submitted by: Kevin Davidson | Hualapai Planning Department*The W. A. Franke  
College of Business*Save the Date*

Thursday, April 13, 2017

*Center for American Indian Economic Development*  
**Tribal Economic Outlook Conference**



Sponsored by Wells Fargo

[nau.edu/franke/caied/TEOC](http://nau.edu/franke/caied/TEOC)**2017 Tribal Economic Outlook Conference**

Thursday, April 13, 2017 9 AM - 12 PM

*Our Keynote Speaker:***Arlan D. Melendez**

Chairman of the Reno-Sparks Indian Colony

Arlan D. Melendez is the Chairman of the Reno-Sparks Indian Colony, a federally recognized Tribal Government representing 1,134 Paiute, Shoshone and Washoe tribal members located in Reno, Nev.

Chairman Melendez, a Paiute Indian, was first elected to the Tribal Council in 1989 and has served on the Tribal Council for 29 years, twenty-five years as Chairman. Under Chairman Melendez's leadership, the Reno-Sparks Indian Colony has maintained a stable Tribal government which is essential to self-determination and economic development.

**Panelists****Wells Fargo – The Private Bank***Sean McCarthy, CFA, Regional Chief Investment Officer, Southwest*

*Kimberly Ryan, CFA, Equity Portfolio Manager,  
Social Impact Investing*

*Claire Veuthey, Senior Research Analyst***Learn more:**[franke.nau.edu/caied/teoc](http://franke.nau.edu/caied/teoc)**Register Now:**[www5.nau.edu/franke/caied/teoc](http://www5.nau.edu/franke/caied/teoc)

Individual Tickets \$50 Corporate Table (7 seats) \$300

VIP Table (5 seats) \$500, 4 tables available

Full Breakfast included; served from 8–9 AM | Registration from 8–9 AM

*Register early; space is limited. To register or for more information contact:*

Gwen Cody of the NAU Center for American Indian Economic Development

928.523.7320 | [gwendolyn.cody@nau.edu](mailto:gwendolyn.cody@nau.edu) | [franke.nau.edu/caied/teoc](http://franke.nau.edu/caied/teoc)

*Held at the  
High Country Conference  
Center  
201 E. Butler Avenue  
Flagstaff, Arizona 86001*



# Sherman Indian High School 32<sup>nd</sup> Annual Pow-wow • Saturday, April 15<sup>th</sup>

Submitted by: Jessica Powskey | Hualapai Health & Wellness

## Sherman Indian High School 32<sup>nd</sup> Annual Pow-wow Saturday April 15, 2017 Riverside, California

Grand Entry: 12 pm

GATES: Open at 10 am. Gourd Dancing: 11 am & 6:30 pm

RETIRING OF THE COLORS: 6pm

ADMISSION: Free      PARKING: \$3.00

All proceeds (after costs) from the Pow Wow are used for Senior Scholarships

### Head Staff

Blessing: Gilbert Johnson Jr.

Headman: Michael Ute

Headwoman: Courtney Beecher

Master of Ceremonies: J Spottedhorse

Arena Director: Robert Roberts – Dominic Dugan Co-Ad

Sherman Eagle Staff: Nathaniel Little

Host Northern Drum: Buffalo Co

Host Southern Drum: Southern In-Special Invitation So. Ca. Gourd Society/Open to all  
Gourd Dance & Singers

Featuring: Intertribal Bird Singers, Apache Crown Dancers & White Rose Singers Hand  
Drum Club

Spoon Keepers: Cherokee Community Inland Empire

Open to all former Miss Sherman's & All Sherman Alumni.  
Please bring your own chairs & shade

### MISS SHERMAN PAGEANT

Hosted by Miss Sherman

2016/2017 Mikelle Ivins

Friday April 14, 2017, 6pm-9pm

Robert Levi Memorial Auditorium

### VENDOR INFORMATION:

Arts & Craft Booths - \$175

Food Booths - \$250

Deadline: April 01, 2017

Contact: Gayle Johnson

Phone: (951) 276-6325 Ext. 332

Pow-wow Coordinator: Debbie Monroe

Phone (951) 276-6325 Ext. 320

### \*IMPORTANT NOTICE\*

Sherman Indian High School is an Alcohol and Drug and Smoke Free Campus! No Drugs, Alcohol, Tobacco, or anyone Under the Influence of any of these Substances will be allowed. Security is strictly Enforced & Violators will be prosecuted. No pets allowed. No firearms Allowed.

Sherman Indian High School is not be responsible for any theft, loss or damage to property or person(s).

**\*\*Cowgirl Special\*\***  
Winner takes all

Miss Sherman



**Earth Day Logo Design Contest • Deadline: Friday, March 31<sup>st</sup>**  
*Submitted by: Danielle Bravo | Hualapai Planning Department*

**Hualapai Tribe**  
Planning & Economic Development Department

# EarthDay LOGO DESIGN CONTEST

The Hualapai Planning Department would like to encourage all community members to show off your awesome design talents by creating a one-of-a-kind LOGO design for the 2017 Annual Earth Day event as we continue to Beautify Hualapai.

There will be ONE winning design that will appear on t-shirts, on-line and/or printed materials. The winner will receive a \$50 gift card to Diamond Creek Restaurant and a small gift basket.

**Contest Rules:**

- Must be a tribal member to enter
- Must be on white 8x10 paper or larger
- 1 entry per participant
- Must be submitted by the deadline, no exceptions.

**DEADLINE:**

Friday, March 31, 2017  
2:30PM



**For more information:**

Hualapai Planning Dept.  
887 W. Hwy. 66  
(next to the Walapai Market)  
(928) 769-1310

**Annual Earth Day Community Clean-Up will be on  
Friday, April 28, 2017.**



# JOB OPPORTUNITIES

Community Development Institute • CDI Head Start

*Submitted by: 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

***CDI Head Start Serving Hualapai Tribe, AZ is looking to fill the following positions:***

#### **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 hourly \$11.71 hourly HS/GED, \$13.74 hourly AA.

#### **Education Coordinator**

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. \$1,600.00 bi/weekly.

#### **Teacher Preschool/Teacher Preschool-On-call**

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





## 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

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 biweekly Pay is \$1,140.16 on AA waiver, \$1,221.60 AA level, and \$1,303.04 BA. 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.

#### **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. Hourly pay \$10.00 HS/GED, \$10.69 CDA, \$11.71 AA or higher.

#### **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. Hourly pay \$10.00.

#### **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. Hourly pay \$10.18. *This is an On Call position.*

Applications may be requested by emailing [hr@htazhs.org](mailto:hr@htazhs.org) or obtained at 479 Hualapai Way Peach Springs, AZ. 86434. Please submit all completed applications to [hr@htazhs.org](mailto:hr@htazhs.org). All applications must be signed to be considered for employment. Positions are open until filled. CDI Head Start is an Equal Opportunity Employer.■



**2017 Recruitment for Fire Fighters & Camp Crew • Application Deadline: April 1***Submitted by: Melvin Hunter, Sr. | Truxton Canon Agency / Southern Paiute Agency***2017****Recruitment for Fire Fighters & Camp Crew****The Truxton Canon/Southern Paiute Agency Fire Program is  
recruiting for Summer Employment now!****APPLICATION DEADLINE IS APRIL 1, 2017****Fire Crew Applicants must be:**

- ✓ At least 18 years of age and in good physical and mental health.
- ✓ Able to pass a pack test:
  - Fire Fighters: 3-mile hike with 45 lb. pack test in 45 minutes or less.

**Camp Crew Applicants must be:**

- ✓ At least 16 years of age.
- ✓ There is no pack test requirement for camp crew.

**Applications may be returned via:**

Mail: Truxton Canon Agency  
13067 E Highway 66  
Valentine, AZ 86434

Fax : (928) 796-2326

Email: Melvin.Hunter@bia.gov

**PACK TESTS ARE SCHEDULED AS FOLLOWS:***(Note: You will have up to three chances to pass the pack test, so it is recommended that you take the earliest test in case you need to retake.)*

| FIRE CREW - Arduous Pack Test |                     | Fireline Safety Refresher |                     |
|-------------------------------|---------------------|---------------------------|---------------------|
| Wednesday Feb 22              | 8:00 am to 11:00 am | Wednesday Feb 22          | 12:00 pm to 4:30 pm |
| Wednesday Mar 8               | 8:00 am to 11:00 am | Wednesday Mar 8           | 12:00 pm to 4:30 pm |
| Wednesday Mar 22              | 8:00 am to 11:00 am | Wednesday Mar 22          | 12:00 pm to 4:30 pm |
| Wednesday April 5             | 8:00 am to 11:00 am | Wednesday April 5         | 12:00 pm to 4:30 pm |
| Wednesday April 19            | 8:00 am to 11:00 am | Wednesday April 19        | 12:00 pm to 4:30 pm |

| Basic Wildland Firefighter Training |                   |
|-------------------------------------|-------------------|
| Monday – Friday June 6-10           | Peach Springs, AZ |

Please contact: Jeramie Ybright @ 435-674-9720 or  
Melvin Hunter @ 928-769-3308  
with any questions.



## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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The 2017 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

### What is Wildland Fire?

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Rodeo-Chediski Fire (2002), Wallow Fire and Horeshoe 2 fire (2011) and most recently on the Hualapai Reservation the Sage Fire (2016).

### What causes a Wildland Fire?

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

### How do I apply?

Contact staff at Branch of Forestry or stop by the office for application and nomination form for trainings. The process for employment is to complete; 1) Drug test 2) Physical Exam required and processed through Medical Standards or a Self-Certification Health Screen Questionnaire 3) Southwest Firefighter Application 4) Work Capacity Test (WCT): Informed

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

### What will I Do?

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine or a single resource depending on experience and qualifications your position may vary.

### Required

- DOI Drug Testing is required; test must include the five drugs: marijuana, cocaine, opiates, amphetamines and phenylcyclidine. Drug testing is provided by the applicant with a copy of verification to the Branch of Forestry.
- For pack test dress in gym clothes with walking or running shoes.
- Wildland Fire boots are required with Vibram sole with 8 inch top.



## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

| Course Number : | Course Title:   | Nomination Due: | Course Date: | Location:                                | Time:       | Coordinator Phone / Fax/Email:   |
|-----------------|---|-----------------|--------------|--|-------------|--|
| RT-130<br>WCT   | Annual Fireline Refresher / Work Capacity Test          | Apr 3           | Apr 5        | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| N9055           | CPR / 1 <sup>st</sup> Aide<br>Blood Borne Pathogen      | Apr 6           | Apr 10       | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| S-212           | Wildland Fire Saws                                      | Apr 6           | Apr 11 - 13  | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1200 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| RT-130<br>WCT   | Annual Fireline Refresher / Work Capacity Test          | Apr 17          | Apr 19       | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| S-131           | Advanced Fire Fighter                                   | Apr 21          | Apr 25       | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| S-133           | Look Up / Look Down / Look Around                       | Apr 21          | Apr 26       | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| S-134           | Lookout / Communications / Escape Routes / Safety Zones | Apr 21          | Apr 27 - 28  | Branch of Forestry<br>Peach Springs, AZ. | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |



## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

|   |                                |        |            |  |             |  |
|---|--------------------------------|--------|------------|--|-------------|--|
| S-211                                   | Portable Pumps                 | May 4  | May 9 - 11 | Branch of Forestry<br>Peach Springs, AZ. | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| S-130 / S-190<br>I-100 / L-180<br>S-110 | Basic Wildland<br>Fire Fighter | June 1 | June 5 - 9 | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
| L-280                                   | Followership to<br>Leadership  | TBA    | TBA        | Branch of Forestry<br>Peach Springs, AZ  | 0800 - 1630 | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |
|   | ATV / UTV<br>Training          | TBA    | TBA        |  |             | Melvin Hunter, Sr.<br>O: 928-769-3308<br>F: 928-769-2326<br><a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a> |

### CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

Required Trainings: IS -700a, ICS 100, and ICS 200 (Single Resource Only) FEMA National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self-study course; upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwcg.gov/courses.html>.

Required Rookie Training Includes: I-100, S-190, and S-130, and L-180. NOTE: S-130 and L-180 Also offered Online.

I – 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Single Resource Trainee and Qualified

**TCA - Branch of Forestry, 1130 Mesa View Dr. Peach Springs, AZ 86434 PH: 928.769.2270 FAX: 928.769.2326 HRS: M-F, 0800-1630**

**SPA – Fire Management, 180 N 200 E suite 111, St. George, UT 84770 PH: 435.674.9720 FAX 435.674.9714 HRS: M-F 0800-1630**



# EDUCATION & TRAINING INFORMATION

## Native Youth Community Adaptation & Leadership Congress & College Horizons

Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training

### Native Youth Community Adaptation and Leadership Congress

(this event was formerly known as the Intertribal Youth Climate Leaders Congress)

- **WHO:** Native American, Alaskan Native, and Pacific Islander 10-12th Grade High School Students (in small community groups of approximately 3-5) *Accepted students will travel with one adult chaperone from their community to and from the event.*
- **WHAT:** Native Youth Community Adaptation and Leadership Congress
- **WHEN:** July 9-15, 2017
- **WHERE:** National Conservation Training Center (NCTC), Shepherdstown, West Virginia
- **COST:** None (All student travel to the Congress, lodging, and food costs at NCTC will be paid for by the Bureau of Indian Affairs and other federal agency partners.)
- **Application Deadline:** Friday, April 7, 2017

### College Horizons 2017 Spaces Available

In case you or your student missed our Feb 14 deadline, College Horizons is currently accepting late applications for our 2017 workshops until further notice! Students who are interested in applying late should take advantage of this opportunity quickly since applications will be reviewed in the order they are received. We will be accepting late applications for as long as we have remaining spaces at our programs. To be safe, students can aim to submit an application within the next couple of weeks - we will send out another email and announcement on social media when we have filled all spaces. As more time goes on, spaces will become limited. You can help us spread the word by forwarding this email to students, parents or educators.

Students can download an application and view videos containing information and tips for applying to this year's programs at the links below. Or visit our <http://www.collegehorizons.org/> for more details. Please contact our office directly with any questions you might have. Thank you for your help and have a wonderful day!






## 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



## #CollegePrideNativePride

*Explore outside of your world. Be proud of your heritage*



**Indigenous Teacher Education Project • Deadline on Friday, March 31<sup>st</sup>**

*Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training*

**INDIGENOUS TEACHER EDUCATION PROJECT**

***Seeking future teachers committed to Indigenous education!***

The Indigenous Teacher Education Project (ITEP) will support a cohort of Indigenous preservice teachers in the University of Arizona's Elementary Education Program, with a focus on Indigenous Education.

- **Receive loan-for-service aid for tuition, stipend, & technology**
- **Participate in the American Indian Language Development Institute (AILDI)**
- **Work in schools serving Indigenous students**

**Application Deadline Extended to  
March 31, 2017!!**

**To apply, contact:**

Sara Knepper, ITEP Academic Advisor  
sme@email.arizona.edu | (520) 621-7865

*Start date of ITEP: **June 5, 2017**. Accepted students must have earned Associate's degree & AGEC-A with UA Elementary Education Program Prerequisites by: August 21, 2017*

**Project Directors:**

Dr. Valerie Shirley  
vshirley@email.arizona.edu  
(520) 626-2232

Dr. Jeremy Garcia  
garciaj3@email.arizona.edu  
(520) 626-5690

**Project Coordinator**

Dr. Kari Chew  
karichew@email.arizona.edu

**[coe.arizona.edu/ITEP](http://coe.arizona.edu/ITEP) | [facebook.com/UAITEP](https://facebook.com/UAITEP)**



THE UNIVERSITY OF ARIZONA  
**College of Education**





**Pre-College Studies Class Orientation • May 22<sup>nd</sup>—May 25<sup>th</sup>**  
*Submitted by: Jonell Tapija | Hualapai Department of Education & Training*

## PRE-COLLEGE STUDIES CLASS ORIENTATION 2016/17

**(Four Days Monday – Thursday) May 22<sup>nd</sup> – May 25<sup>th</sup> 2017**

**\*Attendance is Mandatory all 4 days\***

**Time: 1:00 pm to 4:00 pm Location: Room 903**

Mohave Community College's Kingman Campus is offering Precollege Studies classes during the summer 2017 to help prepare students to take their GED and improve their skills in the areas of Reading, Math and Language as needed according to MCC's Accuplacer admissions testing. A free, mandatory orientation will be held in May, 2017. The orientation includes: 1) all state and additional college mandated processing; 2) diagnostic testing for class placement; 3) class registration paperwork; 4) introduction to MCC campus resources; 5) introduction to PCS required technology systems and resources. Additionally, students will be introduced to resources and strategies aimed at student success. In Precollege Studies classes, students receive individualized instruction as well as access to online materials to help them improve their skills. Accommodations are available through Disability Services for students with disabilities. **NOTE:** Upon receiving this flyer, call the Precollege Studies office at 928-692-3040 and confirm your spot at the orientation session as enrollment is limited. Additionally, call the PCS office to schedule a time beginning in March to come into the office to complete additional pre-orientation paperwork. Plan on the appointment taking approximately one hour.

\*Students must complete their MCC online admission application form well before attending the PCS orientation. Before beginning the application process you will need to obtain an email address. (Note: MCC Admissions takes at least 72 hours to process. Have this completed before scheduling your pre-orientation office visit.)

### On-line Admissions Procedure

The following directions will guide you to the MCC admission application form:

1. Go to Mohave.edu
2. Click APPLY NOW tab at top of page
3. Under the "Become an MCC Student" (lower right), click "Apply Now!" [red hyperlink]
4. Under Step 1. Apply for Admissions, click "online admissions application" [red hyperlink]
5. Click "Admission Application – MCC" [red hyperlink]
6. FOLLOW INSTRUCTIONS, make corrections to any fields marked in red and then click next page. When everything is correct, review and you will see a submit button at the end. Click SUBMIT you should get a **thank you [your name]**. Note – If you do not submit your application, you are not finished and your admission is not complete.

### ISSUES THAT CAN DELAY ADMISSIONS AND IMPACT PCS CLASS REGISTRATION:

1. Students must have a usable email address that can be used by MCC and checked by the student. This email address will be used by Enrollment Services to contact students and inform them of any issues in residency as well as give them the process for documenting paperwork necessary to complete admissions residency requirements.
2. If students have taken classes in the past and one or more years have passed since enrollment, they are required to complete the admissions process again.
3. All students must attend to any past due balances owed MCC. Students with past due balance issues can contact the Bursar's Office at 928-757-0816.
4. Upon completion of admissions and residency documentation, you will be issued an **ID card/number**. You must bring this to the orientation. Additionally, bring both your government ID (driver's license or DMV identification) and your Social Security to the pre-orientation office visit.

**Note:** Students must be at least 16 years of age at start of pre-college studies classes, and students between 16 and 18 years of age must bring **proof of withdrawal from the last high school attended** to the orientation.



Join the AgDiscovery • 2017 Summer Experience  
Submitted by: Elisabeth Alden | U of A Cooperative Extension Office



United States Department of Agriculture  
Animal and Plant Health Inspection Service

# Join the AgDiscovery 2017 Summer Experience!



AgDiscovery is a unique opportunity for students to gain a first-hand look at the many career paths available in the agricultural sciences field!



AgDiscovery 2017 will be held nationwide, at the following college campuses:

Alcorn State University (June 18-30)  
California State University, Fresno (June 11-24)  
Coppin State University (July 10-21)  
Delaware State University (July 9-22)  
Florida A&M University (June 11-24)  
Fort Valley State University (June 5-16)  
Iowa State University (July 16-29)  
Kentucky State University (June 11-24)  
Lincoln University (July 9-22)  
North Carolina State University (June 19-30)  
Prairie View A&M University (June 19-30)

Purdue University (July 9-23)  
South Carolina State University (June 18-July 2)  
Tuskegee University (June 4-17)  
University of Arizona (June 19-29)  
University of Arkansas Pine Bluff (June 10-23)  
University of Hawaii at Mānoa (July 9-22)  
University of Illinois Urbana-Champaign (June 25-July 30)  
University of Maryland College Park (July 9-28)  
University of Maryland Eastern Shore (July 9-22)  
University of the Virgin Islands (July 31-August 11)  
Virginia State University (June 18-July 1)

To apply, or for more information about the AgDiscovery Program,  
please visit us online:

[www.aphis.usda.gov/agdiscovery](http://www.aphis.usda.gov/agdiscovery)

You may also reach us by telephone:  
(301) 851-4199



# HEALTH & SAFETY INFORMATION

**Mobile On-Site Mammography • Pre-Diabetes & More**

*Submitted by: Public Health Education | Indian Health Services*



## **Indian Health Services-Peach Springs**

### **Mobile On-Site Mammography**

**Date: Tuesday, April 11, 2017**

**Time: 8:00am-4:00pm**

**FOR APPOINTMENTS,**

**PLEASE CALL 928-769-2920**

### **Breast Cancer Screening Guidelines**

- **Women aged 50 to 74 screening every 2 years minimum**

#### **Preparing for your mammogram:**

- **Do not wear deodorant, powder, perfume or lotion the day of your appointment.**
- **It is suggested that a two-piece outfit be worn the day of your appointment.**

**"15 minutes could save your life"**





# PREDIABETES

COULD IT  
BE YOU?



86  
MILLION

86 million American adults—more than 1 out of 3—have prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes do not know they have it

TYPE 2  
DIABETES

PREDIABETES

NORMAL

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2  
DIABETES



HEART  
DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING  
HEALTHY



&  
BEING  
MORE  
ACTIVE

can cut your risk of  
getting type 2 diabetes in

HALF







Without weight loss  
and moderate  
physical activity

**15-30% of people with  
prediabetes** will develop  
type 2 diabetes within 5 years



People who have diabetes are at higher risk of serious health complications:



**BLINDNESS**



**KIDNEY  
FAILURE**



**HEART  
DISEASE**



**STROKE**



**LOSS OF TOES,  
FEET, OR LEGS**

## YOU CAN PREVENT TYPE 2 DIABETES

### FIND OUT IF YOU HAVE PREDIABETES —

See your doctor to get your  
blood sugar tested



### JOIN A CDC- RECOGNIZED

diabetes  
prevention  
program



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT  
<http://www.cdc.gov/diabetes/prevention>

#### REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393-403. As cited in March 22, 2013, MMWR.

Tuomilehto J, Lindstrom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344:1343-1350.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.





United States Department of Agriculture  
Food Safety and Inspection Service

## Food Safety Information

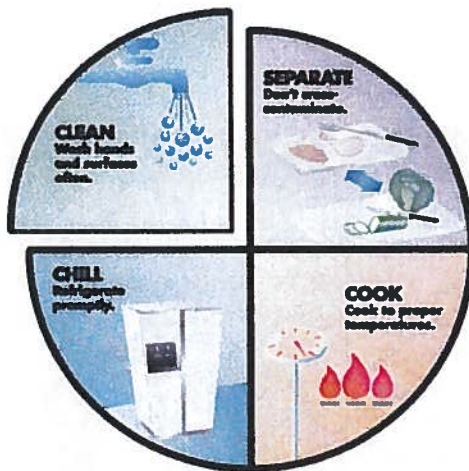


# Cleanliness Helps Prevent Foodborne Illness

*Spring has long been the time of year for annual cleaning projects around our homes. However, when it comes to safe food handling, everything that comes in contact with food must be kept clean all year long.*

Food that is mishandled can lead to foodborne illness. While the United States has one of the safest food supplies in the world, preventing foodborne illness remains a major public health challenge. USDA developed the **Be Food Safe** campaign in cooperation with the Partnership for Food Safety Education, FDA, and CDC because research shows that Americans are aware of food safety, but they need more information to achieve and maintain safe food handling behaviors. **Be Food Safe** means preventing foodborne illness through four easy steps: Clean, Separate, Cook and Chill.

- **Clean:** Wash hands and surfaces often.
- **Separate:** Don't cross-contaminate.
- **Cook:** Cook to proper temperatures.
- **Chill:** Refrigerate promptly.



Cleanliness is a major factor in preventing foodborne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the consumer's role is to make sure food is handled safely after it is purchased. Everything that touches food should be clean. Listed below are steps we can take to help prevent foodborne illness by safely handling food in the home:

1. Always wash hands with warm, soapy water for 20 seconds:
  - before and after handling food
  - after using the bathroom
  - after changing a diaper
  - after handling pets
  - after tending to a sick person
  - after blowing your nose, coughing, or sneezing
  - after handling uncooked eggs or raw meat, poultry, or fish and their juices.
2. If your hands have any kind of skin abrasion or infection, always use clean disposable gloves. Wash hands (gloved or not) with warm, soapy water.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

**USDA Meat & Poultry Hotline**  
**1-888-MPHotline**  
(1-888-674-6854)



## Cleanliness Helps Prevent Foodborne Illness

4. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.

Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.

5. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.

6. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
7. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
8. When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to **Be Food Safe**.

## Food Safety Questions?

### Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline** or **1-888-674-6854**. The hotline is open year-round Monday through Friday



from 10 a.m. to 4 p.m. EST (English or Spanish).

Listen to timely recorded food safety messages at the same number 24 hours a day. Check out the FSIS Web site at

**www.fsis.usda.gov**

Send E-mail questions to **MPHotline.fsis@usda.gov**.

### Ask Karen!

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.



**AskKaren.gov**

**PregunteleKaren.gov**





## Help protect our children from secondhand and thirdhand smoke by:

- **Not allowing anyone to smoke tobacco anywhere in or near your home.**
- **Not allowing anyone to smoke tobacco in your car, even with the windows down.**
- **Making sure that your children's day care centers and schools are free of tobacco smoke.**

# Thank YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.



## Why Tracking Matters • Diabetes

Submitted by: Substance Abuse Prevention | Hualapai Health, Education & Wellness | [www.cornerstones4care.com](http://www.cornerstones4care.com)

### Why Tracking Matters

Checking your blood sugar and tracking your numbers is an important part of your diabetes care plan.

#### Check your blood sugar:

- Can help you make good day-to-day choices about what to eat, how much physical activity to engage in, and over time, can help you better understand how well your diabetes medicine is working.
- Helps you avoid low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia).
- Helps you see the changes in your blood sugar and can help you better understand how physical activity, what you eat, and stress affect your blood sugar levels.
- Can help you and your diabetes care team make your care plan.

#### How often should you check your blood sugar?

You and your health care provider will decide when and how often you should check your blood sugar. How diabetes affects the body is different for each person and changes over time. So, depending on what medicines you're taking and your health care provider's direction, your blood sugar testing schedule may change.

If you are taking non-insulin injections, you may not need to test your blood sugar every day. If you are taking insulin injections or using an insulin pump, you may need to check your blood sugar more often than if you were taking pills. Speak with your health care provider to find out when to check your blood sugar. You might be asked to check your blood sugar:

- Before and after you eat
- Before and after you are physically active
- Before bed
- If you think you have low blood sugar
- After you treat your low blood sugar
- Before you drive a car

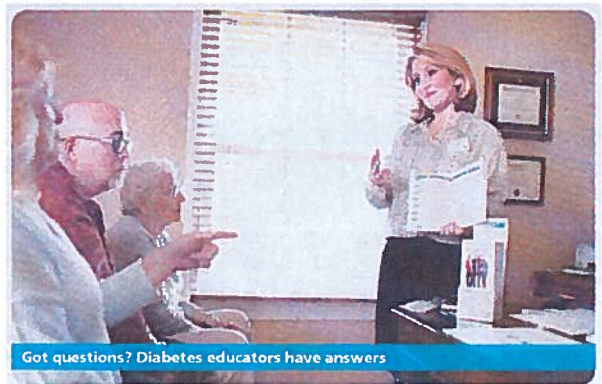


### **If you take insulin, your health care provider may ask you to check your blood sugar:**

- Before you go to bed, in the middle of the night (2 or 3 AM), or when you wake up
- Before or after you eat meals or large snacks to see how the food you eat changes your blood sugar.

### **Even if you don't take insulin, you may need to check blood sugar levels more often:**

- If you start or change your diabetes medicine based on the guidance of your health care provider
- When you feel stressed
- If you make changes in your meal or activity plan (such as when you are traveling)
- If your diabetes is not well controlled
- When you get sick
- If you begin to take or are taking certain types of medicine (for example, a class of medicines called steroids)



Got questions? Diabetes educators have answers

### **Your Blood Sugar Tracker**

Tracking your blood sugar can help you and your diabetes care team find out what makes your numbers go up and down. Here are 3 simple ways to help you keep track of your blood sugar.

1. Use a simple notebook and pencil to write down your numbers and testing times.
2. Enter your numbers and testing times online with Blood sugar Tracker.
3. Check the instructions that come with your blood sugar meter to see if you can:
  - Record your numbers on your meter or
  - Download your numbers to your computer later.

## **Defining Your Own Higher Power in Addiction • 12-Step Programs**

*Submitted by: Substance Abuse Prevention | Hualapai Health, Education & Wellness | [www.recoveryplace.com](http://www.recoveryplace.com)*

### **Defining Your Own Higher Power in Addiction**

June 7, 2015 | <https://recoveryplace.com/blog/defining-your-own-higher-power-in-addiction-recovery/>



If you are a person with deep religious convictions, hearing that you need to believe in a power greater than yourself in order to recover makes a lot of sense. But if you are an atheist or agnostic, or if your faith has been shaken by tragedy or loss, you may not want to hear that you should not only believe in but rely on a power great than yourself. For many people, faith in a higher power is the core of their recoveries. There are many ways to define a power greater than yourself, however.

Newcomers who don't have strong religious convictions are sometimes turned off by 12-step programs when

they hear people talk about a higher power. They may feel that 12-step programs are religious programs and for that reason probably won't work for them. But although some people are comfortable bringing their religious beliefs into their recoveries, it isn't imperative that you have strong religious convictions in order to recover using the 12 steps.

### **The Freedom to Choose Your Higher Power**

The good news is that you have complete freedom to define your own higher power. You don't have to follow the path of traditional religions and you don't have to believe in anything in particular because other people may want you to. You can choose to believe in anything that makes sense to you and gives you strength, courage and something to hold onto.

Some people in recovery sense a power greater than themselves in nature. The sun and the stars are bright, beautiful and powerful. The wind can be a strong reminder that there is a commanding force moving through the universe. You can witness the power of nature in storms, in ocean waves, in the transformation that occurs every season. You can choose Mother Nature or the universe itself as your higher power.

### **Belief in the Group**

For people who feel resistant or reluctant to turn their



lives over to any kind of God or even to the power of nature or the universe, consider simply believing in the unity of the recovery group itself. Many people in the recovery say that God stands for Groups of Drunks, and that is the God that has the power to keep them sober and to heal their lives.

There is something transformative and healing when a group of alcoholics or addicts gets together and shares experiences, strengths and hopes. As you get to know the people at the meetings you attend, you will be able to witness amazing changes in other people that are nothing short of miraculous. It's often easier to recognize change and growth in other people than it is to see changes in yourself. As you see people make incredible transformations in their lives, you may come to believe that there really is a power greater than yourself, and it is in the group itself.

### Other Forms of Faith

When you attend meetings with an open mind, you will hear many interpretations of what God is, or what kind of power people rely on as part of their recovery jour-

neys. The definitions of a higher power are probably as varied as the many people recovering in 12-step programs. While you may not agree with some of what you hear, you may also hear perspectives that you never considered before.

You may not be comfortable with the concept of God that you learn about in any church or other religious establishment. You may instead believe that the power that keeps you sober is some kind of spiritual force that can't be defined or described but that you know is there. Or faith may be as simple as recognizing that there is some kind of higher power and that it isn't you.

Your definition of a higher power may evolve as times goes on. Your convictions may seem strong and unwavering, but over time your beliefs may change slightly. You have the freedom to define your own higher power in whatever way works for you. Believe that there is some sort of power that works to keep you away from a drink or a drug one day at a time. If all else fails, simply believe that others believe.

## What Does Wellness Look Like To You?

*Submitted by: Substance Abuse Prevention | Hualapai Health, Education & Wellness | [www.intentblog.com](http://www.intentblog.com)*

### What Does Wellness Look Like To You?

February 2, 2011 | Janice Taylor

Last week my good friend and neighbor popped up for a visit with her adorable bouncy, baby boy. So very cute. When they left, Tina smiled and said, "Be well." To which I replied in kind, "Be well." As I closed the front door behind them, I thought ... "Be well ....." What exactly does "be well" look like. What does wellness mean?

Were we referencing the Flu, which seems to be circulating big time throughout the big city? Getting a good night's sleep? Eating well? Or were we thinking in more psychological and/or spiritual terms? Or ... all of the above? I am sure if I asked Tina, "What does 'Be Well' mean to you?" her definition of wellness would differ from mine. Words carry different meanings for all of us.

### "Be Well" is an artfully vague term.

What does "be well" mean? What makes you feel well? What does wellness look like to you? In the 1960's, when Halbert L. Dunn coined the term 'wellness,' he was referencing "a lifestyle approach that pursued elevated states of physical and psychological well-being. He described it as a disciplined commitment to self-mastery." Wellness is an ongoing process. It is an approach to life that manifests 'wellness' as opposed to 'illness,' an approach that strengthens your immunity. But that's just one sliver of the wellness pie. In addition to your physical well-being, wellness involves platters full of mental, psychological, emotional and spiritual health. 'Being well' implies that you are living a balanced life and experiencing a good amount of health, energy and a great sense of 'well-being.'

There are a number of parameters to wellness that do ap-

ply to all. Healthy eating, moving your body (a.k.a. exercise), staying hydrated, getting the right amount of sleep, healthy relationships – the basics. And then there are the aspects of wellness that are specific to you. The aspects of wellness that are yours and yours alone have a magical quality to them. They warm your heart; they illuminate your soul.

For some, curling up in front of roaring fire might ignite feelings of wellness; feelings of 'all is right in the world.' For others, a burst of wellness may come from getting lost in a good movie or book; a hot bath allowing yourself to simply let go. Sitting on my front porch, listening to the birds chirp happy songs, while feeling the warmth of the sun on my face easily puts me into an altered state of "illuminated wellness."

There is an ease to wellness; it is simple. We only need to let go of the struggle, stop our 'human running' act for a short period; long enough to dip deep into our inner-wells of wellness. Dig deep and, yes, listen. Pay attention.

What are those things that send ripples of calmness, happiness and a sense of wellness throughout your body? What creates a state of 'illuminated wellness' in you? Henceforth, when I say, "Be well," please know that I am issuing a special invitation to you to not only do those things that we all need to do in order to 'be well,' but I am also inviting you to take the time to explore and discover all that feeds your soul, warms your heart – creates 'illuminated wellness.'

Be well, 😊  
Janice Taylor  
wise \* fun \* utterly useful



## Parents—Talk With Your High School Grads About Celebrating Safely

Submitted by: Substance Abuse Prevention | Hualapai Health, Education & Wellness



National Institute  
on Alcohol Abuse  
and Alcoholism

# Parents—Talk With Your High School Grads About Celebrating Safely

## Graduation...

Graduation is a time to celebrate. But before your high school seniors begin their parties, take the time to talk with them about keeping events alcohol-free—it just may save a life.

## It's About Your Teen...

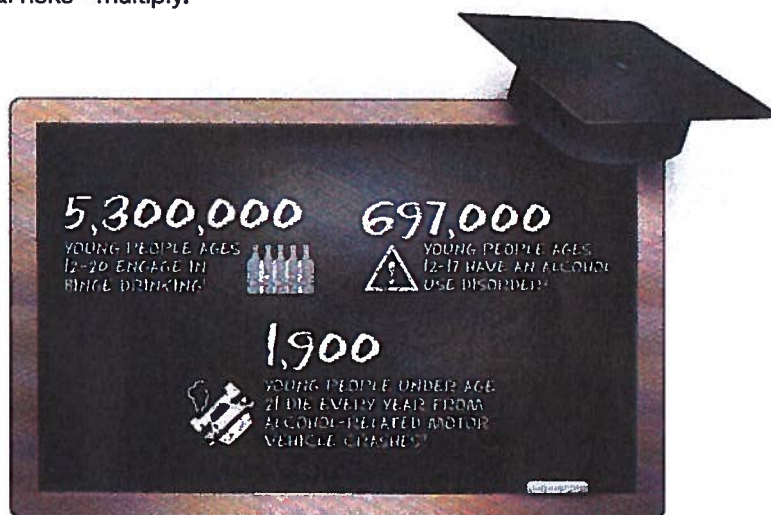
A teenager's brain is still developing, and it is very sensitive to alcohol's effects on judgment and decision-making. Tragedies can—and do—happen, so underage drinking should not be a part of any end-of-year celebration.

## The Effects of Alcohol Can Be Deceptive...

If you are asked to explain the reasons behind your rules, you can describe the effects of alcohol on the human body:

When people drink alcohol, they may temporarily feel elated and happy, but they should not be fooled. As blood alcohol content rises, the effects on the body—and the potential risks—multiply.

- Inhibitions and memory become affected, so people may say and do things that they will regret later and possibly not remember doing at all.
- Decision-making skills are affected. When they drink, some people may become restless and aggressive. They may be at greater risk for having an alcohol-related traffic crash, getting into fights, or making unwise decisions about sex.
- Coordination and physical control are also impacted. When drinking leads to loss of balance, slurred speech, and blurred vision, even normal activities can become more dangerous.
- Consuming too much alcohol can also lead to death. If people drink too much, they will eventually get sleepy and pass out. Reflexes like gagging and breathing can be suppressed. That means they could vomit and choke, or just stop breathing completely.



<sup>1</sup> 5.3 million youth ages 12 through 20 drank 5 or more drinks on an occasion at least one day in the past month. (Source: Center for Behavioral Health Statistics and Quality. 2014 National Survey on Drug Use and Health: Detailed Tables. Substance Abuse and Mental Health Services Administration, Rockville, MD, 2015. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DeTabs2014/NSDUH-DeTabs2014.htm#tab2-16a>. Accessed December 14, 2015.)

<sup>2</sup> 697,000 youth ages 12 through 17 had an alcohol use disorder in the last year. (Source: Substance Abuse and Mental Health Administration. Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings. NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. Available at: <http://www.samhsa.gov/2k14/national-survey-on-drug-use-and-health-2013-national-findings>. Accessed December 14, 2015.)

<sup>3</sup> An estimated 1,900 youth under age 21 die each year from alcohol-related motor vehicle crashes. (Source: U.S. Department of Health and Human Services. The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007. Available at: <http://www.surgeongeneral.gov/library/calls>. Accessed December 14, 2015.)



NIH . . . Turning Discovery Into Health®

National Institute on Alcohol Abuse and Alcoholism

[www.niaaa.nih.gov](http://www.niaaa.nih.gov) • 301.443.3880



## Think About It!

Drinking to celebrate graduation can result in vandalism, arrests, sexual assaults, trips to the emergency room, alcohol-related traffic crashes, and worse. Drinking by teens can put them—and their friends—in real danger. Ask them to consider this question: Is that any way to celebrate?

## Talking With Your Graduate...

It is critical to talk with your graduate because research shows that parents do make a difference. By serving as positive role models, talking to other parents and your teens, supervising parties to make sure no alcohol is served, and supporting alcohol-free school celebrations, you can help prevent a life-changing mistake.

## Remember...

Tell your graduate to play it safe and party right—and alcohol-free—at graduation. Because a well-deserved celebration shouldn't end in tragedy.

**For more information, visit:**  
**[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)**

## A Word About Alcohol Overdose

Thousands of students are transported to the emergency room each year for alcohol overdoses, which occur when high levels of alcohol suppress the nervous and respiratory systems. Signs of this dangerous condition can include:

- Slow or irregular breathing;
- Vomiting;
- Mental confusion, stupor, loss of consciousness, or coma; and
- Hypothermia or low body temperature, bluish or pale skin.

An alcohol overdose can lead to permanent brain damage or death, so a person showing any of these signs requires immediate medical attention. If you or your graduates notice any of these signs, don't wait. Call 911 if you suspect an alcohol overdose.



National Institute  
on Alcohol Abuse  
and Alcoholism

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NIH Publication No. 16-5841  
May 2016



## Adolescents and Marijuana

Submitted by: Substance Abuse Prevention | Hualapai Health, Education & Wellness | [www.learnaboutmarijuanawa.org](http://www.learnaboutmarijuanawa.org)

# Learn About Marijuana

Science-based information for the public

<http://learnaboutmarijuanawa.org>

ADAI | ALCOHOL & DRUG ABUSE INSTITUTE

UNIVERSITY of WASHINGTON

<http://adai.uw.edu>

### Adolescents and Marijuana

Studies have shown that if an adolescent uses marijuana early in life (before the age of 16 years) and for a prolonged period of time, it can lead to a number of significant problems. While prevalence rates have markedly declined over the past decade, marijuana is still widely used by adolescents, and the possible impacts on adolescent development remains an important issue.

#### How Many Adolescents Use Marijuana?

Marijuana is the illicit drug most likely to be used by teens in the U.S. According to the 2012 Monitoring the Future (MTF) Study, 45.3% of U.S. 12th graders reported having used marijuana once or more in their lifetime, with 22.9% reporting use in the previous 30 days.

In our state, the 2012 Washington State Healthy Youth Survey reported that approximately 19% of students in the 10th grade and 27% of students in the 12th reported current marijuana use, almost double the percentage who smoke cigarettes. Fewer students in grades 8, 10, and 12 perceive a great risk of harm in using marijuana regularly, and among 10th graders, that percentage dropped from 65% in 2000 to 46% in 2012. More than half of Washington's 10th graders report it is easy for them to get marijuana. Nationally, while the proportion of students using marijuana decreased from 2011-2012, use was still relatively widespread among secondary school students, particularly older males, and more students are using marijuana daily than they were five years ago (daily use among 12th graders increased from 5.1% to 6.5%). (MTF)



#### What are the Concerns About Adolescents Using Marijuana?

Adolescence is a period when many developmental changes are occurring. It is a time when a young person's intellectual capacities expand and their friends and peers become increasingly influential.

Adolescent use of marijuana has been linked to a range of developmental and social problems. A 2012 study of over 1,000 individuals followed from birth through midlife found that persistent cannabis use was associated with neuropsychological decline across numerous domains, including cognitive and memory problems and declining IQ. Further, cessation of marijuana use did NOT fully restore neuropsychological functioning among adolescent-onset cannabis users (Meier et al, 2012). A contradictory (and surprising) finding was reported in a recent longitudinal study that followed males from adolescence into their mid-thirties, which found no differences in any of the mental or physical health outcomes measured regardless of the amount or frequency of marijuana used during adolescence. (Bechtold, 2015)

Early initiation of marijuana use can have an impact on the following:

#### Memory, Attention and Learning

Early and continued use of marijuana can:

- Affect memory, attention and ability to think clearly, making it difficult to concentrate, learn new things, and make sound decisions (Dougherty et al, 2013);
- Affect movement and balance while intoxicated;
- Be associated with a moderate decrease in IQ in heavy current marijuana users (Meier et al, 2012), though this study has been challenged for its methodology.

#### School Performance

While it is difficult to distinguish whether this is due to learning difficulties, lack of motivation, or because marijuana users mix with peers who may be involved in a range of risk taking behaviors (McCaffrey DF et al, 2010), using marijuana at an early age is independently associated with:

- Poorer school performance;



- Increased absences from school;
- Increasing the risk of dropping out without graduating.

In Washington State, the Healthy Youth Survey results for 2012 found that, statewide, high school students who used marijuana were more likely to get lower grades in school (Cs, Ds, or Fs) compared to those that don't use.

### **Problematic Behaviors**

Studies have shown that those who use marijuana from an early age are at risk of later developing problems, characterized by social disadvantage, behavioral difficulties, and problematic peer affiliations.

A 2008 longitudinal study of heavy cannabis users from ages 14 to 25 in a New Zealand birth cohort found that increasing cannabis use in late adolescence and early adulthood is associated with a range of adverse outcomes in later life. High levels of cannabis use are related to poorer educational outcomes, lower income, greater welfare dependence and unemployment, and lower relationship and life satisfaction. These findings add to a growing body of knowledge regarding the adverse consequences of heavy cannabis use. However, this study primarily established correlation rather than causality (Ferguson & Boden, 2008).

Using marijuana at an early age is also linked to higher risk taking behavior such as:

- Higher levels of leaving the family home;
- Immature sexual activity, which can result in unplanned pregnancy (Bryan et al, 2012);
- Increased risk of driving while under the influence of marijuana; marijuana use more than doubles a driver's risk of being in an accident (Ashbridge et al, 2012);
- Higher levels of criminal behavior such as motor vehicle theft and break-and-enter offences to pay for drug use.

### **Increased Risk of Mental Health Issues**

Marijuana use has been linked to a range of mental health problems such as psychosis, depression or anxiety. A 2002 study in Sweden found that heavy cannabis use at age 18 increased the risk of later schizophrenia sixfold (Arseneault et al, 2002). Since then, numerous additional studies have found a similar correlation between adolescent marijuana use and psychosis or schizophrenia, especially in teens with a family history of the disorder (Copeland et al, 2013).

The potential for depression and anxiety is also increased in adolescent marijuana users. The nature of this relationship is controversial, with some studies not supporting a causal association, but instead linking depression due to marijuana's contributions to learning difficulties, poorer educational outcomes, and problematic behaviors. However, a 2012 study found that increasing frequency of marijuana use was associated with increasing symptoms of depression, with the association stronger in adolescence and declining into adulthood (Horwood et al, 2012).

Using marijuana from an early age places the person at risk of:

- Impaired emotional development;
- Increased risk of becoming more dissatisfied with life;
- Increased likelihood to suffer from depression, anxiety, psychosis, or other mental illness.

### **Other Concerns About Use of Marijuana by Adolescents**

- Use of marijuana by adolescents is illegal in Washington State and all other states in the U.S. It is an offence to cultivate, possess, use, sell or supply marijuana. Doing so could result in criminal prosecution or even incarceration, depending on the type of offence and which state it was committed in.
- Marijuana can have short- and long-term consequences on health. See What is cannabis?
- Marijuana use can increase the risk of psychotic episodes or trigger a mental illness. See Marijuana and mental health.
- Marijuana use can lead to dependence in young people who use it regularly over a period of time.
- Relationships with family and other friends who don't use marijuana may become problematic.
- Using marijuana has been associated with a decrease in motivation, which can impact school, work, family, friends and life in general. See Marijuana and motivation.
- The cost of using marijuana can result in financial difficulties.



### Additional Resources

- American Academy of Child & Adolescent Psychiatry. Facts for Families: Marijuana and Teens. ([http://www.aacap.org/cs/root/facts\\_for\\_families/marijuana\\_and\\_teens](http://www.aacap.org/cs/root/facts_for_families/marijuana_and_teens)).
- Monitoring the Future, 2015. (<http://www.monitoringthefuture.org>)
- NIDA. Facts on Drugs: Marijuana. (<http://www.teens.drugabuse.gov/drug-facts/marijuana>).
- Washington State Healthy Youth Survey. (<http://www.askhys.net>)

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This information adapted with permission from the National Cannabis Prevention and Information Centre (<http://ncpic.org>) in Australia.

## Smoking Race and Ethnicity • Tobacco Use and Native Americans

Submitted by: Strategic Prevention | Hualapai Health, Education & Wellness | [www.tobaccofreelife.org](http://www.tobaccofreelife.org)

### Smoking, Race and Ethnicity: Tobacco Use and Native Americans

Due to the cultural significance of tobacco in Native American communities, tobacco use and Native Americans are inexorably linked, and natives generally have higher smoking rates and lower quitting rates than most Americans. Helping more Native American smokers quit could substantially reduce the damage done by tobacco across the country.

Native Americans have a special relationship with tobacco. With numerous ceremonial uses for tobacco and a deeply ingrained cultural tradition, among all of the racial and ethnic groups in the U.S., Native Americans have a particularly big problem with smoking and comparatively less motivation to quit. Tackling this issue isn't easy, but the link between tobacco use and Native Americans causes unnecessary disease and death across the population, so cutting smoking rates in their communities is a huge priority.

#### Tobacco Use and Native Americans: The Statistics

American Indians and Alaska Natives have the highest smoking rates out of all racial and ethnic groups in the U.S., with 21.9 % of adults smoking tobacco. In comparison, only 7 % of non-Hispanic Asians, 10.1 % of Hispanics and 16.6 % of Caucasians smoke. In 2015, according to CDC smoking statistics, 15.1 % of U.S. adults were classed as current smokers. For tobacco use and Native Americans, this means smoking rates are 45 % higher in the subpopulation than in the general population.

The specific forms of smoking and patterns of smoking also differ between Native Americans and non-natives. For example, Native Americans and Alaska Natives are more likely to be "light" smokers (defined as smoking less than 15 cigarettes per day) than non-natives. However, they're also more likely to smoke cigars and pipes than other racial or ethnic groups, and they're also more likely to use smokeless tobacco.

#### The Challenges Presented by Ritual Tobacco Use

Many people know about the link between tobacco use and Native Americans through knowledge of their rituals and beliefs. Native Americans believe that the "manidog" (the spirits) love tobacco, and consequently it is used in most rituals and ceremonies in native communities. The manidog are offered tobacco in dry form or in the form of smoke from a pipe, and many offerings are left in various places during the course of hunting and gathering.



This presents a big challenge for anybody hoping to reduce smoking in Native American communities. For most groups of smokers, knowledge of the multitude of risks posed by smoking is enough to encourage quitting, but when it's deeply tied to religious and cultural traditions, completely eliminating the habit is unlikely. It's important to point out that there are differences between tobacco used for ritual purposes and that sold commercially, but the attitudes to ritual tobacco appear to impact attitudes to commercial tobaccos too. Despite all of this, though, there is some cause for hope in that most Native American smokers do still want to kick the habit.

### **Native Americans and Smoking Cessation**

According to the CDC, 52.1 % of Native American and Alaska Native smokers want to quit. However, this rate is much lower than that for other races. For example, 74.1 % of African-American smokers want to quit, and aside from Native Americans, the lowest rate is among Latino/Hispanic smokers, of whom 58.4 % want to quit. As you'd expect after learning this, the actual rates of quitting are lower in Native Americans and Alaska Natives than in other racial and ethnic groups.

### **Lower Prices and Fewer Limitations on Smoking**

One additional problem for people hoping to break the link between tobacco use and Native Americans is the more relaxed rules when it comes to smoking in Native American communities. For example, tobacco sold on tribal land isn't ordinarily subject to the usual national and state-level taxes on tobacco, which reduces the deterrent effect that prices can have on cigarette consumption.

However, lax rules like this are due to the cultural significance of smoking for Native Americans, so it isn't a problem that can be easily rectified.

### **Reducing Tobacco Use Among Native Americans**

The challenge presented by the link between tobacco use and Native Americans isn't an easy one to overcome, but there are many steps that can be taken at the social and individual levels to help bring the smoking rate down. Smoking cessation programs and educational efforts designed to promote quitting should be tailored to native populations, and efforts should be made to raise the price of tobacco to discourage smoking, especially among youth.

Individual Native American smokers can quit using the same methods available to any other smokers. However, due to the cultural significance of tobacco for native peoples, a non-abstinence dependent approach like encouraging the use of smokeless tobacco may be the best strategy. Although it may be preferable to some to stop all tobacco use, smokeless tobacco reduces health risks while still allowing individuals to use tobacco in some form.

Tobacco use among Native Americans may present additional challenges for anti-smoking groups, but a focus on harm reduction could reduce the burden of tobacco-related disease while still respecting cultural differences in attitudes to tobacco.

## **Breastfeeding • Why Breastfeeding is Important**

Submitted by: Strategic Prevention | Hualapai Health, Education & Wellness | [www.womenshealth.gov](http://www.womenshealth.gov)



Office on Women's Health, U.S. Department of Health and Human Services

**A project of the U.S. Department of Health and Human Services Office on Women's Health**

### **Breastfeeding: Why breastfeeding is important**

Every woman's journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child. When you choose to breastfeed, you make an investment in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.

Breastfeeding also:

- Protects your baby
- Benefits your health
- May make your life easier
- Benefits society



Photo credit: DFW Bellies & Babies

### **What is colostrum and how does it help my baby?**

Your breastmilk helps your baby grow healthy and strong from day one.

- **Your first milk is liquid gold.** Called liquid gold for its deep yellow color, colostrum (coh-LOSS-trum) is the thick first milk that you make during pregnancy and just after birth. This milk is very



rich in nutrients and includes antibodies to protect your baby from infections.

Colostrum also helps your newborn infant's digestive system to grow and function. Your baby gets only a small amount of colostrum at each feeding, because the stomach of a newborn infant is tiny and can hold only a small amount. (Visit [How to know your baby is getting enough milk to see just how small your newborn's tummy is!](#))

- **Your milk changes as your baby grows.** Colostrum changes into mature milk by the third to fifth day after birth. This mature milk has just the right amount of fat, sugar, water, and protein to help your baby continue to grow. It looks thinner than colostrum, but it has the nutrients and antibodies your baby needs for healthy growth.

### **What health benefits does breastfeeding give my baby?**

The cells, hormones, and antibodies in breastmilk protect babies from illness. This protection is unique and changes to meet your baby's needs.

Research suggests that breastfed babies have lower risks of:

- Asthma
- Childhood leukemia
- Childhood obesity
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- Necrotizing (nek-roh-TEYE-zing) enterocolitis (en-TUR-oh-coh-lyt-iss), a disease that affects the gastrointestinal tract in pre-term infants
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

### **Does my breastfeeding baby need more vitamin D?**

Maybe. Vitamin D is needed to build strong bones. All infants and children should get at least 400 International Units (IU) of vitamin D each day. To meet this need, your child's doctor may recommend that you give your baby a vitamin D supplement of 400 IU each day. This should start in the first few days of life. You can buy vitamin D supplements for infants at a drugstore or grocery store.

Even though sunlight is a major source of vitamin D, it is hard to measure how much sunlight your baby gets and sun exposure can be harmful. Once your baby is weaned from breastmilk, talk to your baby's doctor about whether your baby still needs vitamin D supplements. Some children do not get enough vitamin D from the food they eat.

### **What are the health benefits of breastfeeding for mothers?**

Breastfeeding helps a mother's health and healing following childbirth. Breastfeeding leads to a lower risk of these health problems in mothers:

- Type 2 diabetes
- Certain types of breast cancer
- Ovarian cancer

### **How does breastfeeding compare to formula-feeding?**

- **Formula can be harder for your baby to digest.** For most babies, especially premature babies, breastmilk substitutes like formula are harder to digest than breastmilk. Formula is made from cow's milk, and it often takes time for babies' stomachs to adjust to digesting it.
- **Life can be easier for you when you breastfeed.** Breastfeeding may seem like it takes a little more effort than formula-feeding at first. But breastfeeding can make your life easier once you and your baby settle into a good routine. When you breastfeed, there are no bottles and nipples to sterilize. You do not have to buy, measure, and mix formula. And there are no bottles to warm in the middle of the night! When you breastfeed, you can satisfy your baby's hunger right away.
- **Not breastfeeding costs money.** Formula and feeding supplies can cost well over \$1,500 each year. Breastfed babies may also be sick less often, which can help keep your baby's health costs lower.
- **Breastfeeding keeps mother and baby close.** Physical contact is important to newborns. It helps them feel more secure, warm, and comforted. Mothers also benefit from this closeness. The skin-to-skin contact boosts your oxytocin (OKS-ee-TOH-suhn) levels. Oxytocin is a hormone that helps breastmilk flow and can calm the mother.

### **Did you know?**

In some situations, formula-feeding can save lives.



- Very rarely, babies are born unable to tolerate milk of any kind. These babies must have an infant formula that is hypoallergenic, dairy free, or lactose free. A wide selection of specialist baby formulas now on the market include soy formula, hydrolyzed formula, lactose-free formula, and hypoallergenic formula.
- Your baby may need formula if you have certain health conditions that won't allow you to breastfeed and you do not have access to donor breast milk.

Talk to your doctor before feeding your baby anything besides your breastmilk. To learn more, visit the Breastfeeding a baby with health problems section. To learn more about donor milk banks, visit the Breastfeeding and special situations section.

### Can breastfeeding help me lose weight?

Besides giving your baby nourishment and helping to keep your baby from becoming sick, breastfeeding may help you lose weight. Many women who breastfed their babies said it helped them get back to their pre-pregnancy weight more quickly, but experts are still looking at the effects of breastfeeding on weight loss.

### How does breastfeeding benefit society?

Society benefits overall when mothers breastfeed.

- **Breastfeeding saves lives.** Recent research shows that if 90% of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented.
- **Breastfeeding saves money.** The United States would also save \$2.2 billion per year — medical care costs are lower for fully breastfed infants than never-breastfed infants. Breastfed infants usually need fewer sick care visits, prescriptions, and hospitalizations.
- **Breastfeeding also helps make a more productive workforce.** Mothers who breastfeed miss less work to care for sick infants than mothers who feed their infants formula. Employer medical costs are also lower.
- **Breastfeeding is better for the environment.** Formula cans and bottle supplies create more trash and plastic waste. Your milk is a renewable resource that comes packaged and warmed.

### How does breastfeeding help in an emergency?

During an emergency, such as natural disaster, breastfeeding can save your baby's life:

- Breastfeeding protects your baby from the risks of an unclean water supply.
- Breastfeeding can help protect your baby against respiratory illnesses and diarrhea.
- Your milk is always at the right temperature for your baby. It helps to keep your baby's body temperature from dropping too low.
- Your milk is readily available without needing other supplies.

## Simple Chair Exercises for Senior Citizens

Submitted by: Strategic Prevention | Hualapai Health, Education & Wellness | [www.livestrong.com](http://www.livestrong.com)

### Simple Chair Exercises for Senior Citizens

by JAMES PATTERSON Last Updated: Nov 10, 2015

Being a senior citizen doesn't mean you have to go to the gym and jump on the treadmill to get some exercise. Simple exercises in a chair can help give you increased flexibility, tone your muscles and elevate your heart rate. Make sure to find a sturdy chair to perform exercises in to ensure your safety.

#### Ball Squeeze

The ball squeeze is a simple exercise that will help strengthen the muscles in your inner thighs and requires the use of a small fitness ball. You could also use a standard soccer ball or other similar, flexible ball. Sit in your chair with your feet flat on the floor and your back straight. Place the ball between your knees. Squeeze the ball as tight as you can in between your knees using only your leg muscles. Hold the squeeze for 10 to 15 seconds and then relax. Repeat two to three times as part of your chair exercise routine.

#### Knee-to-Chest Exercise

The knee-to-chest exercise helps stretch out your lower back and leg muscles without having to get on the floor. Sit in your chair with your back straight and both feet flat on the floor. Lift up your right leg, keeping your knee bent. Grab your right knee with both hands and pull it up to your chest. You may need to lift your left foot slightly off the floor. Pull





your right knee as close to your chest as possible while keeping your back straight. You should feel a stretch in your lower back and upper leg. Hold this stretch for 10 to 15 seconds and then relax and repeat with your left leg.

### Sitting Twists

Sitting twists help build and stretch the muscles in your back. Use a medicine ball or other similar object to help add resistance. Sit in your chair with your back straight and feet flat on the floor. Hold the medicine ball out in front of you with both hands and your arms straight. Keep your head aligned with your body and twist your entire upper body and arms to the right as far as you can, keeping the ball out in front of you. Hold for one count, then turn back so your body and arms are facing forward. Twist again, this time to the left, and hold for one count. Do five to 10 repetitions for each side and then rest.

### Chair Stands

Chair stands help you develop your leg muscles while having the support of a chair to reduce your risk of injury. Sit in your chair with your feet flat on the floor, your back straight and your hands in your lap. Use your leg muscles to lift your body out of your chair. Extend your arms out in front of you for balance. Avoid using your hands to help lift yourself out of the chair. Stand straight up and then slowly lower yourself back down into your chair. Repeat 10 to 15 times as part of your chair exercise routine.

### Summer Sisters Stew

Submitted by: Strategic Prevention | [www.food.com](http://www.food.com)



A vibrant, deep herby stew perfect for blustery spring or early summer, bursting with Native American flavors of the 'three sisters' -- squash, beans, and corn.

SERVINGS: 4 YIELD: 4 BOWLS

UNITS: US

#### Ingredients

- 1 ½-2 cups cooked kidney beans
- 2-2 ½ cups rinsed chopped mushrooms
- 1-1 ½ cup frozen corn kernels, defrosted
- 2 -2 ½ cups cut yellow squash
- 1 (16 ounce) can diced tomatoes, drained
- 1 large potato, diced
- 1 large onion, diced
- ½ teaspoon black pepper
- ½ teaspoon sage
- ¼ teaspoon thyme
- ½ teaspoon rosemary
- ½ teaspoon cilantro or ½ teaspoon oregano
- 2-4 bay leaves
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 2-3 garlic cloves, minced

#### Directions

- Heat half the spices, garlic, and olive oil in a large pot,
- Saute the onions in the mixture for 2-4 minutes.
- Add 2-4 cups of water and allow to come to a boil.
- Add the potatoes and the other half of the spices, simmer for 5 minutes.
- Add corn, tomatoes, and beans. Allow to simmer for 2-5 minutes.
- Add squash and mushrooms. Slow to simmer for 10-30 minutes, until cooked to desired tenderness and melding of flavors.

### Celebrate Recovery • Monday Nights

Submitted by: Steven Sage



#### CELEBRATE RECOVERY

### THE ROAD TO RECOVERY

CR is based on life principles passed down from our higher power as spoken in the Beatitudes- Matthew 5: 3-19

It's not only about addictions, it's about life choices.

- Having Anger Issues.
- Co-dependency relationships.
- Rediscover your walk with Jesus.
- Restoring relationships with family and friends.
- Searching for the Truth.

These are only some of the reasons to attend a **Celebrate Recovery Meeting.**

Everyone is welcomed with open arms and minds.

We are here to support one another, not fix another.

### HOPE

Springs from within.

MONDAY NIGHTS 6:00 O'CLOCK HEW



**Indian Health Services • Notifications**  
*Submitted by: IHS | Purchased Referred Care/Specialty Clinic*

**PURCHASED/REFERRED CARE DEPARTMENT: NOTIFICATIONS**

Purchased Referred Care (PRC) FUNDING FOR EMERGENCY ROOM VISIT IS CURRENTLY AVAILABE AT MEDICAL PRIORITY I: Which are conditions that pose an immediate threat to Life, Limb, or Senses.

- 72-Hour Notification to PRC is required for emergency treatment or for an admission at a non-Indian Health Service (IHS) facility. 30 days for the elderly.
- All non-emergent, private health care or specialty services require prior authorization FOR EACH VISIT from PRC and currently funded at Medical Priority I, II and III.
- Please notify PRC about any follow up appointments you may have outside of IHS to allow time for PRC staff to prepare your paperwork.
- If your referral does not meet this requirement, your services will be denied or deferred. PRC will try to find the service at another (IHS) facility if you choose that option OR you may use your own insurance to seek additional health care at your own expense.
- Please make sure you take a PRC referral with you to EVERY appointment outside of IHS.



**IF THESE STEPS ARE NOT FOLLOWED YOU MAY BE HELD RESPONSIBLE FOR PAYMENT OF YOUR MEDICAL SERVICES OUTSIDE OF IHS**

If you are told by your physician that a referral will be made for you, please ask to see the Referral Coordinator before you leave the clinic area or contact PRC by telephone to check the status.

In accordance with PRC policy. No PRC funds may be expended for services that are reasonably accessible and available at IHS facilities.



**Please ask about our Specialty Clinic's:**

**PIMC: Rheumatology, Audiology, GYN, Ophthalmology**

**Parker: Podiatry, Optometry, Physical Therapy**



# COMMUNITY MESSAGES

## Letter to the Community

Submitted by: Joseph T. Flies-Away | Hualapai Court of Appeals, Chief Justice

To:



Hwal'bay Ba:j

From:

Joseph Thomas Flies-Away

Chief Justice, Hualapai Nation Court of Appeals



Jo Gamyu:je, I hope all is well with you & those who keep you strong. On March 15 the Constitution Committee had its first Community Meeting. Though there weren't as many people as I had hoped, the 'talk', the conversations and discussions, and stories, were impressive. What I think made a huge impact and am looking forward to see how it helps in the future, is the radio. People were listening on the radio. There were a couple of people who heard it on the radio while driving from Kingman then came over to listen and participate. It may have been the first time in history that a tribal nation broadcasted such an important meeting on the radio, which the internet made it possible to hear all around the world. And this is just the beginning, so much more to say and hear. Our efforts at Hualapai shall be a long process and conversation. We have a lot more talking to do and given our natures, some of these meetings may be very 'loud'. I think a future community meeting about Article II, Membership, wherein it requires a person have  $\frac{1}{4}$  Hualapai blood to be enrolled, to be a member. That will be a 'loud' discussion. Remember to ask the question when you listen then: does Membership mean the same as Citizenship or are they different, how/why?

From listening at the meeting I learned there are many different opinions about constitutional issues at Hualapai. We each see and understand things differently from one another and for many different reasons. In many instances, what might seem a simple matter to one person, where it's felt no further discussion is needed, another person might see something very very wrong with it. How we as a Committee, a Tribe, a people talk to each other, how well we communicate, is going to be what helps us find common ground, where there is an alternative that most everyone can agree. Given the Constitution is the fundamental, first, foremost law of Hualapai Nation, we must be willing to take the time to listen, think, discuss, perhaps argue, then compromise thoughtfully (and -word) about what we say about us, our people, our nation, our government.

The Preamble of the Constitution is the first section and basically says why the Nation/People have a constitution, its reason for being. Our first meeting was spent talking about this first section. What was proposed by the Committee was that the Preamble be translated into the Hualapai language. A sub-committee was formed and began working on the translation. The task proved difficult but the members proceeded diligently. The sub-committee presented the first product of their work, which was a translation of the first paragraph of the Preamble. Committee members shared their stories about how the process went, what they learned from each other, and acknowledged the difference in dialects between bands. It is understood that the English could be translated differently given the many ways of saying something in Hualapai. Translating a text that can be used to promote the Hualapai language and thinking, seems to be the primary goal; what ends up in the end is yet to be determined. Until next time, Ma, Miyam Hanuya; Ha:nk Wayo:hiyu! yadayada





## Seligman Antelopes Awards Banquet

*Submitted by: Helen J. Watahomigie*

### Seligman Antelopes Awards Banquet

March 7, 2017

Opening remarks from Mrs. Joanne Curley were very inspiring. She thanked the Hualapai Tribal Council for allowing the girls and boys basketball teams to utilize the tribal gym here in Peach Springs. The Lady Lopes played hard and never gave up, despite losing all their games. They barely had enough players sometimes just five girls but they stuck it out. Even making it to the Regional's, it was quite an experience for them.

Players included the following:

|                               |                            |
|-------------------------------|----------------------------|
| Freshmen — Delaynee Wells     | Junior — Kyreen Siyuja     |
| Sophomores— Noshaw Powsey     | Senior — Luane Clark       |
| Jenna Siyuja                  | Score Keeper—TeAnna Calico |
| Alona Rhoades                 |                            |
| Yuana Flores (Academic Award) |                            |

For their hard work they all received nice hooded jackets, pins and letter awards. Last but not least they were coached by Brian Johnson, many thanks goes to him for also hanging in there with the girls and never giving up on them. Han kyu! Brian

Mr. Perry Curley and Dion Walker coached the Antelopes with a record of seven wins and nine losses in their conference. The boys had a challenging season as well.

Players included:

|                         |                          |
|-------------------------|--------------------------|
| Freshmen — Dontae Rocha | Juniors — Anthony Siyuja |
| John Bryant             | Jordan Ramirez           |
| Trevell Walker          | Seniors — Kobe Siyuja    |
|                         | Cody Leist               |

The following boys received awards:

|  |   |
|--|---|
| 6 <sup>th</sup> Man Most Promising Awards — Dontae Rocha | Most Three Pointers (57) — Cody Leist                 |
| John Bryant  | Most Valuable Players Co-Captains—Kobe Siyuja         |
| Trevell Walker   | Jordan Ramirez  |
| Most Points (317) — Antony Siyuja                        | 1 <sup>st</sup> Team All Region Selected by Coaches — |
| Most Offensive Rebounds (190) —                          | Kobe Siyuja   |
| Most Defensive Rebounds (190) & Academic Award —         |   |
| Jordan Ramirez   |   |

All the boys received pins and award letters as well. Way to go girls and boys, many enjoyed watching your games especially when they were played here on the rez! Good luck next year and keep ballin' it. Sad but true Mr. and Mrs. Curley are retiring and hanging up their converse's, Perry handed down his clip board to Dion and told him not to break it as he did the other one he gave him. You both will be greatly missed.

Nyach yu,  
Helen J Watahomigie

## Let Me Call You Sweetheart

*Submitted by: Zeke Smith*

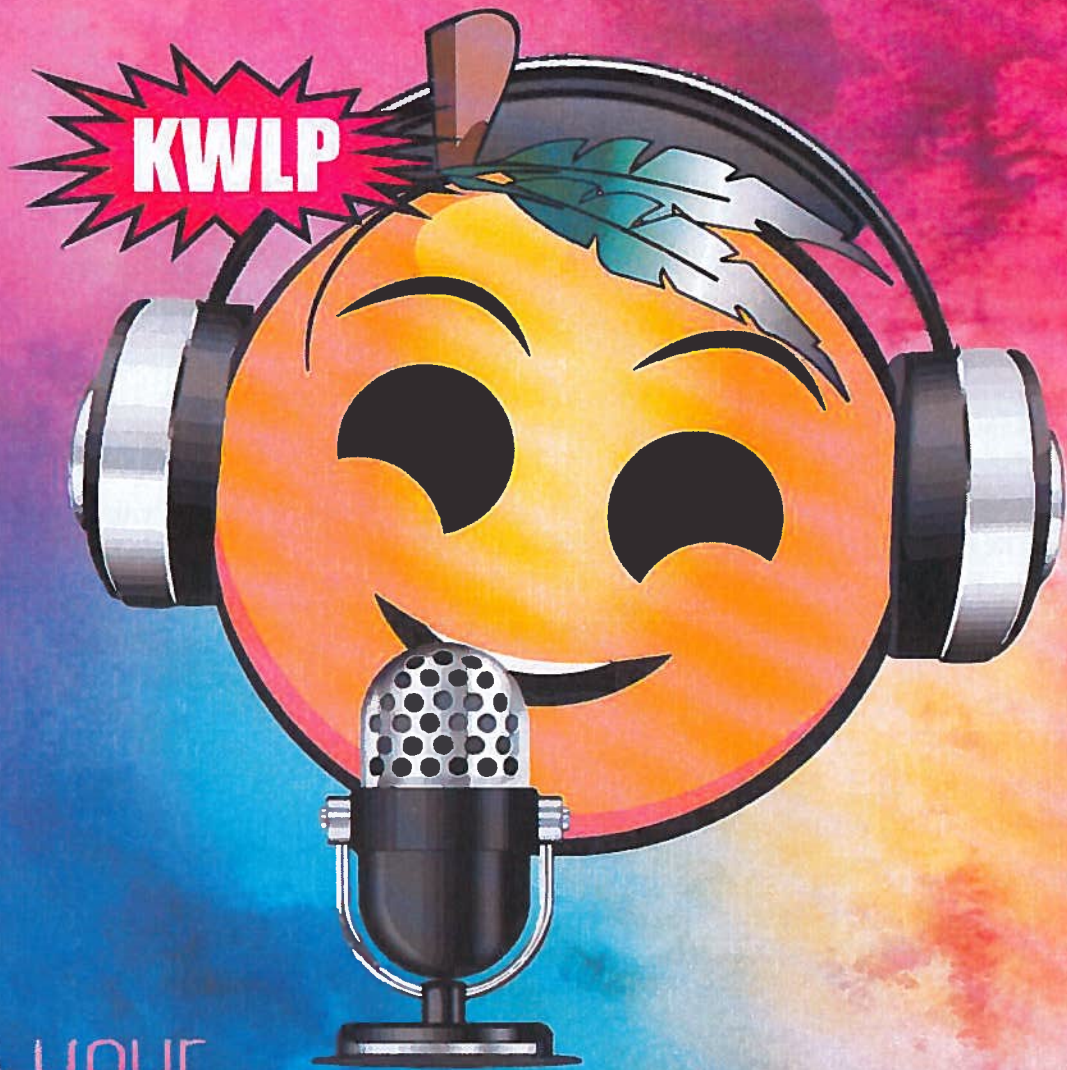
Remember me, you belong to me, all through the night while my pretty one sleeps. Weep no more, my lady moonlight becomes you. The nighttime is our time, the shadow of your smile just takes my heart... what are you dreaming? Love music, loves to dance what a silent night. I heard that song before, no place like home. Every breath you take is everything she ever wanted. Small sacrifices will never end the dream, in the name of love sweetheart. Never let her go, you know your life has changed? I had nothing to do with this emotion from nothing, but some things are. Believable human beings is perfectly embodied in this fascinating, unsettling tales, that's top notch sweetheart. Smile for miles for me.

Always yours, Zeke Smith



**Text Your Request • (928) 769-1090**

*Submitted by: Terri Hutchens | KWLP 100.9FM*



Texts your  
requests NOW!

**KWLP 100.9 FM**

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# WE LOVE OUR VOLUNTEERS

*"The Peach."*



*The Hualapai Nation's Live and Local Radio Station  
Proudly Announces and Congratulates  
March 2017 Volunteer of the Month:  
Willow Majenty aka "DJ Pillow"*



*Willow Majenty, Peach Springs community and Hualapai Tribal member joined the KWLP volunteer DJ crew last summer. She is an enthusiastic participant at the station! Each Tuesday afternoon at 2:00 DJ Pillow hosts "The Rock Out Hour". The show began as a tribute to her late father. She plays the Rock & Roll Music her Dad loved, as well as new rock she loves. She shares some interesting information about the artists and songs, too. Staff can count on her to show up for her show and be well-prepared. She is open to suggestions and very helpful at station events. All this earns her the staff's gratitude and appreciation and \$100 in incentives! Tune in if you enjoy rock & roll or want to support a community youth in a positive volunteer endeavor!*

*If you'd like to join the Peach volunteers: Call 769-1110, KWLP*

*Volunteers sponsored in part by:*



**WALAPAI  
MARKET**



| <b>HUALAPAI TRIBAL TELEPHONE DIRECTORY</b> |                    |              |                          |               |              |
|--|--------------------|--------------|--------------------------|---------------|--------------|
| <b>TRIBAL DEPTS.</b>                       | <b>PHONE</b>       | <b>FAX #</b> | <b>GCRC</b>              | <b>PHONE</b>  | <b>FAX #</b> |
| Administration                             | 769-2216           | 769-2343     | Administration           | 769-2419      | 769-2450     |
| Alternative to Incarceration               | 769-1070           | 769-1075     | Human Resources          | 769-2640      | 769-2410     |
| Animal Control                             | 769-2205           | 769-2883     | GCW                      | 769-2627/2419 |              |
| Adult Detention                            | 769-2345/2490      | 769-2459     | Hualapai Lodge           | 769-2230      | 769-2372     |
| Cultural Resources                         | 769-2223/2234      | 769-2235     | Diamond Creek Restaurant | 769-2800      |              |
| Day Care Center                            | 769-1515/1517      | 769-1516     | Call Center/Tourism      | 888-868-9378  |              |
| Earthship                                  | 769-2224           | 769-2239     | Walapai Market/Gas       | 769-1500      |              |
| Elderly Center                             | 769-2375           | 769-2557     | River Running            | 769-2210/2245 | 769-2637     |
| Emergency Dispatch                         | 769-2205/2233/2810 | 769-2883     | River Running Shop       | 769-2266      |              |
| EMS  | 769-2656/2233      | 769-2315     |                          |               |              |
| Enrollment                                 | 769-2216           | 769-2343     |                          |               |              |
| EPCH Radio                                 | 769-1110           | 769-2884     |                          |               |              |
| Extension Office                           | 769-1284           | 769-2309     |                          |               |              |
| Facility Maintenance                       | 769-2807           |              | <b>BIA SERVICES</b>      |               |              |
| Finance                                    | 769-2216           | 769-2343     | Dispatch/Police          | 769-2220      |              |
| Fire Dept.                                 | 769-2205/2806      | 769-2883     | Truxton Canon Agency     | 769-2286      | 769-2444     |
| Fitness/Diabetes                           | 769-2644           | 769-2663     | Forestry                 | 769-2279      | 769-2326     |
| Forestry                                   | 769-2267           | 769-2532     |                          |               |              |
| Game & Fish                                | 769-2227/1122      | 769-1111     |                          |               |              |
| Head Start                                 | 769-2522           | 769-2457     | <b>SCHOOLS</b>           |               |              |
| Health Dept.                               | 769-2207           | 769-2884     | Peach Springs            | 769-2202      | 769-2892     |
| Healthy Heart                              | 769-1630           | 769-1632     | Valentine                | 769-2310      | 769-2389     |
| Housing Dept.                              | 769-2275           | 769-2703     | Seligman                 | 216-4123      | 422-3642     |
| Hualapai Police                            | 769-1024           | 769-1027     |                          |               |              |
| Human Resources                            | 769-2216           | 769-1191     |                          |               |              |
| Human Services                             | 769-2269/2383      | 769-2659     | <b>HOSPITALS/CLINIC</b>  |               |              |
| Information Technology                     | 606-4394/285-2801  |              | KRMC                     | 757-2101      |              |
| Judicial                                   | 769-2338           | 769-2736     | Peach Springs Clinic     | 769-2900      |              |
| Juvenile Detention                         | 769-1611           | 769-1655     | Flagstaff Hospital       | 779-3366      |              |
| Multi-Bldg                                 | 769-2535           |              |                          |               |              |
| Natural Resources                          | 769-2254           | 769-2309     |                          |               |              |
| Planning Dept.                             | 769-1310/1312      | 769-1377     |                          |               |              |
| Probation Office                           | 769-2894           | 769-1384     | <b>OTHER</b>             |               |              |
| Prosecutor                                 | 769-2304           | 769-2401     | DES                      | 753-4441      | 753-9205     |
| Public Defenders                           | 928-846-8291       | 542-4609     | DES-Unemployment         | 779-3366      |              |
| Public Works-Administration                | 769-2216           | 769-2343     | Frontier Communications  | 800-921-8101  |              |
| PW/Transfer/Recycling                      | 769-2625/2583      |              | Mohave Electric          | 800-685-4251  |              |
| Recreation                                 | 769-2652           | 769-2650     | Motor Vehicle Dept.      | 681-6300      |              |
| Roads Dept.                                | 769-2446           |              |                          |               |              |
| TERO                                       | 769-2216           | 769-2343     | <b>LOCAL SERVICES</b>    |               |              |
| Training/Education Center                  | 769-2200           | 769-1101     | Dr. R. Purdum            | 769-6083      |              |
| Hualapai Transit (Bus Services)            | 769-6384           |              | Boys & Girls Club        | 769-1801      | 769-1803     |
|  |                    |              | Post Office              | 769-2300      |              |
|  |                    |              | Indian Energy            | 769-2610      |              |
|  |                    |              | Chemical Lime Plant      | 769-2271      |              |
|  |                    |              | Caverns                  | 422-3223      |              |
|  |                    |              | Gas N Grub               | 769-1880      |              |
| <i>Revised February 27, 2017</i>           |                    |              | Robin's Salon            | (928)234-5944 |              |
|  |                    |              | Truxton Gas Station      | 769-2436      |              |