



### Wellness Court

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman



Gamiyu je?

We, the Hualapai Tribal Council and Tribal Courts are looking to open the Wellness Court very soon with Judge Jade Honga. Wellness court is set for you to turn your habits of drug and alcohol use around. In other words, "Turn It Around". We are encouraging you to make a critical change in your life. You have a major impact to yourself, your children, your family, and your tribe.

You have a responsibility to yourself, your children and our tribe. We have value in our people and our traditions, and with the wellness court, if you choose this path you can make a great difference to all.

Our purpose in setting up this wellness court is to make positive changes to the lives of the community. But this has to be up to you. You have to be committed to this and it is through a Court. You Can Make that change, just like Michael Jackson's song- "Man in The Mirror". Make The change.

"Each Native Nation is only as strong as its people. Wellness Court can put court-involved, substance abusive individuals and their families on a path to healing and wellness."

In closing, the words of MJ are as follows:

*"I'm gonna make a change,*

*for once in my life. It's gonna feel real good, gonna make a difference, gonna make it right...*

*As I turn up the collar on my favorite winter coat This wind is blowin' my mind. I see the kids in the street, with not enough to eat. Who am I, to be blind? Pretending not to see their needs. A summer's disregard, a broken bottle top and a one man's soul. They follow each other on the*

*wind ya' know 'Cause they got nowhere to go.*

*That's why I want you to know I'm starting with the man in the mirror. I'm asking him to change his ways And no message could have been any clearer. If you wanna make the world a better place, (If you wanna make the world a better place). Take a look at yourself, and then make a change".*

Hamo: Hanikyu.

### Intent to Purchase • Trout Creek Ranch

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

#### Trout Creek Ranch

The purpose of this declaration is to inform you of the Hualapai Tribal Council's intent to purchase "Trout Creek Ranch" in Mohave County, AZ. Trout Creek Ranch is located 40 miles Southeast of Kingman and about 15 miles North of Wikieup. The price of the Ranch, which includes all equipment and livestock, is \$925,000.00. The areas that we are looking at are ancestral to the people of the Hualapai and have burial sites of some of our ancestors. We are looking to the people for a vote to purchase the Ranch. The intent is to re-establish our Tribal Herd, to employ ranch hands, and to maintain the Ranch that will be able to produce alfalfa, oats, and Bermuda. We will be able to sell our feed to local cowboys and others at a reasonable price.

There is electricity and telephone already hooked up at the area. The Ranch is in the Bill Williams River Watershed for surface water and the Wikieup Sub-Basin of the Big Sandy Groundwater Basin. It has two wells that are in operation, but in fact there are four wells registered. There is surface water registration and it is 1,814 acre feet annually for irrigation and stock. The Ranch is located near the Hualapai Indian Reservation to the south. Included in the price is an old ranch house, another frame house, three-mobile homes, hook up for RVs with water, power, and septic system. Corrals, working pens, and other outbuildings are nearby. There are 40 head of cows, 5 bulls, and 3 heifers that are included. Other equipment are included "as is" to work the fields. It is 163 acres in which 35 acres are irrigated and planted with alfalfa, oats and Bermuda.

**Special Election**  
**Saturday, June 10, 2017**



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### Special points of interest:

- Regular Tribal Council Meeting on Saturday, June 3<sup>rd</sup> at 8:01 a.m.
- TERC Meeting on Wednesday, June 21<sup>st</sup> at 9:00 a.m. at the Hualapai Cultural Resources (every third Wednesday of the month).
- HTUA Meeting on Wednesday, June 21<sup>st</sup> at 10:00 a.m. at the Health Department.

## HTUA Seeking New Board Member • Respond by Friday, June 30<sup>th</sup>

Submitted by: Kevin Davidson | Hualapai Planning Department



### Seeking New Board Member for the Hualapai Tribal Utility Authority (HTUA)

On September 24, 2014, the Hualapai Tribal Council adopted the Hualapai Tribal Utility Authority Governing Ordinance. This is a significant step toward self-determination in the realm of public utilities for the Hualapai Tribe.

Established as an institution of Tribal government, the five members of the Hualapai Tribal Utility Authority board are chosen by Council. As noted in Section 107.b.3, of the Ordinance, the HTUA Board is authorized to acquire, construct, operate, maintain, promote, and expand electric power service, and eventually water service, and sewage service at Grand Canyon West and on such other locations within the Hualapai Reservation and on other Tribal lands under the jurisdiction of the Hualapai Tribe as the Tribal Council may deem appropriate. The HTUA board is delegated full authority and responsibility for the management and operation of HTUA consistent with the Ordinance.

At this time, the Tribe is seeking a new candidate to apply for Board membership to maintain this important function of Tribal government. This Board position may be may filled by members or non-members of who have not less than ten years' experience in business management of substantial character and have had some experience in the management and operation of an electric utility (Section 202.a.3).

- No employee of the Bureau of Indian Affairs, employee of the HTUA or member of the Tribal Council shall be a member of the Board (Section 202.a.4).

The new board member will be appointed for a three-year term (Section 202.b.2).

The Board functions in much the same capacity as an elected Board of Directors of a chartered municipal electric utility, and shall be responsible for making investment decisions, subject to certain limitations; for the establishment and maintenance of effective operating policies; the selection of management personnel; and for continuous supervision of performance (Section 203.a.2).

Members of the Board shall be reimbursed for expenses incurred in attending its meetings, and the Board in its discretion may propose a fee to be paid to its members (subject to approval by the Tribal Council) on a per-meeting or annual basis (Section 203.a.6).

The Board shall make annual and quarterly reports to the Tribal Council (Section 203.a.7) and hold meetings at least every quarter and annually (Section 204).

For a full list of the Board's powers, duties and responsibilities, see the ordinance posted at:

<http://www.hualapaiutility.org/> or link through <http://hualapai-nsn.gov/services/htua/>. Candidates are highly encouraged to read the ordinance in its entirety before applying for Board membership. Hard copies of the Ordinance are available at the Tribal Office and at the Planning Office, 887 Highway 66.

To candidates, please prepare a typed narrative not to exceed 1,000 words offering your qualifications (resume) and general motivation to be a member of the Hualapai Tribal Utility Authority Board and what you hope to achieve while on the Board. Please bring or e-mail your letter of interest to the Tribal Office, 941 Hualapai Way, Peach Springs, Arizona, attention Christine Lee, by Friday, June 30, 2017, at 5:00 PM. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

## RFP • Real Property Appraisal Services

Submitted by: Kevin Davidson | Hualapai Planning Department



### Request for Proposals for Real Property Appraisal Services

The Hualapai Tribe is soliciting a Request for Proposal (RFP) from qualified appraisers to create a Summary Appraisal Report per Uniform Standards of Professional Appraisal Practice (USPAP) SR2-2(b) and any supplemental requirements contained in the statement of work for an existing propane storage lease area of approximately one acre located in Peach Springs adjoining Arizona State Route 66 within the Hualapai Reservation.

The RFP closes on Monday, June 19, 2017, at 4:00 PM Arizona Time. 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

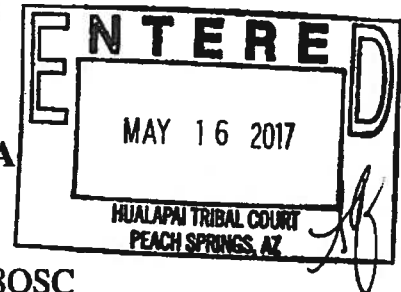
Mail to: P.O. Box 179 or  
Deliver to: 887 W. Highway 66  
Peach Springs, Arizona 86434

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 Statement of Work

**Order to Show Cause • Friday, July 7<sup>th</sup>**  
Submitted by: Hualapai Tribal Court

**IN THE HUALAPAI TRIBAL COURT  
HUALAPAI RESERVATION, ARIZONA**



HUALAPAI TRIBE,

Plaintiff,

Vs.

Case No.: 2008-CR-358OSC

WENDELL HAVATONE, SR,

Respondent,

**ORDER TO SHOW CAUSE**

**TO: WENDELL HAVATONE, SR, --NO UPDATED ADDRESS ON RECORD-- VIA: GAMYU**

**THE COURT FINDS GOOD CAUSE TO ISSUE AN ORDER TO SHOW CAUSE BY: DEFENDANT HAS FAILED TO PAY A COURT FINE OF \$250.00 AS ORDERED ON DECEMBER 15, 2008 AND EXTENDED TO SEPTEMBER 18, 2009. NO PAYMENTS HAVE BEEN MADE TOWARD FINE TO DATE.**

**YOU ARE HEREBY ORDERED** to appear before the Hualapai Tribal Court on the July 7, 2017 at the hour of 09:30 AM and show cause why you should not be held in Contempt of Court for:

☐ **failure to appear on \_\_, 201\_\_ for:**

- ☐ Arraignment / Initial Hearing
- ☐ Preliminary / Pre-Trial hearing
- ☐ Settlement Conference

- ☐ Status Review Hearing
- ☐ Bench / Jury Trial
- ☐ Other:

**✓ failure to obey a Court Order regarding:**

**✓ payment of fine: \$250.00 FINE**

- ☐ payment of restitution:
- ☐ payment of civil judgment
- ☐ payment of child support:
- ☐ performance of community service:
- ☐ payment of spousal maintenance

- ☐ child visitation
- ☐ return of property
- ☐ restraining order
- ☐ preliminary/permanent injunction
- ☐ order of protection
- ☐ other:

**IF YOU FAIL TO APPEAR AS ORDERED ABOVE  
A BENCH WARRANT WILL BE ISSUED FOR YOUR ARREST.**

Date: May 15, 2017

*Aleene Garcia*

Judge, Hualapai Tribal Court

**CERTIFICATE OF SERVICE**

I HEREBY CERTIFY that I: on this \_\_\_\_\_ day of \_\_\_\_\_, 2017;

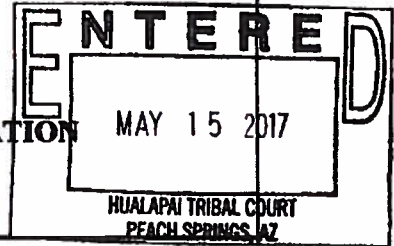
- ☐ personally served the foregoing upon the named person on \_\_\_\_\_ at \_\_\_\_:\_\_\_\_ a.m./p.m.
- ☐ effected service of the foregoing by sending a copy by regular mail to PO Box \_\_\_\_\_
- ☐ was unable to effect service of the foregoing because \_\_\_\_\_

Name and Title

Signature



**IN THE TRIBAL COURT OF THE HUALAPAI NATION  
PEACH SPRINGS, ARIZONA**



**In the Matter of:**

**NO. 2008-CR-358A**

**THE HUALAPAI TRIBE,  
Plaintiff,**

**VS.**

**ORDER: Issuance of Order to Show Cause**

**Wendell R. Havatone, Sr.,  
Defendant.**

The Court upon review of the case finds defendant is charged with Disorderly Conduct, a violation of Section 6.64 of the Hualapai Law and Order Code. Defendant plead "Guilty" to the charge on December 15, 2008. The defendant was ordered to pay \$250 for the conviction of Disorderly Conduct, due a payable on or before March 16, 2009. Defendant did not pay his fine as ordered and the Court ordered defendant to show cause for failure to pay his fine. The defendant could not be served with process for reason he is no longer residing in Peach Springs, Arizona. The Court shall issue an Order to Show Cause on defendant to bring him before the Court for defendant to show why he should not be held in contempt and why he should not pay his \$250 fine.

**Now Therefore:**

**It is hereby ordered:**

The shall issue an Order to Show Cause and have said action published in the next edition of the local newspaper, namely: GAMYU.

The Court shall require one (1) publication of a Notice of Hearing to the defendant.

**Date: May 15, 2017**

*Alene Garcia*  
\_\_\_\_\_  
Alene Garcia, Judge  
Hualapai Tribal Court

**Public Notice • Gate Valves on the Livestock Water Lines***Submitted by: Rachelle Mahone | Hualapai Department of Natural Resources***HUALAPAI DEPARTMENT OF NATURAL RESOURCES**

P.O. BOX 300 • PEACH SPRINGS, ARIZONA 86434 • 928-769-2254 • 928-769-2255 • FAX 928-769-2309

April 24, 2017

**\*\*\*\*PUBLIC NOTICE\*\*\*\*****DO NOT tamper with gate valves on the livestock water lines out on the reservation!**

Last week 4/17/17 through 4/21/17, HDNR was forced to haul water to districts to ensure that cattle had access to sufficient water while range water located the disruption in the main water line. The disruption was later found to have been a gate valve that had been tampered with which shut down service on the main water line. This caused significant delays in water deliveries, other scheduled projects, and the daily operations of the Hualapai Department of Natural Resources, Agriculture program.

If there is a need for water delivery or there are problems with leaking pipes or valves, please contact the Department of Natural Resources immediately. With your help, we can ensure that there are no service interruptions with water delivery to the livestock districts, tribal agencies, wildlife and community functions out on the reservation.

Should you have any questions or concerns please do not hesitate to contact the Hualapai Department of Natural Resources.

Our mission is to conserve, protect and enhance the natural resources of the Hualapai Reservation while providing for multiple consumptive and non-consumptive uses, and ensuring the overall goal of long-term sustainable and balanced multiple uses of natural resources under the direction of the Hualapai Tribal Council. We are committed to fostering a productive working relationship with all livestock districts and their producers. Should you have any questions or concerns please feel free to contact us.

Respectfully,  
Hualapai Department of Natural Resources

Xc: Don Bay, Director  
Annette Bravo, Asst. Director  
Oncho Munoz, Acting Ag. Manager  
HDNR Department and District File  
Hualapai Department of Natural Resources

**Public Notice • Feral Horse Round-Up Beginning Monday, April 24<sup>th</sup>***Submitted by: Rachelle Mahone | Hualapai Department of Natural Resources***POSTED****HUALAPAI DEPARTMENT OF NATURAL RESOURCES**

P.O. BOX 300 • PEACH SPRINGS, ARIZONA 86434 • 928-769-2254 • 928-769-2255 • FAX 928-769-2309

April 6, 2017

**\*\*\*ATTENTION: PUBLIC NOTICE\*\*\***

Beginning April 24, 2017, the Hualapai Department of Natural Resources will be conducting a feral horse round-up within the external boundaries of the Hualapai Indian Reservation. This project is being conducted in accordance with Hualapai Tribal Council Resolution No. 50-2003, Ordinance 2B, section 1(b) The grazing of livestock upon reservation lands within an area closed to grazing of that class of livestock, and Ordinance No. 24-70, Section 5.11(f) An abatement Plan formulated pursuant to this section may authorize the trapping, tagging, moving, or killing of hazardous or nuisance animals if necessary for the safety of the public or the protection of property from related damage. This project will continue for an indefinite amount of time until the feral horse population can be brought into more manageable numbers to conserve the natural resources and minimize property damage within the reservation boundaries.

Xc: Don Bay, Director  
Annette Bravo, Asst. Director  
Oncho Munoz, Acting Ag. Manager  
HDNR Department and District File  
Hualapai Department of Natural Resources

**Public Notice • Noxious Weeds**

Submitted by: Jessica Orozco | Hualapai Department of Natural Resources

**HUALAPAI DEPARTMENT OF NATURAL RESOURCES**

P.O. BOX 300 • PEACH SPRINGS, ARIZONA 86434 • 928-769-2254 • 928-769-2255 • FAX 928-769-2309

**\*\*\*PUBLIC NOTICE\*\*\***

May 19<sup>th</sup>, 2017

During the months of June and July the Hualapai Natural Resources Department will be targeting the noxious weed Scotch Thistle (*Onopordum acanthium*) for eradication, in accordance with the Hualapai Tribal Council's Noxious Weed Management Plan and resolution. The department will be spraying an herbicide mix of Milestone and Vanquish along route 18 between mile marker 14 and 40. This herbicide mixture is considered to be non-restrictive use and has been reviewed and registered under the Reduced Risk Pesticide Initiative of the U.S. Environmental Protection Agency. If you have any questions please contact the Range Specialist, Jessica Orozco, at the Hualapai Natural Resources Department.

Xc: Don Bay, Director

Annette Bravo, Asst. Director

Oncho Munoz, Acting Ag. Manager

HDNR Department and District File

Hualapai Department of Natural Resources

# Boys & Girls Club Calendar of Events • June

Submitted by: Adeline Crozier | Hualapai Tribal Administration



**BOYS & GIRLS CLUB**  
OF PEACH SPRINGS

# JUNE Summer 2017



Sun Mon Tue Wed Thu Fri Sat

4					1 Club OPEN 8-5pm	2 Club OPEN 8-5pm RADIO STATION	3
11	5 One Church- Club Clean Up LIT Applications DUE!	6 One Church-Garden Clean Up Program Permission Slips	7 One Church- Garden Clean Up LIT Interviews	8 One Church- Water Day LIT Interviews	9 CLUBS 11TH ANNIVERSARY 10 AM to 2PM	10	
18	12 SUMMER PROGRAMMING BEGINS!	13 Programming in the morning Food Handlers Train- ing 11-4pm	14 Programming in the morning	15 Hualapai Housing/ BGC Housing & Ca- reer Fair 9:00 am-3:00 pm	16 Father's Day Lunch Event 12-4pm Come enjoy lunch with you child/ren!	17 LIT Fundraiser Bake Sale/ Car Wash	
25	19 Programming in the morning Parks in Focus Camp- ing Trip Packet Due!	20 Programming in the morning	21 Programming in the morning	22 Programming in the morning	23 KEYSTONE LOCK-IN/ CLEAN UP	24 KEYSTONE GCW SKYWALK TRIP	
	26 LEAVE Parks in Focus Camping Trip Sedona & Flagstaff	27 Programming in the morning	28 Programming in the morning	29 Programming in the morning	30 RETURN Parks in Focus Camping Trip Sedona & Flagstaff	LIT Fundraiser Bake Sale/ Car Wash	

Summer Club Hours:

Monday-Friday

8:00AM-5:00PM

Office Hours:

Monday-Friday

8:00AM-5:00 PM



479 Diamond Creek Road

P.O Box 395

Peach Springs, AZ 86434

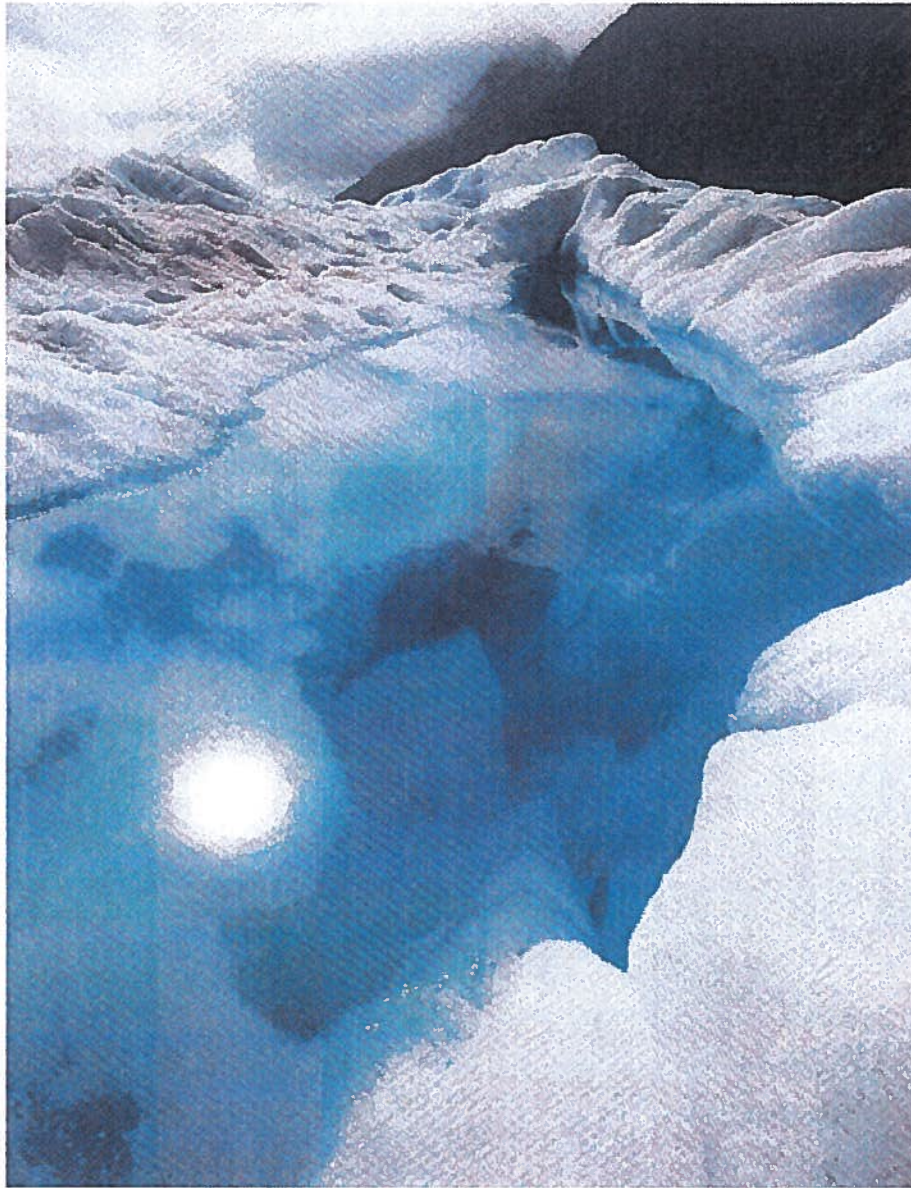
Phone: (928)769-1801

Any questions, comments or  
concerns please give us a  
call.

**\*\*\*Please make sure your child/ren have an UPDATED Application\*\*\***



**Cook and Play • Monday, June 5<sup>th</sup>**  
*Submitted by: Vivian Parker | First Things First*



## Cook and Play

Monday, June 5, 2017

5:30pm – 7:30 pm

Multi-purpose

Come out and enjoy making dinner while the kids are making an activity for Father's Day with Barbara Tinhorn. Remember you have a chance to receive a Children's Sesame Street cookbook. Find out how if you attend this First Things First event. Call Vivian Sue Parker at the Health Dept. 928-769-2207.



**FIRST THINGS FIRST**

*Ready for School. Set for Life.*

# 2017 SWIAA Livestock Field Days • Deadline: Saturday, June 3<sup>rd</sup>

Submitted by: Elisabeth Alden | U of A Cooperative Extension

## 2017 SWIAA Livestock Field Days

Hon-Dah  
Resort - Casino  
Pinetop-Lakeside, AZ

June 19 & 20, 2017

### HOTEL INFORMATION

Hon-Dah Casino Resort

\***SPECIAL RATE & CODE\*** DEADLINE: June 3, 2017

GROUP CODE: Southwest Indian Agricultural Association

Other Hotel/Motel in Pinetop, AZ

\***SPECIAL RATE & CODE DOES NOT APPLY\***

Holiday Inn Express (928) 367-6077

Best Western Inn (928) 367-6667

Timberlodge Motel (928) 793-8351

Antlers Inn (928) 367-4146

Super 8 Pinetop (928) 940-6035

### REGISTRATION INFORMATION

You can register and pay by credit card online at [swindianag.com](http://swindianag.com) or mail brochure form with payment: check or money order to:

### SWIAA

1664 E Florence Blvd, Suite 4-434

Casa Grande, AZ 85122

Phone: 520-954-0618

Registering is IMPORTANT to insure adequate seating space and meals

### PLEASE MARK YOUR REGISTRATION

☐ FULL PROGRAM: 2 Days - \$70.00  
(Monday & Tuesday - 2 Breaks & 1 Dinner)

☐ 1 DAY ONLY: - \$35.00  
(1 Break)

Amount Paid: \_\_\_\_\_

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

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

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

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

### DAY 1 - Monday, June 19, 2017:

7:30 am REGISTRATION (SWIAA Board)

9:00 am: Call to Order: Homer Marks Sr. President, SWIAA  
Post Colors: Dennis Saden, White Mountain Apache Veterans  
Pledge of Allegiance: Alexa Dale, White Mountain Apache Tribe  
Invocation: Ms. Darlene Hill-Begay, White Mountain Apache Tribe  
Welcome: Ronnie Lupe, Chairman, White Mountain Apache Tribe

9:15am: Arizona Agriculture

Speaker: Mark W. Kilian, Director, Arizona Department of Agriculture

10:00am BREAK

10:15am: Range Nutrition

Speaker: Dr. Dan Faulkner, Professor & Livestock Extension Specialist, University of Arizona

11:00am: Grasshopper Association

Speaker: Colleen Tessay

12:00pm LUNCHEON (Sponsored by SWIAA)

1:00pm: 4-H Livestock Programs on Indian Reservations

Speaker: Gerald Moore & Kristy Dennison, UofA FRTEP

1:45pm: Scientific School Gardening

Speaker: Dr. Sorensen, Star School

2:30pm: FFA Swine & Cattle Programs

Speaker: Chansima Quiroz

3:15 pm BREAK

3:30pm: Native American Beef Program:

Speaker: Kimberly Yazzie, Marketing Specialist, Labatt Food Services, NM

4:15pm: Meat Cuts and Harvesting

Speaker: Dr. Samuel Garcia, Assistant Professor, University of Arizona

### DAY 2 - Tuesday, June 20, 2017

9:00am: Call to Order: Andrew Antone Sr., Vice President, SWIAA

Invocation: Ms. Darlene Hill-Begay, White Mountain Apache Tribe

9:15am: Mexican Gray Wolf Update

Speaker: Sisto Hernandez, Rangeland Management Specialist, White Mountain Apache Tribe

10:00am: Economics of Vaccination, Supplementation & Bull to Cow Ratio

Speaker: Trent Teegerstrom, Associate Director of Tribal Extension University of Arizona

10:45am: BREAK (Door & raffle prizes)

11:00am: San Carlos Youth & Community Gardens

Speaker: Juan Arias, San Carlos UofA FRTEP Agent

11:45am: Wrap Up & Benediction

12:00pm: LUNCH (On Your Own)

1:30pm: SWIAA BOARD MEETING



SOUTHWEST INDIAN AGRICULTURAL ASSOCIATION



**Arms Around Peach Springs - Expedition 66 • June 5<sup>th</sup> - 8<sup>th</sup>***Submitted by: Keely Sage*

# ARMS AROUND PEACH SPRINGS Expedition 66 Update Information

Our friends from OneChurch, Arkansas will be here the first week of  
**June the 5th- 8th**

They will be at the Boys and Girl clubs providing meals  
along with games and entertainment.

Also with the help of the fire department the goal is to install smoke  
detectors for life safety and teaching children how to respond if  
no one else is at home. PLEASE contact the local Fire Dept.  
if you would you like one installed in your home.

**The number is 928-219-7266**



A WATER day is also planned

At the Elder center, ministry and activites are scheduled each day.  
Working within the community, providing routine maintenance  
at the center as well as in the homes of Widows.

**BOYS Basketball camp daily 10-12 am**  
**Daily June 5-8**

**GIRLS Volleyball camp daily 1-3PM**  
**Daily June 5-8**

At the Tribal gym





**Arms Around Peach Springs - Block Party BBQ • Tuesday, June 6<sup>th</sup>**

*Submitted by: Keely Sage*

**ARMS AROUND  
PEACH SPRINGS  
BLOCK PARTY BBQ  
TUESDAY JUNE 6TH 12:00-4:00**

**At the  
Healing house- H.E.W.**

**Please stop by for meet and greet  
with the Mission Team  
from Conway Arkansas**

**Learn more about  
Celebrate Recovery and hear  
from "Those People" who  
have benefited from this  
Life changing experience.**

**Hamburgers, hot dogs,  
snow cones**



**CELEBRATE  
RECOVERY**



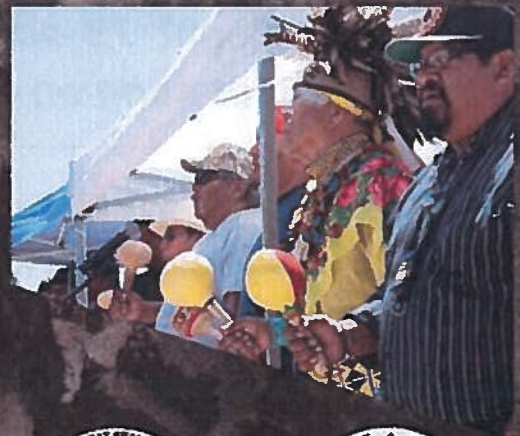
**19<sup>th</sup> Annual Gathering of the Pai • Begins Friday, June 9<sup>th</sup>-11<sup>th</sup>***Submitted by: Adeline Crozier | Hualapai Tribal Administration*

# 19TH ANNUAL Gathering of the Pai

**June 9, 10, 11, 2017**

Peach Springs, AZ | Hualapai Reservation

- Song
- Dance
- Traditional foods
- Cultural demonstrations
- Cultural entertainment
- Storytelling



For more information contact:

Maria Rocha at 928-769-6278 | Hualapai Cultural Center at 928-769-2234

The Hualapai Tribe will not be responsible for any damaged, lost, or stolen items, accidents, or short funded travelers during this event.



**17<sup>th</sup> Annual Hualapai Language Children's Immersion Camp • Begins Monday, June 12<sup>th</sup>**

*Submitted by: Marcie Craynon | Hualapai Cultural Resource Department*

# ***17<sup>th</sup> Annual Hualapai Language Children's Immersion Camp 2017***

**Hualapai Youth Camp ~ Peach Springs Arizona  
June 12, 13, 14, 15, 2017**

## **REGISTRATION**

***8 – 14 year's***

***We are accepting applications for this year's Hualapai Language Children's Immersion Camp. Forms are available at the Hualapai Cultural Center. We are looking for volunteers and chaperones. Parents are welcomed; will need to fill out forms and confirm your attendance.***

***We also have camp cook bid forms available; we are expecting about 75 attendees; starting at noon on the 12<sup>th</sup>, and ending at noon on the 15<sup>th</sup>***

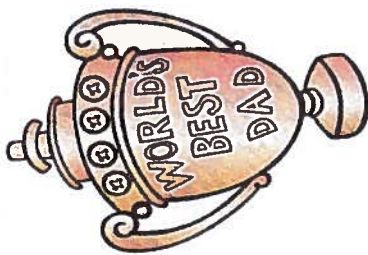
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***Students that will be attending need to be able to stay in an outdoor camp environment; follow instructions  
Be respectful, helpful, and have a desire to finish all language classes, and projects assigned to them during camp  
On Wednesday, June 14<sup>th</sup> will be the Children's Pow Wow  
Students will enjoy an evening with campers and family,  
Please bring your Hualapai regalia***

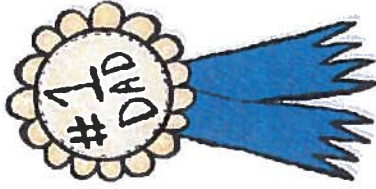
***If you have any questions regarding camp; please call the  
Hualapai Cultural office at; 928-769-2223/2234***

**Father's Day Arts & Crafts • Friday, June 16<sup>th</sup>**

Submitted by: Vondell Bender | GHWIC Educator/Strategic Prevention—Health Education & Wellness Department



# Father's Day Arts & Crafts



Friday June 16, 2017

1pm – 3pm

Small Conference Room

Hualapai Health Education & Wellness Center

K-8<sup>th</sup> grade students

(Youth Activity)

Art Supplies will be available to create and take home.

Snacks will be provided

## Happy Father's Day!

For more information, contact Jessica Powskey, Substance Abuse & Prevention Program  
Health Education & Wellness Center @ (928) 769-2207 ext.203



**2017 Natural Resource Training Camp and River Trip • Deadline: Friday, June 16<sup>th</sup>***Submitted by: Kevin Davidson | Hualapai Planning Department*

## **2017 Natural Resource Training Camp and River Trip**

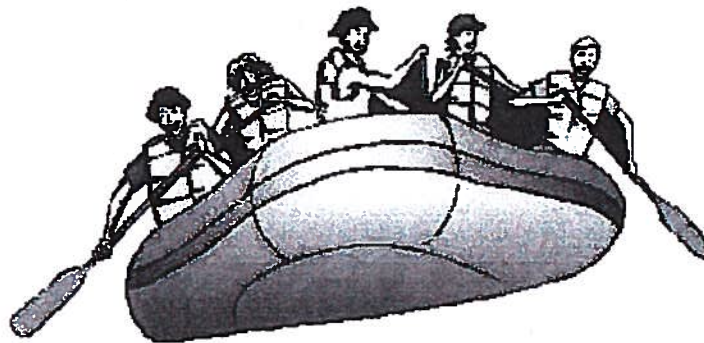
**Dates: July 17 - 21, 2017**

**Deadline: June 16, 2017**

Applications can be picked up at the Department of Natural Resource

**For More information please Contact Alvin Crook or Winkie Crook at  
Natural Resource 928-769-2255**

Capped at 25 participants





**Yuman Language Family Summit Immersion Camp • Early Registration ends Wed., June 14<sup>th</sup>**

*Submitted by: Marcie Craynon | Hualapai Cultural Resource Department*

***YUMAN LANGUAGE FAMILY SUMMIT IMMERSION CAMP 2017***  
***June 26 – 29, 2017 ~ Hualapai Youth Camp***  
***Peach Springs, Arizona***

***REGISTRATION FORM***

The Yuman Language Family Summit Immersion Camp will be in Peach Springs, Arizona. The intent of the Yuman people is to revitalize, maintain and carry on the traditional languages and cultures. We welcome all participants to join us in this task. Early registration deadline is June 14, 2017. ***Please fill out this registration form and sent it with payment to the address below.***

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TRIBAL AFFILIATION: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Native Language Speaker Y\_\_\_ N\_\_\_

Native Language Teacher Y\_\_\_ N\_\_\_

Native Language Learner Y\_\_\_ N\_\_\_

Can Read/Write Language Y\_\_\_ N\_\_\_

**REGISTRATION FEE IS NON-REFUNDABLE**

**Deadline: Friday, June 14, 2017**

**PAYABLE TO: Yuman Language Family Summit  
ORDERS**

**~ NO PERSONAL CHECKS/PURCHASE**

**ON-SITE REGISTRATION FEE WILL BE \$100.00 FOR ALL AGES**

ELDERS- 55 Yrs & over \_\_\_\_\_ \$60.00

ADULT-18-54 Yrs \_\_\_\_\_ \$70.00

YOUTH -17 Yrs & under \_\_\_\_\_ \$25.00

AGE \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**MAIL REGISTRATION TO: Huhugam Ki Museum**

**Payable to: Yuman Language Family Summit**

**ATTN: Gary Owens Jr.**

**10,005 E. Osborn Road**

**Scottsdale, Arizona 85256**

***For More Information go to Website:***

**[Yumanlanguagefamilysummit.com](http://Yumanlanguagefamilysummit.com)**

**FOR MORE INFORMATION & CONTACTS:**

Theo De LaRosa (928) 575-3493

Marcy Craynon (928) 769-2223

Gary Owens Jr. (480) 362-6320 M-F 8 to 5

FAX: (480) 362-5728

**Hualapai Nation Police Department's 3rd Annual Bike Rodeo • Saturday, July 8<sup>th</sup>**  
*Submitted by: Wanda Quasula | Hualapai Nation Police Department*

# Hualapai Nation Police Dept. 3<sup>rd</sup> Annual



Agility course, Games, Safety skills and prizes.

Bike Repairs

Free Helmets

Breakfast and lunch provided

**When: July 08, 2017 (Saturday)**

**Time: 9am to 3pm**

**Where: IHS Clinic parking lot**

Fill out the registration form and return it to the Police  
department by 07/01/17 (Thurs)

If there are any questions, call Wanda at the Police  
Department: (928) 769-1024

**BRING YOUR BIKE AND LET'S RIDE**

# **Wear your helmet the right way, every day!**

More than 100 times each day, a bicyclist is killed or injured on US roads. Wearing a helmet the right way can cut your risk of a head injury in half.\* Why not check the fit of your helmet today?!

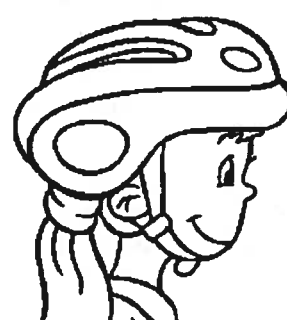
This helmet is too  
far forward.



This helmet is too  
far back.



This helmet is level—  
it's just right!



Your helmet  
should be snug.  
One finger should fit  
between the chin  
and chin strap.



Shake your head. If the fit is right, your helmet will stay on tight.



Compliments of:

**Hualapai Police Dept.**

468 Diamond Creek Rd.

Peach Spring, Arizona

928-769-1024



## My Bike Safety Checklist

Bike riding is lots of fun when everyone is safe.  
Use this checklist with your child and have a terrific time!

- ☐ I wear my helmet and safety gear every time I ride. I use my gear when I ride my bike, scooter, skates, or skateboard.
- ☐ My helmet fits and stays on when I shake my head.  
I use the **Eyes-Ears-Mouth** test:



**Eyes:**  
Can you see the edge of your helmet? Is your helmet level?



**Ears:**  
The straps should make a V-shape around your ears.



**Mouth:** Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?

- ☐ I wear bright, snug clothes and reflective items. I do not wear or carry backpacks with straps. I don't wear items with drawstrings that can get caught in my bike.
- ☐ I do not wear headphones.
- ☐ I only ride where my parents say it is safe.
- ☐ My parents always know where I am going. They know who I'm with and the route I am taking.
- ☐ I check my equipment each time I use it. I make sure nothing is loose or broken. I also check my bike's tires, brakes, and seat.
- ☐ I look left, right, and left again before I enter a path, sidewalk, street or driveway. I keep looking as I cross.
- ☐ I ride in a straight line. I am predictable.
- ☐ I walk my bike across streets.
- ☐ I obey traffic signs and signals.

For more information:

**HNPd @ 769-1024**



**The Power of Positive Thinking Youth Conference • Deadline: Wednesday, July 5<sup>th</sup>**

*Submitted by: Pete Imus | Hualapai Youth Services*

**JULY 19-21, 2017**

# **THE POWER OF POSITIVE THINKING YOUTH CONFERENCE**

**DAY 1, 7/19 —The Power of Positive Thinking**

**8:30AM Multipurpose Building**

**470 Hualapai Dr., Peach Springs, AZ**

**DAY 2, 7/20—Positive Meditation & Reflection**

**8:30AM Trip to Hindu Canyon**

**Meet at Health Education & Wellness Center**

**488 Hualapai Way, Peach Springs, AZ**

**DAY 3, 7/21—Learning Our Tribal Connection to the  
Colorado River & Grand Canyon**

**One day white water raft trip Hualapai River Runners**

**Participation on Day 1 & 2 is required to**

**Peach Springs Youth Ages 14-25.**

**Space is limited.**

**Registration deadline July 5, 2017**



**"A MAN IS A PRODUCT OF HIS THOUGHTS.  
WHAT HE THINKS, HE BECOMES."**

**-Mahatma Gandhi**

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

**(928) 769-2207 [pete.imus@gmail.com](mailto:pete.imus@gmail.com)**





# The Power of Positive Thinking

2017 Peach Springs Summer Youth Conference

Hualapai Youth Services

POB 397/488 Hualapai Way, Peach Springs, AZ 86434

Phone: (928) 769-2207 Email: pete.imus@gmail.com

Fax: (928) 769-5487

## Registration Form

Deadline is July 5, 2017 - Ages 14-25

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

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

### ◆For participants 17 and younger

Parent/Guardian Name: \_\_\_\_\_

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

### Participant Agreement

**Participant must initial all items below and sign.**

I agree to the following:

I will dedicate myself to making positive decisions at this event, which includes not consuming or possessing any alcohol or illegal drugs before, after or during the event and not engaging in any inappropriate behavior of any kind. \_\_\_\_\_ Participant Initials

I will commit to attending and participating in all activities and to be on time. \_\_\_\_\_

I will respect my peers, presenters and others, and abide by guidelines/ground rules. \_\_\_\_\_

I understand that any violation of any of these guidelines will lead to an adult chaperone or event staff person monitoring my behavior. If serious enough, I may be asked to leave the event. \_\_\_\_\_

### Parents/Guardians

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

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.

### Signatures

Participant

Date

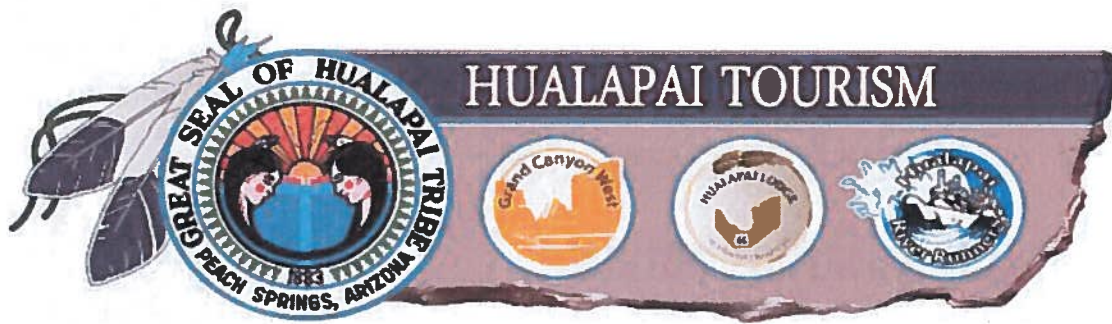
Parent/Guardian

Date

# EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corporation Job Fair • Friday, June 2<sup>nd</sup>

Submitted by: Josue Isirdia | Grand Canyon Resort Corporation



GRAND CANYON RESORT CORPORATION

## JOB FAIR

Friday, June 2, 2017

11:00 AM – 3:00 PM

**▶▶▶ Location:** 2<sup>nd</sup> Floor Mezzanine Level (atop stairs or take elevator)  
Mohave County Administration Building  
700 West Beale Street  
Kingman, Arizona 86401

Bring Your resume!

Be Prepared To Apply For Jobs & Be Interviewed.

*Please direct your questions to our Human Resources Department  
at 928-769-2640, Ext. 211. A specialist is more than happy to assist you.*

# GRAND CANYON

West



Skywalk

WALAPAI  
MARKET



**Peach Springs Unified School District • Job Announcements***Submitted by: Jamie Cole | Peach Springs School*

## Peach Springs USD Job Announcements

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

**Certified Positions (2017-2018 certified salaries online [www.psusd8.org](http://www.psusd8.org))**

Instructional Coach (MUST have experience in the classroom as certified teacher)

Special Education teacher (1 vacancy out of 2)

Elementary school counselor/social worker

Behavior specialist teacher (sped)

**Classified Positions (2017-2018 classified pay online [www.psusd8.org](http://www.psusd8.org))**

Bus driver/custodian (drug test, COL, bus passenger certification, CPR, fingerprint) \$15-18

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

Secretary (must have positive attitude, fingerprint clearance, excellent background check)-

Payroll specialist

Accounts payable

Kitchen manager \$18 an hour

Job descriptions are on file in the front office upon request

**Benefits**

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

Additional Certified Teacher benefits- housing to rent on or near site, \$1000 move in/recruitment stipend, small class sizes, technology includes laptop per student, interactive board, curriculum provided for ELA (reading, writing, grammar), math and science with differentiated materials for students, and PROP 301 (2016-2017 up to \$6,000)

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

PSUSD School

Updated 5/21/2017



**Contact information**

Jaime Cole, Superintendent  
[colej@psusd8.org](mailto:colej@psusd8.org)

PO Box 360  
Peach Springs, AZ 86434

Phone: 928-769-9034



**Open Positions • CDI Head Start***Submitted by: Carolyn Dayish | CDI Head Start***Community Development Institute****Head Start**

Serving Hualapai Tribe  
479 Hualapai Way, Box 125  
Peach Springs, AZ 86434  
928-769-2522

**Teacher Preschool**

Lead worker in a classroom of Head Start children working on planning, implementing, and supervising all classroom activities. Working developing children and children with disabilities. This position supports and assists families as they identify and meet their own goals. Entry-level requires an A.A. in ECE Pay is \$1,221.60/biweekly to \$1,303.04 D.O.E. 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.

For questions or copies of job descriptions and applications contact: Monique Nettles, Program Director

Email: [hr@htazhs.org](mailto:hr@htazhs.org) Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

**Assistant Teacher**

Work as a partner with the teacher in developing activities for Head Start children to provide them with varied experiences and an appropriate learning environment. Assistance is given to the teacher in carrying out the goals, policies, and activities designed to implement educational objectives and performance standards. Might also serve as a Bus Monitor as part of the transportation services. Pay D.O.E. \$10.56 to \$12.78 with an AA.

For questions or copies of job descriptions and applications contact: Monique Nettles, Program Director

Email: [hr@htazhs.org](mailto:hr@htazhs.org) Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

**Program Aide – Regular /On Call**

Assist in activities in the areas of the classroom, kitchen and bus and/or to serve as a disabilities aide as needed. Works with typically developing children and/or children with special needs/disabilities. Minimum requirement is to be 18 years of age. This is an entry-level position requiring no previous education or experience, a high school diploma or G.E.D. is preferred. Pay D.O.E. \$10.00 per hour.

For questions or copies of job descriptions and applications contact: Monique Nettles, Program Director

Email: [hr@htazhs.org](mailto:hr@htazhs.org) Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

**Janitor On Call**

Ensuring clean, safe and functional facilities by performing daily cleaning and on-going light maintenance activities for the Head Start facility. Also works as a part of a team to assist in activities in the classrooms, kitchen and bus monitor.

Pay D.O.E. is \$10.00 per hour. This is an On Call position.

For questions or copies of job descriptions and applications contact: Monique Nettles, Program Director

Email: [hr@htazhs.org](mailto:hr@htazhs.org) Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

# EDUCATION & TRAINING INFORMATION

## Hualapai Day Care Calendar of Events • June

Submitted by: Xavier Benson | Hualapai Daycare

# JUNE 2017

*Give gama' ua hla'*



**Hualapai Day Care Center**

P.O. Box 479 / 475 Hualapai Drive

Peach Springs, AZ 86434

P (928)769-1515/1517/1666

F (928)769-1516



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 National Donut Day	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day 5:30 pm Father's Day Scrapbooking	15	16 Fathers Day Lunch @ 11am	17
18	19 Happy Summer!	20	21	22	23	24
25	26	27	28	29	30 Center Closed For Staff Training, Planning & Sanitizing	

This month's theme: Summer (nya duik) / Father's Day (dala wasivj' yam) & Summer Safety



Our Colors:



Our Shape:



**Attention Student • Class of 2017**

Submitted by: Jonell Tapija | Hualapai Department of Education & Training

**Calling all 8<sup>th</sup> grade, high school, and college graduates!**

If you graduated or will be graduating during the 2016-2017 school year please submit your CIB and diploma and/or official transcript to the DHET. The Annual Graduates Dinner is scheduled for June 20, 2017. Each graduate and two guests are invited to attend.

**Primavera Online**

Earn your high school diploma! Become a student at Primavera online by logging onto [www.primaveratech.org](http://www.primaveratech.org) or visit the DHET to complete your application. A birth certificate, certificate of Indian blood, electric bill, transcript, and withdrawal letter from the previous school are required.

**GED**

The requirements for the General Equivalency Diploma have changed to be aligned with the Common Core Standards. There is no longer a paper/pencil test and all tests will be taken on the computer. To register for the exam you must visit [www.gedtestingservice.com](http://www.gedtestingservice.com). The cost has increased from \$80.00 to \$150.00 and must be paid online with a major credit or debit card. All Hualapai enrolled tribal members may request for a one time reimbursement from the DHET.

**Johnson O'Malley Indian Education Committee (IEC or JOM)**

**Attention parents!!!** If you are a parent of a child attending CDI Head Start, Kingman Unified School District, Peach Springs Unified School District, Seligman Unified School District, or Valentine Elementary and interested in serving on the IEC/JOM please contact the DHET.

**Higher Education Students**

The Higher Education Funding application is now available. Applications are available online at [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) and at the DHET. Full-time student are required to also submit a Higher Education Housing Assistance application to the Hualapai Housing Department. For more information regarding the Housing Assistance Application please contact Mariesa Sullivan at 928-769-2274 or [msullivan@hualapai-nsn.gov](mailto:msullivan@hualapai-nsn.gov).

The Freeport-McMoran Native American Scholarship Program is now accepting applications for the 2017-2018 academic year. This program is open to students who are members of the Hualapai, San Carlos Apache, Tohono O'odham and White Mountain Apache tribes. The value of this scholarship is \$2,500/per semester for attendance at a four-year university or tribal college and \$1,250/per semester for attendance at a community college. Deadline is May 15, 2017. For more information contact Bonnie DeWeaver at 602-264-6768 or [bdweaver@phxindcenter.org](mailto:bdweaver@phxindcenter.org).

**Higher Education Students**

Project Dream Catcher: Helping Native American Business Women Achieve Their Goals is a two week business education program at Thunderbird School of Global Management that aims to build the entrepreneurial skills of promising, high-potential Native American businesswomen. Deadline is January 15, 2017. For more information contact Bonnie DeWeaver at 602-264-6768 or [bdweaver@phxindcenter.org](mailto:bdweaver@phxindcenter.org).

**Computer Lab Hours**

Monday through Friday

8:00 a.m. to 12:00 Adults

1:00 p.m. to 4:00 p.m. Online Schooling/GED

4:00 p.m. to 5:00 p.m. 3<sup>rd</sup> through 8<sup>th</sup> graders

Children ages six and under are not allowed in the computer lab. Hours subject to change.

**Library**

Monday through Friday

8:00 a.m. to 5:00 p.m.

**Save the Date!**

Back to School Bash will be July 14, 2017.

If you have any questions or need further information please feel free to contact us!

Lucille Watahomigie, Director, [lwatahomigie@hualapai-nsn.gov](mailto:lwatahomigie@hualapai-nsn.gov)

Jean Imus, WIA Coordinator, [hualwia@yahoo.com](mailto:hualwia@yahoo.com)

Misty Watahomigie, Librarian

Jonell Tapija, Education Coordinator, [hualapaieducationdepartment@gmail.com](mailto:hualapaieducationdepartment@gmail.com)

Nikki Raymond, Receptionist



**National Indian Education Association**  
 Submitted by: Michelle Zephier | Hualapai Planning Department

# National Indian Education Association



## President Trump's Budget Proposes Over \$4 Billion in Cuts that Impact Native Education

The FY 2018 budget released Tuesday, May 24th by the Trump administration falls woefully short of the bipartisan standards the National Indian Education Association (NIEA) has set over the course of our nearly 50 year history. We have worked with Members of Congress and Administrations from both parties since 1969 to hold the Federal government accountable for fulfilling the federal trust responsibility for Native students.

Put simply, this budget does not meet the standards NIEA has set for Native education: the cuts in funding are a stark departure from the FY 2017 Appropriations bill that President Trump signed just a few short weeks ago and would cause real harm to educational opportunities for Native students across the country.

Among the more than \$4 billion in cuts, the proposed budget:

- Eliminates funding for the Alaska Native Educational Equity, Support and Assistance Act and the Native Hawaiian Education Act, which each received more than \$31 million in Fiscal Year 2017 funding were eliminated, cutting \$65 million in funding for Native Alaskan and Native Hawaiian students.
- Temporarily suspends funding for BIE school Construction and cuts construction funding from \$57.8 million to \$80.2 million, more than 40% below Fiscal Year 2017 funding levels.
- Cuts the Indian School Equalization Program (ISEP), the core program for operation of BIE, by \$2.4 million to a proposed \$398.8 million.

Significantly reduces funding for the Johnson O'Malley Program, which provides cultural instruction and materials to Native students. The program was cut by \$4.6 million, a more than 30% cut to \$10.2 million.

Taken as a whole, the proposed cuts would significantly undermine opportunities for Native students.

To see our full summary table of budget cuts relevant to Native students, see page 30 or go to:

<http://files.constantcontact.com/9d91773f001/486d91ad-1d55-4234-8b4c-56a5f33e0fe5.pdf>

## How NIEA will be Responding to President Trump's Budget?

The Administration's FY 2018 budget proposal is the first step in a six to eight-month process that will include working with both the House and Senate to develop funding for programs that impact Native programs. Final decisions on FY 2018 budget will be made in the fall of this year.

*However, given the cuts involved and the stakes for Native students, we must start engaging now.*

- Please call the Capitol Switchboard at 202-224-2311 to speak with your Congressional member. Tell them we must fully fund the Bureau of Indian Education and restore the cuts to the Alaska Native and Native Hawaiian programs that President Trump eliminated.

Go to <http://files.constantcontact.com/9d91773f001/0f18e5b5-9d93-44f9-a992-008fb2c18493.pdf> to learn how to contact your Senators and Representatives and for a template script.

Once you have called, please remember that President Trump's proposal is just that—a draft proposal that is not law. The House and Senate will now come up with their drafts over the months leading up to October 1 when decisions will start to be made.



NIEA will continue to advocate with staff and Members of Congress, as well as through outreach to NIEA Members to make sure our voices are heard. We will be relentless in advocating for Native students over the coming five to eight months as funding for the Fiscal Year 2018 Budget is considered and, eventually, finalized.

Please contact Matt de Ferranti at [mdeferranti@niea.org](mailto:mdeferranti@niea.org) or 202-847-0039 if you have any questions.

### **Bureau of Indian Education Slated for Cuts under the Interior's Fiscal Year 2018 Budget**

President Trump's budget proposes deep cuts for Bureau of Indian Education (BIE) schools, a school system that serves our Nation's students who are most in need. NIEA is extremely concerned by the reductions in funding for BIE schools at a time when new BIE leadership is seeking to be more accountable for Native students. NIEA will be advocating for additional resources with our champions in Congress.

Cuts to BIE that we are particularly concerned about include BIE school construction, which freezes all new construction and reduces the overall budget by more than 40% - over \$80 million.

- BIE School construction has been identified by leaders from both parties as a critical need over the past year and for over a decade.

Dilapidated BIE schools were highlighted in GAO reports last fall and this spring - noting that the conditions in Native schools are inadequate and often times dangerous.

Other cuts to BIE are also deeply disturbing. BIE as a whole would be cut by \$105.1 million below the Fiscal Year 2017 Omnibus. Effected programs include reducing the amount of funding that BIE Schools receive for each student enrolled, eliminating juvenile detention education, and cutting broadband for BIE schools.

If you have specific questions about the proposed cuts to BIE, please contact NIEA's Legislative Director, Matt de Ferranti at [mdeferranti@niea.org](mailto:mdeferranti@niea.org) or 202-847-0039.

### **Funding for School Choice, Significant Cuts Proposed for the Department of Education**

Education Secretary Betsy DeVos proposed significant cuts for Fiscal Year 2018 that would significantly impact Native students and Native education if enacted. The Administration's budget proposes a more than 12% cut for the Department of Education, to \$58 billion, a \$9 billion cut from last year's \$66 billion.

The cuts that will most impact Native students that concern NIEA are:

- After school programs, which Native students often benefit from, were eliminated, a cut of \$1.2 billion;
- Teacher support and instruction funding would be eliminated, a cut of \$1.2 billion for resources that help teachers prepare to better serve students, through professional and cultural development that is critical for Native students;
- Funding for Native college students would also be cut: Perkins Loans, along with some funding for Pell Grants and funding for Career and Technical Education, were reduced by more than \$4.6 billion as a whole.

School choice-on the other hand-is slated for increased funding that would not serve Native students well. Specifically, the proposed FY 2018 budget includes funding for Secretary DeVos and President Trump's ideas regarding school choice, including \$1 billion for a proposal that NIEA opposes to make funding for Title I of the Elementary and Secondary Education Act "portable." The effect of this proposal would be to divert money from schools that serve the largest proportions of students from low-income households. NIEA opposes this policy and will instead be advocating for full funding for Title I.

### **NIEA Testifies Before Senate Committee on Indian Affairs Staff**

On May 23, NIEA Executive Director Ahniwake Rose testified before the staff for the Senate Committee on Indian Affairs regarding Fiscal Year 2018 funding. The small briefing was intended to give staff a chance to ask NIEA's perspective on programs that impact Native students, but are under review outside the jurisdiction of the Senate Committee on Indian Affairs.

Ms. Rose identified BIE construction as a critical priority. Staff asked several questions regarding BIE construction funding, which earlier that day had been identified for funding cuts in the Trump Administration's released budget.

NIEA highlighted the following items, among other priorities, for Fiscal Year 2018 to enable Native students to thrive in the classroom and beyond:

- \$263.4 million for BIE education construction,
- \$431 million for the Indian School Equalizations, and
- \$7 million for BIE Native language immersion demonstration programs.

## Key Native Education Programs in the Proposed FY2018 Budget

NATIVE EDUCATION DOLLARS (IN MILLIONS)	FY 2016 ENACTED	FY 2017 ENACTED	PRESIDENT REQUEST FY 2018	PRESIDENT REQUEST FY 2018 VS FY 2017
<b>INTERIOR</b>				
TOTAL BUREAU OF INDIAN EDUC.	852.4	891.5	754	-137.5
ELEM. & SEC. EDUCATION	687.7	715.7	643.9	-71.8
POST-SEC. EDUCATION	139.5	140.1	118.4	-21.7
EDUCATION CONSTRUCTION	138.2	133.3	50	-83.3
<b>EDUCATION</b>	<b>FY16</b>	<b>FY17</b>	<b>FY18</b>	<b>2017 VS. 2018</b>
IMPACT AID	1,306	1,329	1236.4	-92
INDIAN EDUCATION (TITLE VII)	143.8	164.9	143.7	-21
NATIVE HAWAIIAN STUDENT EDUCATION	33.4	33.4	0	-33
ALASKA NATIVE EDUCATION EQUITY ASSISTANCE	32.5	32.5	0	-33
<b>HEALTH AND HUMAN SERVICES</b>	<b>FY16</b>	<b>FY17</b>	<b>FY18</b>	<b>2017 VS. 2018</b>
HEAD START	9,200	9,253	9,168	-85
CHILD CARE AND DEVELOPMENT BLOCKGRANTS	2,761	2,856	2,761	-95
PRESCHOOL DEVELOPMENT GRANT	250	250	0	-250
CHILD WELFARE PROGRAMS	326	286.7	268.2	-19
FAMILY VIOLENCE PREVENTION	158	151	151	0
PROMOTING SAFE AND STABLE FAMILIES	345	325	405.5	80.5
ADMINISTRATION FOR NATIVE AMERICANS	50	50	49.9	-0.1

**Seligman Unified School District—Enrollment Application • Submit by Thursday, June 15<sup>th</sup>**  
*Submitted by: Sherri James | Seligman Unified School District*

**2017-2018  
OPEN ENROLLMENT  
ATTENDANCE APPLICATION  
File this application at the School District Office**

Student's Name: \_\_\_\_\_  
Last First MI

Grade for 2017-2018 \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_  
Home Message Work

Parent's Name: \_\_\_\_\_  
Last First MI

Home Address: \_\_\_\_\_  
Street City Zip

Mailing Address: \_\_\_\_\_  
Box # City Zip

Siblings residing in your home:

\_\_\_\_\_  
Name Age Name Age

\_\_\_\_\_  
Name Age Name Age

**Present school of attendance (Please attach transcript or final grades and attendance verification)**

School: \_\_\_\_\_ District: \_\_\_\_\_  
City: \_\_\_\_\_ County: \_\_\_\_\_



Is the student making application:

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

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

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

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

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

1. An attendance application must be completed and submitted on or before June 15, 2017.
2. Enrollment is subject to the capacity limit established for the school and/or its grade levels.
3. On or before July 1, 2017, the parent or legal guardian will be notified in writing whether the application has been accepted, rejected, or placed on a waiting list.
4. Transportation for the student may be the responsibility of the parent or legal guardian.
5. Providing false information on this form may result in the application being denied or admission being revoked.

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

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

**FOR DISTRICT USE ONLY. DO NOT WRITE BELOW THE LINE**

Accepted

Placed on Waiting List

Rejected

Reason for rejection \_\_\_\_\_

\_\_\_\_\_  
Administrator

\_\_\_\_\_  
Date

**CPR Training Class • Become CPR Certified***Submitted by: Chris Gortariz | Hualapai Emergency Services***HUALAPAI NATION EMERGENCY SERVICES****FIRE & EMS****PRESENT A****CPR TRAINING CLASS**

*Open to the public!!*

Become CPR Certified & Save lives!!

\$25.00 a person

Refresher: 4 hour course

Beginners: 8 hour course



Call Emergency Services Department and leave  
your Name, Number, & Email if  
interested in taking the class.

**(928) 769-2205**

**Peach Springs Unified School District • School Board Members***Submitted by: Jamie Cole | Peach Springs School*

# PEACH SPRINGS UNIFIED SCHOOL BOARD MEMBERS

**President, Ms. Emma Tapija****Vice President, Ms. Raelene Havatone****Member, Mr. Roger Mueller****Member, Ms. Michelle Zephier****Member, Ms. Addie Crozier****Superintendent, Ms. Jaime Cole****Address: PO Box 360, Peach springs, AZ 86434****Phone: 928-769-9034****2017 Food Handler Card Training Schedule • Next Training: Tuesday, June 13<sup>th</sup>***Submitted by: IHS | Health Education***Hualapai Indian Tribe**

MONTH	DAY	LOCATION	TIME (AZ)	INSTRUCTOR
June	13	Health Education & Wellness Center	11:00am – 1:00pm	Zachary Hargis
July	25	Health Education & Wellness Center	11:00am – 1:00pm	Zachary Hargis
August	29	Health Education & Wellness Center	11:00am – 1:00pm	Zachary Hargis
October	3	Health Education & Wellness Center	11:00am – 1:00pm	Zachary Hargis
November	7	Health Education & Wellness Center	11:00am – 1:00pm	Zachary Hargis

**2017 Food Handler Card Training Schedule**



# HEALTH & SAFETY INFORMATION

2017 Hualapai Men's Health Fair • Thursday, June 22<sup>nd</sup>

Submitted by: Brook Bender | Hualapai Health & Wellness Department

## 2017 Hualapai Men's Health Fair

»»»»»»»»»» June 22<sup>nd</sup> ««««««««««

Multi-Purpose, 9:30am - 3:00pm

**Awareness. Prevention. Education .  
Family.**



**MIND**



**BODY**



**SPIRIT**

If you have any questions contact  
David Brehmeyer at  
928-769-2207



**Meth & Suicide Prevention Initiative • Wednesday, June 28<sup>th</sup> - Thursday, June 29<sup>th</sup>**  
*Submitted by: Roxanne Imus | Hualapai Health, Education & Wellness*

# **Meth & Suicide Prevention Initiative (MSPI)**

**June 28 & June 29, 2017  
Hualapai Health Education & Wellness  
Peach Springs, AZ**



## **ASIST**

*Applied Suicide Intervention Skills Training*

**Suicide Safety is made up of  
management, treatment, social supports and a  
Community that is  
life protecting, life preserving, and life promoting.**

### **The Challenge**

Every year more people die by suicide than from all of the the several armed conflicts around the world. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviors.

How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward?

### **The Workshop**

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- Clergy
- Coaches
- Community volunteers
- Police and Corrections staff
- Juvenile and Adult Court staff
- School support staff, and teachers
- Youth Workers

### **The Outcomes**

Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Evaluation has shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.

**Wednesday June 28 - Thursday June 29**

**8:30 AM - 4:30 PM**

**(\*Lunch will be provided\*)**

**Registration: Call Roxanne Imus, 769-2207 ext. 235**

**Questions on training content: Danna Peterson, 769-2207 ext. 231**

**Training Location: Hualapai Health Education & Wellness Dept.**

***Seating is limited, Register Early!***

## 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**

### Frequency Asked Questions • Tobacco, Alcohol, Drugs & Pregnancy

Submitted by: Vondell Bender | GHWIC Educator—Health Education & Wellness Department | [www.acog.org](http://www.acog.org)



The American College of  
Obstetricians and Gynecologists



FREQUENTLY ASKED QUESTIONS  
PREGNANCY

### Tobacco, Alcohol, Drugs, and Pregnancy

#### Why is smoking dangerous during pregnancy?

If you smoke during pregnancy, your baby is exposed to harmful chemicals such as tar, nicotine, and carbon monoxide. Nicotine causes blood vessels to constrict, so less **oxygen** and **nutrients** reach the **fetus**. Carbon monoxide decreases the amount of oxygen the baby receives.

#### How can smoking during pregnancy put my baby at risk?

The risks of **preterm** birth and problems with the way the **pla-**



**centa** attaches to the **uterus** are increased in women who smoke during pregnancy. Also, infants born to women who smoke during pregnancy tend to be smaller than those born to nonsmokers. They are more likely to have asthma, colic, and childhood obesity. They also have an increased risk of dying from **sudden infant death syndrome (SIDS)**.

#### **How can secondhand smoke affect my baby during pregnancy?**

Breathing secondhand smoke—smoke from cigarettes smoked by other people nearby—can increase the risk of having a low birth weight baby by as much as 20%. Infants who are exposed to secondhand smoke have an increased risk of SIDS and are more likely to have respiratory illnesses than those not exposed to secondhand smoke.

#### **What help is available if I want to quit smoking?**

If you are pregnant and you smoke, tell your health care provider. He or she can help you find support and quitting programs in your area. You also can call the national "quit line" at 1-800-Quit-Now.

#### **Can I use nicotine gum or the patch to help me quit smoking when I am pregnant?**

Nicotine replacement (such as nicotine gum or the patch) or prescription medications for quitting smoking need to be used with caution during pregnancy. Over-the-counter nicotine replacement products should be used only if other attempts to quit have not worked and you and your health care provider have weighed the known risks of continued smoking against the possible risks of these products. Smokeless tobacco, electronic cigarettes, and nicotine gel strips are not safe substitutes for cigarettes.

#### **Why is drinking during pregnancy dangerous for my baby?**

When a pregnant woman drinks alcohol, it quickly reaches the fetus through the placenta. In an adult, the liver breaks down the alcohol. A baby's liver is not fully developed and is not able to break down alcohol.

#### **What are fetal alcohol spectrum disorders?**

"Fetal alcohol spectrum disorders" is a term that describes different effects that can occur in infants when a woman drinks during pregnancy. These effects may include physical, mental, behavioral, and learning disabilities that can last a lifetime.

#### **What is fetal alcohol syndrome?**

**Fetal alcohol syndrome (FAS)** is the most severe alcohol spectrum disorder. FAS can cause growth problems, mental or behavioral problems, and abnormal facial features.

#### **What amounts of alcohol can cause FAS?**

FAS is most likely to occur in infants whose mothers drank heavily (3 or more drinks per occasion or more than 7 drinks per week) and continued to drink heavily throughout pregnancy, but it also can occur with lesser amounts of alcohol use. Even moderate alcohol use during pregnancy (defined as one alcoholic drink per day) can cause lifelong learning and behavioral problems in the child.

#### **Is there an amount of alcohol that is safe to drink during pregnancy?**

There is no safe level of alcohol use during pregnancy. Alcohol can affect the fetus throughout pregnancy. It is best not to drink at all while you are pregnant. If you did drink alcohol before you knew you were pregnant, you can reduce the risk

of further harm to the baby by stopping drinking.

#### **What is illegal drug use?**

Illegal drug use includes the use of heroin, cocaine, methamphetamine, and marijuana and use of prescription drugs for a nonmedical reason.

#### **How can my drug use affect my baby during pregnancy?**

A drug's effects on the fetus depend on many things: how much, how often, and when during pregnancy it is used. The early stage of pregnancy is the time when main body parts of the fetus form. Using drugs during this time in pregnancy can cause birth defects and **miscarriage**. During the remaining weeks of pregnancy, drug use can interfere with the growth of the fetus and cause preterm birth and fetal death.

#### **How can drug use affect my baby after he or she is born?**

Drugs used after the baby is born can be passed to the baby through breast milk.

#### **Why is it important to tell my health care provider if I have used drugs during pregnancy?**

It is important to be honest so that you get the help you need for yourself and your unborn baby. Drug testing of your hair or urine during pregnancy or during labor may be done if your health care provider suspects that you have used certain substances and if you have a complication during pregnancy or delivery that suggests drug use. The baby also can be tested after birth.

#### **Will the results of my drug tests be kept confidential?**

Some states consider drug use during pregnancy to be a form of child abuse. In some states, if a drug test result shows that you have used certain substances, it must be reported to state authorities. You should be informed about this testing and consent to it before it is done. How your consent is obtained also varies from state to state.

#### **What are some of the problems related to substance abuse?**

These problems include work, relationship, and family issues; drunk-driving arrests and car crashes; or medical problems caused by the substance. Substance abuse can lead to dependence (addiction).

#### **What is addiction?**

Addiction is a disease with three or more of the following signs and symptoms:

- Tolerance—Not having the same effect with continued use of the same amount and the need to use greater amounts of the substance to get "high"
- Withdrawal symptoms after stopping use of the substance
- Using larger amounts of the substance or using it over a longer period
- Desire or unsuccessful attempts to cut down or control substance use
- Spending a great deal of time using or obtaining the substance or recovering from its use
- Reducing or giving up important social, work, or recreational activities because of substance use
- Continuing to use the substance despite knowing that you have a problem
- Making excuses to continue using the drug instead of meeting your home or work responsibilities

**Why is it important for pregnant women who are addicted to certain drugs, including pain medications and narcot-**

**ics, to seek treatment to quit rather than quit on their own?**

Withdrawal from these drugs can cause miscarriage or other harm to the fetus.

**Can I take my prescription medication during pregnancy?**

Some prescription medications are safe to take during pregnancy. Others have known risks. If you are taking a prescription medication and become pregnant, tell your health care provider. Do not stop taking a medication prescribed for you without first talking to your health care provider.

**Can I take over-the-counter medications during pregnancy?**

Medicines sold over the counter, including herbal supplements and vitamins, can cause problems during pregnancy. Pain relievers such as aspirin and ibuprofen may be harmful to a fetus. Check with your health care provider before taking any over-the-counter drug.

#### Glossary

**Fetal Alcohol Syndrome (FAS):** A pattern of physical, mental, and behavioral problems in the baby that are thought to be due to alcohol abuse by the mother during pregnancy.

**Fetus:** The developing organism in the uterus from the ninth week of pregnancy until the end of pregnancy.

**Miscarriage:** Loss of a pregnancy that occurs before 20 weeks of pregnancy.

**Nutrients:** Nourishing substances supplied through food, such as vitamins and minerals.

**Oxygen:** A gas that is necessary to sustain life.

**Placenta:** Tissue that provides nourishment to and takes waste away from the fetus.

**Preterm:** Born before 37 weeks of pregnancy.

**Sudden Infant Death Syndrome (SIDS):** The unexpected death of an infant in which the cause is unknown.

**Uterus:** A muscular organ located in the female pelvis that contains and nourishes the developing fetus during pregnancy.

If you have further questions, contact your obstetrician-gynecologist.

**FAQ170:** Designed as an aid to patients, this document sets forth current information and opinions related to women's health. The information does not dictate an exclusive course of treatment or procedure to be followed and should not be construed as excluding other acceptable methods of practice. Variations, taking into account the needs of the individual patient, resources, and limitations unique to the institution or type of practice, may be appropriate.

## How a Man's Diet Affects Fertility Too

Submitted by: Vondell Bender | GHWIC Educator—Health Education & Wellness Department | [www.eatright.org](http://www.eatright.org)

## How a Man's Diet Affects Fertility Too

Reviewed by Sharon Denny, MS, RDN | Published November 19, 2014

When it comes to conceiving a baby, diet and lifestyle are just as important for men as for women. One-third of the cases of infertility are related to the male partner, with some of the most common causes of sperm-related infertility including low sperm count, slow moving sperm, abnormal shape and size of sperm and problems with semen. Diet and lifestyle choices can affect the health of a man's sperm, so use the following information to guide you in making healthy choices.

Eating for Fertility

- **Get Your Fruits and Vegetables** Color your plate with at least 2½ cups of vegetables and 2 cups of fruit: leafy greens, purple and yellow vegetables, apples, oranges, kiwi, blueberries and melon.
- **Choose Whole Grains** Eat at least half of all grains as whole grains each day, such as a bowl of oatmeal in the morning, whole-grain bread at lunch and brown rice with dinner.
- **Eat Low-Fat Dairy** Dairy products are full of calcium, vitamin D, potassium and protein — all nutrients that keep your body functioning well. Choose at least 3 servings of low-fat or fat-free dairy, such as 1 cup of milk or yogurt or 1 ounce of cheese each day.
- **Cut Down on Meat** Eat less red meat and choose leaner protein sources: fish, turkey, chicken breast or pork



chops. Eat vegetable proteins including beans, nuts, seeds and tofu.

- **Be Smart about Fats** Limit saturated fats from meats, full-fat dairy products and fried foods. Replace with healthy fats. Snack on an ounce of walnuts or almonds each day, drizzle extra-virgin olive oil on roasted vegetables and salads or add avocado to your sandwich.

### Other Healthy Lifestyle Choices for Conception

- **Don't Drink Too Much Alcohol** Over-consuming alcohol is linked with poor production of normal, healthy sperm. If you drink alcohol, follow these guidelines for men: no more than two drinks a day (one drink equals 12 ounces of beer, 5 ounces of wine or 1½ ounces of spirits).
- **Avoid Cigarettes and Marijuana** Tobacco use is linked with low sperm counts and slow moving sperm; smoking marijuana over a prolonged period of time can result in low sperm counts and poorly developed sperm.
- **Keep a Healthy Weight** Research has shown that overweight and obesity can lead to fertility problems by creating hormonal disturbances. Eat right and balance calorie intake with exercise. By eating fewer processed foods and more whole foods — such as fresh fruits, vegetables, whole grains, healthy fats and lean proteins — there's less room for mindless eating and empty calorie consumption. On the flip side, being underweight has negative effects on sperm, such as decreased count and poor function and,
- **Exercise in Moderation** Aim to exercise five days a week for 30 minutes. Too much exercise has been shown to decrease testosterone, which can indirectly lower sperm counts. Avoid steroid use; it can affect fertility by causing testicular shrinkage.



## Healthy Eating for Men & Healthy Grilled Chicken Salad Recipe

Submitted by: Vondell Bender | GHWIC Educator—Health Education & Wellness Department | [www.eatright.org](http://www.eatright.org)

### Healthy Eating for Men

Published June 23, 2014

Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well (or not) he ages.



#### Eating Right

A healthy diet for men includes:

- For vitamins, minerals and fiber, eat at least 2 cups of fruits and 2½ cups of vegetables each day.
- Whole grains. Eat at least half of all grains as whole grains each day. Replace refined grains with whole-grain bread, cereal, pasta, brown rice or oats.
- At least two to three servings of fish per week.
- At least 38 grams of fiber a day for younger men; 30 grams of fiber a day for men older than 50.
- Unsaturated fats such as oils, nuts and oil-based salad dressings in place of saturated fats including full-fat dairy foods, butter and high-fat sweets.
- 4,700 milligrams a day of potassium from fruits, vegetables, fish and milk.

#### Energy Foods

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. Moderately active males should eat 2,000 to 2,800 calories per day. Your energy needs depend on your height, weight and activity level.

For energy, weight management and disease prevention, men should eat whole grains such as whole-grain bread, pasta, cereal, brown rice, oats, barley, fruits and vegetables. These foods are high in fiber, help manage hunger and fullness and help fend off certain cancers, such as prostate and colon.

#### Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved. Men tend to view red meat as more masculine than other proteins; often this leads them to "order the steak." It's not the steak that's unhealthy, it's skipping the whole grains and vegetables. In addition, excessive meat eating is linked to heart disease and colorectal cancer in men.

Eat red meat less frequently, and, instead, focus on more fruits, vegetables and low-fat dairy products. This will not only help you keep weight off, but it can help keep blood pressure down. Cut down on saturated fat from meat, cheese and fried foods. Instead, opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.

#### Weight and Disease Risk

More than women, men gain weight around the middle; that's due to the male hormone testosterone. If your waist measures more than 40 inches around, it's time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia.

### Healthy Grilled Chicken Salad Recipe

By Dawn Jackson Blatner, RDN, CSSD



Your child may take a sandwich for lunch, but lunch meat can be loaded with sodium and nitrites. Try this grilled

chicken salad on a whole-wheat bread or packed in a bento box with whole-grain crackers and veggies.

#### Ingredients

- 1 cup diced grilled chicken breast
- ¼ cup diced celery
- 2 tablespoons chopped green onion
- 1 tablespoon light mayonnaise
- 1 teaspoon Dijon mustard
- ½ lemon, juiced
- Black pepper, to taste

#### Directions

1. Mix all ingredients in a medium-sized bowl.
2. Serve on whole-wheat bread as a sandwich, or in a bento box with whole-grain crackers and sliced vegetables such as cucumbers, carrots and bell peppers.

#### Nutrition Information

Serving size: ½ cup

Serves 2

Calories: 150; Total fat: 5g; Saturated fat: 1g; Cholesterol: 60mg; Sodium: 170mg; Carbohydrate: 3g; Dietary fiber: 0g; Sugars: 1g; Protein 22g



**Cough | Sunscreen | Eating Styles & Breath Therapy***Submitted by: Vondell Bender | Health Education & Wellness Department | National Geographic—Natural Home Remedies*

# Cough

## RESPIRATORY RESCUE

**C**oughing is the body's way of trying to keep the airways clear of mucus and other substances. Coughs fall into two categories. A "productive" cough helps a person with a cold or flu get rid of mucus from the back of the throat or bronchial tubes. A "nonproductive" cough is a dry, hacking—often tickling—cough that can follow a cold. It may linger for several weeks. To slough off a cough, try these remedies.

### Slough Off a Cough

► **Sip Syrup:** Mix 2 tablespoons of fresh lemon juice with 1 tablespoon honey. Heat gently until warm. Take 1 teaspoon every hour, as needed.



Soothe a scratchy throat with honey, a cough suppressant.

### GOOD TO KNOW

- When you have a cold or the flu, avoid alcohol and caffeinated drinks. Both tend to promote water loss.
- Avoid zinc-based nasal sprays and gels. Research has shown these products can harm your sense of smell; the damage can be permanent.
- Echinacea was a common cough remedy among Native American tribes.

► **Swig Ginger Tea:** Ginger's anti-inflammatory, antibacterial, and antiviral properties can help ease coughs. Add 1 tablespoon of peeled, freshly grated ginger to a cup and fill with just-boiled water. Steep the tea for 10 minutes, strain, and sweeten if desired.

### Herbal Remedies

► **Reach for Horehound:** Old-fashioned horehound drops can soothe productive coughs thanks to the bittersweet herb's expectorant properties.

► **Suck Slippery Elm:** A Native American remedy, slippery elm contains mucilage. This substance, when mixed with water, becomes a slick gel. Slippery elm lozenges can soothe irritated throats and dry coughs.

► **Rub on a Rub:** Mix 5 drops of eucalyptus essential oil with 2 teaspoons of almond oil. Rub some of this mixture on your chest and cover with a hot water bottle or heating pad wrapped in a soft thin towel. Leave on for 20 minutes. Repeat once or twice a day.



# Sunscreen

## ENSURE FUN IN THE SUN

**F**or years we've been told to protect ourselves by wearing sunscreens. However, some UV-absorbing chemicals found in sunscreen present problems of their own. Here are some simple tips for staying safer in the sun.

### Safer Sunscreens

- ▶ **Look for Zinc:** The mineral particles in zinc oxide sunscreen sit on the outermost layer of your skin and physically deflect UV rays away from the skin's surface, protecting the skin below.
- ▶ **Avoid Nano:** There is concern (but little concrete evidence) that nanoparticles of any substance



### GOOD TO KNOW

- Avoid tanning in the sun and especially avoid tanning booths, which emit primarily UVA rays—up to 12 times the amount you'd get if you were out in the sun.
- Test new sunscreen by dabbing a small amount on your inner arm to look for adverse reactions before applying it to your whole body.
- Monitor your skin for changes.

might be absorbed by the skin. As a precaution, avoid sunscreens containing nanoparticles.

- ▶ **Wear It:** A sunscreen's sun protection factor (SPF) describes how long protection will last. For instance, if your skin normally burns after 10 minutes in the sun, using a sunscreen with an SPF of 15 means you could stay out in the sun without burning for  $10 \times 15$ , or 150 minutes. But sunscreen only works if you wear it! Apply 2 tablespoons of zinc oxide sunscreen to your entire body before going outside and reapply that amount often according to the SPF guidelines, especially if you sweat a lot, swim, or towel dry.

### Easy Solutions

- ▶ **Cover Up:** Wear a hat and long-sleeved shirt. It may not be the coolest option, but it's definitely effective full protection.
- ▶ **Seek the Shade:** Stay out of the sun between 10 a.m. and 4 p.m. to avoid the most high-energy and harmful UVB rays.
- ▶ **Wear Sunglasses:** UV rays also damage eyes and can lead to the development of cataracts.

# Eating Styles

## FOOD FOR THOUGHT

**S**everal studies have concluded that Americans have some of the world's worst dietary habits. The cultures of longevity offer hints on how to happily eat less and maintain a healthy weight for life.

### Believe Your Belly

- ▶ **Eat a Little a Lot:** Eating small meals more often—up to six a day—moderates insulin levels and discourages fat storage.
- ▶ **Go Meatless Three Days a Week:** Nutritionists suggest going meatless at least three days a week to reap the benefits that vegetarians enjoy, including lower risk of cancer, diabetes, and heart attack.
- ▶ **Eat Your Big Meal Early:** In cultures with the greatest life expectancy, the biggest meal is eaten in the first half of the day. The smallest, and last, meal is eaten in late afternoon and early evening.

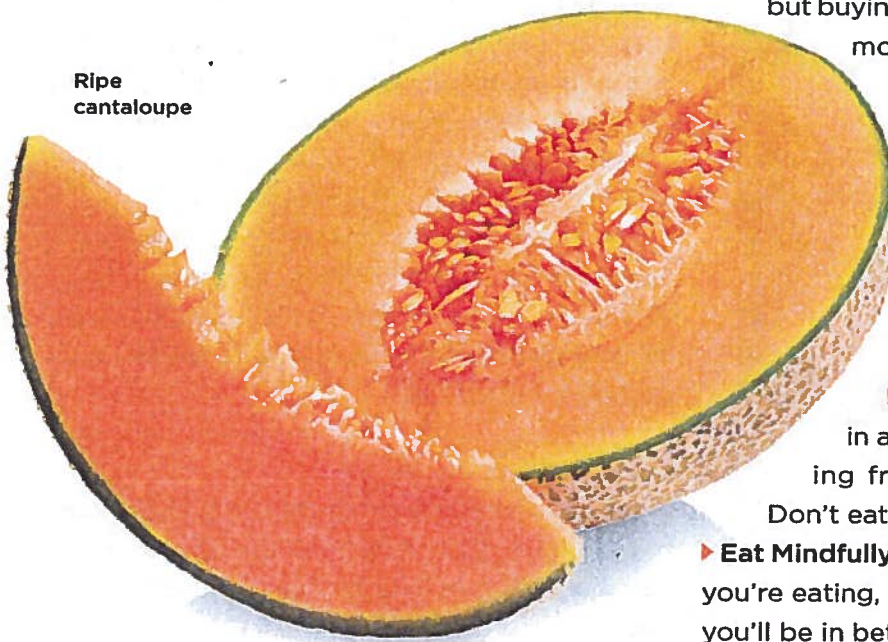
### RECIPE FOR HEALTH

#### AVOCADO-AND-MELON SMOOTHIE

Start your day with this creamy, nutritious drink—it's so thick you might need to eat it with a spoon. Cut one ripe avocado in half. Remove the pit, and scoop out the flesh. Place the avocado in a blender along with 1 cup cantaloupe chunks, juice from 1 lime (about 1 tablespoon), 1 cup almond or soy milk, 1 cup fat-free plain yogurt, and 1/2 cup orange juice. Blend until smooth. Serve cold.

- ▶ **Drive by the Drive-Through:** Many studies link fast food—with its supersize portions—to our obesity epidemic and a host of diseases.
- ▶ **Shop Stress Free:** Shopping at markets and natural food stores may mean spending more, but buying all natural products may buy you more active years later in life.

Ripe  
cantaloupe



### Easy Solutions

- ▶ **Know the Difference Between Filled and Full:** Some experts think stopping eating when hunger is sated—80 percent of the way to feeling full—is a key to longevity.
- ▶ **Never Eat Standing Up:** We take in a lot of calories when we're snacking from a candy dish or party tray. Don't eat outside of sit-down meals.
- ▶ **Eat Mindfully:** When you pay attention to what you're eating, savor each bite, and chew slowly, you'll be in better touch with your satiety level.



# Breath Therapy

## PATHS TO DEEPER BREATHING

**M**any of us sit or stand with a hunched posture that constricts our airway. Training with breathing exercises can boost your physical, mental, and spiritual health by reducing stress, easing pain, and promoting relaxation.

### Breathe Better

► **Alternate Nostrils:** Gently close your right nostril with your right thumb. Inhale through your left nostril for four seconds. Close the left nostril with your ring finger and at the same time remove your thumb from your right nostril. Exhale through the right nostril for eight seconds. Reverse the pattern by inhaling through the right nostril for four seconds, then covering that nostril and untapping the left one. Exhale through the left nostril for eight seconds. Repeat



Many alternative therapies involve breath awareness.

### RECIPE FOR HEALTH

#### COMPLETE BREATH

To start the "complete breath," a three-part breathing technique, inhale slowly through your nose. Relax your stomach muscles. Second, continue inhaling. Let air fill your lungs in the chest's center. Third, inhale so that air fills the top of your lungs high in your chest. Breathe out, slowly, from your upper chest, then middle chest, and then your belly. Take as long breathing out as breathing in. Do a set of five complete breaths daily.

the pattern of inhale for four seconds, exhale for eight seconds twice more.

► **Promote Deeper Breathing:** Breathe in deeply through your nose. Let it out naturally. Squeeze out more air by contracting the muscles between your ribs.

► **Try 20:** Take four short continuous breaths (don't pause between the inhale and exhale). Then take one long, deep, extended breath. Repeat five times. Limit yourself to five- to eight-second intervals to prevent hyperventilating.

► **Strengthen Your Diaphragm:** Lie on your back. Lay a soft 1- to 2-pound weight across your belly. When your belly expands to fill your lungs with air, your diaphragm works a little harder because of the added weight.

### Precautions

If you feel dizzy at any time during these breathing exercises, stop, relax, and breathe normally. Some exercises should be avoided if your nasal passages are congested.

**Smoke Detector Awareness***Submitted by: Aneloy Dashee | Hualapai Health, Education & Wellness*

THANK YOU!

# SOMKE DETECTOR AWARENESS

The Health Education and Wellness as well as the CHR Program would like to thank Fire Captain Forrest Taylor of NACFD and Environmental Officer Zack Hargis for presenting on May 23, 2017 on Smoke Detector Awareness and the dangers of grease fires.

The CHR Program has smoke detectors available for homeowners who may be interested, please stop by or call us at 928-769-2207.





## Facts About Boys & Substance Abuse

Submitted by: Substance Abuse Prevention Awareness | Hualapai Health, Education & Wellness | <https://aspe.hhs.gov>

**ASPE**

OFFICE OF THE ASSISTANT SECRETARY  
FOR PLANNING AND EVALUATION

**WHAT CHALLENGES ARE BOYS FACING, AND WHAT OPPORTUNITIES EXIST TO ADDRESS THOSE CHALLENGES? FACT SHEET: SUBSTANCE ABUSE\*. SOME FACTS ABOUT BOYS AND SUBSTANCE ABUSE 08/01/2008**

### Alcohol Use

- In middle school, adolescents of both genders begin drinking around the same age, but by high school, boys drink more frequently and more heavily and have more drinking problems than girls do.
- In 2006, boys were typically more likely than girls to drink large quantities of alcohol in a single sitting, and these gender differences become considerably larger at the upper grade levels.
- In 2006, 47% of twelfth grade boys, 34% of tenth grade boys, and 16% of eighth grade boys reported drinking alcohol in the past 30 days.

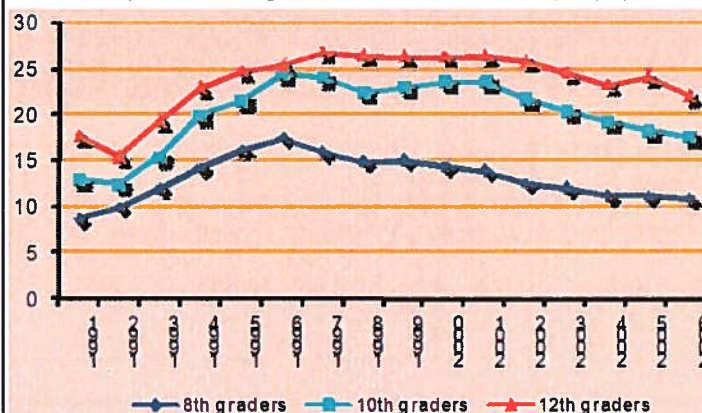
### Tobacco and Inhalant Use

- In 2005, three out of five high school boys had tried cigarette smoking, and more than two out of five high school boys had used inhalants, such as glue, aerosols, nail polish remover, and other household substances.
- In 2006, 22% of twelfth grade boys, 13% of tenth grade boys, and 8% of eighth grade boys reported smoking at least one cigarette in the past 30 days.
- Daily cigarette use fell by more than half among eighth and tenth grade students between 1996 and 2006. In 2006, 4% of eighth graders and 8% of tenth graders reported smoking daily, compared with 10% and 18%, respectively, in 1996.
- Among high school students, lifetime inhalant use decreased from 20% in 1995 to 12% in 2003 and then remained steady at 12% from 2003 to 2005.
- While older boys tend to smoke, drink, and use drugs more than younger boys do, eighth graders are more likely than older boys to use inhalants.

### Marijuana and Illicit Drugs

- According to a 2006 survey, the percentage of twelfth graders who had used marijuana in the past year was higher among boys than girls (33% versus 30%, respectively), as was the percentage using marijuana daily (6% for boys versus 3% for girls). This gender difference also holds true among eighth and tenth graders.
- The gender disparity among twelfth graders in the use of marijuana and alcohol has been decreasing as overall rates of use have gone down. The narrowing gender gap is a result of greater declines in use for boys compared to girls.
- In 2006, 38% of twelfth graders, 29% of tenth graders, and 15% of eighth grade boys and girls had taken illegal drugs in the past year.

### Any Illicit Drug Use in the Last 30 Days (%)



### Prescription Drugs

- Among boys and girls ages 12 to 17, prescription drugs have become the second most abused drug behind marijuana.
- Of boys and girls ages 12 to 17, 3% reported current abuse of prescription drugs in 2005.
- Girls use prescription drugs more than boys do. In 2007, nearly 1 in 10 teen girls reported using a prescription drug to get high at least once in the past year, compared to 1 in 13 teen boys. But boys use street drugs more than girls do.

### Substance Use as a Risk Factor for Problem Behaviors and Negative Outcomes

- Studies have linked adolescents' abuse of alcohol, drugs, and tobacco to many other problem behaviors and outcomes, including low academic performance, suicide, automobile accidents, and juvenile delinquency.
- Adolescent boys who use drugs and alcohol are more likely than their peers to act out in school and get into fights.

### Adolescents Seeking and Receiving Treatment for Substance Abuse

- In 2005, almost 8% of all treatment admissions for substance abuse were boys and girls between the ages of 12 and 17.
- In 2006, about one-third of all substance abuse treatment facilities in the United States offered programs for adolescents.
- A 2002 study found that with treatment, boys experience significant reduction in substance use rates relative to comparison youth in the short run; the benefits of treatment for girls emerged later and endured longer.

### Trends in Substance Use Among Youth

- The proportion of eighth graders reporting use of an illicit drug at least once in the past 12 months dropped by nearly half from 24% in 1996 to 13% by 2007.
- The percentage of twelfth grade students who report being substance free (no cigarettes, no alcohol, and no illicit drugs) in the last 30 days increased from 26% in 1976 to a high of 48% in 2006.
- Boys' smoking and drinking rates have declined since the mid- to late-1990s.



**Supplemental Nutrition Assistance Program (SNAP) • Household Summary***Submitted by: Substance Abuse Prevention Awareness | Hualapai Health, Education & Wellness***United States Department of Agriculture****Food and Nutrition Service****November 2016****FOODS TYPICALLY PURCHASED BY SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) HOUSEHOLDS (SUMMARY)****Background and Objectives**

Analyses using national survey data have shown that food purchases, consumption patterns, and dietary outcomes among SNAP participants and higher income households are more similar than different.

This study analyzes food purchase data collected at the point of sale (POS) to assess if such data offer a different or more detailed perspective on food choices of SNAP and non-SNAP households. It addresses the following questions: (1) What food items are purchased by SNAP households? and (2) How do foods purchased by SNAP households compare to food purchases made by non-SNAP households?

**Methods**

This study analyzed aggregated POS transaction data from calendar year 2011 from a leading grocery retailer. The data were drawn from supermarkets, grocery stores, and combination food and drug stores; warehouse club stores, specialized food stores, and convenience stores were not included.

On average, each month's data contained over 1 billion records of food items bought by 26.5 million households in 127 million unique transactions. In 2011, shoppers spent \$39 billion on food in these stores, or about \$3.3 billion per month.

SNAP households were identified in each monthly file if they had any transaction in which SNAP was used to pay for at least half of the total purchase. All transactions made by that type of household were linked to estimate total monthly spending. All other transactions were designated as non-SNAP household purchases.

Data were aggregated into three hierarchical categories from 1,792 subcommodities (e.g., bags of Fuji apples) to 238 commodities (e.g., apples) to 30 summary categories (e.g., fruits), designed to reflect sections or departments in a typical grocery store. Expenditures were also analyzed by USDA Food Pattern categories.

**Data Caveats and Limitations**

While the POS data provide a wealth of information, they have the following limitations:

- Since the data are derived from a single retailer group, they do not capture purchases made in all SNAP-authorized stores in any geographic area.
- In transactions made with both SNAP and cash or credit cards, these data could not differentiate between items purchased with SNAP benefits and those purchased with other funds. The data, therefore, represent food purchases made by SNAP households rather than the foods purchased specifically with SNAP. (Most SNAP households use a combination of benefits and their own funds.)
- The rankings of expenditure categories depend in part on how a wide variety of food products and package sizes are aggregated into summary categories, commodities and subcommodities. Each of these steps requires choices, some of which were made by the provider of this proprietary data.

**Key Findings**

**Differences in the expenditure patterns of SNAP and non-SNAP households were relatively limited, regardless of how data were categorized.**

- About 40 cents of every food purchase dollar was spent on basic items like meat, fruits, vegetables, milk, eggs, and bread.
- Another 20 cents was spent on sweetened drinks, desserts, salty snacks, candy, and sugar.
- The remaining 40 cents was spent on a variety of items such as cereal, prepared foods, other dairy products, rice, beans, and other cooking ingredients.
- The top 10 summary categories (Table 1) and top 7 commodities by expenditure were the same for SNAP and non-SNAP households, although ranked in slightly different orders.

Summary category data show that both SNAP and non-SNAP households focused their spending in a relatively small number of similar food item categories, reflecting similar food choices. The top five summary categories totaled about half of the expenditures for SNAP households and non-SNAP households (50 versus 47 percent).

Commodity-level data (in the full report) show that both SNAP and non-SNAP households made choices that may not be fully consistent with the *Dietary Guidelines for Americans*.

- Across all households, more money was spent on soft drinks than any other item. SNAP

households spent somewhat more on soft drinks than non-SNAP households (5 versus 4 percent).

- Both household groups were equally likely to purchase salty (bag) snacks (about 3 percent of food purchases), cookies (about 1 percent), and ice cream, ice milk, and sherbet (about 1 percent).

#### For More Information

Garasky, Steven, Kassim Mbwana, Andres Romualdo, Alex Tenaglio and Manan Roy. *Foods Typically Purchased by SNAP Households*. Prepared by IMPAQ International for USDA, Food and Nutrition Service, November 2016. Available at [www.fns.usda.gov/research-and-analysis](http://www.fns.usda.gov/research-and-analysis).

**Table 1: Expenditures on Summary Categories by SNAP and Non-SNAP Households in Dataset in 2011**

Summary Category	SNAP Household Expenditures			Non-SNAP Household Expenditures		
	Rank	S (millions)	% of total	Rank	S (millions)	% of total
Meat, Poultry and Seafood	1	\$1,262.90	19.2%	1	\$5,016.30	15.9%
Sweetened Beverages	2	\$608.70	9.3%	5	\$2,238.80	7.1%
Vegetables	3	\$473.40	7.2%	2	\$2,873.90	9.1%
Frozen Prepared Foods	4	\$455.20	6.9%	8	\$1,592.30	5.1%
Prepared Desserts	5	\$453.80	6.9%	6	\$2,021.20	6.4%
High Fat Dairy/Cheese	6	\$427.80	6.5%	3	\$2,483.20	7.9%
Bread and Crackers	7	\$354.90	5.4%	7	\$1,978.20	6.3%
Fruits	8	\$308.20	4.7%	4	\$2,271.20	7.2%
Milk	9	\$232.70	3.5%	9	\$1,211.00	3.8%
Salty Snacks	10	\$225.60	3.4%	10	\$969.70	3.1%
Prepared Foods	11	\$202.20	3.1%	14	\$707.00	2.2%
Cereal	12	\$186.90	2.8%	11	\$933.90	3.0%
Condiments and Seasoning	13	\$174.60	2.7%	12	\$878.90	2.8%
Fats and Oils	14	\$155.10	2.4%	13	\$766.90	2.4%
Candy	15	\$138.20	2.1%	15	\$701.40	2.2%
Baby Food	16	\$126.80	1.9%	27	\$198.20	0.6%
Juices	17	\$110.40	1.7%	16	\$605.40	1.9%
Coffee and Tea	18	\$83.40	1.3%	17	\$568.80	1.8%
Bottled Water	19	\$78.10	1.2%	22	\$377.40	1.2%
Eggs	20	\$73.80	1.1%	21	\$388.20	1.2%
Other Dairy Products	21	\$69.80	1.1%	18	\$549.50	1.7%
Pasta, Cornmeal, Other Cereal Products	22	\$66.40	1.0%	23	\$281.50	0.9%
Soups	23	\$62.70	1.0%	20	\$414.10	1.3%
Sugars	24	\$60.90	0.9%	24	\$260.30	0.8%
Nuts and Seeds	25	\$53.20	0.8%	19	\$445.90	1.4%
Beans	26	\$38.30	0.6%	25	\$234.50	0.7%
Rice	27	\$30.10	0.5%	28	\$131.00	0.4%
Jams, Jellies, Preserves and Other Sweets	28	\$29.10	0.4%	29	\$117.50	0.4%
Flour and Prepared Flour Mixes	29	\$18.70	0.3%	30	\$94.90	0.3%
Miscellaneous	30	\$18.60	0.3%	26	\$202.60	0.6%
Total Summary Category Expenditures		\$6,580.10	100%		\$31,512.50	100%



## Excessive Alcohol Use and Risks to Men's Health • Fact Sheets

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

### Fact Sheets— Excessive Alcohol Use & Risks to Men's Health

#### Excessive Alcohol Use and Risks to Men's Health

Men are more likely than women to drink excessively. Excessive drinking is associated with significant increases in short-term risks to health and safety, and the risk increases as the amount of drinking increases. Men are also more likely than women to take other risks (e.g., drive fast or without a safety belt), when combined with excessive drinking, further increasing their risk of injury or death.

#### Drinking levels among men

- Approximately 58% of adult men report drinking alcohol in the last 30 days.
- Approximately 23% of adult men report binge drinking 5 times a month, averaging 8 drinks per binge.
- Men are almost two times more likely to binge drink than women.
- Most (90%) people who binge drink are not alcoholics or alcohol dependent.
- About 4.5% of men and 2.5% of women met the diagnostic criteria for alcohol dependence in the past year.

#### Injuries and deaths as a result of excessive alcohol use

- Men consistently have higher rates of alcohol-related deaths and hospitalizations than women.
- Among drivers in fatal motor-vehicle traffic crashes, men are almost twice as likely as women to have been

intoxicated (i.e., a blood alcohol concentration of 0.08% or greater).

- Excessive alcohol consumption increases aggression and, as a result, can increase the risk of physically assaulting another person.
- Men are more likely than women to commit suicide, and more likely to have been drinking prior to committing suicide.

#### Reproductive Health and Sexual Function

Excessive alcohol use can interfere with testicular function and male hormone production resulting in impotence, infertility, and reduction of male secondary sex characteristics such as facial and chest hair. Excessive alcohol use is commonly involved in sexual assault. Also, alcohol use by men increases the chances of engaging in risky sexual activity including unprotected sex, sex with multiple partners, or sex with a partner at risk for sexually transmitted diseases.

#### Cancer

Alcohol consumption increases the risk of cancer of the mouth, throat, esophagus, liver, and colon in men. There are a number of health conditions affected by excessive alcohol use that affect both men and women.

Some additional conditions are covered in the Alcohol Use and Health Fact Sheet at <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>.

### A Boy in a Man's Body

Submitted by: Substance Abuse Prevention Awareness | Hualapai Health & Wellness | <http://come-over.to/FAS/boyman/>

#### A BOY IN A MAN'S BODY

Story by Gabrielle Fimbres, Photos by Mary Chind



With a mischievous sparkle in his eye, the young man hops off the kitchen stool and dashes into the living room. He pounds his fingers on the keys of the piano, exploding into peals of hilarious laughter at the racket made by

notes crashing together.

He struts into the family room, collapsing on the couch next to his mom. He slumps in his seat, fidgeting. Finally retreating to the quiet safety of his bedroom, the man snuggles into bed, wraps his arms around his favorite, worn teddy bear, and begins sucking his thumb.

This is the life of 20-year-old John Kellerman, without medication. John has fetal alcohol syndrome. His birth mother was an alcoholic and drank heavily throughout her pregnancy. The day John was born, his mother showed up at a Denver hospital drunk. When her water broke, the smell of alcohol permeated the delivery room. "He was pickled in

alcohol," said the woman who would later adopt him.

John, who was premature and weighed 2 1/2 pounds, was found to have FAS at birth. The alcohol caused heart defects, brain damage and vision problems. When his biological mother was told he had problems, she wanted nothing to do with him. But by some miracle, this fragile, helpless, brain-damaged baby happened into the home and heart of a true angel. He was taken home from the hospital and later adopted by Theresa Kellerman, a foster mom who, with her husband, Bob, had cared for children with special needs.

The young woman didn't know how much John and his syndrome would change her life. Kellerman, now 50, dedicates her days to giving John every opportunity to succeed, as well as helping other families understand and cope with the devastation brought on by prenatal alcohol exposure. Kellerman, the mother of three, has raised John as a single mom since she and her husband divorced in 1984. She appreciates John for the young man that he is.

John has permanent brain damage. His IQ is 68, making him borderline retarded. Academically, he is at a fourth-grade level. Emotionally, he is 6 or 7. This is about as advanced as



John will get. "His brain has reached its capacity," Kellerman said. "When he's not on his medication, it's like he's drunk. He will live the rest of his life like this." It's rare that John misses taking Ritalin. The medication helps him focus and keeps his emotions in control. "I fought and fought against him being put on medication," Kellerman said. "It was a drug that got him into trouble in the first place, and I wanted to keep him drug-free." But John's emotions became uncontrollable, and he was careening through life, riding on wild waves of hyperactivity. Kellerman finally agreed to put her son on Ritalin when he was 10. "It was like he sobered up. When it wears off, it's like watching him get drunk." The first hour in the day, when his medication hasn't kicked in, can be the toughest, Kellerman said. "He can be immature and inconsiderate. He can say things he doesn't mean. I have to be careful not to take it personally. "But the rest of the day, he's a pretty neat kid."

Kellerman's days are filled with John and his FAS. "I don't do a whole lot else other than be his mom and his conscience and his judgment," Kellerman said. "I'm here for him." John attends Howenstine Special Education School, where he learns job training and personal living skills. He can stay in school until he's 22.

John's memory is poor, and he has a hard time mastering basic skills. "It took years and years and years for him to learn to tie his

shoes," Kellerman said. "He has a really hard time with money. You can ask him four times how many quarters in a dollar, and you'll get a different answer every time. We'll work on it for days, and I'll

think he has it, and then you'll ask again and he'll tell you 50 or 10 or three. He just doesn't remember." Kellerman worries about what will happen to John after he graduates. She worries even more about what will happen to John when she's gone. "I look at John, and I think, 'He wants to be independent and he can't be. 'He knows if his birth mother didn't drink, he wouldn't have these problems. It's very depressing. When I think about it or talk about it, it causes a lot of emotional pain. I fear for his future. The services are not in place for him to be happy and healthy, and he's just one kid. What about all the others? It's simply overwhelming."

When Kellerman adopted "Johnny" 20 years ago, information about FAS was just coming out. But Kellerman didn't need scientific studies to know the baby was a handful. Johnny could handle no stimulation. He cried pitifully and slept fitfully. "He cried and cried and cried, and nothing soothed him," Kellerman recalled. Johnny was overwhelmed by sound and light and couldn't concentrate on



[Photo: Mom shaves the face of her son John, who lacks the concentration to shave himself.]

drinking the baby formula Kellerman offered. She desperately wanted to cuddle her baby boy and offer the love he was missing from his birth mother. But John didn't want to be held. The more Kellerman tried to sooth him, the more upset he grew. So Kellerman learned to love Johnny from a distance. As a toddler, Johnny was charming and loving. It was then that Kellerman first told him about FAS. "He'd sit on my lap as a baby, and I'd talk about his adoption and his syndrome," she said. "There's been nothing hidden."

As John grew, so did his problems. His hyperactivity became more severe. He grew angry at his birth mother at around 10. "I can remember him sitting at the kitchen counter, saying, 'Do you mean if my birth mother didn't drink, I wouldn't have these problems?'" Kellerman recalled. "I said, 'That's right,' and he got so angry."

Another problem that plagues John is the physical contact he craves. He has always loved to give hugs. As he grew older, the hugs became more sexual, and Kellerman worries John's hugs will get him in serious trouble. Her biggest fear is that he could be arrested for inappropriate sexual behavior. "We have to have a concrete rule: No hugs," Kellerman said. "He can have as many hugs from me as he wants. He has plenty of people providing affection."

Earlier this month, John started taking Paxil, an antidepressant Kellerman hopes will control his sexual urges. John knows he's not supposed to hug women he doesn't know. But when Kellerman isn't looking, he tries to make physical contact. John's hugs have gotten him in trouble at school and in the community. Afraid that he would be arrested, Kellerman drummed into John's head that he could be locked up if he weren't careful. "He became so afraid of that, he told me maybe it would be better to be dead than be in jail," Kellerman said. Kellerman continually reassures John that she'll be his conscience. "I told him he'll never be in jail, as long as I am with him," Kellerman said. "I'll provide him with 24-hour supervision if that's what it takes." For John to succeed, he must live and work in a highly structured world, Kellerman said.

She found herself nagging John about what he needed to do. So for the past couple of years, Kellerman has kept a detailed schedule on the kitchen wall. "He's learning to be responsible for himself. He asks me, 'Mom, what am I supposed to be doing?' And I'll say, 'Check your chart.'" It all starts with his alarm going off at 6:30. Shower 6:40. Shampoo 6:50. Put on deodorant at 7, take Ritalin and make the bed. Feed the dog at 7:15, eat cereal, brush teeth and get out the door for the school bus. And so on and so on, throughout the day, all day, every day. "His neurological process is so messed up, he'll never be able to remember all of this on his own." Kellerman said, looking at he chart. "We've got making the bed in the morning down pat. But he still can't remember to use his deodorant." Parenting John, as difficult as it is, is the easy part, Kellerman says. "The hardest part is dealing with teachers and professionals," she said. "You have to really know all about FAS

and what it is to make a positive impact." Kellerman frequently meets with John's teachers, counselors and other professionals. She's in his corner every minute.



[Theresa Kellerman and her son John share a quiet moment.]

The young man longs to be independent. "I want to live on my own, away from my mom, with a roommate," John said, stretching his 4-foot-10-inch frame on the family room couch, his mom at his side.

Kellerman is all in favor of this, but she

knows it won't come easily. "I'm going to do what I can to help him reach that goal," she said. "He has fears about what's going to happen to him in the future. Maybe we can use this house for John and two or three other people who wish to live here with a live-in person. "My main goal is that John will always have some supervision, someone watching out for him. I've set up a trust fund to pay someone to be a buddy, to come in and make sure he's had a shower or whatever. I may have to get a job to subsidize his independence."

On medication, John seems competent and in control. But in reality, his level of functioning is low. Around the house, John does his laundry, helps sort recyclables and does a few other chores. His only minutes of freedom come when he takes his dog, Scarlett O'Hairy, out for a walk. "That's the only thing he does by himself, and it's not without fear on my part," Kellerman said. "The dog is actually taking care of him."

John's favorite pastime is playing the drums. Best of all are the times when he jams with his younger brother, Chris, 16, who composes music and plays electric guitar and piano. "Some of my friends ask how I can stand all that noise," Kel-

lerman said. "I think it's great. It's something positive. It increases his self-esteem."

John dreams of being a rock 'n' roll star. "He fantasizes about friendships and life and being normal," Kellerman said. "But in reality, he doesn't have any friends. No one calls him and says, 'Let's go do something.'"

John rarely thinks about his birth mother anymore. Kellerman believes the woman, who was 36 when John was born, probably died a couple years after his birth. His father's identity is unknown. "I have no clue who my father is," he said. "Maybe the pregnancy was an accident. Maybe they were just playing around. You do funny things when you're drunk, like get pregnant."

Kellerman frequently talks to John about the dangers of drinking. "I think if someone handed me a drink, I would throw it against the wall," he said. And she talks to him about the importance of using birth control. But he dreams of having a family. "Don't you think I'd be a great dad, Mom?" John asks. "You'd have to take care of someone else. You have a hard time taking care of yourself," Kellerman responds. "Yeah, but it would be neat to have a son to carry on the tradition," John replies. "Having a son means you can have man-to-man talks." Kellerman smiles at John. But at the edge of the smile is worry. The two have talked about the fact that John should never have children, Kellerman said. "We've talked a lot about sterilization," Kellerman said. When he's on his medication, "he knows there's no way he could take care of a child. So he thinks maybe it's best to have a vasectomy. But we're going to wait a while before making a decision, to make sure it's the best thing."

Kellerman knows her son's limitations. "John will never be able to totally be on his own. He will always need help the rest of his life. He will always be living under a permanent hangover."

# COMMUNITY MESSAGES

## Congratulations Graduates

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

**Graduation Congratulations to all our relatives, families, and especially our Graduates!!!**

This time of the season, high school seniors, College graduates, and even some of you that have completed your G.E. D. you will be embarking on one of the most challenging phases of your life. The challenges involve the formation of your character, sense of responsibility and purpose of life. You will have to discover that you are to leave your childish ways and find what you really want to become. For many people this transition is a difficult one and represents a long journey.

You might think that me or others will help you in your search for answers to the challenge ahead. But as you will hear from most is that it is stressed time and time again, the importance of achieving individual success in life is up to you. "The Choice is Yours" and "Taking It To the Next Level" is my emphasis to you.

Success is a topic that seems to automatically complement graduation. I want to offer another concept for each of you to consider besides success, and that is of your development of personal aspirations. It is the hope that you attain genuine fulfillment rather than to achieve only material success. There is quite a difference between reaching conventional suc-

YOU DID IT!  
*Congratulations*



cess and accomplishing a fulfilling life.

A good friend and brother of mine stated that "It is what you accomplish with your brain this very important, not what you have. You have something special, find it, do something with it and you will know that you can do anything."

Learning who you really are will take time and give you a chance to look at yourself again and again. In other words, every Native American or Indian is somebody (as Howard Rainer would say). Our ancestors never had a chance or time to sit in a classroom and learn. They were defending themselves, hunting, preserving and gathering in order to survive. They wanted you to have a better life than them. Learning was vital to survival for hunting, trapping, and defending against enemies. There wasn't time to cry around, act up, or just play. You had to do your duties otherwise someone would go hungry, be cold, or otherwise suffer. Find your talent.

Imagine being on the battlefield, you have your bow and arrows; ready, your heart is pounding; you know you are outnumbered and your enemies have rifles and other weapons. What sort of thought went through our ancestors minds as they encountered this situation? They were facing the ultimate fear: the fear of dying, getting hurt, and ever the fear of extermination. But, they put their fear aside and fought. Our La Paz March is significant for that reason. Without our people to overcome this fear, we would not be here today.

Young men and young ladies, call back the courage of our ancestors. You have the courage and spirit of them within you! Imagine what would Chief Sechrum, Chief Walapai Charlie, or Chief Levi Levi would say to you and me today. They would be very proud of you and your accomplishments. Be proud of what you have completed and Find Yourself- You have a purpose in this life.

### Family Fun Day Logo Contest • Due: Friday, June 2<sup>nd</sup>

*Submitted by: Substance Abuse Prevention Awareness*

Artist wanted to design a logo for

**FAMILY FUN DAY**  
**2017**



Design is due no later than June 02, 2017

Logo must be available for the next Family Fun Day Planning Meeting on June 05, 2017

If you are interested, contact Lyndee Hornell at the Cultural Resources (928) 769-2223 or Jessica Powskey at the Hualapai Health Education & Wellness (928) 769-2207

### Hualapai Veterans Gratitude to the Community & the Cultural Center

*Submitted by: Franklin Hamidreek*

The Hualapai Veterans extend their gratitude to the community and the Hualapai Cultural Center. This year, we have tried something new as to the Memorial Day and the month of May. In remembrance to those loved ones that had served and the loved ones that have passed. The Hualapai Veterans with the Hualapai Cultural Center have begun the project of Flag Planting and surveying the various cemeteries on the Hualapai Reservation. Efforts are in activity to track down and record those loved ones off the reservation such as: Kingman, Seligman, Boston Patch Road, Wikieup and other locations. Efforts are underway to mark the locations physically, if they are unmarked. Again, cooperation is greatly appreciated as to their locations. It has been a successful effort in part by the Hualapai Veterans and the Hualapai Cultural Center, mainly by Lyndee, she has been going out and doing the field work. Great job.

**thank  
you!**



**What Is a Warrior***Submitted by: Franklin Hamidreek*

What is a Warrior

A warrior is the protector  
of his family, clan and his tribeA warrior is not motivated by greed,  
political ambition or fameA warrior will not put himself  
above all others in need

And above all,

A warrior is the living spirit  
of our Grandfathers.

-Mike Baker

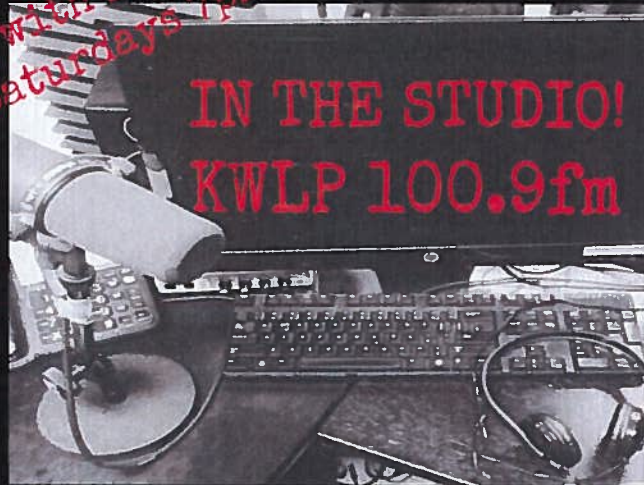
**Vehicle for Sale • Parts Only***Submitted by: Victoria Matuck***FOR SALE**I am selling a  
2003 Saturn  
(gray) for\$500.00. I need to get rid of it;  
selling it for parts. Any questions,  
you can reach me, Victoria Matuck  
at 928-769-6187. Thank you.**BGC • Summer Operating Hours***Submitted by: Adeline Crozier*

**EFFECTIVE:**  
**JUNE 5, 2017**

**SUMMER OPERATING HOURS!**  
**8:00AM-5:00PM**  
**Monday thru Friday**

Any Questions Please call: (928) 769-1801

**BOYS & GIRLS CLUB**  
OF PARCH DREAMS

**KWLP Radio Promos and Schedule***Submitted by: Terri Hutchens | KWLP 100.9FM*Hang with DJ Getta...  
Saturdays 7pm

Hear Hot, Hip-Hop Hits...

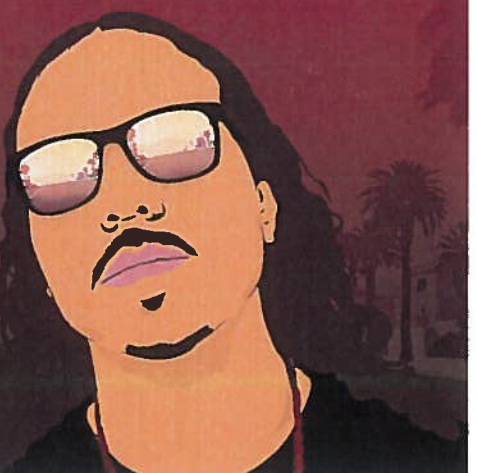
[www.kwlpradio.com](http://www.kwlpradio.com)**KWLP 100.9 fm presents:**

*redeemed + free*  
GOSPEL HOUR

hosted by: "Pastor Steve"

Wednesday evenings at 6:00 pm

**STREET CONNECTION**  
**RADIO**  
**SATURDAYS 8-10PM**  
**HIP-HOP & R&B MC OMAR**  
**100.9 FM**







# KWLP PROGRAM SCHEDULE

(revised 05/2017)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
6:00AM	Hualapai Welcome General Variety Music (GVM)	Hualapai Welcome General Variety Music(GVM)	Hualapai Welcome General Variety Music(GVM)	Hualapai Welcome General Variety Music(GVM)	Hualapai Welcome General Variety Music(GVM)	GVM	GVM
7:00AM	Hualapai Welcome GVM	Hualapai Welcome GVM	Hualapai Welcome GVM	Hualapai Welcome GVM	Hualapai Welcome GVM	GVM	GVM
8:00AM	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	GVM	GVM
9:00AM	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	The Morning Hoe Down	GVM	GVM
10:00AM	The Morning Blend	The Morning Blend	Contemporary Country	The Morning Blend	The Morning Blend	GVM	GVM
11:00AM	The Morning Blend	The Morning Blend	Contemporary Country	The Morning Blend	The Morning Blend	GVM	GVM
12:00PM	Native Noon Hour-	Native Noon Hour- NV1-Trahan Report	Native Noon Hour- NV1-Word with a Champ	Native Noon Hour-	Native Noon Hour-	Native Noon Hour-	Native Noon Hour-
1:00PM	NV1-NA Calling Natl Native News	NV1-NA Calling Natl Native News	NV1-NA Calling Natl Native News	NV1-NA Calling Natl Native News	NV1-NA Calling Natl Native News	GVM	NV1-Talking Drum
2:00PM	Monday Memories-Oldies	Rock Out Hour	Rez Country Radio	GVM	GVM	GVM	NV1-Voices from the Circle
3:00PM	Monday Memories-Oldies	Alternative Oasis	Classic Country	Roots & Riddums	Finally Friday Classic Rock	GVM	NV1-American Indian Living
4:00PM	Cruizin' with the Oldies	Alternative Oasis	Grand Canyon Country Countdown	Roots & Riddums	Finally Friday Classic Rock	GVM	NV1-Earthsongs
5:00PM	Drive at Five	Drive at Five	Drive at Five	Live at Five-Reggae	Drive at Five	GVM	GVM
6:00PM	Soulful Moments	Tuesday Torture	Redeemed and Free	Reggae Take Over	GVM	Native Star Nation	GVM
7:00PM	Soulful Moments	Tuesday Torture	Country	Reggae Take Over	GVM	In the Studio	GVM
8:00PM	GVM	GVM	Country	Reggae	GVM	Street Connection	GVM
9:00PM	GVM	GVM	GVM	GVM	GVM	Street Connection	GVM
10:00PM	NV1-Undercurrents	NV1-Undercurrents	NV1 Undercurrents	NV1-Undercurrents	NV1-Undercurrents	NV1-Soul Delux	NV1-Soul Delux
11:00PM	NV1-Undercurrents	NV1-Undercurrents	NV1 Undercurrents	NV1-Undercurrents	NV1-Undercurrents	NV1-Soul Delux	NV1-Soul Delux
12:00AM to 6:00am	GVM	GVM	GVM	GVM	GVM	GVM	GVM

\*Native \*Reggae \*Top 40/Urban \*Country \*Spiritual \*Rock \*Oldies

**Land Purchase • Trout Creek, Mohave County***Submitted by: Everett Manakaja***LAND PURCHASE- TROUT CREEK, MOHAVE COUNTY**

WE THE PEOPLE; of the Hualapai Tribe - Read & have the understanding of our Tribal Councils intent in the purchase of the land & ranch in Wikieup, Arizona, Mohave County. The purchase being 'Trout Creek Ranch.'

Our elected Council bases their '**Intent**' upon the '**Re-establishment of Tribal Herd**'. And the fact that it is **ancestral lands** which has **burial sites** upon the land. Now; we know that for the reasons given as; 1. Ancestral lands, 2. Having burial sites, and 3. Re-establishment of Tribal Herd', are the reasons given for the purchase of the land/ranch in the amount of \$925,000,000.

Our Tribal Council has not provided any other information, which raises questions & concerns.

- a. Was there an independent realtor inspection/evaluation & assessment conducted? (Where is the report for review?)
- b. #1, ancestral lands and #2, burial sites?; are emotional & sentimental reasons, which have no sound reasons for spending a huge amount of money for anything. Plus; do we know if the burial sites are tribal sites? and how many?
- c. Re-establishment of 'Tribal Herd'? Again, it is emotional and sentimental reasons, given to the People, which have been used continually, upon the People. We had a Tribal Herd, Now it is gone. We spent thousands of dollars in funding for the purpose of re-establishing Tribal Herd, than council gave it away to benefit one family. (What is the real story behind this?)
- d. Do we know what all of the hidden cost are or will be in re-development?

Let us, look back at the land purchases that our Tribal Councils have made or accepted as gifts for the Tribe.

1. Truxton land purchase; sits idle with no interest of efforts in development by our Council. (Who? Benefitted from this purchase, individual committee members?)
2. Truckee Land, (gift, other than payment of taxes) same status as Truxton land purchase.
3. Hunt Ranch Purchase; leased to non-Indian ranchers. (Attempts by local ranchers not positive, and why did it not become 'Tribal Herd'.")
4. Chollo Ranch, (gift or purchase?) since it becoming tribally owned, it sits idle with no real effort made for improvements or developments. In fact it is wasting away, no up-keep. (it could have been a part of tribal herd, under Hunt Ranch.)

Now; we the People of the Hualapai Tribe are required by law(s) to pay property taxes and fees as land owners. We have no information on what those taxes & fees are for each one of the land(s) owned by us? If, the land sits idle and is not used by the tribe or members why own the land? Each land area should be self-supporting.

The real question is where will the money come from in the purchasing, improvement, and re-development & establishment of the Tribal Herd? (Is there a hidden agenda? Think back on old tribal herd area & district 1) Was/is this a planned purchase? With money budgeted towards purchasing improvement, re-establishment of Tribal Herd? (show us the budget).

What we the People want and need; is a **fully developed Plan of Action** for review **AND Public Meetings**. A detailed plan which shows what the real intent is and budget to show all of the possible costs for the tribe, as well as from what funding sources will be used. How? Will the use of those funds impact the People? A well-developed plan which provides all of the information for a well informed decision and not based upon emotional and sentimental feelings. Otherwise it is all a waste of efforts and money as in the past land purchases and deals made by our elected Tribal Councils.

We the People need to see what we have to gain or lose?

By; Everett Manakaja, Jr.

Note: Please post & provide copies for the community & People. Thank-You.



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*Submitted by: Shay Thomas | Mattressland & Furniture*

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