

Newsletter of the Hualapai Tribe

GAMYU

Issue #16

Friday, August 11, 2017

2017 Miss Hualapai Pageant ★ Friday, September 8th

Submitted by: Jacqueline Marshall | Miss Hualapai Committee



2017 Miss Hualapai Pageant

Friday, September 8, 2017
4:00 pm
Hualapai Tribal Gymnasium



Contestant Entry Fees:

Little Miss Hualapai
(6-12 years old)
\$30.00

Miss Teen Hualapai
(13-17 years old)
\$35.00

Miss Hualapai
(18-25 years old)
\$40.00

We encourage contestants
to obtain sponsorship to
cover costs.

For Pageant Information, please contact:
Monique Alvarez (928) 226-5328 | Omsovens! Coochwytewa (620) 334-0867 or
Jacqueline Marshall (928) 716-8859

For Lodging Information, please call (928) 786-2230

Special points of interest:

- TERC Meeting will be Wednesday, August 16th at 9:00 a.m. at the Hualapai Cultural Resources.
- HTUA Meeting will be on Wednesday, August 16th at 3:00 p.m. at the Hualapai Education, Health & Wellness.
- Scoping Meeting for Homesite Lease Ordinance will be held on Tuesday, August 22 at 5:30 p.m. at the Multi-Purpose Building (See page 19).
- Regular Hualapai Tribal Council Meeting will be on Saturday, September 9th at 8:01 a.m. in the Tribal Chambers.

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Invitation for Bids ★ Construction of Three Single-Family Homes

Submitted by: Kevin Davidson | Hualapai Planning Department



NOTICE OF INVITATION FOR BIDS FROM RESIDENTIAL BUILDING CONTRACTORS, IFB NO. 01-2017 (UTL 1083401)

CONSTRUCTION OF THREE (3) SINGLE-FAMILY HOMES IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting bids from licensed residential contractors to construct three (3) single family homes in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites Indian and non-Indian owned firms to submit sealed bids. The Tribe will select the bidder whose bid does not substantially exceed the amount of funds available for construction of the project, subject to applicable Indian Preference requirements and assessments of the Bidder's responsiveness and responsibility. Funds are derived from the Hualapai General Fund. The new homes must be ready for occupancy no later than seven (7) months after contract's Notice to Proceed is given.

A complete copy of this IFB may be obtained from our website at: <http://hualapai-nsn.gov/> or by contact UrbanTech Ltd. at 602-678-0533. Bidders must contact UrbanTech Ltd. to be placed on the official bidders list, which is distributed to plan rooms.

AVAILABILITY OF BID SET: August 4, 2017. Bids set will be available for download from <http://hualapai-nsn.gov/> or from UrbanTech Ltd by calling 602-678-0533.

PRE-SUBMITTAL CONFERENCE: August 17, 2017, 1:00 P.M. Hualapai Cultural Center, 880 West Highway 66 Peach Springs, Arizona 86434.

SUBMITTAL DUE DATE AND PUBLIC BID OPENING: September 7, 2017, 2:00 P.M. at Hualapai Administration Building, 941 Hualapai Way Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Matt Utyro, UrbanTech, 602-678-0533, matt@urbantech-ltd.com

Please remember to submit your Gamyu articles in **BY** the deadline to avoid any inconvenience with the print time. You are welcome to email your articles to dbravo@hualapai-nsn.gov.

Article Deadline:
FRIDAY, August 18th

Next Publication:
Friday, August 25th

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.

TERC Board Member ★ Applications Due by Friday, September 15th

Submitted by: Kevin Davidson | Hualapai Planning Department

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

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

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

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



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

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

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

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

Hualapai Tribe

Department of Planning & Economic Development

P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434
Phone (928) 769-1310 * Fax (928) 769-1377

The Planning Department is looking for One new TERC Member.

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) Board of Commissioners. Below is a summary of what TERC is and what their function is.

Under the Hualapai Environmental Review Code (HERC) the Board of Commissioners has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The Board of Commissioners is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any site within Hualapai Tribal lands, in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If any person is interested, you can pick up an application at the Hualapai Planning Department, fill it out and turn it in to the Department at 887 Hwy 66 (next to 76 fuel station). **The due date for applications is September 15, 2017.** If you have any questions please feel free to contact me at 769-1310.

Respectfully,

Kevin Davidson, Director
Planning & Economic Development

TSA Alert ★ New Screening Procedure
Submitted by: Adeline Crozier | Hualapai Tribal Administration



1065 Hillcrest Dr, Kingman AZ 86409
928-757-9447 fax: 928-757-5174
888-850-8120
email: travelexperts@hotmail.com

CRUISE'N TRAVEL EXPERTS

TSA ALERT

On Wednesday, July 26, the Transportation Security Administration (TSA) announced that passengers transiting US airports will now have to remove tablets, laptops, and other large electronic devices bigger than a cell phone from their carry-on bags during security screenings. TSA will now x-ray these items separately from the carry-on bag itself. While it has always been required to remove laptop computers from carry-on bags, the new directive encompasses tablets, e-readers, and portable gaming consoles.

The new screening procedure will not affect those enrolled in TSA's PreCheck program. TSA stated that they will implement these new procedures in the "weeks and months."

I recommend frequent fliers apply for a TSA PreCheck number. You will need to go online find out what necessary documents you will need, the cost and fill out TSA form to apply.

The nearest TSA Precheck is:

IdentoGO

3100 Gatlin Dr

Ste B

Kingman, AZ 86401-7783

Pamela Blackwood/Independent Contractor

Your travel center

MEMBER OF THE **FROSCH** TRAVEL GROUP

Hualapai Transit ★ Local & Kingman Bus Route

Submitted by: Ginger Marshall | Hualapai Transit

Kingman Ya:m Jo'h Ya:m

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

SHOPPING TRIPS (Wednesday & Saturdays)

****RESERVATIONS REQUIRED****

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

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

Reserve your seat call 928-769-6384

hualapaitransit.org
928-769-6384

BUS FARE

Hakdagwiva Bus

FOR EVERYONE Free

Kingman Ya:m Jo'h & Shopping

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

Kingman Ya:m Jo'h 30 Day Passes

UNLIMITED RIDES PER TIME PERIOD

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

ABSOLUTELY NO REFUNDS

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

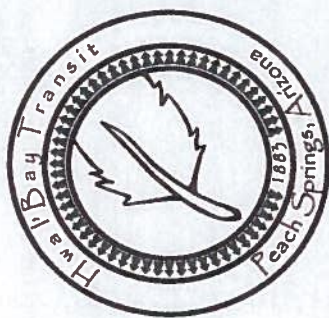
Mission: Hualapai Transit will provide safe, reliable, friendly and affordable transportation services to meet the mobility needs of the Hualapai community & surrounding areas while pursuing sustainable development and facilitating the cultural missions of the Peach Springs Community



Hualapai Transit

Serving the Hualapai Indian Reservation
and Historic Route 66 Communities

hualapaitransit.org
928-769-6384



Passenger Guide
 INCLUDES
 Complete Schedule
 Route Map
 Fares and Bus Passes



Hakdagwiva Route Map

Map not to scale

1. Tribal Office
2. Elderly
3. Clinic
4. Highview & Blue Mountain St.
5. Housing
6. Diamond Creek & Highview
7. Diamond Creek & Hualapai Way
8. Headstart/Day Care
9. Indian Way
10. Peach Springs School
11. Walapai Market
12. GCRC
13. Cultural Resources
14. Tribal Gym
15. Hualapai Lodge

Hakdagwiva Bus Schedule

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

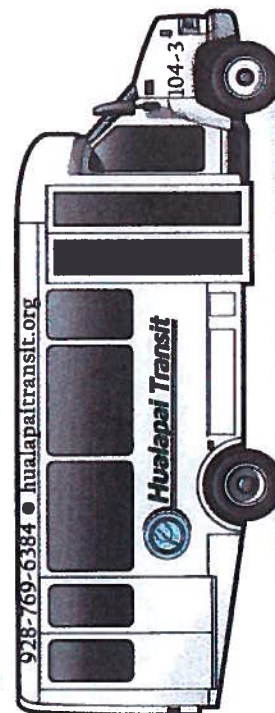
For current schedule updates and information:

928-769-6384

hualapaitransit.org

Tips for Riding the Bus

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





Hualapai Transit

PO Box 179
 Peach Springs, Arizona 86434
 928-769-6384
www.hualapaitransit.org
hualapai.transit@hualapai-nsn.gov

Grand Canyon Caverns Seligman School Route

2017-18 School Year

AM Route

06:20 Buck & Doe Circle
 06:25 Milkweed Circle
 06:38 Diamond Creek & Route 66 Park
 Across from Hualapai Lodge
 06:40 Peach Springs Elementary School
 06:42 Tribal Office
 06:45 Housing Department
 07:00 Grand Canyon Caverns
 Transfer students to Seligman School Bus

PM Route

16:30 Grand Canyon Caverns
 16:37 Depart Caverns
 16:47 Housing Department
 16:49 Tribal Office
 16:52 Peach Springs Elementary
 16:55 Diamond Creek & Route 66 Park
 17:00 Tribal Office – Transfer Buck & Doe and Milkweed Students to
 Regular Transit Bus

FARES

\$2.00	One Way (To or From Caverns)
\$3.00	Daily Round Trip
\$40.00	Monthly Pass – Caverns Only
	Valid for 30 Days from Purchase Date

Route Operates on School Days Only

14:00 Early Release Days – Take 2 Hours From PM Route Times

Vision: Hualapai Transit is committed to openness and integrity. Hualapai Transit supports the Hualapai Tribes commitment to support the independence of Hualapai Tribal members & surrounding areas and to be a model for excellence by integrating the local spirit and culture.
Mission: Hualapai Transit will provide safe, reliable, friendly and affordable transportation services to meet the mobility needs of the Hualapai Community and surrounding areas while pursuing sustainable development and facilitating the cultural missions of the Peach Springs community.

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

Public Notice ★ Gate Valves on the Livestock Water Lines*Submitted by: Rachele 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

AUGUST 2017

Diamond Creek Restaurant ★ August Specials Submitted by: Shawna Havatone | Diamond Creek Restaurant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
3 Mini Tacos with Rice & Beans	6	7	8	9	10	11
	Carne Asada Fries	Goulash with Salad & Dinner Roll	BBQ Ribs with Potato Salad & Corn on Cob	Lunch Buffet & Salad Bar	Fish & Chips	Chicken Quesadilla with Rice & Beans
13	14	15	16	17	18	19
Chicken Pot Pie	Pulled BBQ Pork Sandwich with Side	Posole' with Frybread	Egg Salad on Croissant w/ Side	Lunch Buffet & Salad Bar	Fish & Chips	Nacho Supreme
20	21	22	23	24	25	26
Lasagna with Salad & Garlic Bread	2 Tacos, 1 Tamale with Rice & Beans	Meatloaf w/ Mash and Gravy	Individual BBQ Chicken Pizza with Salad	Lunch Buffet & Salad Bar	Fish & Chips	Pork Green Chili Hualapal Taco
27	28	29	30	31		
Pulled Pork Sliders with Potato Salad	Italian Sub with Side	Beef Stroganoff with Salad	Pork Green Chili Fries	Lunch Buffet & Salad Bar		

INFO:

Specials:

Specials are subject to change without notice.

Contact Information:

Shawna Havatone, Rest. Manager
 Bowman Yaramata, Kitchen Supervisor
 Little Feather Querla, Restaurant Supervisor
 928-769-2800

Diana Amibosie, General Mgr
 Hue Sowash, Hotel Manager

Hours of operation:

Open 7 days a week
 Dining Hours 6:30am to 9:00pm
 Take-Out 6:30am to 8:30pm
 For all take-out orders, a credit card will be required to process any orders over \$20.00.

GED Orientation ★ August 14th—17th & August 21st—24th
Submitted by: Nikki M. Raymond | Hualapai Department of Education & Training

GED Orientation

WHEN

August 14 – 17

9:00 – 12:00 pm

August 21 - 24

9:00 – 12:00 pm

WHERE

Building 900

Room 903

1971 Jagerson, Kingman AZ 86409

Coming Soon!

Pre-College Studios

GED orientation and classes are free. The orientation is designed to identify student's educational goals, assess academic needs, complete state-required paperwork and bolster student-success skills prior to starting Pre-college Studies classes.

Important!

Attendance is mandatory for all four days of the orientation. Students interested in the orientation must call the office at 928- 2 3040

For additional information call the PCS Office at: 928-692-3040

MCC Mohave
Community
College

1.866.664.2832
www.mohave.edu

Bullhead City | Kingman | Lake Havasu City | North Mohave | Orderville



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

Dislocated Worker Program Orientation ★ Monday, August 14th

Submitted by: Nikki M. Raymond | Hualapai Department of Education & Training



Innovative Workforce Solutions

NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD
Workforce Innovations and Opportunity Act

Dislocated Worker Program
Orientation

Monday, August 14, 2017

12:00pm – 1:00pm

Hualapai Nation

Education & Training Building

460 Hualapai Way, Peach Springs

- ✚ Have you been laid-off?
- ✚ Collecting Unemployment Insurance benefits or has exhausted benefits?
- ✚ Are you a stay at home male or female who has been providing unpaid services to a family member and been dependent on the income? Have you now lost that income because of divorce, legal separation, or by the death of that person?
- ✚ If you answered **YES** to any of these questions, you are encouraged to attend the orientation to find out more about the Workforce Innovation and Opportunity Act (WIOA) Dislocated Worker Program.

Equal Opportunity Employer/Program

Auxiliary aids & services are available upon request to individuals with disabilities

TTY: 7-1-1

Coconino County Rangeland & Livestock Workshop ★ Tuesday, August 22nd
Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative Extension

Mohave County

101 E Beale Street, Kingman AZ 86401 • 928-753-3788 • Fax: 928-753-1665 • extension.arizona.edu/mohave

SAVE THE DATE

Coconino County Rangeland & Livestock Workshop

Tuesday August 22, 2017

**Arizona Game & Fish Department Conference Room
3500 S Lake Mary Rd, Flagstaff, AZ 85935**

Topics to be covered:

- Basic botany/plant parts
- Plant Life forms
- Plant Morphology and Physiology
- Coconino Popular Plants Identification
- International Trade Situation and Market Outlook for Beef
- Strategies to Manage for Drought and Market Risks
- Hands-on Spreadsheet Tools for Evaluating the Profitability of Supplement, Other Inputs, and Herd Mix
- Mineral Deficiencies in Arizona Rangeland Forages
- Potential Mineral Deficiencies in Arizona Range Cattle

***Please bring a laptop computer if you have one**

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, College of Agriculture Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities. "Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Christine Murphy, at (928) 753-3788. Requests should be made as early as possible to allow time to arrange the accommodation."



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



COCONINO COUNTY RANGE & LIVESTOCK WORKSHOP
TUESDAY, AUGUST 22nd, 2017

AZGFD Conference Room
3500 S Lake Mary Rd, Flagstaff Arizona

REGISTRATION INFORMATION

Please register by August 16, 2017 (for lunch count)
Payment can be taken the day of

Cost: \$20.00 per person (includes lunch)
Make Checks Payable to: University of Arizona

MAIL REGISTRATION AND CHECK TO:
COCONINO COUNTY COOPERATIVE EXTENSION
2304 N 3rd St, Flagstaff, AZ 86004



Name: _____ Ranch/Organization: _____

Mailing Address: _____

Phone: _____ Email: _____

No. Attending: _____ x \$20.00 = \$ _____ Total Enclosed \$ _____

Cost: \$20.00 per person (includes lunch)
Make Checks Payable to: University of Arizona

RSVP TO:

PLEASE EMAIL YOUR INFORMATION TO:

brischke@cals.arizona.edu
bgobble@email.arizona.edu

CONTACT WITH QUESTIONS:

928-773-6100
928-753-3788

OR BY MAIL:

BRANDIE GOBBLE
2304 N 3RD STREET
FLAGSTAFF, AZ 86004

Issued in furtherance of Cooperative Extension work, acts as May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture, Jeffrey C. Silvertooth Associate Dean & Director, Economic Development & Extension, Cooperative Extension, College of Agriculture Life Sciences, the University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Coconino County Range & Livestock Workshop

Tuesday, August 22nd, 2017

AZGFD Conference Room

3500 S Lake Mary Rd, Flagstaff, AZ

- | | |
|----------|---|
| 8:30 am | Registration |
| 9:00 am | Introductions and Overview |
| 9:05 am | Common Range Plants of Coconino County – <i>Andrew Brischke & Ashley Hall, Area Extension Agent</i> |
| 9:30 am | Basic Botany and Plant Parts – <i>Hattie Braun, Coconino Extension Director</i> |
| 10:15 am | Break |
| 10:30 am | Plant Life Forms – <i>Ashley Hall, Area Extension Agent</i> |
| 11:15 am | Plant Morphology and Physiology – <i>George Ruyle, Extension Specialist</i> |
| 11:45 am | Common Range Plants of Coconino County Review - <i>Andrew Brischke & Ashley Hall, Area Extension Agent</i> |
| 12:00 pm | Lunch |
| 1:00 pm | International Trade Situation and Market Outlook for Beef - <i>Russ Tronstad, Extension Specialist</i> |
| 1:30 pm | Mineral Deficiencies in Arizona Rangeland Forages - <i>Andrew Brischke, Area Extension Agent</i> |
| 1:50 pm | Supplementing for Success: Potential Mineral Deficiencies in Arizona Range Cattle - <i>Ashley Wright, Area Extension Agent</i> |
| 2:30 pm | Break |
| 2:45 pm | Strategies to Manage Drought and Market Risks - <i>Russ Tronstad, Extension Specialist</i> |
| 3:15 pm | Hands-on Spreadsheet Tools for Evaluating the Profitability of Supplement, Other Inputs, and Herd Mix (please bring your laptop computer if you have one) - <i>Russ Tronstad, Extension Specialist</i> |
| 3:45 pm | Livestock Budgets and Record Keeping - <i>Trent Teegerstrom, Extension Specialist</i> |
| 4:15 pm | Wrap-up and Evaluations |
| 4:30 pm | Adjourn |

Mohave County/BLM Rangeland Workshop & Forum ★ Wednesday, August 23rd
Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative Extension

Mohave County

101 E Beale Street, Kingman AZ 86401 • 928-753-3788 • Fax: 928-753-1665 • extension.arizona.edu/mohave

SAVE THE DATE

**Mohave County /BLM Rangeland
Workshop & Forum**

Wednesday August 23, 2017

**Mohave County Cooperative Extension Office
101 E Beale Street, Kingman AZ 86401**

Topics to be covered:

- International Trade Situation and Market Outlook for Beef
- Strategies to Manage for Drought and Market Risks
- Hands-on Spreadsheet Tools for Evaluating the Profitability of Supplement, Other Inputs, and Herd Mix
- Goals and Objectives of Travel Management Plan
- Travel Management Map Example Exercise
- Work on Allotment Maps
- Mineral Deficiencies in Arizona Rangeland Forages
- Potential Mineral Deficiencies in Arizona Range Cattle

***Please bring a laptop computer if you have one**

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



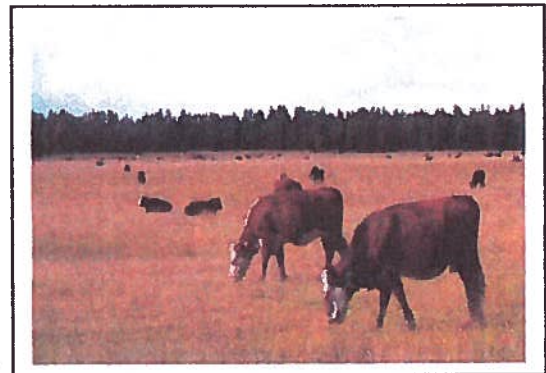
MOHOVE COUNTY RANGE & LIVESTOCK WORKSHOP/BLM FORUM **WEDNESDAY, AUGUST 23rd, 2017**

Mohave County Public Works Conference Room
3715 Sunshine Drive, Kingman, AZ

REGISTRATION INFORMATION

Please register by August 16, 2017 (for lunch count)

MAIL REGISTRATION TO:
YAVAPAI COUNTY COOPERATIVE EXTENSION
840 RODEO DR, BLDG. C
PRESCOTT, AZ 86305



Name: _____ Ranch/Organization: _____

Mailing Address: _____

Phone: _____ Email: _____

RSVP TO:

PLEASE EMAIL YOUR INFORMATION TO:

brischke@cals.arizona.edu
lydiawatts@email.arizona.edu

OR BY MAIL:

LYDIA WATTS
840 RODEO DR. BLDG. C
PRESCOTT, AZ 86305

CONTACT WITH QUESTIONS:

928-753-3788

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Mohave County Range & Livestock Workshop/BLM ForumWednesday, August 23rd, 2017

Mohave County Public Works Conference Room

3715 Sunshine Dr, Kingman, AZ

- 8:30 am **Registration**
- 9:00 am **Introductions and Overview**
- 9:05 am **International Trade Situation and Market Outlook for Beef - Russ Tronstad**
Extension Specialist
- 9:30 am **Mineral Deficiencies in Arizona Rangeland Forages - Andrew Brischke, Area**
Extension Agent
- 9:50 am **Supplementing for Success: Potential Mineral Deficiencies in Arizona Range**
Cattle - Ashley Wright, Area Extension Agent
- 10:30 am **Break**
- 10:40 am **Strategies to Manage Drought and Market Risks - Russ Tronstad, Extension Specialist**
- 11:10 am **Hands-on Spreadsheet Tools for Evaluating the Profitability of Supplement,**
Other Inputs, and Herd Mix (please bring your laptop computer if you
have one) - Russ Tronstad, Extension Specialist
- 11:40 am **Livestock Budgets and Record Keeping - Trent Teegerstrom, Extension Specialist**
- 12:10 pm **Lunch (Sponsored by: Big Sandy NRCD)**
- 1:00 pm **BLM Kingman Travel Management Planning Overview – Chris Bryan and Matt**
Driscoll, BLM
- 1:30 pm **Travel Management Allotment Map Marking Guide Session – Matt Driscoll, BLM**
- 2:15 pm **Break**
- 2:30 pm **Hand out Allotment Maps (three copies of each Allotment will be provided) – BLM**
Team (Mike Blanton, Joelle Acton, Karima El-Negery, Chris Bryan & Amanda Dodson)
- 2:50 pm **Questions and Answer Session for Allotment Map Marking – BLM Team**
- 3:30 pm **Wrap-up and Evaluations**
- 3:45 pm **Adjourn**

Scoping Meeting for Homesite Lease Ordinance ★ Tuesday, August 22nd*Submitted by: Kevin Davidson | Hualapai Planning Department***HUALAPAI PLANNING DEPARTMENT**

Scoping Meeting for Homesite Lease Ordinance

Meeting will be held at the Multi-Purpose building on August 22, 2017 at 5:30-7:00pm this meeting is open to the public and all are welcome. Please come and give your input on the size of the Homesites given and other issues pertaining to homesites. If you want to be heard you need to come to the meeting, thank you.

If you have any questions please call Michelle Zephier at the Hualapai Planning Dept. at 928-769-1310.

21st Soboba Inter-Tribal Pow Wow ★ Begins Friday, September 15th*Submitted by: Charlotte Navanick | Ute Tribe Public Relations*

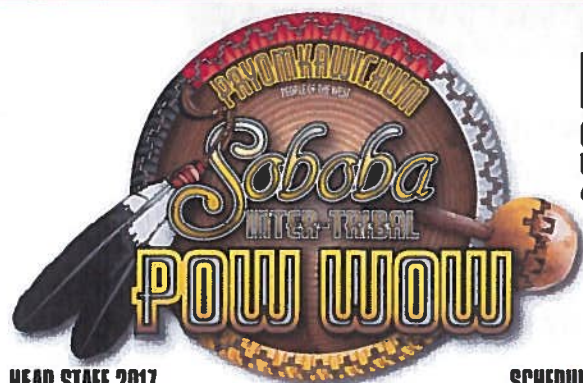
21st Annual
PAYOKKAUWICHUM
 PEOPLE OF THE WEST
Soboba
 INTER-TRIBAL
POW WOW

SEPTEMBER 15, 16, & 17, 2017 | **SOBOBA EVENT CENTER**
 23333 SOBOBA RD. SAN JACINTO, CA. 92583 (Next to SOBOBA CASINO)

FAMILY EVENT
FREE ADMISSION
FREE PARKING

EVERYONE IS WELCOME, OPEN TO THE PUBLIC

Soboba Pow Wow Committee, Soboba Band of Luiseno Indians & Soboba Casino will not be responsible for loss, theft and short funded travelers.

**HEAD STAFF 2017**

Master Of Ceremonies:
TOM PHILLIPS
HOWIE THOMPSON

Arena Directors:
WESLEY WINDYBOY
MICHAEL ROBERTS

Head Gourd Singer:
KELLY GRANT

Head Gourd Dancer:
HOWARD COZAD

Southern Dance Judge:
DANITA GOODWILL

Northern Dance Judge:
SKYE MCMICHAEL

Southern Drum Judge:
MARQUETTE SHERIDAN

Northern Drum Judge:
MARCUS DENNY

SCHEDULE

GOURD DANCE:
 SATURDAY & SUNDAY 12PM

GRAND ENTRY:
 FRIDAY 7PM
 SATURDAY 1:30PM & 8PM
 SUNDAY 1PM

BIRD SINGING & DANCING
 SATURDAY EVENING
 GATHERING
 5 PM - 7:30 PM

DANCE CONTEST, DRUM CONTEST, SPECIALS CONTEST*

*Contest Registrations Friday @ 4 PM *Special contest will be announced during the Pow Wow.*



BIRD SINGING & DANCING - Saturday only
 Registration Open
 from 3pm - 5pm

FOR INFORMATION
 Joe Ontiveros
 951-663-5279

SPONSORSHIP, VENDOR
POW WOW INFORMATION
 ANDREW VALLEJOS
 951-654-5544 EXT. 4112

LOCAL LODGING INFORMATION
 QUALITY INN: 951-766-1902
 TRAVEL LODGE: 951-925-6605
 BEST WESTERN: 951-658-2281
 MOTEL 8: 951-929-8900
 HAMPTON INN: 951-929-7373

3rd Annual Southwest IAC Conference ★ September 26th - 27th
Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region

The Intertribal Agriculture Council **3rd ANNUAL SOUTHWEST IAC CONFERENCE**



Tuesday & Wednesday, September 26-27, 2017
Registration begins at 8:00 am (Free Event)

Indian Pueblo Cultural Center
2401 12th Street NW
Albuquerque, NM 87104

Topics Include:

- **2018 Farm Bill**
- **Value Added Production**
- **Soil Health**
- **Produce Safety**
- **Safe Livestock Handling**
- **Conservation Planning**

Lunch will be provided, please RSVP:

Danielle Notah (406) 690-9597

OR desbah@indianaglink.com

Desbah Padilla (505) 377-0342

Teresa Honga (928) 302-6835

EMPLOYMENT OPPORTUNITIES

Temporary HR Data Entry Clerk

Submitted by: Josue Isiordia | GCRC

Grand Canyon Resort Corporation

Temporary HR Data Entry Clerk | \$12.00 hourly

Provide administrative support for the Human Resources function. Assist with receiving applications, getting them out to the department managers in a timely manner. Provides outstanding customer and employee service.

Knowledge and Abilities:

- Knowledge of administrative and clerical procedures.
- Ability to interact with a diverse group of employees and potential employees and provide prompt, courteous outstanding customer service.
- Ability to communicate well, both orally and in writing in a clear, concise manner. Ability to remain calm and focused under pressure.
- Computer literate with knowledge of or ability to learn database software, human resources systems and spreadsheet and word processing software.
- Ability to work in a team environment, multi-task efficiently and maintain positive working relationships. Excellent organizational skills.
- Ability to keep company and employee information confidential.

Qualifications:

- Good oral and written communication skills and strong interpersonal skills.
- Valid Driver's License with clean driving record
- High School Diploma or GED.
- Preference given to Hualapai Tribal members.

Paraprofessional Openings

Submitted by: Sherri James

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.



Hualapai Tribe ★ Current Job Postings

Submitted by: Danielle Bravo | Hualapai Planning Department



2017 Current Job Posting for the Hualapai Tribe

	Job Title	Pay Rate	Opening Date	Closing Date
Health Department	Transportation Program Manager	\$19.00-\$21.00/hr.	July 7, 2017	Open until filled
Public Defender Office	Defense Advocate/Public Defender	D.O.Q.	July 13, 2017	August 14, 2017
Judicial Services	Chief Tribal Prosecutor	D.O.E.	July 14, 2017	August 14, 2017
Hualapai Training Ctr.	Hualapai Education & Training Director	D.O.Q.	July 14, 2017	August 14, 2017
Human Services	Shelter Advocate	D.O.Q.	July 24, 2017	Open until filled

FOR COMPLETE JOB ANNOUNCEMENTS, PLEASE VISIT THE TRIBAL ADMINISTRATION OFFICE (941 Hualapai Way, Peach Springs, AZ) OR VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV for applications.



Community Development Institute
HEAD START

Serving Hualapai Tribe

PO Box 125

Peach Springs, AZ 86434-0125

(928) 769-2244 phone * (928) 769-2457 fax

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

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

Teacher Preschool/Teacher-OnCall

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.

Family and Community Partnerships Coordinator

This position is responsible for oversight and development of systems to provide opportunities and support for growth of Head Start/Early Head Start families so they can identify their own strengths, needs and interests and find their own solutions. Developing a parent and community volunteer program and being the lead on child abuse and neglect issues are also part of this positions responsibilities. Developing relationships with community partners, to whom families can be referred for services, is also a key function of this position. This position is responsible for ensuring Family and Community Partnership services are supported by staff and/or consultants with training and experience in field(s) related to social, human or family services. Must have at least ... to be considered for this position. Pay D.O.E \$15.78 to 16.80.

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.

HEALTH & SAFETY INFORMATION

IHS Notices

Submitted by: Rebecca Rice, Health Educator | IHS



August is
National
Immunization
Awareness
Month

Announcement

Peach Springs Indian Health Services

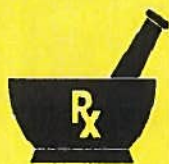
New Pharmacy

Hours:

8:00AM-12:00PM

1:00PM-5:00PM

**New hours begin
on Monday,
August 14th**



Substance Abuse Prevention ★ Wed., August 23rd

Submitted by: Vondell Bender & Jessica Powskey | HEW



HUALAPAI SAP

**HUALAPAI SUBSTANCE ABUSE
PREVENTION WILL START THE NEXT
SERIES OF WELLNESS
PRESENTATIONS
AUGUST 23, 2017
5:30 TO 7:00 PM**

FOR INFORMATION ABOUT THE PRESENTATIONS- CALL ((28)
769-2207

JESSICA POWSKEY, HUALAPAI SAP COORDINATOR

2017 Food Handler Card Training Schedule • Next Training: Tuesday, August 29th

Submitted by: IHS | Rebecca Rice, Health Education

Hualapai Indian Tribe 2017 Food Handler Card Training Schedule

MONTH	DAY	LOCATION	TIME (AZ)	INSTRUCTOR
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.



Hualapai Good Health & Wellness Coalition ★ Next Coalition Meeting: Wed., August 30th

Submitted by: Vondell Bender—GHWIC Educator & Jessica Powskey—SAP | Hualapai Education & Wellness



**Learn
about
us!**

HUALAPAI GOOD HEALTH AND WELLNESS COALITION

**To live a healthy lifestyle and promote
health and wellbeing.**

HOW YOU CAN HELP

**Be an
Advocate**

**Support
Health Projects**

**Promote
Healthier
Options**

Join us

Next Coalition Meeting:
August 30, 2017 @ Cultural Resource's 1p
September 27, 2017 at HEW 1p
October 25, 2017 at HEW 1p

CONTACT US

Site Coordinator:
Vondell Bender and
Jessica Powskey

Email:
vbender@hualapai-nsn.gov
jpowskey@hualapai-nsn.gov

Phone: (928) 769-2207

Mobile On-Site Mammography ★ Tuesday, September 26th

Submitted by: Rebecca Rice, Health Educator | IHS

**Indian Health Services
Peach Springs**

Mobile On-Site Mammography

Date: Tuesday, September 26, 2017

Time: 8:00am-4:00pm

**For appointments,
please call 928-769-2920**

Breast Cancer Screening Guidelines

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

Preparing for your mammogram:

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

"15 minutes could save your life"

Underage Drinking Prevention ★ What Would You Do?

Submitted by: Vondell Bender—GHWIC Educator & Jessica Powskey—SAP | Hualapai Education & Wellness

FAST FACTS About Alcohol



• Alcohol can have long-lasting effects on your brain and body.

• Drinking alcohol can impair your senses.



• Alcohol affects nearly every organ system in the body.



• A young person's brain may be more sensitive to the harmful effects of alcohol than an adult's brain.

• Alcohol can slow your reflexes and make it hard to keep your balance.

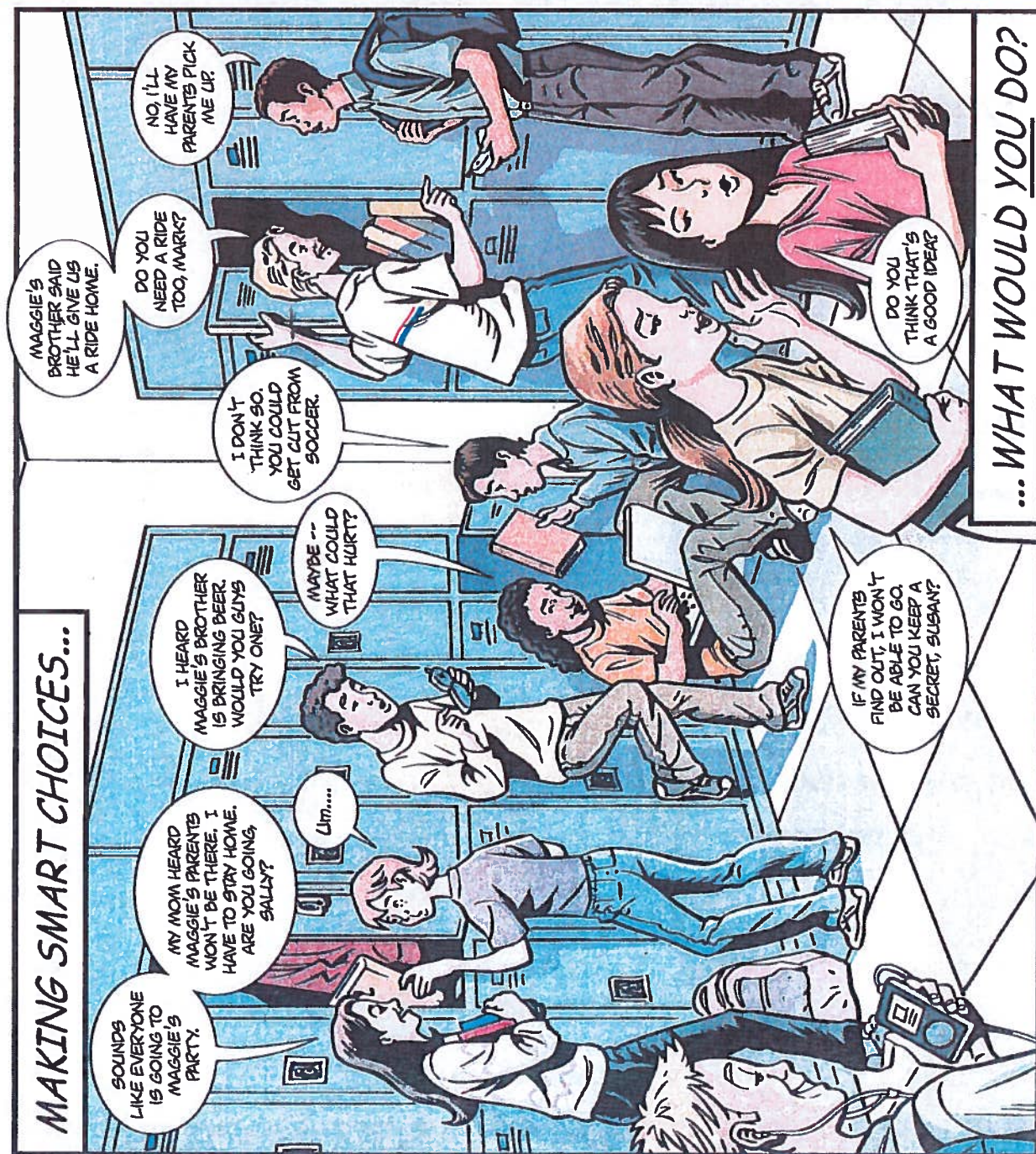


• Drinking alcohol can affect your ability to make smart decisions.

For more information about preventing underage alcohol abuse, visit:
<http://www.stopalcoholabuse.gov>



MAKING SMART CHOICES...



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov



The Road to Recovery

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

Benefits of Quitting

Submitted by: Vondell Bender | GHWIC/SAP Prevention

Benefits of Quitting

Quitting smoking can help most of the major parts of your body: from your brain to your DNA.



Brain

Broken addiction cycle: Quitting smoking can re-wire your brain and help break the cycle of addiction. The large number of nicotine receptors in your brain will return to normal levels after about a month of being quit.

Head and Face

Sharp hearing: Quitting smoking will keep your hearing sharp. Remember, even mild hearing loss can cause problems (like not hearing directions correctly and doing a task wrong).

Better vision: Quitting smoking will improve your night vision and help preserve your overall vision by stopping

the damage that smoking does to your eyes.

Clean mouth: Nobody likes a dirty mouth. After a few days without cigarettes, your smile will be brighter. Quitting smoking now will keep your mouth healthy for years to come.

Clear skin: Quitting smoking is better than anti-aging lotion. Quitting can help clear up blemishes and protect your skin from premature aging and wrinkling.

Heart

Decreased heart risks: Smoking is the leading cause of heart attacks and heart disease. But many of these heart risks can be reversed simply by quitting smoking. Quitting can lower your blood pressure and heart rate almost immediately. Your risk of a heart attack declines within 24 hours.

Thin blood: When you quit smoking, your blood will become thinner and less likely to form dangerous blood clots. Your heart will also have less work to do, because it will be able to move the blood around your body more easily.

Lower cholesterol: Quitting smoking will not get rid of the fatty deposits that are already there. But it will lower the levels of cholesterol and fats circulating in your blood, which will help to slow the buildup of new fatty deposits in your arteries.

Lungs

Stop lung damage: Scarring of the lungs is not reversible. That is why it is important to quit smoking before you do permanent damage to your lungs. Within two weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath. Don't wait until later; quit today!

Prevent emphysema: There is no cure for emphysema. But quitting when you are young, before you have done years of damage to the delicate air sacs in your lungs, will help protect you from developing emphysema later.

Return of cilia: Cilia start to regrow and re-gain normal function very quickly after you quit smoking. They are one of the first things in your body to heal. People sometimes notice that they cough more than usual when they first quit smoking. This is a sign that the cilia are coming back to life. But you're more likely to fight off colds and infections when you're cilia are working properly.

DNA

Lower cancer risk: Quitting smoking will prevent new DNA damage from happening and can even help repair the damage that has already been done. Quitting smoking immediately is the best way to lower your risk of getting cancer.

Stomach and Hormones

Smaller belly: Quitting smoking will reduce your belly fat and lower your risk of diabetes. If you already have diabetes, quitting can help you keep your blood sugar levels in check.

Normal estrogen levels: If you're a woman, your estrogen levels will gradually return to normal after you quit smoking. And if you hope to have children someday, quitting smoking right now will increase your chances of a healthy pregnancy in the future.

Erectile Dysfunction

Sexual healing: If you quit smoking now, you can lower your chances of erectile dysfunction and improve your chances of having a healthy sexual life.

Blood and the Immune System

Normal white blood cell count: When you quit smoking, your body will begin to heal from the injuries that smoking caused. Eventually, your white blood cell counts will return to normal and will no longer be on the defensive.

Proper healing: Quitting smoking will improve blood flow to wounds, allowing important nutrients, minerals, and oxygen to reach the wound and help it heal properly.

Stronger immune system: When you quit smoking, your immune system is no longer exposed to tar and nicotine. It will become stronger, and you will be less likely to get sick.

Muscles and Bones

Strong muscles: Quitting smoking will help increase the availability of oxygen in your blood, and your muscles will become stronger and healthier.

Stronger bones: Quitting smoking can reduce your risk of fractures, both now and later in life. Keep your bones strong and healthy by quitting now. www.smokefree.gov

Top 9 Benefits of Eating Watermelon

Submitted by: Vondell Bender | GHWIC/SAP Prevention

Top 9 Health Benefits of Eating Watermelon

Written by Kerri-Ann Jennings, MS, RD, www.authoritynutrition.com

Watermelon is a delicious and refreshing fruit that's also good for you. It contains only 46 calories per cup, but is high in vitamin C, vitamin A and many healthy plant compounds.

Here are the top 9 health benefits of eating watermelon.

1. Helps You Hydrate

Drinking water is an important way to keep your body hydrated. However, eating foods that have a high water content can also help. Interestingly, watermelon is 92% water.

A high water content is one of the reasons that fruits and vegetables help you feel full. The combination of water and fiber means you're eating a good volume of food without a lot of calories.

BOTTOM LINE: Watermelon has a high water content. This makes it hydrating and helps you feel full.

2. Contains Nutrients & Beneficial Plant Compounds

As far as fruits go, watermelon is one of the lowest in calories - only 46 calories per cup. That's lower than even "low-sugar" fruits such as berries.

A cup (154 grams) of watermelon has many other nutrients as well, including these vitamins and minerals:

- **Vitamin C:** 21% of the RDI.
- **Vitamin A:** 18% of the RDI.
- **Potassium:** 5% of the RDI.
- **Magnesium:** 4% of the RDI.



- **Vitamins B1, B5 and B6:** 3% of the RDI.

Watermelon is also high in carotenoids, including beta-carotene and lycopene. Plus, it has citrulline, an important amino acid.



Here's an overview of watermelon's most important antioxidants:

Vitamin C: Vitamin C is an antioxidant that helps prevent cell damage from free radicals.

Carotenoids: Carotenoids are a class of plant compounds that includes alpha-carotene and beta-carotene, which your body converts to vitamin A.

Lycopene: Lycopene is a type of carotenoid that doesn't change into vitamin A. This potent antioxidant gives a red color to plant foods such as tomatoes and watermelon, and is linked to many health benefits.

Cucurbitacin E: Cucurbitacin E is a plant compound with antioxidant and anti-inflammatory effects. Bitter melon, a relative of watermelon, contains even more cucurbitacin E.

BOTTOM LINE: Watermelon is a low-calorie fruit high in some nutrients, especially carotenoids, vitamin C and cucurbitacin E.



3. Contains Compounds That May Help Prevent Cancer

Researchers have studied lycopene and other individual plant compounds in watermelon for their anti-cancer effects. Although lycopene intake is linked to a lower risk of some types of cancer, the results are mixed. The strongest link so far seems to be between lycopene and cancers of the digestive system.

Lycopene appears to reduce cancer risk by lowering insulin-like growth factor (IGF), a protein involved in cell division. High IGF levels are linked to cancer. In addition, cucurbitacin E has been investigated for its ability to inhibit tumor growth.

BOTTOM LINE: Some compounds in watermelon, including cucurbitacin E and lycopene, have been studied for their potential to prevent cancer.

4. May Improve Heart Health

Heart disease is the number one cause of death worldwide. Lifestyle factors, including diet, may lower the risk of heart attacks and strokes by reducing blood pressure



and cholesterol levels.

Several nutrients in watermelon have specific benefits for heart health. Studies suggest that lycopene may help lower cholesterol and blood pressure. It can also help prevent oxidative damage to cholesterol.

According to studies in obese postmenopausal women and Finnish men, lycopene may also help reduce the stiffness and thickness of artery walls. Watermelon also contains citrulline, an amino acid that may increase nitric oxide levels in the body. Nitric oxide helps your blood vessels expand, which lowers blood pressure. Other vitamins and minerals in watermelon are also good for your heart. These include vitamins A, B6, C, magnesium and potassium.

BOTTOM LINE: Watermelon has several heart-healthy components, including lycopene, citrulline and other vitamins and minerals.

5. May Lower Inflammation and Oxidative Stress

Inflammation is a key driver of many chronic diseases. Watermelon may help lower inflammation and oxidative damage, since it's rich in the anti-inflammatory antioxidants lycopene and vitamin C.

In a 2015 study, lab rats were fed watermelon powder to supplement an unhealthy diet. Compared with the control group, they developed lower levels of C-reactive protein (a marker of inflammation) and less oxidative stress. In an earlier study, humans were given lycopene-rich tomato juice with added vitamin C. Overall, their markers of inflammation went down and antioxidants went up. Watermelon has both lycopene and vitamin C. As an antioxidant, lycopene may also benefit brain health. For example, it may help delay the onset and progression of Alzheimer's disease.

BOTTOM LINE: Lycopene and vitamin C are anti-inflammatory antioxidants found in watermelon. Inflammation is linked to many chronic diseases.

6. May Help Prevent Macular Degeneration

Found in several parts of the eye, lycopene helps protect against oxidative damage and inflammation. It may also help prevent age-related macular degeneration (AMD). This is a common eye problem that can cause blindness in older adults.

Lycopene's role as an antioxidant and anti-inflammatory compound may help prevent AMD from developing and getting worse.

BOTTOM LINE: Lycopene may help keep eyes healthy and protect against AMD through its antioxidant and anti-inflammatory functions.

7. May Help Relieve Muscle Soreness

Citrulline, an amino acid in watermelon, may reduce muscle soreness. Interestingly, watermelon juice appears to enhance the bio-availability of citrulline.

One small study gave athletes plain watermelon juice,



watermelon juice mixed with citrulline or a citrulline drink. Both watermelon drinks led to less muscle soreness and quicker heart rate recovery, compared to citrulline on its own. The researchers also conducted a test-tube experiment, investigating the absorption of citrulline. Their findings suggest that citrulline absorption is most effective when it's consumed as a component of watermelon juice.

Other research has also looked at citrulline's potential to improve exercise endurance and performance. So far, citrulline doesn't seem to improve exercise performance in the amounts studied, but it's still an area of research interest.

BOTTOM LINE: Watermelon juice has some potential as a recovery beverage after exercise. Citrulline may be partially responsible for its effect of easing muscle soreness.

8. Is Good for Skin and Hair

Two vitamins in watermelon — A and C — are important for skin and hair health.

Vitamin C helps your body make collagen, a protein that keeps your skin supple and your hair

strong. Vitamin A is also important for healthy skin since it helps create and repair skin cells. Without enough vitamin A, your skin can look dry and flaky.

Both lycopene and beta-carotene may also help protect your skin from sunburn.

BOTTOM LINE: Several nutrients in watermelon are good for your hair and skin. Some help keep skin supple while others protect against sunburn.

9. Can Help Improve Digestion

Watermelon contains lots of water and a small amount of fiber — both of which are important for healthy digestion. Fiber can provide bulk for your stool, while water helps keep your digestive tract moving efficiently.

Eating water-rich and fiber-rich fruits and vegetables, including watermelon, can be very helpful for promoting normal bowel movements.

BOTTOM LINE: Fiber and water are important for healthy digestion. Watermelon contains both.

Take Home Message

Watermelon is a surprisingly healthy fruit. It has a high water content and also delivers many other important nutrients, including lycopene and vitamin C.

These nutrients mean that watermelon isn't only a tasty low-calorie treat — it's also very good for your health.



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.

Fuel Your Body ★ Healthy Eating from Head to Toe

Submitted by: Vondell Bender—GHWIC Educator | GHWIC/SAP Prevention - Hualapai Education & Wellness

Fuel Your Body! Healthy Eating

from Head to Toe

Choose a variety of foods that will fuel your body during pregnancy while giving your baby important nutrients for a great start in life. What are the nutrients in foods that are most important?

Minerals

Folic Acid (Folate) helps prevent against spinal cord birth defects during the first month of pregnancy. It also helps prevent against premature delivery.

Best choices: • Leafy green vegetables • Beans • Lentils • Nuts • Breads and cereals fortified with folic acid



Calcium builds and strengthens bones – both for you and baby.

Best choices: • Low-fat milk • Yogurt • Cheese • Leafy green vegetables • Broccoli • Calcium-fortified orange juice, soy milk, and cereals

HEALTHY FATS

Healthy fats like olive oil, canola oil, almonds, and avocados are those that are unsaturated. These fats help keep your brain, blood vessels, and heart healthy.

GOOD BACTERIA

Yogurt contains “good bugs” called probiotics, which help you digest your food, keep intestines healthy, and help keep you from getting sick. During pregnancy, probiotics may help prevent digestive symptoms such as nausea and constipation.



Vitamins

Vitamin A (Beta carotene) plays an important role in eye health. It helps you see colors and strengthens your sight at night.

Best choices: • Low-fat milk fortified with vitamin A • Dark orange fruits and vegetables • Dark green leafy vegetables



Vitamin C helps fight infections, keeps muscles and skin healthy, and aids in healing cuts and bruises.



Best choices: • Oranges • Strawberries • Sweet red peppers • Tomatoes • Broccoli

Vitamin D plays an important part in building strong bones and teeth and helping absorb calcium.

Best choices: • Low-fat milk fortified with vitamin D • Fish • Egg yolks • Mushrooms • Fortified cereal



Vitamin E works to protect the cells and tissues in your body from damage.

Best choices: • Whole grains • Leafy green vegetables • Vegetable oils • Egg yolks • Nuts and seeds



Phosphorus helps in forming healthy teeth and bones.

Best choices: • Low-fat milk • Yogurt • Cheese • Meats • Fish

Zinc along with vitamin C helps keep your immune system strong. It also aids in cell growth and your baby's brain development.



Best choices: • Meats • Nuts • Beans • Lentils

Iron is needed for increased blood volume for both mom and baby.

Best choices: • Meat • Fish • Eggs • Beans • Dried fruits • Leafy green vegetables • Whole grains

Magnesium helps muscles and nerves function, keeps your heart strong, and strengthens bones.

Best choices: • Whole grains • Nuts • Seeds • Leafy green vegetables • Avocado • Beans • Bananas • Low-fat milk

Potassium keeps your muscles and nervous system working by keeping the right amount of water in your cells and body fluids.



Best choices: • Potatoes • Bananas • Tomatoes • Dark green vegetables • Yogurt • Low-fat milk

PROTEIN

Foods that are high in protein help the baby grow during the 2nd and 3rd trimester and help your body build, maintain, and repair tissue.

Best choices: • Meat • Poultry • Fish • Beans • Lentils • Nuts • Seeds • Eggs • Peas



FIBER

Fiber helps you feel full, while aiding in digestion and removal of waste.

Best choices: • Fruits • Vegetables • Nuts • Whole grains • Beans • Seeds



P.A.C.K. ★ Colorful Ideas for P.A.C.K. Days

Submitted by: Vondell Bender—GHWIC Educator | GHWIC/SAP Prevention - Hualapai Education & Wellness



P.A.C.K.

PACK ASSORTED COLORS FOR KIDS!



Colorful Ideas for P.A.C.K. Days!

MONDAY is ...

Pack PURPLE/BLUE Day



- ☆ black currants
- ☆ blackberries
- ☆ blueberries
- ☆ dried plums
- ☆ elderberries
- ☆ plums
- ☆ purple figs
- ☆ purple grapes
- ☆ raisins

VEGGIES

- ☆ black beans
- ☆ black olives
- ☆ black safsify
- ☆ eggplant
- ☆ purple asparagus
- ☆ purple Belgian endive
- ☆ purple cabbage
- ☆ purple carrots
- ☆ purple pepper
- ☆ purple potatoes

TUESDAY is ...

Pack WHITE/TAN/BROWN Day



- ☆ bananas
- ☆ dates
- ☆ white nectarines
- ☆ white peaches
- ☆ white pears

- ☆ artichokes
- ☆ cauliflower
- ☆ chick peas
- ☆ garlic
- ☆ ginger
- ☆ jicama
- ☆ kohlrabi
- ☆ mushrooms
- ☆ onions
- ☆ parsnips
- ☆ shallots
- ☆ turnips
- ☆ white corn
- ☆ white potatoes

WEDNESDAY is ...

Pack RED Day



- ☆ blood oranges
- ☆ cherries
- ☆ cranberries
- ☆ grapefruit
- ☆ red apples
- ☆ red grapes
- ☆ red pears
- ☆ pomegranates
- ☆ raspberries
- ☆ strawberries
- ☆ watermelon

- ☆ beets
- ☆ kidney beans
- ☆ radicchio
- ☆ radishes
- ☆ red onions
- ☆ red peppers
- ☆ red potatoes
- ☆ rhubarb
- ☆ tomatoes

THURSDAY is ...

Pack YELLOW/ORANGE Day



- ☆ apricots
- ☆ cantaloupe
- ☆ cape gooseberries
- ☆ golden kiwifruit
- ☆ grapefruit
- ☆ lemons
- ☆ mangoes
- ☆ nectarines
- ☆ oranges
- ☆ papayas
- ☆ peaches
- ☆ persimmons
- ☆ pineapples
- ☆ tangerines
- ☆ yellow apples
- ☆ yellow figs
- ☆ yellow pears
- ☆ yellow watermelon

- ☆ butternut squash
- ☆ carrots
- ☆ pumpkin
- ☆ rutabagas
- ☆ sweet corn
- ☆ sweet potatoes
- ☆ yellow beets
- ☆ yellow peppers
- ☆ yellow potatoes
- ☆ yellow summer squash
- ☆ yellow tomatoes
- ☆ yellow winter squash

FRIDAY is ...

Pack GREEN Day



- ☆ avocado
- ☆ green apple
- ☆ green grapes
- ☆ honeydew
- ☆ kiwifruit
- ☆ limes

- ☆ artichokes
- ☆ arugula
- ☆ asparagus
- ☆ broccoflower
- ☆ broccoli
- ☆ broccolirabe
- ☆ Brussels sprouts
- ☆ celery
- ☆ chayote squash
- ☆ Chinese cabbage
- ☆ cucumbers
- ☆ endive
- ☆ green beans
- ☆ green cabbage
- ☆ green onions
- ☆ green pepper
- ☆ leafy greens
- ☆ leeks
- ☆ lettuce
- ☆ okra
- ☆ peas
- ☆ snow peas
- ☆ spinach
- ☆ watercress
- ☆ zucchini

PACK MORE FRUITS & VEGGIES INTO EACH DAY!

Power Up with Colorful Fruits & Veggies

Submitted by: Vondell Bender—GHWIC Educator | GHWIC/SAP Prevention - Hualapai Education & Wellness



Name: _____

Date: _____



POWER UP WITH COLORFUL FRUITS & VEGGIES!

PEDRO'S PYRAMID POWER

For a healthy diet, it is important to eat foods from 5 main food groups; **grains, vegetables, fruits, milk and meat/beans**. For each of the foods below, write the correct food group next to it. Remember that all forms of fruits and vegetables count: fresh, dried, canned, frozen, and 100% juice.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

YOGURT _____	RAISINS _____
CARROT _____	TORTILLA _____
CANNED PINEAPPLE CHUNKS _____	MILK _____
CHICKEN _____	BAGEL _____
100% GRAPE JUICE _____	RICE _____
CHEESE _____	DRIED APRICOTS _____

Pedro Pepper



All forms of fruits and veggies count: fresh, canned, dried, frozen, and 100% juice.

COLORFUL CROSSWORD

Fit these purple/blue fruits and vegetables into the crossword.

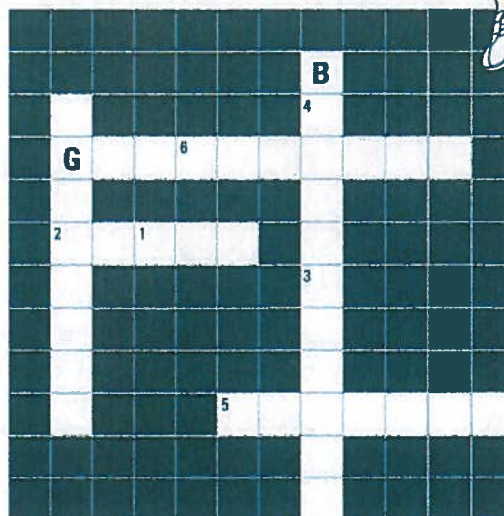
PLUMS

RAISINS

GRAPE JUICE

EGGPLANT

BLUEBERRIES



Once you have completed the crossword, use the letters from the numbered boxes to complete the sentence below.

DON'T FORGET TO EAT _____ & BLUE FRUITS AND VEGGIES

6 1 5 2 4 3

Seven Things Parents Need to Know About Kids and Mealtime

Submitted by: Vondell Bender | GHWIC/SAP Prevention—Hualapai Health, Education & Wellness

Seven Things Parents Need to Know About Kids and Mealtime

Jill Castle, MS, RD | www.healthyeating.org

As a mom of four children and a child nutrition expert working with children and their families, I live and breathe “mealtime”—the drama, the dynamic and the dilemma of keeping meals healthy and a positive experience for everyone. Undeniably, parents have a powerful role in guiding their children to a healthy lifestyle, and this begins at the meal table. To help you be a guide for your children, remember these seven principles:

#1: Eating together increases the likelihood of healthy eating. Joining together at the family meal table is your best defense against picky eating, obesity and eating disorders and your best bet for a healthy weight, good grades and social stability.

#2: Kids can stop eating when they are satisfied. My 9-year old son is a master at stopping when he’s full. He’s not always right, but with a predictable meal routine, he’s learning to become self-aware, self-regulated and a healthy eater.

#3: Kids pleasantly surprise you with their eating. My 14 ½-year old daughter ordered the hummus salad plate at a local eatery, independently. My neighbor’s daughter was a “picky eater,” but when offered family-style meals, she made better choices and was less picky. Kids are ever-changing, so don’t give up on them.

#4: Kids are able to make good food choices. Given a consistent and positive mealtime environment (free of conflict, full of good nutrition and authoritative in style), kids evolve into great eaters. Take note: this can take a whole childhood to accomplish.

#5: When it comes to eating, kids aren’t created equally. I have four kids and they each have their own eating style. I have two “grazers”, a “square meal” child and a “foodie.” Getting a predictable meal and snack schedule on board is the only way I know how to match everyone’s eating personality.

#6: Friendly interaction beats pressure. Kids do better with eating when the conversation and mealtime vibe is fun, light and supportive--and not about food or eating performance.

#7: Kids will follow the leader. I know if I do my part with feeding, such as getting meals on the table in a timely fashion and serving a balanced and healthy meal with foods from all five food groups, my kids will do their part with eating.

Admittedly, it’s rewarding when a child makes a good food choice or surprises you with liking a new food. Don’t miss these moments: get the first row tickets at your meal table!

Jill Castle, has over 20 years of professional and practical experience in the field of pediatric nutrition. She is a registered dietitian and child nutrition expert who is passionate about equipping families with knowledge and “know-how” when it comes to raising healthy eaters. She is a mother of four children, blogger, and co-author of Fearless Feeding: How to Raise Healthy Eaters.

Reference: Hammons, A. *Pediatrics*, June 2011; p 127.

DAIRY COUNCIL of CALIFORNIA®
Healthy Eating Made Easier®



COMMUNITY MESSAGES

Happy Birthday

Submitted by: Jessica Powskey & Dinah Majenty



Majenta Powskey	Beaux Havatone
(22 years)	(17 years)
August 6	August 14

Summer Majenty	Malinda Powskey
(34 years)	(77 years)
August 7	August 28

From Lou and Jess

Deep Gratitude

Submitted by: Sylvia Whatoname

Deep Gratitude

As I represented my cousin Camille Nighthorse in Peach Springs during her time of sorrow, I simply want to acknowledge the expressions of sympathy conveyed in many ways such as cooking. I appreciate your thoughtfulness in donating food along with other items and cleaning, which resulted for such a memorable funeral service and amazing service for my late cousin, Mabelene Mahone. Everything went well. I thank you most sincerely for your valuable contribution. A kindness can reach a wound that only compassion can heal.

Hankyu!
Sylvia Whatoname



Thank You

Submitted by: Sonia Balderrama



We, the family of Sophia 'Sue' Grigg, would like to graciously thank everyone who assisted us with her care and funeral service. There are many people to name and we would feel terrible if we left someone unmentioned so this message is for everyone, especially those from the clinic (who helped us to bring her back from Flagstaff so we could have her closer to home and be with her in her last days) and tribal office (many thanks for helping with funeral costs). Also to the many friends and family members who expressed their support, concerns, prayers, condolences, and kind words for Sophia, they are greatly appreciated. Losing a loved one is always difficult and more so when it's least expected. But the expression of love and support from all of you has made it a little easier to bear.

We are heartbroken and only God and time will help us to deal with this devastating loss of a beautiful mother and wife who was also a friend, cousin, aunt, and sister to many. Reach out to your loved ones and spend some special time with them because one day will come when that person will not be there anymore. Love and forgive each other. It's true that some past problems are sometimes unforgettable but we do have the capacity to forgive, thanks to God, our Creator. Family is more important than egos or material things. We pray that God bless every one of you and embrace you with His everlasting love and peace. Again, Thank you so much.

Sincerely,
Sonia Balderrama (Sophia's daughter)
Dub Grigg (Sophia's husband)

Thank You

Submitted by: Jessica Powskey

The Family Day Planning Committee wants to thank the community for making the 2017 Family Day Event a success!!

THANK
YOU . . .



Each year, community participation has increased and this year is no exception. We want to thank all the volunteers and special invites to make this event happen. It's a great feeling to know that departments and programs have given their time to help prepare and clean up—your participation was outstanding. Thank you to all departments for your service and dedication to the people. There is no greater blessing than the gift of giving back... Hankyu for a great turn out—see you all next year!

Hualapai Family Day Committee

HJDRC Loyalty Oath Ceremony

Submitted by: Donna Robles | Hualapai Juvenile Detention

Hualapai Juvenile Detention Correction Officer's Loyalty Oath Ceremony



On July 31, 2017, our first Correction's Officer Loyalty Oath Ceremony was conducted in the cultural room at the juvenile detention facility. Officiating over the ceremony was Chairman Damon Clarke, Ed.D, who swore in eleven officers hired within the last two years. Chairman Clarke and Director Donna Robles emphasized to the newly sworn officers the significance and hard work it takes to be a correction officer and the rewards and lifetime benefits as a career. A luncheon for the officers was held after the ceremony.



Along with the employees all youth that were detained were included in this positive experience in hopes that they recognize the important role that the juvenile correction officers play in their daily lives. We especially hope that by witnessing Native American officers take the oath they can see themselves in this role in their future.



Thank You

Submitted by: Jade Honga

I would like to submit this letter as a way of saying **Thank You** to my family, friends, and the Hualapai Tribe who supported me and my endeavors. I am proud to announce that I finished my Master's Program and have an MBA with an emphasis in Human Resource Management, on top of two Bachelor's degrees from ASU, and a number of certificates.

My first thank you is to Rosemary Sullivan and the Buck-n-Doe 4-H club. I remember begging my mom to let me sign up for this club and when she took me I think I signed up for everything available. This 4-H club taught me a lot about responsibility, accountability, and being honest. I got to go to Washington D.C. and learn about this nation's history. I got to tour the Native American Smithsonian and meet other 4-Hers from all over the country. It is something I will never forget, and I will be a lifelong supporter of this club and any 4-H organization (seriously, it was all awesome). 4-H was a huge stepping stone for me and my imagination.

I would like to thank GCRC, more specifically (previous HR Director) Barbara Sanders, Audrennia Felker, Kristen Wakayuta, Nancy Echeverria, Shanna Salazar, Chanelle James, Nikki Raymond, (the Dream team, you know who you are!) and the ARFF (Airport) department. The individuals listed were so vital in helping me discover a career path. From waiting tables at the lodge, to the call center, till finally I found myself in Human Resources and loved it. Whenever I had a long school day, those people helped make my days easier. When my career in Human Resources hit a road block I was encouraged to apply for the Wellness Court Judge. The ARFF (Airport) department, where I work currently, has been supportive of me and allowing work and school to be possible. I am grateful for the opportunities provided to me. I would also like to thank Margaret Vaughn, who was my supervisor when I worked in the Probation Department, and thank you to the Hualapai Tribal Court. I learned a lot from everyone there and that will only continue.

Next, I would like to thank the Hualapai Tribe and Education Department. Without your belief in our people I wouldn't have had the ability to attend school. I received scholarships and assistance that made it possible for me to attend college and graduate school. Thank you Lucille Watahomigie, previous Education Coordinators Helen Watahomigie, Candida Hunter, and current Education Coordinator Jonell Tapija. Thank you to the past and current education committee for continued support. I also want to thank you for the continued work and outreach that still goes on for other youth seeking higher education or vocational training.

Thank you Ruby Steele and Candida Hunter. When I was younger (18 ½ yrs old) I was invited to lunch by my father (now deceased) because he wanted me to meet two individuals he believed I would be able to look up to for guidance. Those two people turned out to be Ruby Steele and Candida Hunter. Ruby and Candida were the first examples of mentors I can say I had outside the women from within my family. I had points in my life and career when I would wonder how they would handle a situation or how would they speak on matters. When I would hear about their accomplishments, it would inspire me. I relied on not only their mentorship but friendship as well, especially when my father passed away. When things got tough, I thought about the trials of life and how those two had handled tribulations with class and integrity. As I've continued to mature with experience I've learned very valuable lessons. I know how important ethics and integrity are to me and I hope as I continue to grow, I don't stray from my morals. No matter what position or title I hold, I hope if I lose sight of right and wrong I am reminded of what I stand for and who I represent.

I would like to thank my **FAMILY**. My grandmother Peggy Crozier for being the truest example of an independent woman. None of this would be possible if not for her. I would like to thank my mother Cheryl Honga. She is a person who has had to deal with me every moment of her life but still loves me no matter what. She is my mother and I wouldn't know where I would be without her. I don't know whose refrigerator I would raid or how to pronounce the word "pint" without her. I love you, mom. I cannot truly describe how much sacrifice my own mother had in her life, to give me dreams. From reading all my little stories, to gymnastics, sports camps, 4-H..on and on, all while working nights at KRMC. I can now only appreciate it because only *now* do I understand what a parent's love is for their child.

I would also like to thank all of my siblings. Without your support, help, jokes, food, and endless love I don't know what I'd do. I'd probably have more space in the house, but I'm glad you are all you. I love all of you! I would like to thank all my cousins (Lola and Jewel especially) for being extra siblings. Thank you Sharmarie and my sister Randi for watching my son when I was tired from work and school. For loving him as much as I do and for being there for him. No matter what, I will always be proud and loyal to you all.

Two lessons about life my father always repeated to me for as long as I can remember, is "You get an education so you don't have to depend on some dumb guy or anyone, for anything in life. Education is the only key." Secondly, "You are always loyal to your siblings. There is no one who will do what your siblings will do for you, they are all you really have in this life. They are who you call when you need serious help, like hiding bodies" (that last bit was his sense of humor shining through).

I have taken both of those sentiments to heart and with his guidance I will never forsake loyalty and knowledge so I can be the best person I can be. Through my own endeavors I will try to always uphold ethics and integrity to be the best leader I can be. I miss my dad. It hurts my heart to think my son will never get to meet him, but I feel a lot better when I think about my family, my uncles, and brothers who can teach my son.

I am so glad to be done with school and to get a little break before I start my next adventure, especially because now I have my little side-kick. After all this time, I'd still love to be a published author, so for those wondering what's next, I myself am not sure. But, I hope I get some time to focus on my stories.

Please, understand I mean my thank yous. I hope this letter of thanks brought a little laugh or smile to your day.



Godparents

Submitted by: Lorena Bender

San Carlos Sunrise Dance

Proud to present God Parents and God Daughter

God daughter, Erin Smith with

God mother, Dinah Renee Nelson and God father, Michael Lee Bender

D. Renee Nelson is the daughter of Mr. Perry Harry, and Nadine Nelson, Ft. McDowell Yavapai Tribe, M. Lee Bender (Mike) is the son of Daisy Ann Bender Peach Springs Hualapai Tribe. Both Renee and Mike were brought up doing chores at home, finish school, work to survive each day, learn from your mistakes. It is ok to cry when you are hurt, but to stay strong, pray always. With that we all invite all our friends and family to join us in excepting our god daughter (Erin Smith) with open arms and hearts at the sunrise

ceremony at San Carlos, Arizona

JUNE 1, 2018 – JUNE 4, 2018

Friday - Monday



Volunteer of the Month ★ July
Submitted by: Terri Hutchens | 100.9FM KWLP

WE LOVE OUR VOLUNTEERS



"The Peach,"

*The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
July 2017 Volunteer of the Month:
Omar Davis, aka MC Omar*



Omar Davis, Hualapai Tribal member via Las Vegas, is one of the latest additions to the awesome team of Peach volunteers. He brings the street sounds of Hip Hop and R&B and much upbeat fun to KWLP as part of the new Hip Hop Block every Saturday Night on 100.9 fm. His Street Connection Radio airs from 8 to 10 pm. Omar is an amazing DJ. He produces his own shows from his home in Las Vegas and shares them with the Peach. He puts together a tight show that station staff can always count on to be on time and ready to go on the air. Listeners Love him because he has also shared his Vegas promotions connections with them by arranging for donations of many great show tickets KWLP has given away this Summer. He has also given production tips to other new volunteers. Thanks Omar!

If you'd like to join the Peach volunteers: Call 769-1110.

KWLP Volunteers sponsored in part by:

