

Newsletter of the Hualapai Tribe



Issue #14

Friday, July 14, 2017

Special points of interest:

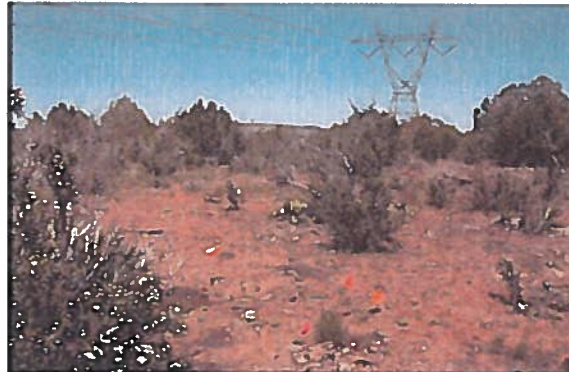
- TERC Meeting on Wednesday, July 19th at 9:00 AM at the Hualapai Cultural Department.
- HTUA Board Meeting on Wednesday, July 19th at 9:00AM at the Hualapai Health & Wellness Center.
- 2017-2018 Miss Hualapai Pageant will be held on Thursday, August 3rd at 4:00 PM at the Hualapai Youth Camp. *Interested girls, please contact Monique Alvirez, Omaovensi Coochwytewa or Jacqueline Marshall. *Flyer will be coming soon**
- Hualapai Days Planning Meeting will be on Thursday, July 27th at 2:00 p.m. at the Hualapai Health & Wellness.

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Scoping Meeting for Renewal of Lease • Wednesday, July 19th

Submitted by: Kevin Davidson | Hualapai Planning Department



Scoping Meeting for renewal of lease for APS 500 KV Power Line across Hualapai Reservation

The Planning Department invites tribal members to a public meeting to discuss the continued operation of the 500 kilovolt electric power line crossing the Hualapai Reservation through

the year 2041. The meeting is the first step in the Environmental Assessment process and we look forward to hearing your comments and concerns on the continued operation of the power line.

The meeting will be held on Wednesday, July 19, 2017, beginning at 6:00 PM at the Multi-Purpose Building. Refreshments will be served.

For more information, please contact Annette Bravo, Assistant Director, Natural Resources Department (annettebravo@frontiernet.net) at (928) 769-2254 or Kevin Davidson, Planning Director (kdavidson@hualapai-nsn.gov) at (928) 769-1310.

Ground Transportation Services RFP • Pre-Submittal: Fri., July 21st

Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation

REQUEST FOR PROPOSAL (RFP)



Ground Transportation Services at Grand Canyon West and Surrounding Area RFP Issued July 5, 2017



Hwal'Bay Ba:J Enterprises, Inc. dba Grand Canyon Resort Corporation, a tribally-chartered corporation, is seeking proposals for Ground Transportation Services ("Shuttle Services") at Grand Canyon West and the Surrounding Area (www.grandcanyonwest.com).

Pre-Submittal Conference: Friday, July 21, 2017 at 10:00AM MST
On-site at Grand Canyon West

Sealed Submittal Due Date: Tuesday, August 1, 2017 at 12:00PM MST

For more information and a copy of the Request for Proposal, please contact:

Nancy Echeverria, Procurement Manager
Michelle Holmes, Asst. Procurement Manager
purchase@grandcanyonresort.com

(928) 769-2419, EXT 175
(928) 769-2419, EXT 194

Update from Leroy Talayumtewa • Positive Warrior Work Service (PWWS) Program

Submitted by: Leroy Talayumtewa | Hualapai Juvenile Detention & Rehabilitation Center



HJDRC

Hello community members, tribal departments. This is Leroy Talayumtewa JR, letting you all know that I have recently regained my position as Program Coordinator here at the Juvenile Detention Center. Myself, and the staff here are looking forward to do our best to help the youth detained here through the various programs that we facilitate at HJDRC, as well as what the community is willing to share here. Such as personal testimonies, arts & crafts, life skills, ETC. So don't be shy give me a call here at the facility and I can schedule you to come help our youth. Let's all be a part of helping our youth.

I also want you all to know that we still have the PWWS Program! Please remember we can only go out to work depending on whether we have level 4's. We still are taking requests to clean yards of those who don't have any able bodied family members to do the cleanup.

We are also going to prepare to harvest wood for ELDERLY and those who fit the requirement above. So you can call me here at the detention center to get on the list. We have had some level 4's recently and have been busy, we participated in the housing fair, provided lunch for the fire fighters, delivered and set up food for the youth camp grand opening, we also helped with preparing food for the earth day dinner. We hope to continue to give back to the community. Any questions call me here at the facility 928-769-1611, or my cell 928-769-6053. Thank You.

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

Article Deadline:
FRIDAY, July 21st

Next Publication:
Friday, July 28th

Don't Miss the
DEADLINE!

First Things First • Beginning Saturday, July 1st

Submitted by: Vivian Parker | First Things First



FIRST THINGS FIRST will no longer have emergency supplies beginning July 1, 2017. Diapers are available until the supply runs out. Please plan for this change. FTF is still working with families in the Peach Springs community.

FIRST THINGS FIRST
Ready for School. Set for Life.

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 24th

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

JULY

Diamond Creek Restaurant • July Specials

Submitted by: Shawna Havatone | Diamond Creek Restaurant

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					30	1
					Fish & Chips 	BBQ - Bacon Crispy Sand w/Fries
2	3	4	5	6	7	8
Chef's Choice	Reuben Sandwich w/ Fries	Chef's Choice	2 Tacos, 1 Tamale w/ Rice & Beans	Lunch Buffet	Fish & Chips 	Roast Beef Mushroom Melt
9	10	11	12	13	14	15
Egg Salad on Cross w/ Fries	Patty Melt w/ Fries	Mini Pizza w/Salad	Mini Spaghetti w/ Garlic Bread & Salad	Lunch Buffet	Fish & Chips 	Chef's Choice
16	17	18	19	20	21	22
Adobe Jack Burger	Fish Sand w/ Fries	Chicken Quesadilla	Beef Enchiladas w/ Rice & Beans	Lunch Buffet	Fish & Chips 	Beef Tips & Noodles
23	24	25	26	27	28	29
Chef's Choice	BBQ Pulled Pork Sandwich	Steak Wrap w/ Fries	Homemade Taqitos w/ Rice & Beans	Lunch Buffet	Fish & Chips 	Nacho Supreme
30						
Pork Green Chilli Hualapai Taco						

Diamond Creek Restaurant

769-2800

Open Daily from 6:30am to 9:00 pm

Daily Specials are Subject to Change without notice.

Walapai Market • July Specials*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) FRYBREAD SPECIAL
2) DELI SUBS	3) PIZZA & WINGS 24oz Drink \$6.99	4) Hot dog or cheese burger Special 24oz Drink \$5.99	5) Shredded Pork Sandwich Potato Salad 24oz Drink \$8.99	6) Chili Cheese Fries 24oz Drink \$5.99	7) Bacon Cheese Burger Waffle Fries 24oz Drink \$8.99	8) FRYBREAD SPECIAL
9) DELI SUBS	10) BLT w/ Potatoes Salad 24oz Drink \$6.99	11) Nacho Supreme \$5.99	12) BBQ Ribs Homestyle Chile beans Cornbread \$9.99	13) Tuna sub 24oz Drink w/ bag chip \$6.99	15) Jalapeno Cheese Burger Waffle Fries 24oz Drink \$8.99	15) FRYBREAD SPECIAL
16) DELI SUBS	17) PIZZA & WINGS 24oz Drink \$6.99	18) Pasole w/cheese crisp \$6.99	19) Grilled Chicken Sandwich Coleslaw 24oz Drink \$7.99	20) Chef Salad w/choice of meat \$5.99	21) Walapai Cheese Burger Waffle Fries 24oz Drink \$8.99	22) FRYBREAD SPECIAL
23) DELI SUBS	24) Meat Ball sub w/chips 24oz Drink \$7.99	25) Closed 10:30AM/2:00PM MEAT, BAKERY, DELI.	26) Sweet baked potato w/beef shish kabob 24oz Drink \$8.99	27) Chicken Caesar Wrap w/ bag chip 24oz Drink \$7.99	28) BBQ Cheddar Burger Waffle Fries 24oz Drink \$8.99	29) FRYBREAD SPECIAL
30) DELI SUBS	31) Green Chill Burrito Chips 24oz Drink \$7.99					

Menu subject to change**Lunch starts from 12pm to 1pm****July 2017**

2017 Seligman Days Coed Softball Tournament • Saturday, July 15th - Sunday, July 16th*Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation*

2017 Seligman Days Coed Softball Tournament July 15 & 16

LOCATION: Seligman High School Softball
Field

FORMAT: 2 game guarantee, ASA and local rules

COST: \$295 per team

PRIZES: \$1000 for Champs(10 teams) and T-shirts for runners up

REGISTRATION DEADLINE: July 7th or until 10 teams sign up

Get signed up Today! Please contact Brenda Bryant at 928-607-2307 or email
brendalessruss@yahoo.com



The Power of Positive Thinking Youth Conference • Wednesday, July 19th - Friday, July 21st

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

Hualapai Family Fun Day at Kingman Centennial Park • Friday, July 21st

Submitted by: Jessica Powskey | Hualapai Substance Abuse & Prevention

**Raffle
Prizes**

T-Shirts

BBQ

Transportation

Available

With Walapai

Transit, pick up

times available

soon

HUALAPAI FAMILY FUN DAY

Mother/Daughter and Father/Son Event Combined together

Kingman Centennial Park

July 21, 2017

9am—3pm

*Happy Family
Day!*



Family Activities

**Music from
KWLP-The Peach
100.9 FM**

Games

Food

Sno Cones

Pool

Bring Swim Clothes, Towels..

All children must be with an Adult

Bingo

For more information call
Lyndee Hornell at 769 2223
or
Jessica Powskey at 769 2207

Youth Summer Camp for 4th - 6th Graders • Monday, July 24th

Submitted by: Master Ahn

Discover Your Dream

★ Behavior ★ Confidence ★ Endurance ★ Attitude



What

Youth Summer Camp

(Tae Kwon Do, Arts & Crafts, Robotics, and Games)

Who

4th thru 6th Graders (Current Grade)

(Space is limited to 30 students)

When

Mon, July 24 (3 PM) to Thu, July 27 (7 PM)

Where

Music Mountain High School

Contact

Boy's & Girl's Club (928) 769-1801

TaeKwonDo Master Ahn: (408) 701-7036



Sponsored by :

Hualapai Tribal Council

Hualapai Police Department

Peach Springs Elementary School

2017 Summer Taekwondo Camp • Registration*Submitted by: Jamie Cole | Peach Springs Elementary School***2017 Summer Taekwondo Camp**

Child's Name (One Form Per Child): _____

Date of Birth: _____ Age : _____ Grade Entering: _____

Allergies or Medical Concerns? : _____

Parent/Guardian Name(s)/ Please specify relationship: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

Secondary Phone #: _____ Email Address: _____

Emergency Contact Name: _____

Phone #: _____

How did you hear about this VBS: _____ Home Church(if any): _____

Does your kid need scholarship to attend this program?

Yes _____ No _____

2017 Summer Taekwondo Camp

Child's Name (One Form Per Child): _____

Date of Birth: _____ Age : _____ Grade Entering: _____

Allergies or Medical Concerns? : _____

Parent/Guardian Name(s)/ Please specify relationship: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

Secondary Phone #: _____ Email Address: _____

Emergency Contact Name: _____ Phone #: _____

How did you hear about this VBS: _____ Home Church(if any): _____

Does your kid need scholarship to attend this program?

Yes _____ No _____

2017 Summer Taekwondo Camp Liability Release/ Insurance Form

Child's Name	Age, Birthdate & Grade entering	t-shirt size

Parent(s)/Guardian Name(s) _____

Address _____

Home Phone _____ Cell Phone _____ Work Phone _____

Parent e-mail address _____

The undersigned do(es) hereby give permission for our (my) child(ren): List child(ren) name(s)

("Child/children"), to attend and participate in 2017 Summer Taekwondo Camp.

LIABILITY RELEASE: In consideration of Light of the Lord Community Church allowing the above child(ren) to participate in summer camp activities, we (I), the undersigned, do hereby release, forever discharge and agree to hold harmless Dream Chaser Summer camp staffs, its directors, employees, volunteers and agents (collectively herein the "Church") from any and all liability, claims or demands for accidental personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by the undersigned and the above child(ren) while involved in Dream Chaser Summer Camp.

Furthermore, we (I) [and on behalf of our (my) minor child(s)] hereby assume all risk of accidental personal injury, sickness, death, damage and expense as a result of participation in activities involved therein.

MEDICAL TREATMENT PERMISSION: We (I) authorize an adult, in whose care the minor has been entrusted, to consent to any emergency x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care, to be rendered to the minor under the general or special supervision and on the advice of any physician or dentist licensed on the medical staff of a licensed hospital or emergency care facility. The undersigned shall be liable and agree(s) to pay all costs and expenses incurred in connection with such medical and dental services rendered to the aforementioned child or youth pursuant to this authorization.

Parent/GuardianSignature _____ Date _____

Medical Insurance: YES ____ NO ____

Insurance Company: _____ Policy/GroupID# _____

Allergies or Medical Conditions:

Activity restrictions: _____

Emergency Contact person & phone #s in case parent/guardian cannot be reached:

Name: _____

Phone #s: _____

Parent/GuardianSignature _____ Date _____

*Note: All information will remain confidential to Camp Staff

EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corporation • SR. Human Resources Specialist Employment Overview

Submitted by: Sherry Counts | Grand Canyon Resort Corporation

July 10, 2017

Dear Community Members,

Gamyu! Hope this finds you nice and cool. I would like to take this opportunity to let you know that I am currently working for the Grand Canyon Resort Corporation as a SR Human Resources Specialist and have been here since March 15, 2017. It is a real different job and I have enjoyed learning new skills and working with the employment.

There have been a lot of things said about the corporation not hiring Hualapai's when really the Hualapai's are the first priority. I have talked to former Hualapai's that have worked for the corporation for 7 or 8 times. It is important to know that every time someone quits or is terminated it costs our business money to hire and train someone else for that position. Since May 12, 2017 – June 16, 2017 I have seen 80 terminations and 35 of them have been Hualapai.

13 – Job Abandonment
7 – Excessive Absences

6 – Voluntary Resignation
3- Involuntary Termination

4 – Drug & Alcohol
2 – 90 Day Termination

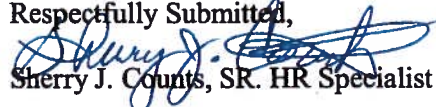
Job abandonment is high that means people just don't come to work and don't even call in to let us know they won't be back. Some people actually let us know by putting in a resignation letter and providing the 10 day notice. Excessive absences occur when people call out for their shifts a majority of the time. Involuntary termination is when the business terminates the employee based upon various reasons which are documented. Drugs & Alcohol policy is when an employee refuses to drug test when requested or when an employee is found to have drugs or alcohol in their systems. 90 Day termination occurs when it is determined that the person is unable to do the job and are terminated within their 90 day probation. (All of these are based on policy and procedure).

I have been working with Hualapai tribal members to support their desire to work. I believe in encouraging people to build their self-esteem so they can feel positive about themselves. We have all been put down enough by our situations and circumstances. I have learned by my own life that we can accomplish great things. Every Hualapai person has great potential to accomplish great things for themselves and their community.

We have been blessed with a multi-million dollar business that provides financial support to maintain services for tribal members. There is no reason that every tribal member that wants to work isn't employed with the tribe or the business the jobs are there. I work for the corporation because I applied went through an interview then was selected for the position. I have to come to work every day to keep my job even when I may not feel like coming.

Come fill out an application and be ready to work. I will do my best to help those that have been terminated to rehire you!

Respectfully Submitted,


Sherry J. Counts, SR. HR Specialist

Job Announcement • Tribal Administrator

Submitted by: Sonja Crozier | Hualapai Tribe

**HUALAPAI NATION
JOB ANNOUNCEMENT
OPEN COMPETITIVE**

JOB TITLE: Tribal Administrator
DEPARTMENT: Hualapai Administration
CLASS: Full Time/Exempt
SALARY: \$70,000 to \$80,000 per annum
OPENING: July 5, 2017
CLOSING: August 5, 2017

POSITION SUMMARY:

Appointed by the Tribal Council and under the general supervision of the Chairperson and Vice-Chairperson, the Tribal Administrator acts as advisor for Department Directors. The Tribal Administrator provides day-to-day coordination, direction and management support to the Departmental Directors and Program Managers, as needed and prescribed. This position is a contact for the Tribal Council, the Chairperson, Vice-Chairperson, agencies and for tribal affairs. (In the absence of the Chairperson and Vice-Chairperson is delegated limited authority and responsibility within legal limits that have been established by the Tribal Council and/or Chairperson).

The Hualapai Tribal Council reserves the right to exclude or dismiss any or all applicants. **Applicants that serve on the Tribal Council will not be considered for employment as the Tribal Administrator**, in adherence to Tribal Council policy and/or resolution.

ESSENTIAL FUNCTIONS:

- Has the secondary responsibility for tribal relationships between the Tribal Council, Chairperson, Vice-Chairperson and Departmental Directors, Program Managers.
- Provide leadership and directions to departmental directors and program managers to facilitate effective resolution of the day-to-day operational issues.
- Provide leadership and direction in the effective utilization of staff and funding.
- Provide input in determining Tribal direction in policy and procedural issues.
- Monitors departmental program reports to ensure delivery is on time limitations.
- Other work-related duties as assigned.

EDUCATION, EXPERIENCE AND/OR SKILLS REQUIRED:

- A Bachelors Degree in Business Administration, Public Administration, Communications, Human Resources Management, Business/Management related degree. Masters Degree preferred;
- Experience totaling three to five years experience in managing staff, and departments.
- Excellent written and verbal communication skills are required to control workflow.
- Ability to present ideas, expectations and information in a concise, well-organized fashion. Intermediate abilities using word processing software is required.
- Ability to establish and maintain a good working relationship with the Tribal Council, Department Directors, the community, other agencies/organizations, and the general public.

HOW TO APPLY:

Submit a completed Employment Application to: Human Resources Department, PO Box 179, Peach Springs, AZ 86434, fax (928) 769-1191, or call (928) 769-2215/2216 for information. To be considered for employment, the Human Resources Department must receive a completed application by 5:00 PM on the closing date. A resume will not be accepted in lieu of a completed employment application. All applications and supporting documentation becomes the property of the Human Resources Department, please keep copies for your own reference.

PREFERENCE:

All applicants are considered without regard to age, sex, race, national origin, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and Public Law 93-638, Section 7B.

THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM
Auxiliary aids and services available upon request to individuals with disabilities

Open Positions • CDI Head Start
Submitted by: Jeanine Coursey | CDI Head Start



Community Development Institute
Head Start

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

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

Vacant Position as of May 1, 2017. Open until filled

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.

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.

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:

Jeanine Coursey, HR/Fiscal Admin Assistant

Email: 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

CDI Head Start is an Equal Opportunity Employer.

Paraprofessional Openings

Submitted by: Sherri James | Seligman Schools

Seligman Schools is hiring for the 2017-2018 school year!

We have several openings for paraprofessionals. Paraprofessionals must be able to pass a background check and highly qualified criteria.

Benefit package includes medical, dental, vision, life insurance and paid time off. Possibility of transportation included.

For applications or questions, please stop by the District Office or call (928) 216-4123.



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)

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)

Bus driver/custodian (drug test, CDL, 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
PO Box 360
Peach Springs, AZ 86434
Phone: 928-769-9034

EDUCATION & TRAINING INFORMATION

2017-2018 School Start Dates

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

2017-2018 School Start Dates

CDI Headstart	September 5, 2017	
Peach Springs Elementary	August 7, 2017	
Valentine Elementary	August 10, 2017	
Seligman K-12	August 9, 2017	
Kingman Academy Pre-12	August 14, 2017	
White Cliffs Middle School	July 26, 2017	
Kingman Middle School	July 26, 2017	
Kingman High School	July 26, 2017	
Lee Williams High School	July 26, 2017	
Theodore Roosevelt School	August 3, 2017	
Flagstaff Dormitory (Flagstaff High)	August 6, 2017 New Students Arrive August 9, 2017 Returning Students Arrive August 10, 2017 First day of school	
Sherman Indian High School	August 17, 2017 Travel Day August 18, 2017 First day of school	
Flandreau Indian High School	August 14, 2017 Travel Day August 15, 2017 First day of school	
Chemawa Indian High School	Sept 3 & 4, 2017 New Student Travel Days Sept 5, 2017 Orientation for new students Sept 6 & 7, 2017 Continuing Students Travel Days Sept 8, 2017 Orientation for continuing students	
Riverside Indian Middle School	TBA	
Riverside Indian High School	TBA	

Hual Bay Transit's Back to School Shopping Trip • Saturday, July 29th

Submitted by: Danielle Bravo | Hualapai Planning Department



Hual Bay Transit are planning a "Back to School" shopping trip for the community on Saturday, July 29 to Las Vegas. If you are interested in going, please sign up with the Transit Office.

For more information, call (928) 769-6384.

Clothing Allowance • 2017-2018 School Year
Submitted by: Danielle Bravo | Hualapai Planning Department



Clothing Allowance 2017-2018 School Year

Beginning June 26, 2017 our offices will accept Clothing Allowance requests for the 2017-2018 school year.

To download an application, visit www.hualapai-nsn.gov

CHECKLIST

- ☐ Completed 2017 Gaming Assistance Application
- ☐ Proof of School Enrollment (all grades)
- ☐ Recent Report Card (K-12th grade)
- ☐ Official Transcript (College Student)
- ☐ Proof of Guardianship (Legal Guardians)

Apply by mail, fax, or email.

1

MAIL:

Hualapai Tribe
Marilyn Vaughn, Gaming Clerk
P.O. Box 179
Peach Springs, AZ 86434

2

FAX:

(928) 769-2343

3

Email:

Marilyn.Vaughn@hualapai-nsn.gov

Hualapai Tribe

Marilyn Vaughn, Gaming Office Clerk
P.O Box 179
Peach Springs, AZ 86434
E-mail: marilyn.vaughn@hualapai-nsn.gov

Phone: (928) 769 – 2216/2221
Toll-Free: (888) 769 – 2221

FAX: (928) 769 – 2343
www.hualapai-nsn.gov



Gaming Assistance Application

Primary Contact: (Last, First, Middle)

Best Contact Phone #:

Mailing Address: (City, State, Zip Code)

Physical Address:

Type of Assistance:

If you are requesting a travel advance/reimbursement for a medical appointment, please include a copy of your appointment slip. Assistance is limited to patient and one (1) caregiver and may only be used for fuel, lodging, and meals.

For utility assistance, an invoice / receipt must be attached and in the name of the Tribal member or surviving spouse.

<input type="checkbox"/> - Utilities: \$ <input type="checkbox"/> - Electricity \$ <input type="checkbox"/> - Phone \$ <input type="checkbox"/> - Propane \$ <input type="checkbox"/> - Water \$ <input type="checkbox"/> - Wood	<input type="checkbox"/> - Medical: <input type="checkbox"/> - Equipment / Supplies <input type="checkbox"/> - Travel <input type="checkbox"/> - Vision	<input type="checkbox"/> - Education: <input type="checkbox"/> - Computer <input type="checkbox"/> - Clothes *Attach report card for previous semester/quarter.* Proof of current enrollment.	<input type="checkbox"/> - Dental: <input type="checkbox"/> - Dentures <input type="checkbox"/> - Braces
<input type="checkbox"/> - Elderly Social Service: (attach quote / receipt)			

List everyone in the household (including yourself)	M/F	Relationship to you	Date of Birth	Social Security Number	Enrollment Number
		SELF		XXX – XX –	
				XXX – XX –	
				XXX – XX –	
				XXX – XX –	
				XXX – XX –	
				XXX – XX –	
				XXX – XX –	
				XXX – XX –	

Please note: Requests must be received by the Gaming Clerk at least **ten (10) calendar days** prior to the invoice due date. The Hualapai Tribe is not responsible for utility service disconnections or associated re – connection fees. By signing, you certify that the information provided on this application is accurate. Providing misleading or false information will result in a denial of applicant's request.

Signature

Date

(For Accounting Use Only)					
Date rec'd _____	Available Balance \$ _____	Amount Posted \$ _____	Membership Verified <input type="checkbox"/> Yes		
Elderly <input type="checkbox"/> Yes	Disability <input type="checkbox"/> Yes	Outstanding Loan(s) <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> APPROVED	<input type="checkbox"/> DENIED	Processed by _____

CDI Head Start • Now Accepting Applications for Enrollment*Submitted by: Jeanine Coursey | CDI Head Start***Head Start****CDI HEAD START****SERVING****HUALAPAI TRIBE****Is Now Accepting****Applications For Enrollment**

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

Transportation Provided**For more information, contact the center at****928-769-2522 or****Stop by the Head Start Center at 479 Hualapai Way****Documents needed to inquire income eligibility**

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

This institution is an equal opportunity provider**PLEASE FOLLOW US ON FACEBOOK At****www.facebook.com/Cdi-Headstart-Serving-Hualapai-547982035411128**

Ages
3-5

Seligman Unified School District • Enrollment Application*Submitted by: Sherri James | Seligman Unified School District*

Seligman Schools

Open Enrollment

Seligman Schools is accepting open enrollment for the 2017-2018 school year. We have openings in all grades, kindergarten through twelfth grade.

Why choose Seligman Schools for your child?

- * Small class sizes
- * Solid preparation for college and career
- * Full sports program



We offer Volleyball, Baseball, Softball by combining with Ash Fork Schools.

Boys and Girls Basketball will be in Seligman High School!

Call the District Office for Open Enrollment forms or for more information.

928-216-4123



**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

Back to School Bash • Monday, July 17th
Submitted by: Danielle Bravo | Hualapai Planning Department



BACK TO SCHOOL BASH

*** New Date ***

July 17, 2017 @ Tribal Gym

10:00 am – 1:00 pm

School Supplies for Head Start – College
(lunch served at 12pm- 1pm)

Come vote for your JOM REP and learn of services provided by the
Department of Education and Training
FOR MORE INFORMATION CALL 769-2200

- **YOUTH MUST BE PRESENT TO RECEIVE BACKPACK**
- **PARENTS ARE ENCOURAGED TO ATTEND**



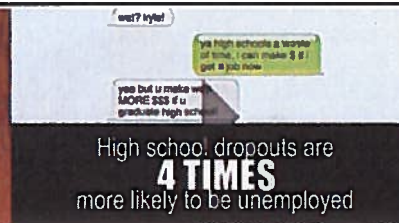
Hualapai Family Fun Day at Kingman Centennial Park • Friday, July 21st

Submitted by: Jessica Powskey | Hualapai Substance Abuse & Prevention

Staying In School

Good reasons to stay in high school.

1. High school dropouts are more likely to be unemployed than high school graduates. The unemployment rate for high school graduates is 10% compared to 14.3% for high school dropouts.
2. High school graduates make an average of \$8,000 a year more than high school dropouts.
3. Graduating from high school will affect how you live the rest of your life. It's about personal satisfaction and self-esteem, being happy with your job, and a better quality of life.
4. Dropouts are more likely than high school graduates to be unemployed, in poor health, living in poverty, on public assistance and single parents with children.
5. Dropouts are more than eight times as likely to commit crimes and serve time in prison as high school graduates.
6. More and more jobs require **at least** a high school diploma.



If you're thinking of dropping out of high school, talk to trusted adults in your life. Make an appointment **today with your guidance counselor. Or talk to a favorite teacher.**

Here are some things to ask yourself and discuss with them:

- ✓ Why am I thinking about dropping out?
- ✓ Do I need assistance? Tutoring?
- ✓ What help is available to me so that I can graduate?
- ✓ What will I do if I drop out?
- ✓ What will I be doing five years from now if I drop out?
- ✓ How can I change things around and graduate from high school, or maybe even go to college?

2017 Food Handler Card Training Schedule • Next Training: Tuesday, July 25th

Submitted by: IHS | Health Education

Hualapai Indian Tribe 2017 Food Handler Card Training Schedule

MONTH	DAY	LOCATION	TIME (AZ)	INSTRUCTOR
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

For more information please contact the Office of Environmental Health and Engineering at (928) 669-3179. Everyone is welcome to attend.



HEALTH & SAFETY INFORMATION

Hualapai Tribal Wellness Court • Information Brochure

Submitted by: Michael J. Whatoname | Hualapai Wellness Court

Hualapai Tribal Wellness Court



Information Message:

The Hualapai Tribal Adult Wellness Court is designed to provide alternatives to individuals abusing drugs and alcohol throughout the Hualapai community. Off the reservation, American adversarial justice systems use the harshest penalties for drug and/or alcohol offenders. Wellness Court takes a holistic approach that promotes the wellbeing of individuals. Instead of focusing on tough penalties the focus of Wellness Court is on identifying services and programs individuals can use to cultivate the skills to create a sober life. The overall effect will create a betterment of themselves and the Hualapai community.

Our Mission:

To provide healthy alternatives to develop and establish sober living through Wellness Court by utilizing cultural, therapeutic, and educational services provided by the Hualapai Tribe.

Our Vision:

Through Wellness Court eligible individuals of the community will have the knowledge and skills on how to live healthy and sober lives without relying on addiction.

Our Goal:

To reduce recidivism and increase the value of sobriety through the four (4) Phases of the Treatment Plan.

Wellness Court Eligibility

The changes are indirectly and/or directly related to alcohol and/or drug use.

Defendant is willing to pay fines and accept sanctions if imposed.

The defendant is eligible and available for treatment for substance use disorder.

The defendant has no other warrants and/or detainers from other jurisdictions.

The defendant is not a violent offender. A violent offender is defined as;

Is currently charged with or convicted of an offense during the course of which:

The person carried possessed or used a firearm or other dangerous weapon or:

There occurred the use of force against the person of another; or
There occurred the death of, or serious bodily injury, to any person; without regard to whether proof of any elements described herein is required to convict; or

Has previously been convicted of a felony crime of violence involving the use or attempted use of force against a person with the intent to cause death or serious bodily harm.

The defendant has not been convicted of a sex offense within the past five years.

Any individuals not eligible for Wellness Court will have to continue through the established process of adjudication through the Hualapai Tribal Court.

For more information, please visit the Wellness Court staff. You can reach us at 928-769-1595 or the Wellness Court Probation Offices at 928-769-1387.

Our offices are located next to the Hualapai Tribal Court.

If you have questions regarding the referral process, please contact your Defense Counsel or Prosecution. They can also contact us for information.

Entrance into Wellness Court

Participants are referred into Wellness Court. This can happen through a motion entered in by the Tribal Prosecutor, Tribal Public Defender, Pro se (own behalf), Advocate, pre-trial agreements, and/or as a post-trial sentence. Legal determination is made through a combination of factors with input from Tribal Prosecution, the presiding Judge, and available defense.

If Wellness Court is referred and accepted by all involved parties, individuals will be required to abide by all required Phases of Wellness Court. A total of four (4) Phases make-up the Wellness Court Program and require a 12 to 18-month commitment from the individual.

Length of stay within Wellness Court is dependent on the success of the individual.

The Dangers of Secondhand Smoke

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

The Dangers of Secondhand Smoke

Even if you don't smoke, breathing in someone else's smoke can be deadly too. Secondhand smoke causes about 3,000 deaths from lung cancer and tens of thousands of deaths from heart disease to nonsmoking adults in the United States each year. Millions of children are breathing in secondhand smoke in their own homes. Secondhand smoke can be especially



harmful to your children's health because their lungs still are developing. If you smoke around your children or they are exposed to secondhand smoke in other places, they may be in more danger than you realize. Children whose parents smoke only outside are still exposed to the chemicals in secondhand smoke. The best way to eliminate this exposure is to quit.

What is Secondhand Smoke?

Secondhand smoke (also known as environmental tobacco smoke) is the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars. It contains about 4,000 chemicals. Many of these chemicals are dangerous; more than 50 are known to cause cancer. Anytime children breathe in secondhand smoke they are exposed to these chemicals.

The American Academy Pediatrics (AAP) has conducted research on the effects of thirdhand smoke and found that it is also harmful. Thirdhand smoke is the smoke left behind—the harmful toxins that remain in places where people have smoked previously. Thirdhand smoke can be found in the walls of a bar, upholstery on the seats of a car, or even a child's hair after a caregiver smokes near the child.

Your Developing Baby and Smoke

If you smoke or are exposed to secondhand smoke when you are pregnant, your baby is exposed to harmful chemicals too. This may lead to many serious health problems, including:

- Miscarriage
- Premature birth (born not fully developed)
- Lower birth weight than expected (possibly meaning a less healthy baby)
- Sudden infant death syndrome (SIDS)
- Learning problems and attention-deficit/hyperactivity disorder (ADHD)

The health risks go up the longer the pregnant woman smokes or is exposed to smoke. Quitting anytime during pregnancy helps—of course, the sooner the better. All pregnant women should stay away from secondhand smoke and ask smokers not to smoke around them.

Secondhand Smoke and Your Children's Health

Infants have a higher risk of SIDS if they are exposed to secondhand smoke. Children have a higher risk of serious health problems, or problems may become worse. Children who

breathe secondhand smoke can have more:

- Ear infections
- Coughs and colds
- Respiratory problems,
- such as bronchitis and pneumonia
- Tooth decay

Children of smokers cough and wheeze more and have a harder time getting over colds. They miss many more school days too. Secondhand smoke can cause other symptoms including stuffy nose, headache, sore throat, eye irritation, and hoarseness. Children with asthma are especially sensitive to secondhand smoke. It may cause more asthma attacks and the attacks may be more severe, requiring trips to the hospital.

Long-Term Effects of Secondhand Smoke

Children who grow up with parents who smoke are themselves more likely to smoke. Children and teens who smoke are affected by the same health problems that affect adults. Secondhand smoke may cause problems for children later in life including:

- Poor lung development (meaning that their lungs never grow to their full potential)
- Lung cancer
- Heart disease
- Cataracts (an eye disease)

Secondhand Smoke is Everywhere

Children can be exposed to secondhand smoke in many places. Even if there are no smokers in your home, your children can still be exposed to secondhand smoke. Places include:

- In a car or on a bus
- At child care or school
- At a babysitter's house
- At a friend's or relative's house
- In a restaurant
- At the mall
- At sporting events or concerts
- In parks or playgrounds

Creating a Smoke-Free Environment

The following tips may help keep your children from being exposed to secondhand smoke:

- **Set the example.** If you smoke, quit today! If your children see you smoking, they may want to try it, and they may grow up smoking as well. If there are cigarettes at home, children are more likely to experiment with smoking—the first step in becoming addicted.
- **Remove your children from places where smoking is allowed, even if no one is smoking while you are there.** Chemicals from smoke can be found on surfaces in rooms days after the smoking occurred.
- **Make your home smoke free.** Until you can quit, don't smoke inside your home and don't smoke anywhere near your children, even if you are outside. Don't put out any ashtrays. Remember, air flows throughout a house, so smoking in even one room allows smoke to go everywhere.
- **Make your car smoke free.** Until you can quit, don't smoke inside your car. Opening windows isn't enough to clear the air and can actually blow smoke back into the faces of passengers in the back seat.

- **Choose a babysitter who doesn't smoke.** Even if the babysitter smokes outside, your children are exposed. Consider changing babysitters to find a smoke-free environment for your children.
- **Encourage tobacco-free child care and schools.** Help your children's child care or school, including outdoor areas and teachers' lounges, become tobacco free. Get your children involved in the effort to make schools tobacco free!

An Important Choice

If you smoke, one of the most important things you can do for

your own health and the health of your children is to stop smoking. Quitting is the best way to prevent your children from being exposed to secondhand smoke.

It may be hard to quit. Talk with your doctor or your child's pediatrician if you need help. There are over-the-counter and prescription medicines that may help you quit. Call 1-800-QUIT-NOW to be connected to your state quitline- they can refer you to local resources and help you quit.

Parents need to make every effort to keep their children away from smokers and secondhand smoke. Parents who smoke should quit for their health and the health of their children.

Why are Smoke-free Environments a Big Deal?

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness

Why are Smoke-free Environments a Big Deal?



Millions of people—adults and children—are exposed to secondhand smoke. Sometimes, the smoke that poses a health threat comes from an adjacent housing

unit such as another apartment or condominium unit. Smoke travels through walls, ventilation systems, and hallways, which expose non-smokers to the same health threats faced by smokers.

Many towns, states, casinos, medical centers, campuses, and residential buildings are moving towards keeping all of their structures smoke free, in an effort to reduce the amount of people exposed to tobacco smoke. This is especially helpful for children, who have still-developing lungs and are easily harmed by smoke exposure.

Fast Facts:

- Blood levels of cotinine, the typical marker of tobacco smoke exposure, are higher for children in non-smoking apartments than other non-smoking types of homes. This is most likely due to smoke from neighboring apartment units.
- Children exposed to tobacco smoke are at risk for asthma and other respiratory illnesses, ear-aches, and sudden infant death syndrome (SIDS).
- Some populations are more likely to become sick from smoke exposure such as children, the elderly, people with disabilities, or pregnant women. Some of these groups are also more likely to live in public housing buildings and can be easily ex-

posed to smoke.

- The estimated cost of decontamination of a two-bedroom housing unit can be as much as \$15,000.
- How far can tobacco smoke travel? Tobacco smoke can be measured in high quantities more than 20 feet from an outdoor source.
- Despite marketing claims, no ventilation system can protect from the death and disease caused by exposure to secondhand smoke.
- Some organizations are taking smoke-free laws even further: tobacco-free laws are gaining traction. These policies include products like electronic nicotine delivery systems (e-cigarettes) and smokeless tobacco like dip or chew.

Where We Stand:

The American Academy of Pediatrics (AAP) policy statement, *Tobacco Use: A Pediatric Disease*, supports clean-air and smoke-free environment ordinances and legislation in communities and states—particularly for environments in which children live, learn, work, and play, such as schools, multi-unit housing, public parks, child care settings, public beaches, sidewalks, restaurants, and sporting arenas. These environments should be smoke free even when children are not present.

To aid in accomplishing smoke-free environments, parents and caregivers can:

- **Make your voice heard.** Work with your local and state legislators to support smoke-free environments.
- **Keep a smoke-free home and car.** If quitting isn't possible, the only way to fully protect others from secondhand smoke is to maintain smoke-free homes and vehicles.
- **Educate your landlords and homeowners associations** about the importance of maintaining smoke-free multi-unit housing environments. ■

10 Great Ways to Stay Hydrated in hot Weather

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness

10 Great Ways To Stay Hydrated In Hot Weather

By Matthew Cenzon. May 7th 2016 | www.symptomfind.com

Keeping yourself hydrated under hot weather conditions is very important to avoid heat-related illness. Proper hydration becomes even more important when performing strenuous, physical activity in high temperatures. The more your body sweats under such conditions, the more fluid you need to replace. If you ever suffer from dehydration in hot weather, you are subjecting yourself to the following health risks:

- Heat stroke
- Heat cramps
- Heat exhaustion
- Heat rash

Here are 10 ways you can stay hydrated in hot weather to avoid heat related illness:

1. Drink Before You Feel Thirsty

According to the CDC, it is important to drink fluids before you even begin to feel thirsty. Your body uses thirst to indicate that you are approaching dehydration. Rather than drinking to quench your thirst, it is healthier to continuously replenish fluids, even if you don't feel thirsty at all.

2. Go with Water Instead of Sugary Beverages

While a sugary beverage can help quench your thirst, it also carries excess calories that can be detrimental to your health. Since you have to hydrate your body with fluids more frequently under hot weather conditions, you'll be taking in more calories than you usually do if you look towards sugary beverages for hydration.

3. Keep a Water Bottle with You

Invest in a reusable water bottle and always keep it handy. You can replenish the water bottle's contents anytime you are near a sink, water dispenser or fountain. Even if you don't plan on doing any strenuous activity outdoors, having a water bottle on hand will allow you to drink your fluids regularly and before you feel thirsty.

4. Use Natural Flavoring in Your Water

Sometimes people have trouble drinking enough water to stay hydrated because they prefer something with flavor, and/or it's difficult for them to drink water when they aren't feeling thirsty. A little natural flavoring from a slice of fruit like lemon or strawberries, or some fresh cucumbers is a great way to add a little flavor to your water, without adding as much calories as drinking a soda.

5. Drink Sparkling Water

If the carbonation from soda is what makes it so appealing, you can get that same fizzy feeling from a bottle of sparkling water. It has all the bubbles and fizz of a soda, minus the calories. You can also opt for sparkling water the next time you are trying to eat healthy at a restaurant.

6. Avoid Alcoholic Beverages

Having a couple of frosty beers from the cooler sounds like a great idea after a fun-filled day of activities at the beach or by the pool, but it's not a good idea if hydration is your goal. While you might feel more refreshed at first, you're likely to feel dehydrated soon afterwards due to the effects of alcohol from all that beer. Alcohol is a diuretic and will cause you to urinate more frequently, so it's best to either limit yourself or not drink any at all.

7. Have a Sports Drink During Vigorous Exercise

Outdoor activities under hot weather can be quite common, especially during the summer. Biking, hiking, mountain climbing, white water rafting, beach volleyball or just a day playing recreational sports at the park are all common summer activities. There is a chance that your body will produce excessive sweat due to all these activities, compounded by the temperatures outside. Under such circumstances, a sports drink might be more useful than water since it can also replenish any nutrients lost in your sweat, plus it is one of the best ways to stay hydrated. Just keep in mind the calories.

8. Drink Cool Fluids

You can plan ahead for a day out under the sun by freezing some water bottles the night before; just make sure the bottles are freezer-safe. According to Healthfinder.gov, cool fluids can help encourage you to drink more during activity in hot weather. A cold bottle of water will not only help you stay cool, it will also help you to stay hydrated and entice you to drink before you even feel thirsty.

9. Track Your Water Intake

It can be very easy to forget to hydrate, especially if you're working outdoors and are more focused on the task at hand. Try setting an alarm on your watch or phone to help you remember when it is time to hydrate. This is why having a reusable water bottle handy is important for staying hydrated.

10. Eat Your Water

Try adding more fruits and vegetables that are high in water content to your meals and snacks on the days you plan on being outside in hot weather conditions. You can even chill or freeze these hydrating fruits and veggies as a frozen treat or a cold snack. Here is a list of healthy, water-filled foods to choose from:

- Watermelon
- Spinach
- Coconuts
- Oranges
- Zucchini
- Radish
- Grapefruit
- Celery
- Cucumber



Kids and Exercise • KidsHealth.org

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness



- basketball
- bicycling
- ice skating
- inline skating
- Soccer
- Swimming
- Tennis
- Walking
- Jogging
- running

When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- lower blood pressure and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

1. run away from the kid who's "it" (**endurance**)
2. cross the monkey bars (**strength**)
3. bend down to tie their shoes (**flexibility**)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

Endurance develops when kids regularly get aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for extended periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.

Aerobic exercise can be fun for both adults *and* kids. Aerobic activities include:

Improving **strength** doesn't have to mean lifting weights. Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle.

Stretching exercises help improve **flexibility**, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel.

The Sedentary Problem

Being overweight or obese in childhood has become a serious problem. Many things add to this epidemic, but a big part of it is that kids are becoming more sedentary. In other words, they're sitting around a lot more than they used to.

Kids and teens now spend hours every day in front of a screen (TVs, smartphones, tablets, and other devices) looking at a variety of media (TV shows, videos, movies, games). Too much screen time and not enough physical activity add to the problem of childhood obesity.

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or other screens. The American Academy of Pediatrics (AAP) recommends parents:

- Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.
- Limit screen time to 1 hour a day or less for children 2 to 5 years old.
- Discourage any screen time, except video-chatting, for kids younger than 18 months.
- Choose high-quality programming and watch it with your kids to help them understand what they're seeing.
- Keep TVs, computers, and video games out of children's bedrooms and turn off screens during mealtimes.

How Much Exercise Is Enough?

Parents should make sure that their kids get enough exercise. So, how much is enough? Kids

and teens should get 60 minutes or more of moderate to vigorous physical activity daily.

The National Association for Sport and Physical Education (NASPE) offers these activity guidelines for infants, toddlers, and preschoolers:

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1 1/2 hours	30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
School age	1 hour or more	Break up into bouts of 15 minutes or more

Infants and young children should not be inactive for long periods of time — no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.

Raising Fit Kids

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.

Here are some tips for raising fit kids:

- Help your kids participate in a variety of age-appropriate activities.
- Establish a regular schedule for physical activity.
- Make being active a part of daily life, like taking the stairs instead of the elevator.
- Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- Keep it fun, so your kids will come back for more.



Substance Abuse Prevention

Submitted by: Jessica Powskey | Substance Abuse & Prevention



Substance Abuse Prevention

Substance abuse and problematic patterns of substance use among youth can lead to problems at school, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause motor-vehicle accidents, and place stress on the family. They can also develop into lifelong issues such as substance dependence, chronic health problems, and social and financial consequences.

Substance abuse is the harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs—leading to impairment or distress with one or more of the following behaviors:

- Recurrent substance use resulting in failure to fulfill major responsibilities at work, school, or home such as repeated absences, suspension, and expulsion
- Recurrent substance use in situations where it is physically dangerous, such as driving while impaired
- Recurrent substance-related legal problems, such as arrests for disorderly conduct that are substance-related
- Continued substance use despite having persistent or recurring social or personal problems caused or worsened by substance use

One of the most highly abused substances among youth in the U.S. is alcohol. Youth engage in binge drinking, a pattern of drinking that elevates the blood alcohol concentration to 0.08 percent or above, more than adults do. This can lead to risky and potentially harmful behaviors, and many times substance abuse (60-75 percent of youth with substance abuse problems) co-occurs with mental health disorders.

Substance use, abuse, and dependence can negatively impact every aspect of an individual's life. Child-serving systems need to intervene early in the lives of youth to prevent or treat abuse, support young people, and provide them with the tools to choose the right path.

Marijuana and The Developing Brain

Submitted by: Jessica Powskey | Hualapai Substance Abuse & Prevention | www.apa.org

Marijuana and the developing brain

By Kirsten Weir | November 2015, Vol 46, No. 10 | American Psychological Association

More states are legalizing marijuana, but concerns remain about its long-term effects on the adolescent brain.



Marijuana is the most widely used illicit drug in the United States — but the term "illicit" may not apply much longer. Twenty-three states have legalized Cannabis sativa for medical use since 1996. Alaska, Colorado, Oregon, Washington and Washington, D.C., now allow recreational use of the drug for people over 21. Acceptance of marijuana is growing (ahem) like a weed. Those laws are not without controversy. Among the critics' concerns is the worry that, despite age limits, legalization might make marijuana more accessible to young people. And adolescents' developing brains may be particularly vulnerable to lasting damage from the drug. "There are a lot of open questions" about the long-term effects of marijuana, says Susan Weiss, PhD, director of the division of extramural research at the National Institute on Drug Abuse (NIDA). "But there's a growing literature, and it's all pointing in the same direction: Starting young and using frequently may disrupt brain development."

Brain under construction. Marijuana shows considerable promise for treating medical conditions including pain, muscle spasms, seizure disorders and nausea from cancer chemotherapy. At least some of those benefits are thought to come from cannabidiol, a chemical component of the marijuana plant not thought to produce mind-altering effects. But there's a lot left to learn about this and other chemical compounds in marijuana. Recently, the Senate recommended \$800,000 for an Institute of Medicine study on medical marijuana, and has also encouraged the National Institutes of Health to support more research on cannabidiol.

What's clear, however, is that marijuana's signature high comes from a psychoactive component known as tetrahydrocannabinol (THC). And evidence is mounting, says Weiss, that THC is not risk-free. In the short term, marijuana use has been shown to impair functions such as attention, memory, learning and decision-making. Those effects can last for days after the high wears off. Heavy marijuana use in adolescence or early adulthood has been associated with a dismal set of life outcomes including poor school performance, higher dropout rates, increased welfare dependence, greater unemployment and lower life satisfaction.

But it's not clear that marijuana deserves the bulk of the blame. Some researchers have suggested that factors such as peer influence, emotional distress or a tendency toward problem behavior could predispose people to drug use as well as poor life outcomes. "Is marijuana the causal agent in these outcomes, or is it part of a variety of vulnerability factors?" Weiss asks. Few longitudinal studies have been conducted to follow the trajectories of young people before and after they take their first hit of marijuana. But one long-term prospective study from New Zealand showed worrisome findings.

Duke University psychologist Terrie Moffitt, PhD, and colleagues collected data from the Dunedin Multidisciplinary Health and Development Study, longitudinal research that has followed 1,000 New Zealanders born in 1972. Participants answered questions about marijuana use at 18, 21, 26, 32 and 38. They also underwent neuropsychological testing at ages 13 and 38. The team found that persistent marijuana use was linked to a decline in IQ, even after the researchers controlled for educational differences. The most persistent users — those who reported using the drug in three or more waves of the study — experienced a drop in neuropsychological functioning equivalent to about six IQ points (PNAS, 2012). "That's in the same realm as what you'd see with lead exposure," says Weiss. "It's not a trifle."

There are some reasons to think that adolescents may be uniquely susceptible to lasting damage from marijuana use. At least until the early or mid-20s, "the brain is still under construction," says Staci Gruber, PhD, a neuroscientist and director of the Cognitive and Clinical Neuroimaging Core and the Marijuana Investigations for Neuroscientific Discovery (MIND) Program at McLean Hospital/Harvard Medical School. During this period of neurodevelopment, the brain is thought to be particularly sensitive to damage from drug exposure. And the frontal cortex — the region critical to planning, judgment, decision-making and personality — is one of the last areas to fully develop, Gruber says.

Also immature in teens is the endocannabinoid system. As its name implies, this system comprises the physiological mechanisms that respond to THC. That system is important for cognition, neurodevelopment, stress response and emotional control, and it helps to modulate other major neurotransmitter systems, says Krista Lisdahl, PhD,

director of the Brain Imaging and Neuropsychology Laboratory at the University of Wisconsin, Milwaukee. Repeated exposure to marijuana can dial down cellular activity in the endocannabinoid system. Such interference might be a bigger problem for immature brains, says Lisdahl. "That sets the stage for why adolescents may be more sensitive to the effects of repeated marijuana exposure, from a neuroscience perspective."

Altered brains. Indeed, a number of studies have found evidence of brain changes in teens and young adults who smoke marijuana. In 2013, Rocío Martín-Santos, MD, PhD, at the University of Barcelona, and colleagues reviewed 43 studies of chronic cannabis use and the brain. They found consistent evidence of both structural brain abnormalities and altered neural activity in marijuana users. Only eight of those studies focused on adolescents, but the findings from those studies suggested that both structural and functional brain changes emerge soon after adolescents start using the drug. Those changes may still be evident after a month of abstaining from the drug, the researchers reported (*PLOS ONE*, 2013).

Some of those brain abnormalities have been linked to cognitive differences. Gruber found that regular, heavy marijuana users — those who reported smoking five of the last seven days, and more than 2,500 times in their lives — had damage to their brains' white matter, which helps enable communication among neurons. Those white matter changes were correlated with higher impulsivity, she found, particularly in people who began smoking before age 16 (*Psychopharmacology*, 2013).

Much of Gruber's work compares heavy, regular marijuana users who began before and after age 16. Her results suggest there's greater risk in starting young. Compared with users who began after 16, early-onset smokers made twice as many mistakes on tests of executive function, which included planning, flexibility, abstract thinking and inhibition of inappropriate responses. As adults, those who started using before 16 reported smoking nearly 25 times per week, while those who started later smoked half as often, about 12 times per week. The early-onset smokers also reported smoking an average of nearly 15 grams each week, versus about 6 grams for their late-onset counterparts (*Psychology of Addictive Behaviors*, 2012).

Gruber's participants had reported using marijuana at least five times in the past week. But other labs have found structural differences in the brains of less frequent users. Jodi Gilman, PhD, at Massachusetts General Hospital/Harvard Center for Addiction Medicine, and colleagues used MRI to look for brain changes in 18- to 25-year-olds who smoked marijuana at least once per week, but were not dependent on the drug.

Compared with nonusers, the smokers had changes in the shape, volume and gray matter density of two brain regions associated with addiction: the nucleus accumbens (which plays a role in motivation, pleasure and reward processing) and the amygdala (a region involved in memory, emotion and decision-making). Participants who smoked more often had more significant differences (*Journal of Neuroscience*, 2014).

Open questions. But the case against marijuana isn't closed. Other studies have failed to turn up evidence that marijuana use results in brain abnormalities. In one recent example, Barbara Weiland, PhD, at the University of Colorado at Boulder, and colleagues attempted to replicate Gilman's study in adolescents and adults who smoked marijuana daily. But Weiland's team argued that previous studies, including Gilman's, failed to adequately control for alcohol use by the participants. After carefully matching for alcohol intake in the control and experimental subjects, the researchers failed to find physical differences in the nucleus accumbens or the amygdala of daily marijuana smokers (*Journal of Neuroscience*, 2015).

On the other hand, says Lisdahl, Weiland's subjects were primarily male — and some research suggests females might be more sensitive to marijuana's effects during adolescence. In other cases, too, the evidence against marijuana is frustratingly mixed. While some studies have found increased risk for mood disorders and psychotic symptoms among marijuana users, for instance, a new study by Jordan Bechtold, PhD, at the University of Pittsburgh Medical Center, and colleagues found that chronic use among teenage boys did not raise the risk of later depression, lung cancer, asthma or psychotic symptoms (*Psychology of Addictive Behaviors*, 2015).

In hopes of painting a clearer picture of marijuana's potential risks to youth, NIDA plans to launch the Adolescent Brain and Cognitive Development (ABCD) study later this year. The prospective longitudinal study will follow 10,000 individuals across the United States over a decade, starting when they're 9 or 10. "The idea is to look at what these kids are like before they start using substances, and then follow over time what happens to their brains," Weiss says. Other important questions remain to be answered. Much of the research on the long-term cognitive effects of cannabis has focused on heavy users. It's not clear whether there's a safe level of use, Lisdahl says. Nor is it known whether the brain changes associated with marijuana use are permanent, or if the brain can recover with time. "A lot of people have used marijuana for a few years during adolescence," says Lisdahl. "Have they done damage that's irreversible?"

Finding answers to these questions may be complicated by the fact that marijuana potency has risen dramatically in recent years. Thirty years ago, THC concentrations were typically well below 10 percent, and even below 5 percent. But a recent analysis of marijuana samples sold in Colorado found THC potency approaching 30 percent, according to results presented at the 2015 meeting of the American Chemical Society.

New methods of administering the drug are also springing up, including smoking new varieties of highly concentrated cannabis resins, which contain even more THC than high-potency pot. Recently popular edible products — think marijuana gummy bears — also present problems. Users might not have a clear sense of what constitutes a reasonable "dose." And since edible products take longer to be metabolized and produce their psychoactive effects, people can easily overindulge while they're waiting for a high to kick in. "What's clearly lacking and sorely needed are studies that look at the effect of increased potency, and different modes and methods of use, on brain-related measures," Gruber says.

Access and attitudes. Despite these questions, nearly half of U.S. states have already legalized marijuana in some form, and more are likely to follow suit. A number of researchers are now turning their attention to the question of how those laws might affect young people.

Esther K. Choo, MD, MPH, of Brown University, and colleagues used data on more than 11 million high school students from the Centers for Disease Control and Prevention's national Youth Risk Behavioral Surveillance Survey collected between 1991 and 2011. Marijuana use was common among the students — about one in five reported having smoked marijuana in the last month. But in states that legalized marijuana, the researchers found no increases in teen use following passage of the new laws (*Journal of Adolescent Health*, 2014).

In a similar study, Deborah Hasin, PhD, at Columbia University Medical Center, and colleagues analyzed survey data from more than one million adolescents collected between 1991 and 2014 as part of NIDA's Monitoring the Future survey. During that period, 21 states passed laws legalizing cannabis for medical purposes. Hasin and her colleagues found no apparent differences in marijuana use among adolescents before and after the medical marijuana laws were passed (*The Lancet*, 2015).

Yet Hasin and her colleagues did find that in states where medical marijuana was legal, teen marijuana use was already higher even before the laws were passed. That suggests more permissive attitudes toward marijuana in those states, rather than increased access to the drug, may influence teen use. Indeed, the Monitoring the Future survey has shown that when perception of marijuana's risk drops, use of the drug rises in short order. And the perceived risk of marijuana has been declining over the last decade. In 2014, less than 40 percent of high school seniors said they believed regular marijuana use was very risky — the lowest proportion since the 1970s.

Other researchers are exploring how families interpret the new laws. W. Alex Mason, PhD, director of research at the National Institute for Child and Family Studies, Boys Town, and colleagues have studied parents' perceptions and knowledge of marijuana laws in Washington state. They found that parents often remained uncertain about what was legal or illegal, and only discussed the laws with their children occasionally. "Parents as a theme expressed frustration about not knowing the facts," Mason says. "In many cases, teenagers are following this more closely than their parents."

Parents may not be talking to their kids about marijuana often, but retailers seem to be, Lisdahl says. "In Colorado, there are marijuana ads in the free magazines that are clearly marketed to young people."

Unfortunately, marijuana producers have a strong incentive to hook young users. While about 9 percent of adults who use cannabis become addicted, the rate is 17 percent for people who start smoking in their teens, according to NIDA figures. And as the tobacco and alcohol industries have demonstrated, she says, such companies make the majority of their profits on a relatively small proportion of chronic users. "The minute there's a profit motive, companies tend to make a product more addictive," says Lisdahl. "I think legalization is moving ahead prematurely without considering the lessons we've learned from nicotine and alcohol prevention policy research."

Gruber, too, has concerns that marijuana policy is outpacing science. "As we're on the precipice of all this legislation," she says, "the take-home message is, there's a lot that we know, but a lot more we don't."

Much of the research on the long-term cognitive effects of cannabis has focused on heavy users. It's not clear whether there's a safe level of use. Nor is it known whether the brain changes associated with marijuana use are permanent, or if the brain can recover with time.

**YOUR FUTURE IS KEY SO STAY
DRUG FREE**

Fidget Spinners

Submitted by: Jessica Powskey | Hualapai Substance Abuse & Prevention

Fidget spinner

From Wikipedia, the free encyclopedia

A fidget spinner is a toy that marketed as relieving stress. It consists of a bearing in the center of a multi-lobed flat structure made from metal or plastic. The toy has been advertised as helping people who have trouble focusing or fidgeting (such as those with ADHD, autism, or anxiety) by acting as a release mechanism for nervous energy or psychological stress. Experts are divided, with some supporting this claim and others disputing its scientific basis, arguing that the toy may be distracting.

Fidget spinners became popular toys in 2017, although similar devices had already been invented as early as 1993. Often marketed with claims of health benefits, the toy became popular among schoolchildren and consequently some schools banned the spinners for being a distraction, while other schools allowed the toy to be used discreetly.

Design

Fidget spinners are useless machines designed to be used to relieve stress. A basic fidget spinner consists of a two- or three-pronged design with a bearing in its center circular pad. An individual holds the center pad while the toy spins. Designs are made from various materials including brass, stainless steel, titanium, copper, aluminum, and plastic. The type of bearings are generally ceramic, metal (stainless steel or chrome), and some are hybrids—such as ceramic balls with stainless races and cages. Each fidget spinner also has two or more weights on the outside that make it spin faster and stay balanced. Bearings can vary to adjust for the design's spin time, vibration, and noise, causing unique sensory feedback.

Origin

As of 2017, the patent status of the various fidget spinners on the market was unclear.

Catherine Hettinger, a chemical engineer by training, was initially credited by some news stories to have been the inventor of the fidget spinner, including by media outlets such as *The Guardian*, *The New York Times*, and the *New York Post*. Hettinger filed a patent application for a "spinning toy" in 1993 and a patent was issued, but Hettinger allowed the patent to lapse in 2005 after she could not find a commercial partner. A May 2017 Bloomberg News article showed that Hettinger was not the inventor of the fidget spinner, and Hettinger agreed.

In an interview appearing on May 4, 2017 on NPR, Scott McCoskery described how he invented a metal spinning device in 2014 to cope with his own fidgeting in IT meetings and conference calls. In response to requests from an online

community, he began selling the device he called the Torqbar online.

Marketing and sales

Fidget spinners were a fad that lasted roughly from December 2016 until around June 2017. With the rapid increase in the spinner's popularity in 2017, many children and teenagers began using it in school, and some schools also reported that kids were trading and selling the spinner toys.

As a result of their frequent use by schoolchildren, many school districts banned the toy. Some teachers argued that the spinners distracted students from their school work. According to a survey conducted by Alexi Roy and published in May 2017, 32% of the largest 200 American public and private high schools had banned spinners on campus.

When fidget spinners rose in popularity in 2017, many publications discussed the marketing claims made about them for people with ADHD, autism, or anxiety. There is no scientific evidence that fidget spinners are effective as a treatment for children with autism or ADHD.

Responses from schools

With the rapid increase in the spinners' popularity in 2017—combined with the spinner's often advertised benefits for individuals with ADHD and autism, among other conditions—many children and teenagers began using it in school. Some schools also reported that kids were trading and selling the spinner toys. The *Boston Globe* cited a sixth-grade teacher from New Hampshire, who stated, "when we got back from Christmas break, a couple of kids had them, then a couple more kids had them, and they were definitely en vogue." As a result of their frequent usage by school children, many school districts have banned the toy. Cited reasons for their banning were often teachers arguing that the spinners distracted students from completing their school work. For students who don't have a disability, it's a toy and that's never been allowed. According to a study from the fidget spinner database Spinner List, 32% of the top 200 American high schools—the 100 largest private and 100 largest public schools, according to Department of Education data—have banned spinners from the premises.

Health effects

When fidget spinners rose in popularity in 2017, many publications discussed their claimed benefits for individuals with ADHD, autism, or anxiety. As *"Money"* detailed, fidget spinners were "created and marketed as a calming tool used to stay focused." Some fidget spinners sold on Amazon were advertised as "stress relievers." Hettinger accounted her knowledge of "a special needs teacher who used it with autistic kids, and it really helped to calm them down." James Plafke of Forbes explained, "ultimately, though, there isn't enough research regarding whether or not those spinners can actually help people from a mental health standpoint." Experts themselves were polarized on this claim, as some supported the notion of its benefit for those with ADHD and autism, while others argued the spinners could actually be more distracting than helpful with focusing.



A typical three-bladed fidget spinner



Child with fidget spinner.

What My Bully Was Thinking

Submitted by: Jessica Powskey | *Hualapai Substance Abuse & Prevention* | www.huffingtonpost.com | By Leah Bieler



What My Bully Was Thinking

I was bullied as a child. Not the relentless, unbearably cruel, sickening kind of bullying that you read about only after the victim has taken her own life. It was the run-of-the-mill mean girl bullying that left me crying at home after school and being ever-so-slightly more reluctant to speak up in class — and beyond. Truly, it sucked. I wouldn't wish it on anyone. But, since more than a few kids will recognize the story, maybe even identify, here goes.

In sixth grade I was, like most girls, in flux. A straight-A student, I spent all of my hours outside of school (and studying) at the dance studio. I was an early developer, though, and was slowly coming to a disappointing realization. I was unlikely to grow taller than my statuesque 5'1", and my once-smooth dancer's body was becoming a little more Dolly Parton each day. No matter how well I pirouetted, I was never going to be a ballerina.

A certain girl in my school, let's call her C, seemed to sense I was feeling a bit off balance. We were rivals in class, good students with a more grown-up sensibility than many of the other girls. We read Vonnegut and announced, to our piano teachers' pleasure and our classmates' befuddlement, that we preferred classical music to Duran Duran. We should have been friends. For some reason, C chose to go in the other direction.

She convinced nearly all of my classmates to participate in a game where they completely ignored me. If I asked one of them a question, they would say something like, "Is the wall talking to me? I think I heard a noise, but there's no one there." She even scared my closest friends into playing along. It made me feel unmoored and desperately lonely. I was miserable. Every afternoon when I came home from school, I would cry about it to my mother. My mother, helpful therapist that she is, would always say the same thing. "She's just jealous of you."

I did not want my mother psychoanalyzing my tormenter. I didn't want my mother to *understand* her. I wanted her to acknowledge my pain and tell me how much she hated C. But every evening, as I cried until my eyes were big and puffy and my nose ran, my mother repeated her Mantra. "She's just jealous of

you." It was maddening.

I endured the bullying for another few months, but it felt like years. Over time, slowly, kids tired of the game. They began to acknowledge my presence, then to actually talk to me. My closest friends apologized for having participated, but it took a while for me to trust them again. The other kids pretended like it had never happened. And C and I maintained a kind of stalemate. We spoke to one another when necessary, but mostly practiced avoidance. We were in a delicate dance, she and I, but we managed to make it through the next couple of years with minimal conflict.

According to some studies, as many as 77 percent of children have been the victims of bullying at some point in their school career, and nearly 20 percent admit to doing the bullying. The other 3 percent? Liars. If everyone is involved, if nearly everyone is bullied (or bully) at some point, shouldn't that fact inform how we handle this piece of childhood?

The impulse to assert power over others is something we spend our whole lives trying to tame. From sibling rivalries to fraternity hazing to international politics, we take advantage of the moments when we can clearly see the chink in someone else's armor. Teaching our children to find the humanity in everyone is a challenge. One that doesn't disappear when childhood ends. The simple act of pausing and imagining the pain a bully is feeling will not magically make him your friend. But it may give you just enough distance from your own pain to not take the bully's words to heart. And if we can't imagine their pain, best to remember that the fault doesn't lie with the bullied, the defect is in the aggressor.

"She's just jealous of you," my mother insisted. It still felt like a crock.

C and I saw little of each other after middle school. I wasn't entirely sorry to be rid of her. Then, in our 20s, we found ourselves at the same party. We waved from across the room. I hoped against hope that that would be the end of it. I did not want to chat. But C started moving towards me, riding the wave of the other partygoers. We said hello, talked for a few minutes. It wasn't nearly as horrible as I had been anticipating, of course. C had grown up. The conversation came to a lull and I contemplated my exit strategy. C looked at the ground.

"You know," she started, "I've been wanting to say something to you for a long time. To apologize. I was really mean to you when we were kids. I'm sorry. I don't know why I did that stuff. I was kind of sad. And I think I was jealous."

Damn. My mother was right. Quite a revelation. But the flood of emotions that followed contained the true epiphany. Hearing her say it out loud really did make a difference. It was never about me at all. What a gift. My heart felt light. The dancer now mostly locked inside me wanted to leap in the air. I wish it on all bullied kids, everywhere. If they never have a moment like this, so surprising, so affirming, so freeing — they can borrow mine. ■

Bookworm Apple Bark & Top 10 Fruit Snacks for Kids

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness

Bookworm Apple Bark

Preparation Time: 10 minutes

- 1 Granny Smith Apple
- 1 tablespoon peanut butter
- 2 ½ tablespoons golden or black raisins
- 1 ½ tablespoons dried sweetened cranberries
- 1 small bunch of fresh chives or fresh parsley (optional plate garnish)



Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. Drop and slightly spread the peanut butter on apple quarters. Mix together the raisins and dried cranberries then sprinkle on peanut butter. Cut chives into one inch pieces garnish.

Serves: 1

1 Cup of Fruit per Serving

Fruit and/or Veggie Colors: Purple, Green, Red

Nutrition Information per Serving: calories: 272, total fat: 8.1g, saturated fat: 1.5g, % calories from fat: 25%, % calories from saturated fat: 5%, protein: 5g, carbohydrates: 50g, cholesterol: 0mg, dietary fiber: 6g, sodium 79mg

Each serving provides: An excellent source of fiber and a good source of vitamin C. Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Recipe from the *Cool Fuel for Kids* cookbook.



Top 10 Fruit Snacks for Kids

10. **Popsicles!** Freeze 100% juice to make popsicles.
9. **Fruit Sandwiches.** Use slices of apples or pears and low-fat cheese.
8. **Peanut Butter & ...Whatever!** Serve fresh fruit with a dab of peanut butter.
7. **Fruit & Yogurt.** Fresh fruit dipped in your kid's favorite low-fat yogurt.
6. **Smoothies.** Kids won't pass up tasty fruit smoothies.
5. **Fruit Cups.** Canned fruit or single-serve fruit cups.
4. **Applesauce Dip.** Fresh fruit dipped in applesauce.
3. **Dried Fruits.** Pack up dried fruits such as raisins, blueberries, apricots and apple slices for great on-the-go snacks.
2. **Fun Fruit Salad.** Serve fresh fruit that can be dipped in salad dressing such as poppy seed or balsamic vinegar.
1. **Fruit Chunks.** Frozen fruit chunks such as grapes, banana slices, blueberries or watermelon are perfect when you're in a rush.

Americans are becoming more health conscious when it comes to their kid's snacks. According to survey results released by the market research firm NPD Group, and discussed in USA Today, the popularity of serving cookies as a children's snack is on the decline.

Fruit is now the number one snack item parents give to children under the age of six, leading researchers to believe that parents are taking childhood nutrition more seriously.

Power Up with Colorful Fruits and Veggies & P.A.C.K

Submitted by: Vondell Bender, GHW Educator - GHWIC/SAP Prevention | Hualapai Health & Wellness



Name: _____

Date: _____



POWER UP WITH COLORFUL FRUITS & VEGGIES!

SCRUMPTIOUS SEARCH

Can you help Grape Juice Jack find these delicious and colorful fruits and vegetables hidden below?

APPLES • BANANAS • BEANS • BEETS • CARROTS • CAULIFLOWER
CELERY • CONCORD GRAPE JUICE • KIWI • LIME • PAPAYA
PEAS • PLUM • RAISINS • RED PEPPER SLICES • SALAD • TOMATO

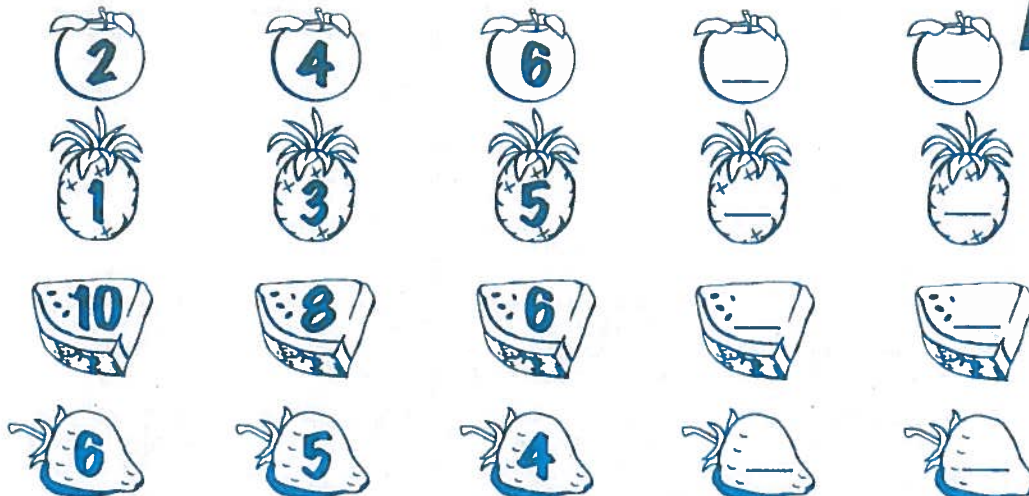
Grape Juice Jack



L	R	T	A	S	P	M	V	S	F	I	W	I	K	L	F	E
G	N	Q	P	L	B	A	N	A	N	A	S	R	M	S	M	P
C	A	B	P	U	E	S	P	L	Z	P	E	A	S	I	D	O
A	J	E	L	W	E	V	I	A	O	T	N	I	L	Y	F	T
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T	C	A	U	L	I	F	L	O	W	E	R	S	I	C	D	T
S	R	E	D	P	E	P	P	E	R	S	L	I	C	E	S	E
C	O	N	C	O	R	D	G	R	A	P	E	J	U	I	C	E

FANTASTIC FRUITS

Look closely at the numbers in the fruits below. Can you complete the sequences?



Did you know? Just 4 ounces of 100% juice counts as a 1/2 cup serving of fruit.



P.A.C.K.

PACK ASSORTED COLORS FOR KIDS!



Why Do You* Need These Vitamins and Minerals?

*Recommendations based on the Daily Recommended Intake (DRI) for 9-13-year olds

VITAMIN/MINERAL ... and its FUNCTION:

☆ VITAMIN A (Beta Carotene)

Gives orange fruits and veggies their brilliant color and is a compound the body turns into vitamin A to help support healthy vision.

☆ VITAMIN C

Acts as an antioxidant, helps support healthy wound healing and can promote a healthy immune system.

☆ VITAMIN E

Works as an antioxidant to support overall health.

☆ IRON

Helps support healthy red blood cells to carry oxygen throughout the body.

☆ FIBER

Helps support a healthy digestive system and keeps your stomach feeling fuller for longer which can aid in supporting weight management. Diets rich in certain forms of fiber may also help maintain healthy blood sugar and cholesterol levels.

☆ CALCIUM

Supports strong bones and healthy teeth, and aids in muscle contractions that are essential for body movement.

☆ FOLATE

Helps promote the formation of healthy cells, including red blood cells.

GREAT SOURCES:

- Apricots (4 fresh whole)
- Arugula (4 cups)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Mango (½ mango)
- Carrots (7" x 1¼")
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Spinach (1½ cups shredded)
- Sweet potato (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)

- 100% grape juice
- Arugula (4 cups)
- Asparagus (5 spears)
- Banana (1 medium)
- Bell pepper (1 medium)
- Blackberries (1 cup)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Cherries (1 cup fresh)
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Green beans (¾ cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leek (1 leek or 1 cup)
- Lime (1 medium)
- Mango (½ mango)
- Okra (seven 3-inch pods or ¾ cup)
- Orange (1 medium)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Pineapple (2 fresh slices)
- Plums (2 medium)
- Pomegranate (1 medium)
- Potato (1 medium)
- Radish (7 radishes)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)
- Summer squash (¾ medium squash)
- Sweet potato (1 medium)
- Tangerine (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)
- Winter squash (½ cup)

- Broccoli (1 medium stalk)

- Black beans (½ cup)
- Chick peas (½ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Leek (1 leek or 1 cup)
- Lima beans (½ cup)
- Olives (½ cup)
- Spinach (1½ cups shredded)

- Apple (large)
- Blackberries (1 cup)
- Green soy beans (½ cup)
- Lima beans (½ cup)
- Pears (1 medium)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)

- Calcium fortified juice (½ cup)
- Turnip greens (1 cup cooked)

- Arugula (4 cups)
- Asparagus (5 spears)
- Beets (1 medium beet or ¾ cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Collard greens (2 cups)
- Endive (¾ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Lima beans (½ cup)
- Okra (7 3-inch pods or ¾ cup)
- Peas (½ cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)

GOOD SOURCES:

- Endive (¾ cup)
- Nectarine (1 medium)
- Peach (1 medium)
- Prunes (5 dried)
- Tangerine (1 medium)
- Okra (seven 3-inch pods or ¾ cup)
- Winter squash (½ cup)

- Apple (large)
- Artichoke (1 edible portion)
- Avocado (½ cup)
- Carrots (7" x 1¼")
- Cranberries (½ cup)
- Grapes (½ cup)
- Lima beans (½ cup)
- Nectarine (1 medium)
- Onion (1 medium)
- Pear (1 medium)
- Peas (½ cup)

- Blueberries (1 cup)
- Collard greens (2 cups)
- Kiwifruit (2 medium)
- Mango (½ mango)
- Nectarine (1 medium)
- Olives (½ cup)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Spinach (1½ cups shredded)

- Artichoke (1 edible portion)
- Apricots (4 fresh whole)
- Arugula (4 cups)
- Beets (1 medium beet or ¾ cup)
- Blackberries (1 cup)
- Broccoli (1 medium stalk)
- Dates (½ cup fresh)
- Figs (2 dried)
- Peas (½ cup)
- Potato (1 medium)
- Prunes (5 dried)
- Raisins (1/4 cup)

- Artichoke (1 edible portion)
- Banana (1 medium)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Dates (½ cup fresh)
- Figs (2 dried)
- Green beans (¾ cup)
- Kiwifruit (2 medium)
- Onion (1 medium)
- Orange (1 medium)
- Prunes (5 dried)
- Sweet potato (1 medium)

- Green soybeans (½ cup)

- Artichoke (1 edible portion)
- Avocado (½ cup)
- Beets (1 medium beet)
- Blackberries (1 cup fresh)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leaf lettuce (1½ cups shredded)
- Leek (1 leek or 1 cup)
- Papaya (½ medium fruit)
- Raspberries (1 cup)

PACK MORE FRUITS & VEGGIES INTO EACH DAY!

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1192-0510

Agave & Banana Yucca

Submitted by: Jessica Powskey | Hualapai Substance Abuse & Prevention

Agave utahensis

From Wikipedia, the free encyclopedia

Agave utahensis is a species of agave known by the common name **Utah agave**. Varieties of the species include the **Nevada agave** and **Kaibab agave**. It is an uncommon plant of the United States' desert southwest, in the states of Utah, Nevada, Arizona and California.

Description

Agave utahensis is a rosette-shaped agave having blue-green sharp-spiked leaves. The raceme inflorescence is very tall, reaching a maximum of 4 m (12 ft). It is generally yellow or yellow-green with bulbous yellow flowers. The fruits are capsules 1 to 3 centimeters long and containing black seed.



Uses

The plant was used for food and fiber by local Native American peoples such as the Havasupai. Among the Navajo, the plant is used to make blankets.

Yucca

Description: The yucca plant is native to the high deserts of the southwestern United States and Mexico. It is also found less commonly in parts of the eastern United States and West Indies. Extracts from the plant's root are used in alternative medicine as a soap and as an herbal dietary supplement. The yucca has at least 40 species, including *Yucca filamentosa*, the most common type, *Yucca brevifolia* (Joshua tree), *Yucca aloifolia* (Spanish bayonet), and *Yucca gloriosa* (Spanish dagger). Two other species, *Yucca baccata* and *Yucca glauca*, are called soap plant because their roots are especially good for making soap.

Yucca plants are tree-like succulents of the lily family (Liliaceae) with stemless stiff, pointed leaves that end in a sharp needle. The Joshua tree, the namesake of Joshua Tree National Park near Palm Springs, California, is believed to have been named by Mormon settlers because the plant's angular branches resembled the outstretched arms of Joshua leading them out of the desert. The yucca flower is a series of white or purple blossoms on a long stalk.

General use: Native American tribes in the southwestern United States and Northern Mexico found numerous uses for the yucca, dating back hundreds of years. Several tribes, including the Western Apaches on the Fort Apache Reservation in Arizona, use the plant today. The most common use seems to be for hygiene. Roots of the yucca baccata are pounded to remove extracts that are made into shampoo and soap. The Apaches also use yucca leaf fibers to make dental floss and rope. Historically, Western Apaches mixed ground juniper berries with yucca fruit to make a gravy. They also made a fermented drink from juniper berries and yucca fruit pounded to a pulp and soaked in water. Other Native American groups used yucca soap to treat dandruff and hair loss.

Native Americans also used yucca plants for a variety of other non-medical purposes, including making sandals, belts, cloth, baskets, cords,

and mats. Such uses can still be found today among Hopi, Papago, and Ute Indians. The Zuni used a mixture of soap made from yucca sap and ground aster to wash newborn babies to stimulate hair growth. Navajos would tie a bunch of yucca fibers together and use it as a brush for cleaning metates.

The primary medical use of yucca is to treat arthritis and joint pain and inflammation. Native Americans used sap from the leaves in poultices or baths to treat skin lesions, sprains, inflammation, and bleeding. Teas made from yucca mixed together with other herbs are still brewed by folk healers in northern New Mexico to treat asthma and headaches. Constituents of the yucca are used today to treat people with osteoarthritis and rheumatoid arthritis. The plant's medical properties are found in saponins, precursors of cortisone, which prevent the release of toxins from the intestines that restrict normal cartilage formation. Saponins are produced naturally in the body by the adrenal glands. It is believed yucca works best for arthritis when taken over an extended period of time.

Yucca extract is used to treat a variety of other conditions, including migraine headaches, colitis, ulcers, wounds, gout, bursitis, hypertension (high blood pressure), and high LDL cholesterol (also called bad cholesterol). Liver, kidney, and gallbladder disorders are also treated with yucca extract. More recently, researchers have found that resveratrol, a compound found in yucca extract as

well as in red wine, inhibits the aggregation or clumping of blood platelets. This finding suggests that yucca extract may be useful in preventing blood clots.

A number of commercial uses for yucca extract have been found, including adding it to root beer, alcoholic beer, and cocktail mixers as a foaming agent. The bittersweet dark brown extract is also used as an additive in ice cream and other foods.

The extract of the *Yucca schidigera* (Mojave or Mo-have yucca) is also used as an additive in natural pet foods. It is reported to speed up bowel elimination, reduce fecal and urine odor, and improve digestion in dogs and cats. It can also be added to pet food as a spray or drops. Several studies also show that when added to animal feed, *Yucca schidigera* extract can reduce noxious ammonia. Gas in the waste products of poultry, pigs, cows, and horses.



A decrease in ammonia levels can increase egg production in chickens and milk production in dairy cattle.

Preparations: The standard dosage of concentrated yucca saponins is two to four tablets or capsules a day. Yucca concentrate is also available as a tea, with the usual dosage being 3–5 cups a day. Capsules and tablets are commonly sold in doses of 500 milligrams. A bottle of 30, 60, 90, or 100 units costs \$6–10 and can usually be found in health food stores.

Precautions: Since yucca has rarely been studied in a scientific setting, it is not known whether it is safe in children, pregnant or lactating women, or people with a history of severe kidney or liver diseases, heart disease, or cancer. It appears to be nontoxic to other mammals, including such household pets as cats and dogs.

Side effects: Saponins extracted from yucca plants are generally considered safe when used in traditional doses and forms based on several hundred years of use by Native Americans, both as food and medicine. In recent years, the only reported minor problems are rare cases of diarrhea and nausea. Some people who are sensitive to plant allergens may develop a mild skin rash from contact with yucca sap.

Interactions: Long-term internal use of yucca extract may interfere with the absorption of such fat-soluble vitamins as A, D, E, and K. As of 2002, however, no interactions between yucca and standard prescription medications have been reported.

The Road to Recovery • Monday Nights

Submitted by: Keely 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

RECOVERING:

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

- Resolving anger Issues.
- Releasing co-dependent relationships.
- Rediscovering your walk with Jesus.
- Restoring relationships with family and friends.
- Reaching 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

Beloved Community Members

Submitted by: Zeke Smith

To my beloved community members,
Jo! Gamyu jeh? Nyach em mi eh geh,
Jonny Mack!! (laughs) Mach beh?
Good morning sleepyheads... always
remember awake before the sun, is the
way we as Native Americans believe.
It's just good manners and a sign of
respect, a blessing to the nature of life
to be alive with Grandfather, Father of
the universe. The tale is "if" you don't
wake up early, the sun pee's on you
and you become lazy, worthless, tired
and don't care. I share what was told
to me as a child, from my grandpar-
ents.

My grandparents were somewhat
amazing in their own way (I guess). I
was just a lil' baby Zeke, not knowing
what life meant. I ran with my dog,
Bingo "Ultimate Warrior". Oh yeah.
Remember those days? That was with
fun. I can speak for days about who
Zeke Smith is, believe it or not. Don't
fear man, fear yourselves, though for-
give yourselves and your enemies, and
show humility and humbleness for
your first test.

Though you have to have faith, this
article isn't about me – it is for my pa-
rental Father, Thomas C. Smith aka
Tommy and maybe more nicknames,

COMMUNITY MESSAGES

Happy Birthday

Submitted by: *Tinisha Pickayviatt*



July 16th

Matix Martin, you make me so happy son. I am so proud of you. we love you more then you know. Happy 6th birthday son!

Love Mom, Shady,

Nan, Dione and Marvin

that I don't know. Keep it that way, please. Have respect for me and I hope you really understand, I take this serious of the heart-break to my loss of no remembrance as a child... only to grow up with "hear say" of the life he lived; must have been hard to serve his country and to see and do combat and watch his fellow fallen brother, K.I.A., and to add a lil' more endurance of sadness and happiness, that my father was an all-star athlete, best of the best in his own image; must have broke a lot of feelings...but gained fame and only chose one lady, Geneva D. Jackson Smith. Real true love, how sad that love can kill - true story, not crazy; love is be aware of, if you don't know what love means, learn about it, first read about it in the Bible.

Don't listen to no man, follow you heart. Let love drop in on you. I have a way of saying things and I only say it one time. I forget, you forget, that's our problem. Don't ask me again 'cause it'll only be a lie or maybe say it fruitfully better, only to remember; so pay at-

tention, stand firm and focus. I know a lot of things that I have learned, "good, bad and the ugly", to be honest. I'm not the same like you, I'm different. I've come quite a way to see the future and know life and death, it's not funny! Just know we're born to die... what's you fate? I wish we could live 100,000 years in human life with no souls, immortals - but what's the meaning? I'm glad that we as the new world order have somewhat of a second and some chances to live with love and through love. Jesus is kind, this faith we'll hurt but love is your best solution to all your problems, it teaches, love yourself, then others. Don't take this out of context, it doesn't mean sexually act on it, it means care, be kind, patience, knowledge, humbleness, humility, happiness, bear fruits and teach the word of love, show and demonstrate to them. Be true to yourself, learn to be truthful; don't be boastful about yourselves, love is not jealous or proud, nor rude or demand its own way; love is not irritable. Plus, it keeps no record of the wrong doings, love is never glad about injustice, love doesn't give up or loses faith. Love is always hopeful and endures all circumstance. True love will last forever, if you want it. I'm desperate for love, I practice these when alone then a lil' to others, 'cause people don't understand the meaning. Love is the greatest feeling, when you feel left out. It drives you emotionally happy and you know love is with you always. Regardless of any situation, there's all kinds of love, depending how you use it, trust me.

I live it today and always without love, I wouldn't be here. Don't get me wrong, I've done it all and I'm still loved. I believe Jesus came for all sinners and died for us on the cross and three days later rose back to life and went back to heaven, though. I know this - he lives in us, no matter what we do, just forgive. This is a tough one for sinners, true facts, real talk. I'm alone only to unconditionally love at the moment, but can define true love at my very best. I'm somewhat lost, bitter, abandoned, troubled, unclear of hearsay, though I know I'm a man and I have to make decisions and be on my own, provide for myself and find a wife when the time comes. I have not lived a normal teenager's life, knowing and not knowing, what a man can get into. My childhood was out of miracles with struggles of hardship, gambling twice a month, if that. Those were my fun days. Not knowing, but hard love was there to provide my way, I was fed, money was given to me, big money - \$20 and a movie, to me, I was fine with that. Imagine walking with a stranger at a young age, 5 years old and not knowing the cause, Pioneer to Riverside, Pioneer to Colorado Bell, arcade games were the best games. One day I'm gonna write a book or a few, if it's not too late.

Thanks for your condolences, a helping hand, a shed of tears, whatever your reason for being there, I hope it was worth it. I'm happy where I'm at, I'm sober and clear minded, deeply hurt, not for my dad, for me, Zeke Floyd Smith, if you only knew. My heart soars high in the sky like a hawk watching everything and protecting all of you. Aho! To all my relations.

²⁰Yours truly, Zeke Smith¹⁷

