



NEWSLETTER OF THE HUALAPAI TRIBE

GAMYU

FRIDAY, AUGUST 25, 2017

ISSUE #17

Hualapai Tribal Council Updates • July–August

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

Gum yu...

Vak du ge' jim nyi ga nav jay wi. Mi e:v je?

We, the Tribal Council, would like to express our condolences to the family of Gan-ell Suminimo who passed on August 3, 2017 and to her friends and relatives.

Hualapai Tribal Council Updates

We, the Hualapai Tribal Council have enacted the following Resolutions. The Resolutions have been reviewed, discussed, and adopted by the Hualapai Tribal Council for the past months of June to August 9, 2017.

Resolution 50-2017 “Consolidated Tribal Government Programs (CTG) Contract.” Under Public Law (PL) 93-638, the following programs fall under this contract: Forestry, Higher Education, Summer Youth, Job Training (Employee Assistance), Johnson O'Malley, Social Services, ICWA, Judicial, Roads Maintenance, Agricultural Extension, Tribal Operations, and Wildlife Fisheries and Parks. This was adopted June 14, 2017.

Resolution 51-2017 “Natural Resources Contract”. Under Public Law 93-638 it identifies the Natural Resources Programs within the Bureau of Indian Affairs as one of the contractible programs. Adopted on June 14, 2017.

Resolution 52-2017 “Water Resources Contract” Under Public Law 93-638 it identifies the Water Resources Programs within the Bureau of Indian Affairs as one of the contractible programs. Adopted on June 14, 2017.

Resolution 53-2017 “Agricultural Contract” Under Public Law 93-638 it identifies the Agricultural Programs within the Bureau of Indian Affairs as one of the contractible programs. Adopted on June 14, 2017.

Resolution 54-2017 “Tribal Transportation Improvement Program (TIP)”. This agreement will authorize the Tribe to perform transit programs or projects that are located on or which provide access to the Hualapai Indian Reservation pursuant to 25 CFR Part 170. This resolution supersedes resolution 42-2017.

Resolution 55-2017 “Expansion of the geographical boundaries of the Havasupai Tribes’ Purchased/ Referred Care Service Delivery Area”. The resolution supports the Havasupai purchased/referred care expansion to Mohave County to higher levels of health care. Adopted on July 8, 2017.

Resolution 56-2017 “Tribal Membership” Ms. Clara Mahone presented to the Council Seven (7) individuals to be enrolled into the Hualapai Tribe. This was adopted on July 8, 2017.

Resolution 57-2017. This Resolution was not adopted on July 8, 2017.

Resolution 58-2017 “ Authorization of application to BIA Indian Highway Safety Program Child Passenger Safety Seat Program Grant”. This

Special points of interest:

- Hualapai Per Capita Information and Forms (p.4)
- Regular Hualapai Tribal Council Meeting will be on Saturday, September 9th at 8:01 a.m. in the Tribal Chambers.
- HTUA Meeting will be on Wednesday, September 13th at 9:00 a.m. at the Hualapai Education, Health & Wellness.

Inside this issue:

General Information & Events	2
Employment Opportunities	23
Education & Training	24
Health & Safety	28
Community Messages	51

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

Invitation for Bids Construction of Three Single-Family Homes • Submittal Due: Sept. 12th*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 home 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.

SUBMITTAL DUE DATE AND PUBLIC BID OPENING: September 12, 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

Per Capita Notices for 18 Year Olds • Deadline: Before Sunday, October 15th*Submitted by: April Siewiymptewa | Hualapai Administration*

Per Capita Notice For Minors

For minors who turned 18 years of age after the deadline last year and those who turned or will be turning 18 years old before the October 15, 2017 deadline, please be sure to fill out an address change form before the deadline.

We need to make sure that we have a current address on file for you as you will be new to the system. Address change forms can be found online at the Tribal website, at the Tribal office or in the Gamyu.

Any new enrollments after the November 15, 2016 deadline and for any new enrollments this year, you will need to fill out a Minor Per Capita application.

For any questions please call April at the Tribal office (928)769-2216, ext. 117.

Thank you.

Minor Per Capita Applications • Now Available
Submitted by: April Siewiyumptewa | Hualapai Administration

AVAILABLE NOW

The Minor Per Capita applications are now available! You can find an application at the Tribal Office, on the Tribal website, or in the next issue of the Gamyu.

The deadline for completed applications is October 15, 2017. Please make sure any needed custody documentation is attached to the application. NO EXCEPTIONS will be made if you miss the deadline or applications were not completed properly.

The applications must be filled out completely, no missing information or they will not be accepted.

If you do not re-file a new application this year it will be the same as what you selected last year.

If you have any questions please call April Siewiyumptewa at the Tribal Office (928)769-2216.

Thank you.



HUALAPAI TRIBE

2017 Minor Per Capita Application

NAME OF LEGAL GUARDIAN/PARENT: _____

GUARDIAN SOCIAL SECURITY # (REQUIRED) _____

MAILING ADDRESS: _____

CITY, STATE, ZIP CODE: _____

DAYTIME PHONE: _____

EMAIL ADDRESS: _____

THE CHILDREN LISTED BELOW ARE IN MY LEGAL CUSTODY AND DOCUMENTATION IS ATTACHED:

(FOR EACH CHILD BELOW, PLEASE CHECK THE BOX IF YOU WOULD LIKE TO RECEIVE A CHECK IN THE NAME OF THE LEGAL GUARDIAN ABOVE, OR, IF YOU WOULD LIKE THE FUNDS PUT INTO THE TRUST FUND FOR THE CHILD'S FUTURE BENEFIT.)

CHILD NAME	BIRTH DATE	CHILD SS #	TRIBE ID #	CHECK (PLEASE SELECT ONE BELOW)	TRUST
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

****IMPORTANT**:** If appropriate guardianship documentation is not received before **October 15, 2017** the funds will automatically be put into a trust account and will be available to the child when the child turns 18.

I affirm that the information on this form is accurate and complete, including any attachments. I also consent to all information herein being shared with Hualapai Tribal government agencies and entities, on a need to know basis for the purpose of processing the request and the proper administration of the 2016 per capita distribution.

SIGNATURE: X _____ DATE: _____

State of _____

County of _____

Subscribed and affirmed before me on this ____ day of _____, 2016, by _____, proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

In Witness Whereof, I have hereto set my hand and official seal.

Notary Public: _____ Expiration Date: _____

Per Capita Notices • Change of Address
Submitted by: April Siewiyumptewa | Hualapai Administration



***Please note that the deadline to turn in the change of address form and the Minor Per Capita applications has changed.**

Any address changes must be updated with the Finance Department **before October 15, 2017** or we will mail to the last address on file. If you are unsure if you need to fill out a form then please give us a call.

Minor Per Capita applications are now available! You must also turn these in before the October 15, 2017 deadline. The form must be **completely** filled out with no missing Tribal ID numbers, birth dates, or social security numbers. Forms must be complete and include any legal custody documentation if needed. Incomplete applications will result in monies being sent to trust, no exceptions will be made.

Please note that those that do not re-file a new application your designation will stay the same as it was last year. So, if you selected trust or check last year it will be the same this year. You only need to fill out a new application if you missed the deadline last year or you wish to change your designation of where your minor(s) funds will go.

Both of these forms must be notarized or they will not be accepted. The forms are located online, at the Tribal Office or in the Gamyu.

Please contact April at Tribal Office (928) 769-2216.



HUALAPAI TRIBAL NATION

P.O. Box 179, Peach Springs, AZ 86434 Phone (928) 769-2216 Fax (928) 769-2343

ADDRESS FORM

FIRST NAME _____ M.I. _____ LAST NAME _____
D.O.B. _____ TRIBAL ENROLLMENT NUMBER _____ SS # _____
MAILING ADDRESS _____ CITY _____
STATE _____ ZIP CODE _____ PHONE # _____

(ALL INFORMATION ABOVE IS REQUIRED, FORM WILL NOT BE VALID UNLESS FILLED ENTIRELY)

SIGNATURE _____

DATE _____

(Per Capita Check Deadline-October 15th, 2017, no exceptions will be made, to ensure correct mailing)

I UNDERSTAND THAT:

1. It is my duty to keep the Finance/Enrollment Departments informed of my current mailing/contact information.
2. I understand all checks will be mailed and no pick-up is available.
3. I understand if I fail to inform departments of my current address and check is mailed to an old address I will be responsible for any bank fees or stop check fees associated with reissuing a new check.
4. The Hualapai Tribe is not responsible for lost checks resulting in my failure to provide a correct mailing address.
5. The Hualapai Tribe is not responsible for any taxes owed or court orders in place that may garnish my funds, which may include but not limited to: community debts, child support, or restitution.
6. I agree that any per capita distribution for me or for any I receive for my child (ren) is considered "taxable income". I acknowledge that payment of these taxes is my responsibility.
7. I recognize and accept that receipt of a per capita distribution may affect my eligibility for state and federal benefits, which may result in a loss or reduction of benefits.
8. I understand that any time my address changes it is my responsibility to fill out this form, no phone calls, emails, or texts will be accepted.

(Please see reverse side for Notary)

This form must be notarized

COUNTY OF _____)

STATE OF _____)

The foregoing instrument was acknowledged before me this _____ day of _____

20_____ by _____.

Notary Public _____

RETURN FORM TO:

HUALAPAI TRIBE FINANCE DEPT

Attn: April Siewiyumptewa

P.O. BOX 179

PEACH SPRINGS, AZ 86434

**FORM CAN EITHER BE MAILED OR
RETURNED TO TRIBAL OFFICE, ORIGINALS
ONLY, NO FAXES OR EMAILS EXCEPTED**

**For questions contact: Wanda Easter
or April Siewiyumptewa at (928) 769-
2216 at Hualapai Tribal Office.**

First Things First • Champion for Young Children—Terri Hutchens

Submitted by: Erin Taylor | First Things First



Terri Hutchens, station director of KWLP The Peach, accepts the Champion for Young Children award from Hualapai Regional Partnership Council Chair Barbara Tinhorn at the Hualapai Housing Fair in June.

CHAMPION FOR YOUNG CHILDREN

Terri Hutchens, station director for KWLP 100.9 FM The Peach, was selected as the 2017 Hualapai Region First Things First Champion for Young Children. The award is given to local champions who raise public awareness of the importance of early childhood development and health. Hutchens was nominated for the award for her support of Read On Hualapai activities, including the storytimes for young children that air on the station Sundays through Thursday to help increase early literacy in the region.

Question: Why do you feel early childhood development and health is so important?

Hutchens: I feel early childhood development and health are important because they are the foundations for the child's future, and children are the foundation for the future-period.

Q: Why do you feel building awareness in early childhood and developmental health is so important for families and communities?

Hutchens: Proper development and health of the children are the foundation to everything to which they belong: families, schools, communities. The ripple effect is just undeniable. Without well and healthy children the family can't be healthy, nor can the community

Q: How do you suggest other people in your community get involved?

Hutchens: There is a wealth of information and services available in this community.

All they need to do is ask for help or information and participate in any one of the many options that best suits them. And, of course, listen to their live and local radio station, KWLP 100.9 FM for public service announcements and service and event information addressing these issues.

For more parent info, visit to www.FirstThingsFirst.org.

Hualapai Cultural Resources • Update of Events and Request Form*Submitted by: Crystal Wellington | Hualapai Cultural Resource Department*

Hualapai Cultural Resource

Gamyu Hakdugwi:va

The Cultural Resource Department would like to announce the start of "Hualapai Language Gatherings" starting in August, gatherings will continue every Tuesdays from 4:00pm to 6:00pm.

We also have the "Ethnobotany Program: Harvesting local Plants".

We are looking forward to new ideas this year 2017-18 for the C.A.L. Classes agenda (Cultural, Arts, Language) this class will begin Friday, September 29th, 2017 9:00am – 2:00pm (Fridays Only). Watch out for upcoming announcements of classes and fieldtrips in the community.

When interested in Historical Literature, Photographs, Maps, Genealogy we ask that you give the staff (10 days) in advance notice so we may take the time to gather the material, you are looking for. Please drop by and complete a request form, we will be very happy to help you with your research.

We appreciate working along with you in every way possible

Hankyu!

For more information, you may call the Hualapai Cultural Resource department @ (928)769-2234/2223

Hualapai Tribe
Department of Cultural Resources
P.O. Box 310
Peach Springs, AZ. 86434
(928)769-2234/2223
FAX # (928)769-2235

REQUEST FORM

NAME: _____

TODAY'S DATE: _____

ADDRESS: _____

DAYTIME PHONE NUMBER: _____

DATE/TIME OF PICK-UP: _____

Description of Request:

☐ Literature

☐ Photographs

☐ Genealogy

☐ Maps

☐ Traditional Plants: Willow/ Pine Sap/ Sage etc.

☐ Traditional Instruments & Tools: Gourds/ Drum/ grinding stone/ Cliff rose Skirt

☐ Other: _____

ADDITIONAL NOTE:

.....

Official use

RETURN DATE/TIME: _____ STAFF INITIAL: _____

ADDITIONAL NOTE:

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: 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

Hualapai Transit • Local & Kingman Bus Route

Submitted by: Ginger Marshall | Hualapai Transit

Kingman Ya:m Jo'h Ya:m

Monday through Friday			
Departures	AM Bus	PM Bus	
AM: 5:20 am from Peach Springs			
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	TBD	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 Bus	PM Bus	
AM: 6:45 am from Kingman			
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 bus 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

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

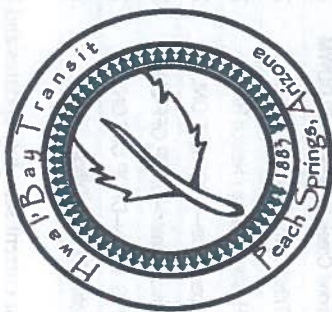
UNLIMITED RIDES PER TIME PERIOD

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



Passenger Guide

INCLUDES

Complete Schedule

Route Map

Fares and Bus Passes



Serving the Hualapai Indian Reservation
and Historic Route 66 Communities

hualapaitransit.org
928-769-6384

hualapaitransit.org
928-769-6384

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	Last
AM: 7:00, 8:00, 9:00, 11:00		AM	PM
PM: 12:00, 1:00, 4:00, 5:00, 6:00		Bus	hour
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 GORC 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

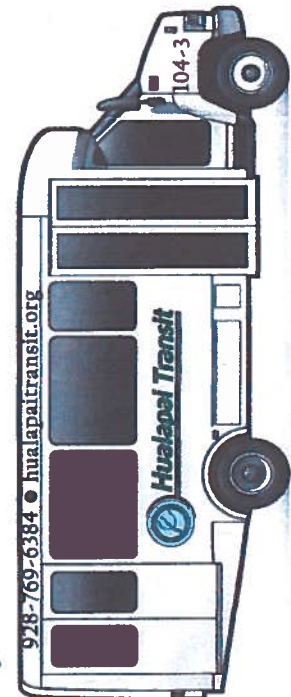
For current schedule updates and information:

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.

Hualapai Tribe's Employee Picnic • Friday, September 8th
Submitted by: Danielle Bravo | Hualapai Planning Department



Friday, September 8, 2017
9:00 a.m. to 3:00 p.m.
Hualapai Youth Camp

Music provided by KWLP 100.9FM ~ DJ DanO

Continental Breakfast & Lunch

Jump Houses
Pie Eating Contest
Bingo
Giant Jenga
Archery

Shooting
Horseshoes

Bring your own plate and utensils.

Hualapai Transit will provide
transportation



**FAMILIES
WELCOME**

Horseshoe Tournament During Employee Picnic • Friday, September 8th

Submitted by: Danielle Bravo | Hualapai Planning Department

FAMILIES WELCOME | MUSIC BY KWLP 100.9FM | FOOD | BINGO | ARCHERY | PIE EATING CONTEST | SHOOTING | JUMP HOUSES

HORSESHOE TOURNAMENT

Men & Women categories

FRIDAY,

SEPTEMBER 8, 2017

Hualapai Youth Camp



SIGN-UPS START @ 9AM and TOURNAMENT BEGINS @ 9:30AM



1 ST PLACE	2 ND PLACE	3 RD PLACE
\$120 ⁰⁰	\$80 ⁰⁰	\$40 ⁰⁰

These amounts are for both men and women categories.

Hosted by: Hualapai Public Works and Planning Department

Contact Information: Blake Watahomigie (928) 769-2216 or Calvin Smith (928) 769-1310

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) 225-6328 | Omaovensí Coochwyteewa (520) 334-0867 or
 Jacqueline Marshall (928) 715-8859

For Lodging Information, please call (928) 769-2230



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

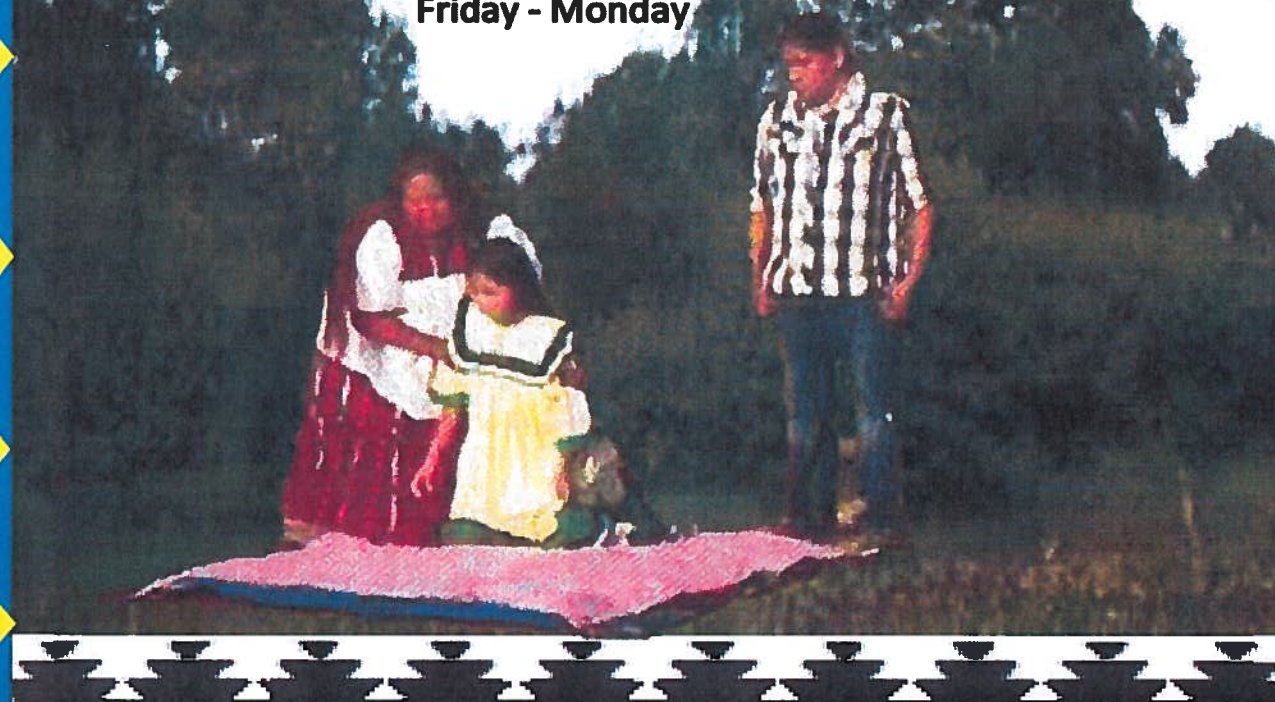
Desbah Padilla (505) 377-0342

Teresa Honga (928) 302-6835

OR desbah@indianaglink.com

Godparents• June 1st—June 4th, 2018*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**

EMPLOYMENT OPPORTUNITIES



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 August 1, 2017. Open until filled

Teacher Preschool/Teacher-On Call

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.

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
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.

EDUCATION & TRAINING INFORMATION

Welcome Students • Peach Springs School

Submitted by: Adeline Crozier | Hualapai Administration



WELCOME STUDENTS!

As a Board member of the Peach Springs School, I would like to wish all the Peach Springs School students to have a successful 2017-2018 school year.

STUDENTS: You may have your ups and downs but I know you all can succeed. Education is an important part of growing up to become that awesome person you wish to become. From Head Start to Kindergarten, from First grade to 8th Grade, what you learn from each grade is your foundation to take you all through high school and college.

PARENTS: I encourage you to please take time to spend with your child/children at home. Listen to them, read to them, help them count numbers or with their ABC's. No matter how old they are, they need your guidance. Take time and go to the school and visit. Remember the children, parents and community; you are the shareholders of this school. Many times students misbehave which affects the rest of the class and takes learning time away from those who want to learn. Talk to your child/children, to listen and behave in class as discipline comes from the home first.

Lastly, there are state regulations that the school abides by, so if you have a concern or issue, please take it to the School Superintendent, Jamie Cole. She is there to listen to everyone and she should take care of the problem at that level. But if you are not happy with the outcome, please write a letter and request to get on the Governing Board agenda.

Peach Springs School is there for all the children to get an education and the staff welcomes you to stop by, not only when discipline problems occur.

Thank you.

Addie Crozier

School Board Member

Valentine Elementary School • "Eagle Eyes" Bulletin - August

Submitted by: Danielle Bravo | Hualapai Planning Department



Vol. 3, No. 1

EAGLE EYES



August 14, 2017

Welcome Back!!!

We're off to a great start to the 2017-2018 school year! Nearly all of our students that we expected to return are back, which left very few openings for new students. Four of our five classrooms have 100% of their students present today – keep up the good work.

There are still some challenges to overcome, but we will maintain our perseverance, flexibility and patience, and ask that families do the same as we work out the kinks regarding busing during these first few days. Once our second driver completes her testing and is good to go, we will send out an updated bus schedule.

We have added two new staff this year—Mr. Clouse is our new custodian/maintenance person, and Mrs. Sutherland has been hired as a special education assistant. All of our teachers and the assistants returned, as has Mrs. Gonzales in the office.

Beginning next week, music, PE, and library will again be offered to our students, as well as a program aimed at preventing bullying. We will have several guest presenters throughout the school year, including one by a professional author who will work with students on improving their writing skills.

The staff has worked very hard over the summer to make improvements to the learning environment for your students. Teachers attended trainings on instructional practices over the summer, and several of the staff worked on the enhancements to the original school building, which included new carpeting, paint, insulation, ceiling tiles, and window coverings.



This year, our school has a student with a peanut allergy so severe that if he is exposed to peanuts, he could go into respiratory arrest. We ask that all families be diligent in packing student snacks and lunches to avoid products containing peanuts.

HOW CAN I
HELP MY STUDENT?

- Have your student teach you – Set aside some time for your student to teach you something he or she learned in school each day. Students often learn best when they know they will have to teach someone else.
- Make anything a math activity – From setting the table for a meal to figuring out how many tiles it would take to cover the floor of a room, math is everywhere. If you run out of math ideas, join us for our math night in September (more information on that in our next issue).
- Read to or with your student every day – Even if all your student does is listen while you read, just 10-15 minutes a day will be beneficial to your student's learning.
- Just play – Research shows that play activates learning centers in the brain, plus it encourages important social and emotional learning, both of which are important in supporting academic achievement.

LABELS FOR EDUCATION

Our school is once again collecting Box Tops for Education and Labels for Education. Look for the logos below and send them in with your students.



The Boys and Girls Club of Peach Springs will be providing lunch for our students and staff on Thursday, August 17.



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

CPR Training Class • Become CPR Certified
Submitted by: Chris Gortariz | Hualapai Emergency Services



HUALAPAI NATION EMERGENCY SERVICES

FIRE & EMS

PRESENT A

CPR TRAINING CLASS



Open to the public!!

Become CPR Certified & Save lives!!

\$25.00 a person

Refresher: 4 hour course

Beginners: 8 hour course



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

(928) 769-2205

HEALTH & SAFETY INFORMATION

Tobacco Ordinance • Draft

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

Send comments to Hualapai Health & Wellness/SAP/GHW at (928) 769-2207 ext. 203, Jessica Powskey (SAP Prevention Coordinator) or ext. 209, Vondell Bender (GHW Educator).



Ordinance of the Hualapai Tribe of Peach Springs Smoke Free Workplace

17 ORD-HT-01

BE IT ENACTED BY THE TRIBAL COUNCIL OF THE HUALAPAI TRIBE:

STATEMENT OF PURPOSE: An ordinance to promote and protect the health of its members and all other persons within the jurisdiction in the Hualapai Tribe of Peach Springs, in accordance with the Resolution No. 18-94 of the Governing Body of the Hualapai Tribe of the Hualapai Reservation & Chapter 4, Section 2 of the Hualapai Personnel Policies & Procedures Manual:

ARTICLE 1 – INTRODUCTION

- A. **Short Title:** This ordinance shall be known as The Hualapai Tribal Tobacco Free Workplace ordinance.
- B. **Purpose:** This ordinance is to promote and protect the health of its members and all other persons within its jurisdiction in the Hualapai Tribe.
- C. **Authority:** The authority for this ordinance is Resolution No. 18-94 of the Governing Body of the Hualapai Tribe, Ch. 4 Section 2 of the Hualapai Personnel Policies & Procedures Manual.
- D. **Interpretation:** The interpretation and jurisdiction of the Tobacco Free workplace ordinance lies solely with the Tribal Council.

ARTICLE II – FINDINGS AND INTENT

- A. The Hualapai Tribe is committed to protecting the public health, safety and welfare of the people of the Hualapai Tribe especially unborn children, elderly and people with respiratory illness.
- B. The Hualapai Tribe finds that smoking may be linked to the higher incidence of infant mortality as much as prenatal smoking reduces oxygen to the fetus, prenatal smoking results in increased prevalence of respiratory problems, bronchitis, and pneumonia among newborns, and smoking is also associated with Sudden Infant Death Syndrome. Tobacco Smoking can lead to lung cancer, chronic bronchitis and emphysema. It increases the risk of heart disease which can lead to stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts and pneumonia in adults.

- C. The Hualapai Tribal Good Health & Wellness Coalition has recommended the Hualapai Tribal Council adopt an ordinance establishing all Tribal buildings and all offices of the Hualapai Tribal Program as Smoke Free.
- D. Tribal Council considers the health of its people to be of utmost importance, and recognizes that smoking is hazardous to one's health and jeopardizes the health of others through secondhand and third hand smoke. To improve and maintain the well-being of tribal members.
- E. Tribal Council is responsible and oversees its buildings, indoor facilities and vehicles.

ARTICLE III – DEFINITIONS

The following terms used in this ordinance have the following meanings unless the context clearly indicated otherwise:

- A. "Commercial Tobacco" is defined, but not limited to tobacco products such as cigarettes, cigars, pipe tobacco, chewing tobacco, snuff, hooka or an electronic smoking device, not the sacred and indigenous uses of tobacco. "Tobacco product" means any product made or derived from tobacco that contains nicotine or other substances and is intended for human consumption or is likely to be consumed, whether smoked, heated, chewed, absorbed, dissolved, inhaled or ingested by other means.
- B. "Electronic smoking device" is defined as any electronic product that can be used to aerosolize and deliver nicotine or other substances to the person inhaling from the device, including but not limited to electronic cigarettes, electronic cigar, electronic cigarillo, electronic pipe, vaping, vapor products and any cartridge or other component of the device or related product.
- C. "Secondhand smoke" means the particulate matter, gases, and other by – products of combustion emitted from a lighted pipe, the lit end of a cigarette or cigar, or other form of commercial tobacco and also the exhaled by – products of tobacco combustion previously inhaled during the smoking of a pipe, cigarette, cigar or any other form of commercial tobacco.
- D. "Third hand smoke" is residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. This residue is thought to react with common indoor pollutants to create a toxic mix.
- E. "Ceremonial purpose" means when an individual or individuals offer tobacco to carry the message of prayer.

ARTICLE IV – REASONABLE DISTANCE

- A. The Hualapai Tribal Council on the day of passing this (Ordinance/Policy) have made an area of 50 feet from front entrances of Tribal Buildings and facilities to be Tobacco/Smoke Free. Signs will be placed to distinguish these No Smoking areas through this Ordinance 17-ORD-HT-01.

- B. No person may smoke tobacco and other electronic smoking devices that the Hualapai Tribe and all Tribal Departments operate out of.
- C. This section does not prohibit the use of tobacco for ceremonial purposes.
- D. Signs are required to be posted in all Tribal buildings in a visible area to advise the persons of "No Smoking".

ARTICLE V – EFFECTIVE DATE OF ORDINANCE

This ordinance shall become effective upon approval by the Hualapai Tribal Council.

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal is composed of nine (9) members of whom __ constituting a quorum were present at a REGULAR MEETING thereof held on this ____ day of ____; and that the foregoing Ordinance was duly adopted by a vote of ____ for ____ against, ____ not voting, and ____ excused, pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved ____.

_____, Chairman
Hualapai Tribal Council

ATTEST

_____, Secretary
Hualapai Tribal Council

IHS Notices

Submitted by: Rebecca Rice, Health Educator

August is
National
Immunization
Awareness
Month

Are you
UP-TO-DATE?
Vaccinate!

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****2017 Food Handler Card Training Schedule**

Submitted by: Adeline Crozier | Hualapai Tribal Administration

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.



FOOD HANDLER CARD TRAINING

Date: TUESDAY, August 29, 2017**Time:** 11:00AM-1:00PM**Location:** Health Education & Wellness**Instructors:** LTJG Zachary Hargis and Braden Hickey**WHO SHOULD ATTEND?**

- All food service workers employed within the Hualapai Tribal Community.
- Community members that prepare or sell food from home.

Food Handler Cards will be issued to those who successfully complete the training and post-test. The course will be presented by the Indian Health Service (IHS) Office of Environmental Health & Engineering (OEHE).

*You will be taking a quiz after the course
Please have a pen or pencil with you*

Please contact the IHS Office of Environmental Health at (928) 669-3179 or zachary.hargis@ihs.gov with any questions.



Department of Health & Human Services
Indian Health Service
Colorado River Service Unit
Office of Environmental Health & Engineering (928) 669-3179

Seat Belt Awareness Poster Contest • Entry Deadline: Friday, September 1st

Submitted by: Brook Bender | Hualapai Health, Education & Wellness Center

POSTER CONTEST ON SEAT BELT AWARENESS

Eligibility:

Open to Hualapai Tribal members and Peach Springs residents.

Entry Limits:

One poster per person.

Entry Deadline:

Entries must be submitted by September 1st by 5pm to Hualapai-Health Education & Wellness – CHR Program, P.O. Box 397 Peach Springs, AZ 86434

Entries may be emailed to bbender@hualapai-nsn.gov

Entry Form:

On the back of each poster must contain: Name, Phone Number, and Address.

Poster Size:

11"x17" or 18"x24" Horizontal

Theme:

Awareness of seat belt safety, American Indian, a seat belt slogan, or seat belt importance.

Winner:

Representatives of the Parker Health Center, Peach Springs Health Center, and Health Department will judge the entries. The selected entry will receive \$100.00 prize and the art will be featured in the Seat Belt awareness campaign from October 2017 to December 2017.

The winner will be selected on August 29, 2017 and will be contacted by September 8th, 2017.

If you have questions contact Brook @ 769-2207.

Hualapai Substance Abuse & Prevention Wellness Class • Tuesday, August 29th

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



Hualapai Health Education and Wellness
(928) 769-2207

Hualapai Substance Abuse and Prevention
6p-7p
Health Department



August 29, 2017
September 05, 2017
September 12, 2017



For more information, call Jessica Powskey at (928) 769-2207
Ext. 203

Hualapai Good Health & Wellness Coalition • Wednesday 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

Make Sure Your Child is Safe at Child Safety Seat Inspection • Tuesday, September 12th
Submitted by: Rebecca Rice, Health Educator | IHS



MAKE SURE YOUR CHILD IS SAFE at the **CHILD SAFETY SEAT INSPECTION**

Free child safety seat inspection

Proudly sponsored by Coconino County Public Health Services District, the Governor's Office of Highway Safety and **SAFE KIDS Coconino County.**

Coordinated by: Rebecca Rice, IHS Health Education Office

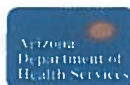


Tuesday, September 12th
12pm – 2pm

CDI Head Start/Daycare
479 Hualapai Way
Peach Springs

Old, broken and recalled child safety seats will be replaced free of charge on a first-come, first-served basis.

For more information call (928) 679-7262 or (928) 679-7261
IHS Health Education Office – Rebecca Rice (928) 769-2923



"Funded in part by the Bureau of Women's and Children's Health as made available through the Arizona Department of Health Services. This project is supported by funds from the Department of Health and Human Services (DHHS), Health Resources and Services Administration, Maternal and Child Health Bureau, under grant number 93.994 Women's and Children's Community Health for \$99,860. The information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should be any endorsements by inferred by the U.S. Government, DHHS, or HRSA."

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"

Women & Smoking • Fact Sheet

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness

WOMEN AND SMOKING



This fact sheet is for public health professionals who are interested in information on how smoking affects women's health. Today, women smokers are as likely as men who smoke to suffer from many serious diseases and from early death caused by smoking.

In the last 50 years, a woman's risk of dying from smoking has more than tripled and is now equal to men's risk. The United States has more than 20 million women and girls who currently smoke cigarettes. Smoking puts them at risk for:

- heart attacks;
- strokes;
- lung cancer;
- emphysema; and
- other serious chronic illnesses such as diabetes.

More than 170,000 American women die of diseases caused by smoking each year, with additional deaths coming from the use of other tobacco products such as smokeless tobacco.

A TARGET MARKET

When the first Surgeon General's Report on smoking was released in 1964, it caused a rapid drop in smoking among men. Yet smoking rates among women continued to go up in the years immediately following the report as tobacco companies aggressively marketed to women. Documents from the tobacco industry show that cigarette companies created a line of slimmer cigarettes packaged in pastel colors to appeal to women, and implied that smoking could keep girls and women thin. They also used slogans, advertising, and sports sponsorships to tie their products to the women's rights movement throughout the 1960s and 1970s.

The women most likely to smoke today are among the most vulnerable—those disadvantaged by low income, less education, and mental health disorders. Women in these groups are also less likely to quit smoking when they become pregnant and are more likely to start smoking again after delivery. This worsens the dangerous health effects from smoking on mothers and their children.

DISEASE AND WOMEN SMOKERS

Many of the findings in the 2014 Surgeon General's Report are especially important for women who smoke. Between 1959 and 2010, lung cancer risk for smokers rose dramatically. While men's risk doubled, the risk among female smokers increased nearly ten-fold. Today, more women die from lung cancer than breast cancer.

RESPIRATORY DISEASES

Chronic obstructive pulmonary disease (COPD) includes emphysema, chronic bronchitis, and other conditions that damage airways. People with the disease suffer from shortness of breath and lack of oxygen that worsens over time. COPD has no cure. Nearly 9 out of 10 cases of COPD are caused by smoking. Women smokers in certain age groups are up to 38 times more likely to develop COPD than women who have never smoked. More women than men are now dying every year from COPD, and women appear more susceptible to developing severe COPD at younger ages.

CARDIOVASCULAR DISEASE

For more than half a century, the evidence that smoking causes cardiovascular disease has grown steadily. Today, women over age 35 who smoke have a slightly higher risk of dying from coronary heart disease than men who smoke. They are also slightly more likely to die from an abdominal aortic aneurysm—a weakened and bulging area of the artery that runs through the abdomen and carries blood to the major organs—than men who smoke.

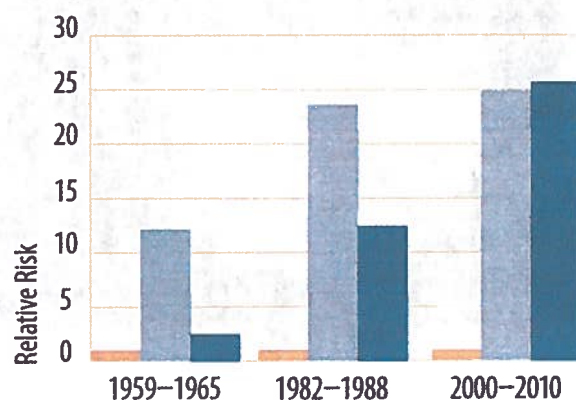
SMOKING AND PREGNANCY

Smoking during pregnancy causes premature birth, low birth weight, certain birth defects, and ectopic pregnancy in which the fertilized egg implants somewhere in the abdomen other than the womb. Smoking during pregnancy also causes complications with the placenta, the organ through which nutrients pass from mother to fetus. These complications include placenta previa and placental abruption, conditions that jeopardize the life and health of both mother and child. Women who are pregnant or who are planning a pregnancy should not smoke. It's important to encourage women to quit smoking before or early in pregnancy, when the most health benefits can be achieved, but cessation in all stages, even in late pregnancy, benefits maternal and fetal health.

CESSATION

Nicotine addiction can be difficult to overcome, but over half of smokers in the United States have already quit. There are many support programs and cessation tools available to smokers who want to quit, including nicotine replacement products such as patches and gum, prescription medication, and free coaching. Benefits to women's health from quitting smoking are enormous and immediate. Heart attack risks drop dramatically in the first year and within five years, women who have quit smoking can see their stroke risk drop to that of a never smoker. In 10 years, a woman's risk of dying from lung cancer is cut in half. Women who want to quit smoking should ask their doctors for help, call 1-800-QUIT-NOW, or visit women.smokefree.gov and cdc.gov/tips.

Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.



RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.women.smokefree.gov
- www.cdc.gov/tips



Centers for Disease Control and Prevention
Office on Smoking and Health

Facts About Smoking While Breastfeeding

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness

Facts About Smoking While Breastfeeding

By Valorie Delp | Lactation Expert

Women who smoke may have many questions about whether or not they can breastfeed, or if they have to quit smoking in order to breastfeed. While it is common knowledge that smoking is not healthy for mom or baby, many moms who smoke will be happy to know that you can breastfeed, even if you are a smoker. In fact, it is generally thought that even if you smoke, breastfeeding is still a good option for feeding your baby.



Will the Baby Get Nicotine Through Breast Milk?

Yes, your baby can get nicotine through the breast milk. However, according to La Leche League, if you smoke fewer than 20 cigarettes a day, the amount of nicotine that the baby is getting is so minimal that it poses little risk. The risk of nicotine addiction increases if a mother smokes 20 to 30 cigarettes per day. This is actually true for most drugs that a mother will take while breastfeeding, including caffeine, over-the-counter pain killers, and even antibiotics.

How Nicotine Changes Breast Milk

According to Social Drugs and Breastfeeding by Debbi Donovan, IBCLC, nicotine flavors breast milk. This makes sense, as it's generally considered common knowledge that if a mother eats a lot of a particular food, that can flavor her breast milk as well. This may cause babies to refuse to nurse or shorten the length of time they are willing to nurse.



In addition, studies suggest that smoking seems to decrease the fat content in breast milk, which makes it harder for the baby to get enough calories and benefit from the healthy fats that boost brain development.

Nicotine and Your Baby's Behavior Patterns

Nicotine has been associated with a variety of behavior patterns in infants. While further research is still necessary, preliminary studies link nicotine levels in an infant with a host of undesirable behavior patterns. Babies whose mothers smoke:

- Are more likely to suffer from colic
- Get less sleep, and have significant changes in their sleeping patterns
- Get insufficient iodine in their systems, which may lead to developmental brain damage

Second-Hand Smoke

While your baby is not going to get a significant dose of nicotine through breast milk, he will be breathing in nicotine from the air along with all of the other by-products of cigarette

smoke. On top of that, the *Social Drugs and Breastfeeding* pamphlet points out that the cumulative effect of nicotine absorption means that your baby is getting up to ten times more nicotine than a baby who is bottle fed, whose mother smokes.

Smoking and Milk Supply



According to one study, Milk Product by Mothers of Premature Infants: The Effects of Cigarette Smoking, smoking significantly lowers a mother's milk supply by decreasing prolactin levels in the blood. In addition, these researchers found that smoking changed the content of the breast milk, making it less fatty which decreases the calories the baby is getting from a feeding.

What About Nicotine Replacement Therapy?

Although Nicotine Replacement Therapy (NRT) products are not licensed for use by breastfeeding mothers, they are considered safe for breastfeeding mothers, and preferable to smoking. According to Wendy Jones PhD, MRPharmS as published at Breastfeeding Network.org, babies are exposed to less nicotine through an NRT product. Your blood level of nicotine after smoking is 40ng/L. However, with an NRT product, the blood level of nicotine is about 17ng/L. In addition, your baby isn't exposed to the other chemicals present in second-hand smoke.

If you're going to use an NRT product, the research by Wendy Jones, PhD suggests that you do the following:

- Do not continue to smoke if you use the NRT. Only use an NRT to help you quit smoking.
- Patches produce lower nicotine levels over a prolonged period of time and are preferable to gum, which produces widely varied levels. However, if you do use gum, chew it after a feeding to limit your baby's exposure.
- Nasal sprays should also be used after feeding to limit your baby's exposure to nicotine.

Should You Breastfeed if You Smoke?

It is up to a mother to make the choice about whether or not to breastfeed. However, the benefits of breastfeeding far outweigh the risks of smoking and breastfeeding. In fact, breastfeeding helps counteract against some of the risks of smoking by providing much-needed antibodies, and help in lung development. If you are a smoker, and cannot quit, you can minimize the risk for your baby by:

- Avoid smoking until after you have fed the baby, and avoid feeding the baby right after you have smoked. According to *Social Drugs and Breast-*

feeding, the half-life of nicotine is about 97 minutes, which means that it takes that long for nicotine to work its way out of your system.

- Try using a smoking cessation aid to quit smoking.
- Always go outside to smoke, so you can minimize the effects of second-hand smoke on your baby.



Breast Is Still Best

Although there is no doubt that a baby is exposed to nicotine by a smoking mother, and that nicotine and other smoking by-products can be harmful, breastfeeding is still the best nutritional option for your infant.

Just 3 Moves to More Energy

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness

JUST 3 MOVES TO

More Energy

Spring your way out of a midwinter slump and feel fantastic with these full-body firmers from the pros at **Daily Burn**



MEET DAILY BURN'S BEST

CeCe Marizu
"Figure out what makes you happy. If it's running, run. If it's a dance class, dance!"

1

STAR JUMPS

WORKS: shoulders, abs, legs

Stand with feet together and arms at sides, knees bent (A). Pulse three times and then jump up, reaching arms and legs out into an "X" shape (B). Land gently with feet together, knees bent and arms by sides. Repeat for 20 seconds. Rest 10 seconds; repeat eight times.

TAKE IT EASIER: Do regular jumping jacks instead.

AMP IT UP: Skip the pulses and do continuous Star Jumps.



2

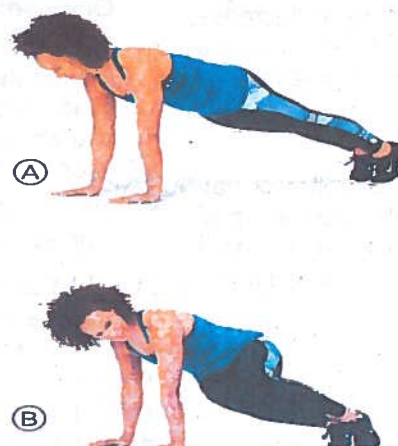
PLANK TUCK

WORKS: arms, back, abs, butt

Start in plank position with shoulders above wrists and legs extended (A). Keeping shoulders still, jump diagonally to left, tucking knees into left elbow (B). Jump feet back to plank; repeat tuck to right. Alternate sides for 20 seconds. Rest 10 seconds and repeat eight times.

TAKE IT EASIER: Pull knees to center and jump feet straight back to plank.

AMP IT UP: Go faster.



3

STUTTER STEP

WORKS: abs, butt, thighs, hamstrings

Stand with feet together and hands on hips. Hop right foot forward into a deep lunge, left knee almost to ground (A). Quickly spring back to standing, feet together (B). Do for 20 seconds with 10 seconds of rest. Repeat on opposite side. Continue for 4 minutes.

TAKE IT EASIER: Step-lunge forward instead of hopping.

AMP IT UP: Bring arms overhead as you lunge.



GET THE GEAR
TOP: KIRA
GRACE.COM.
NUX LEGGINGS,
TRENDYSPORTS
USA.COM. NIKE
SNEAKERS,
ZAPPOS.COM.

EXCLUSIVE GH x DAILY BURN WORKOUT SERIES

Find your at-home get-fit groove with **GH x Daily Burn**. We've joined forces to make it supereasy. Go online to choose from over 600 "living room" workouts with top Daily Burn trainers like CeCe. You can also take the GH 31-day challenge, with a new routine every morning. **Subscribe for your first month free—plus, GH readers get 25% off the second month.** Sign up at dailyburn.com/goodhousekeeping. No thinking, just shrinking!

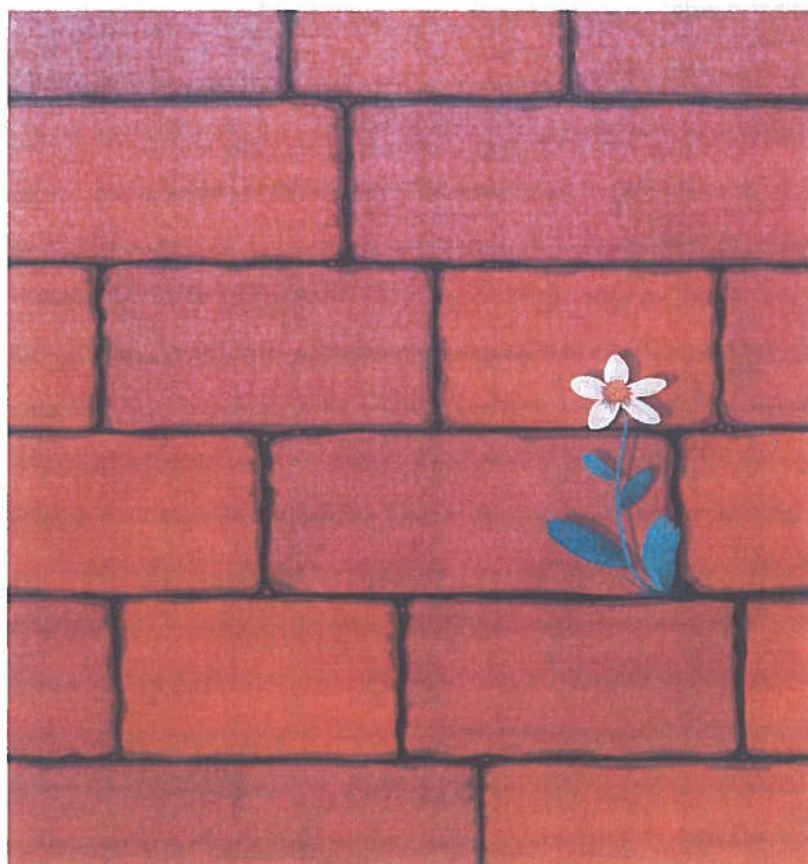
Strength Training

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness | Family Circle Magazine



How to Manage Your Moods,
Your Relationships, Your Life
By Janet Taylor, MD, MPH

Health



Strength Training

● Fortitude. Just saying the word implies a strength that, as my elders would say, helps you make a way out of no way. It's a willingness to take a step toward your fear, with or without a plan, which is exactly what I had to do two years ago when I got divorced.

Back then, I was constantly looking over my shoulder at the unsettling, lurking shadow of the unknown. I wondered, "Who will hold my hand 20 years from now? Will I be alone forever? How will I handle life by myself?" I was only able to step out of the shadows into my own light by thinking about my strengths (like optimism and perseverance) and how I'd handled stressful situations (like moving and adjusting to new jobs) in the past. I connected meaning to my struggles and realized that past challenges had not weakened me. They had prepared me.

When you find yourself overwhelmed by fear, spend a few minutes thinking about a past struggle that you overcame. What strengths (such as courage and determination) helped you through it? Feel the evidence of how they live within you, then take a step out of the shadows into your own light.

Q&A

"I want to help my child lose weight but don't want to make him hate me in the process. What should I do?"

Here's a question for you: Whose goal is it to shed the pounds? Motivation is a key component of change. So if this is your idea, consider whether it's medically necessary or you're projecting your own ideals onto your child. If this is your kid's idea, it is critical that your child articulate why he wants to lose weight. Is he being teased? Frustrated when playing sports? Embarrassed to shop for clothes? Listen patiently to his concerns and support him with positive action. Avoid using shame or blame and instead come from a place of love. Work together to set healthy, realistic goals—and be sure to celebrate when he achieves them.

Thrill Them with Kindness

Smile while making eye contact with a stranger. Send a spontaneous text to a friend, sharing something you love about them. Offer your seat on the train to someone who looks like they've had a long day. Kindness is a free gesture with a million-dollar payoff—for all involved.



A mother of four, Janet Taylor, MD, MPH, is a psychiatrist in Florida. Follow her on Twitter: @drjanet.

Losing Weight Before & After 40

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness | Family Circle Magazine—August

Health

LOSING WEIGHT

Know That Diet Isn't Everything

Get to that spin class! "If you reduce calorie intake and lose weight without exercising, up to 35% of the weight you lose could consist of muscle," warns exercise physiologist Richard Weil, director of the Mount Sinai St Luke's Weight Loss Program in NYC. "That's bad news for your metabolism." Cardio will minimize muscle loss, and resistance training can build muscle.



Outsmart Willpower

If you're standing in front of a vending machine or your pantry pondering what to eat, you've already lost the battle. "Willpower is a finite resource," explains Susan Peirce Thompson, PhD, author of *Bright Line Eating*. "When you've been making decisions all day, your brain may be overworked by the time you're trying to figure out what to eat. That's why you're less likely to be able to resist tempting foods." The solution: Plan ahead (for the day or week) whenever possible.



<40

Decrease Your Downtime

All those CrossFit sessions don't make it okay to sit for hours afterward. Sedentary pockets of time are still bad for you. "Food consumed by an inactive body is likely to be stored as fat," says Marc Hamilton, PhD, director of the Texas Obesity Research Center at the University of Houston. While scientists are still researching how active you need to be to fight fat storage, one thing's for sure: "If you're inactive more than you're active, you're on the wrong side of the seesaw," says Hamilton.

Drink. More. Water. Especially before meals. The clear choice helps you feel full and can trick you into cutting back on how much you eat.

Buffer "Bad" Foods

Simply put, eat kale first, french fries last—if you have any room left. Prioritizing veggies and protein at the beginning of a meal not only guarantees a nutrient-rich diet but also fights weight gain.

"Eating processed carbs last can lower the hunger-stimulating effect of a dip in blood sugar that typically occurs after a processed carb-rich meal," says Alpana Shukla, MD, the director of clinical research for the Comprehensive Weight Control Center at Weill Cornell Medicine in NYC.



Let Tech Trim You

There's something about cold, hard data that keeps you honest. "Tracking what you eat and how much you exercise can help you spot problematic patterns and find ways to improve your health," says Brie Turner-McGrievy, PhD, RD, assistant professor of nutrition at the University of South Carolina in Columbia. Apps including Cronometer and Lose It! win a thumbs-up, as do devices like the Garmin Vívofit, Apple Watch and Fitbit.

Go to Sleep Already! Unless you're up late watching *Game of Thrones* to avoid spoilers tomorrow—we totally get it—head to bed. "Not getting enough sleep is associated with hunger and increases your risk for obesity," says Neil Kline, DO, a spokesperson for the American Sleep Association. Blame your hormones for this one: With sleep loss, leptin drops and ghrelin rises, making you more likely to eat. Clock your seven to nine hours and tip the scale in your favor.

BEFORE & AFTER 40

Up the Cardio

As hormones fluctuate during the transition to menopause, women are more likely to gain body fat, especially in the abdominal area, according to experts. The most effective type of exercise to blast ab fat is cardio. To slim down, you'll need more than 2.5 hours of moderate activity (like brisk walks) or more than 75 minutes of vigorous activity (like running) per week.

Build Some Lean Muscle

Combining cardio with strength work is very effective at improving your overall shape—so don't spend every workout on the treadmill only. "You can experience sarcopenia, the loss of muscle with age," says exercise physiologist Richard Weil, director of the Mount Sinai St Luke's Weight Loss Program in NYC. "Cardio will break down muscle and lower your resting metabolism." Bring it back up by getting strength training into the mix.

By Marlica Heaner, PhD

Take Catnaps

Perimenopausal hormonal changes can disrupt sleep patterns. "This may make you tired during the day and impact hormones that influence your appetite," explains Neil Kline, DO, a spokesperson for the American Sleep Association. Quick naps (think 30 minutes) can re-energize you. When naps aren't possible, improve your sleep hygiene: Limit caffeine to mornings, take your bedroom temperature down to between 60 and 67 degrees and practice relaxation techniques like meditation.

>40



Monitor Your Meds Oh, what a bitter pill: Medication you take to feel better can make you feel worse—thanks to excess pounds. "Many antidepressants, steroids, antihistamines and beta blockers can be culprits," says New Orleans-based obesity researcher Donna Ryan, MD. "Talk to your doctor about alternatives. Some are weight neutral or may even produce weight loss."

Shrink Your Eating Window

If you eat dinner early (finish by 6 p.m.) and "breakfast" later (around noon), you'll expand the time between your last and first meals, a form of intermittent fasting. This practice, which isn't new but has been getting a lot of buzz, requires a 12- to 18-hour window of not eating to boost your fat burn. It's an easy way to limit calories without counting them, says registered dietitian Julieanna Hever, RD, author of the *The Mediterranean Diet*. Research suggests it may help prevent diseases like diabetes, heart disease and even cancer. Talk to your MD before getting started.



Get Checked

As we get older, we're more likely to be diagnosed with hypothyroidism, a condition that can lead to weight gain. "Make sure you have your annual physical and get a comprehensive blood test that includes the full thyroid panel," suggests Alpana Shukla, MD, director of clinical research for the Comprehensive Weight Control Center at Weill Cornell Medicine in NYC. Treatment may help you get rid of extra pounds.

Eat. More. Fiber. Your metabolism is slowing down but your hunger may not be. Feel fuller by upping your fiber intake with whole grains, legumes, fruits and veggies.

The Art of Walking

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness | Family Circle Magazine—August

Health

The Art of Walking

BY GINA ROBERTS-GREY

From heel to toe, we explain how to put your best foot forward.

● You take thousands of steps every day—even on those days you spend binge-watching *Orange Is the New Black*. But if each stride doesn't strike the pavement properly, you won't tap into the full toning benefits of your walk. And you could be on pace to become one of the three in four American adults who have experienced foot pain in their lifetime. It's time to bone up on your stride!

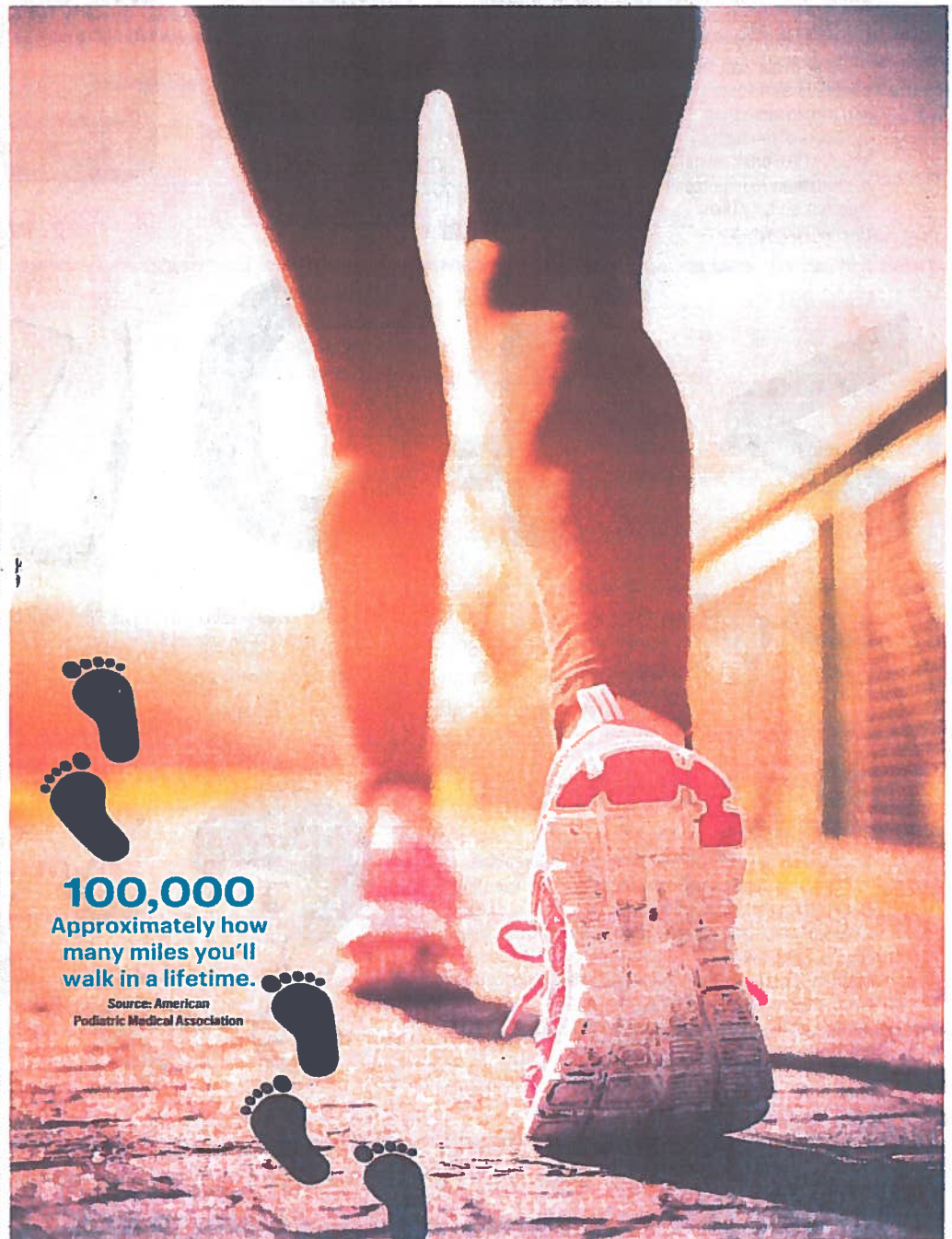
WALK THIS WAY

Twenty-six bones (and their corresponding tendons) all have specific roles in your foot strike. Unfortunately, if your stride doesn't follow the pattern below, it may be too late to retrain your gait. But it's always a good time to talk to your doctor about orthotics or other solutions.

➔ **First**, your heel makes contact with the ground while your toes come up to prevent your foot from hitting the floor too hard.

➔ **Next**, the outside of your midfoot makes contact with the ground to keep you level as your weight transfers from the heel to the toe area. Your foot quickly switches from being a stiff lever to flexible mode in order to keep you balanced even when walking on uneven surfaces like sand or rocks.

➔ **Finally**, your forefoot (aka your little piggies) takes control. As your toes come in contact with the ground, they push you off so that your other foot can keep your activity tracker happy.



100,000
Approximately how
many miles you'll
walk in a lifetime.

Source: American
Podiatric Medical Association

Health

"Aches in its bone may mean your **second toe** carries too heavy a load," says John T. Campbell, MD. "Pain and burning in the **smaller toes** is a sign of Morton's neuroma, often caused by wearing heels and narrow shoes."

If your bare footprint shows an outline of your entire foot, that could be a sign of pain to come. It means your arch is collapsing (leaving your foot struggling to hold you up) and could cause tendinitis from the arch to the ankle, says Jacob Wynes, DPM.

"Muscle tension that can travel up through your lower leg may be a result of not walking all the way through your **big toe**," explains agility expert Mary Derbyshire. Bearing one-third of your weight with each step—twice as much as the other toes—your big toe keeps you balanced. When used to its fullest potential, it also propels you forward.

Crusty, dry skin or callouses on the **outside border** of your foot are a sign that area is shouldering more weight than it should, explains Pedro Cosculluela, MD. Over time, this can lead to pain that radiates up through the foot and ankle.

Wearing down the **inside heel** of your shoes means you're prone to tendinitis in the arch of your foot, says Casey Ann Pidich, DPM. "If the **outside heel** is more worn, you may be prone to tendinitis on the outer parts of your foot and leg pain or joint pain in your knees."

Ouch!

Why does that hurt?

Wondering what's causing that callous, cramp or tender spot? While physical therapy, properly fitting shoes or orthotics may be the solution, we found the source of your problem.

OUR EXPERTS John T. Campbell, MD, director of research, The Institute for Foot and Ankle Reconstruction at Mercy in Baltimore. Dorothy Cohee, PT, physical therapist at Athletico in Chicago. Pedro Cosculluela, MD, an orthopedic surgeon at Houston Methodist Hospital. Mary Derbyshire, author of *Agility at Any Age* and an instructor in the Alexander Technique. Casey Ann Pidich, DPM, an associate podiatrist at Downtown Podiatric Care in Manhattan. Jacob Wynes, DPM, a podiatrist and an assistant professor of orthopedics at the University of Maryland School of Medicine.



3 Ways to Avoid Pain

1

Loosen up.

Prevent heel and arch aches by getting limber daily. Hold the edge of a counter or a table and do 10 to 15 heel raises. "Slowly rise up on your toes and lower back down until heels are on the ground," says physical therapist Dorothy Cohee. Then keep heels on the floor and lift both sets of toes up 10 to 15 times.

2

Swing 'em.

Moving the arm opposite the leg that's traveling forward (called cross-patterning) coordinates the muscles in your spine, allowing for proper support of your lower back, says trainer Mary Derbyshire. "We're designed to move all four limbs when walking. You'll burn more calories too!"

3

Grasp it.

Your bath mat or post-shower towel can dry up the chances you'll suffer from plantar fasciitis. Lay it flat on the ground and try to grab or scrunch it with your toes. Or multitask and do this with a towel while sitting at your computer or watching TV, suggests Jacob Wynes, DPM.



One Pan Wonders • Broiled Beef and Broccoli

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness

GREAT FOOD | Super Simple

Mighty Mushrooms

Shiitakes are more than tasty. They're also powerful cancer fighters, plus they boost heart health, brain function, and immunity.

One-Pan Wonders

Toss a few ingredients together, and dinner (and cleanup) is done in a flash.

Broiled Beef and Broccoli

Active time: 15 minutes

Total time: 30 minutes

Serves: 8

- 1/3 cup low-sodium soy sauce
- 1/4 cup toasted sesame oil
- 1 Tbsp. packed light brown sugar
- 3 cloves garlic, minced
- 1 2-in. piece fresh ginger, grated
- 2 1/2 lb. flank steak
- 4 cups broccoli florets
- 2 cups shiitake mushrooms, halved
- 2 Tbsp. extra-virgin olive oil

1 Preheat oven to 375°F, with 1 rack in the center position and another 4 inches from broiler. Line a large baking sheet with foil.

2 Whisk together soy sauce, sesame oil, brown sugar, garlic, and ginger in a medium bowl. Measure out 1/4 cup of the marinade. Add steak to remainder, turning to coat.

3 Toss broccoli florets and mushrooms on prepared baking sheet with olive oil and reserved marinade. Spread

vegetables out in an even layer, transfer to center rack in oven, and roast until just tender, about 10 minutes. Remove baking sheet from oven and set oven to broil.

4 Push broccoli and mushrooms to edges of baking sheet and place steak in the center, drizzling over any remaining marinade. Slide baking sheet under broiler and broil until steak begins to char on the outside and a thermometer inserted

into thickest part registers 125°F for rare or 135°F for medium-rare, 3 to 5 minutes per side.

5 Remove baking sheet from oven and let steak rest, loosely covered with foil, for 10 minutes before thinly slicing against the grain. Serve warm, with vegetables alongside.

PER SERVING: 327 Calories, 18g Fat (4g Sat.), 88mg Chol., 2g Fiber, 33g Pro., 7g Carb., 475mg Sod., 3mg Iron, 55mg Calcium

Chef Solus' Health Cooking Tips & Nutrient Claims Reference Chart

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness

Chef Solus' Healthy Cooking Tips



In general, most recipes can be made healthier using these simple guidelines:

Start with Healthier Ingredients!

Healthier food listed by food groups:

Grains Group:

- Using 100% whole grains make bread, pasta, flour and rice give recipes a fiber punch that is great for the heart and tummy!
- Look for the word "whole" on the package.

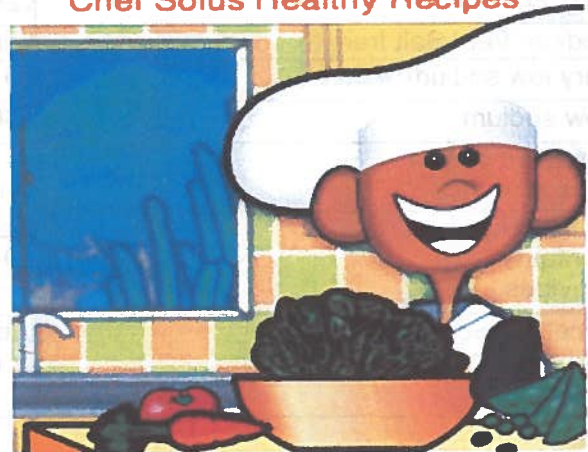
Dairy Group

- Use reduced fat or low fat ingredients such as low fat cheese or skim milk.

Protein Group

- Skinless white meat chicken/turkey are low in fat. Lean ground turkey is a healthy substitute for ground beef.
- Use lean cuts of meat, remove the white fatty parts
- Add nuts or seeds to salads and cereals.
- Some recipes taste great with beans and tofu instead of meat.

Chef Solus Healthy Recipes



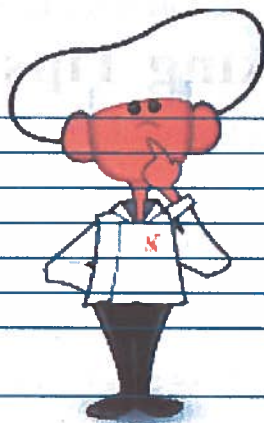
Fruit and Vegetable Groups:

- Add fruits and vegetables as side dishes
- Add vegetables in sauces and soups for more flavor.
- Use more fruit for sweetening up desserts and instead of sugar.

Healthy Oils:

- Healthy oils (fat) usually comes from unrefined products such as fish, nuts, avocado, seeds, and olives
- Use a small amount of healthy oils instead of butter, shortening or lard. Using a teaspoon or brush helps control the amount of oils you are using.





Nutrient Claims Reference Chart

Nutrient Claim	means...
Calorie free	less than 5 calories per serving
Low calorie	40 calories or less per serving
Fat free	Less than 0.5grams of fat per serving
Low fat	3grams or less of total fat
Low saturated fat	1gram or less saturated fat per serving
Saturated fat free	Less than 0.5g of saturated fat per serving and the amount of trans fatty acids does not exceed 1% of the total fat
Reduced fat Less fat	At least 25% less fat than the regular version
Sugar free	Less than 0.5g of sugar per serving
Reduced sugar	At least 25% less sugar per serving than the regular
High fiber	5g or more fiber per serving
Good source of fiber	2.5g to 4.9g of fiber per serving
Cholesterol free	Less than 2mg per serving
Low cholesterol	20mg or less per serving
Reduced cholesterol Less cholesterol	At least 25% less cholesterol per serving than the regular version
Sodium free/ Salt free	Less than 5mg of sodium per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140mg of sodium or less
Reduced sodium Less sodium	At least 25% less sodium per serving than the regular version
Good Source of... Contains... Provides...	these terms mean that one serving of a food contains 10-19% of the Daily Value
Excellent Source of... High in... Rich in...	these terms mean that one serving of a food contains 20% or more of the Daily Value

Lean

Meat, poultry, seafood and game meat with less than 10g fat, 4g saturated fat, and 95 mg cholesterol per serving.

Extra lean

Meat, poultry, seafood and game meat with less than 5g fat, 2g saturated fat, and 95mg cholesterol per

Lite or Light

This can mean two things. The product can have 50% less fat than the higher fat version or the product contains 1/3 fewer calories. For example Dreyer's vanilla ice cream contains 150 calories per ½ cup serving and 10 grams of fat. The Dreyer's light ice cream contains 100 calories per ½ cup serving and 3.5 grams of fat.

The term "light" can also refer to the texture and color as long as the label explains it. For example, "light brown sugar" or "light olive oil."

Reduced in...

This claim means that the product contains at least 25% less of a nutrient than the regular version. For example, Nabisco's Original Oreo cookies contain 160 calories and 7 grams of fat per serving. The reduced fat version contains 150 calories and 4.5 grams of fat. Other words for "reduced in" include "lower in" and "fewer."

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

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, 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

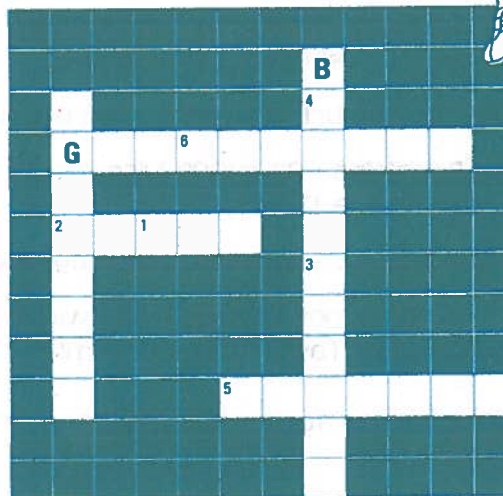
RAISINS

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**

6 1 5 2 4 3

& BLUE FRUITS AND VEGGIES

Healthy Snacks Kids Love

Submitted by: Vondell Bender—GHWIC Educator | Hualapai Health, Education & Wellness | Dairy Council of California



Healthy Snacks Kids Love

Andrea Garen, Registered Dietitian Nutritionist

Snacks can amount to a large percentage of our daily calories. Some kids may consume as many as three snacks a day, which could potentially add up to nearly a quarter of their daily nutrient needs. Unfortunately, research shows that for many kids, snacks are desserts or sweetened beverages, such as soda, fruit drinks and sports drinks, that don't provide many nutrients¹.

Make the most of every eating opportunity by preparing delicious (and nutritious) treats with your kids. They'll enjoy spending time with you in the kitchen learning valuable cooking skills and they'll be eating healthy foods that add nutrients to their diets.

Use our Smart Snack Planner to help you make the most of your kids' snacks, then try these healthy combinations:



1. **Cheese and crackers** – Cut up some pieces of cheese and serve with whole-grain crackers.
2. **Veggies and dip** – Cut up some broccoli, cauliflower, carrots, celery, or cucumber and serve with a side of yogurt dip or hummus. Try our Tangy Yogurt Vegetable Dip
3. **Fruit and dip** – Cut your fruit such as apples or pears into moon-shaped slices and serve with a small bowl of yogurt or cottage cheese. Try Fruit Kabobs with Yogurt Dip
4. **Milk** – Chocolate or regular, milk makes a great snack because it provides protein and nutrients that nourish children. Serve it by itself, along with a snack or even with cereal at snack time.
5. **Smoothies** – Easy to make by placing fresh or frozen fruit in a blender with yogurt or milk and a little ice. Try one of our favorites: Strawberry Banana Blast.
6. **Popcorn** – You pour the oil and let the kids pour the kernels into the pan. Heat on medium high heat, cover and shake until all of the kernels pop.
7. **Frozen YoGurts (yogurt in a tube)** – Pop them into the freezer and they are ready to go!
8. **Homemade Popsicles** – Pour 100% juice into an ice cube tray, cover with plastic wrap, insert Popsicle sticks and freeze. Delicious!
9. **Trail mix** – Let your kids make their own by mixing nuts, cereal and dried fruit.
10. **Ice cream** – Whether you serve a scoop with fresh berries or enjoy it on a cone, nothing says summertime like good old fashioned ice cream!

Remember, serve snacks at the table and space them far enough from mealtimes so that kids' appetites aren't spoiled!

Andrea Garen, MA, RDN, is the District Wellness Coordinator at Redwood City School District. She coordinates programs and resources available to district elementary schools across all areas of school health. As a Registered Dietitian Nutritionist and mother of two, she is passionate about nutritious food and reality-based eating, which means choosing nutritious foods and preparing them in a way that makes them taste great.

COMMUNITY MESSAGES

Please remember to submit your Gamyu articles in **BY** the deadline to avoid any inconvenience with the print time.

Article Deadline:
FRIDAY
August 18th

Next Publication:
Friday,
August 25th



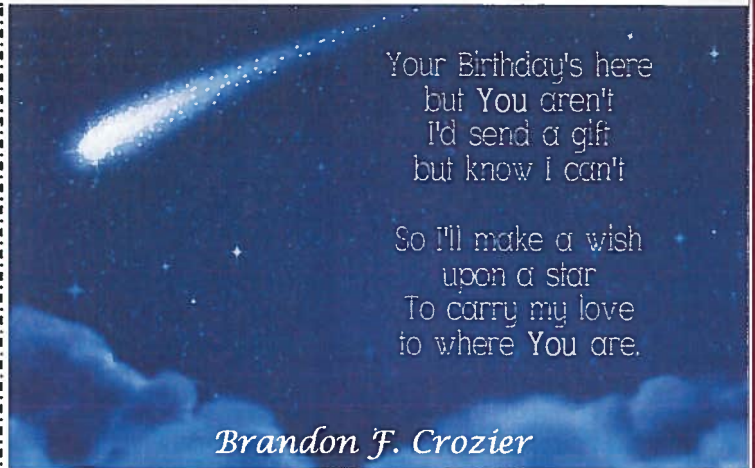
Happy Birthday Athena
August 27, 2017

Enjoy your special day!
We love you very much.

From: Your Family

Happy Birthday(s)!!

Submitted by: Adeline Crozier | Hualapai Administration



Your Birthday's here
but You aren't
I'd send a gift
but know I can't

So I'll make a wish
upon a star
To carry my love
to where You are.

Brandon F. Crozier

August 24, 2017
MISS YOU SON, BROTHER, UNCLE



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FAIR

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(SEPTEMBER 14TH-17TH)

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Submitted by: Shay Thomas | Mattressland & Furniture

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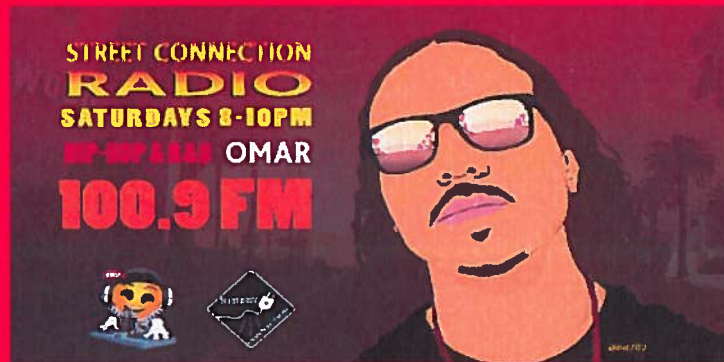
Volunteer of the Month • July
Submitted by: Terri Hutchens | 100.9FM KWLP

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:

