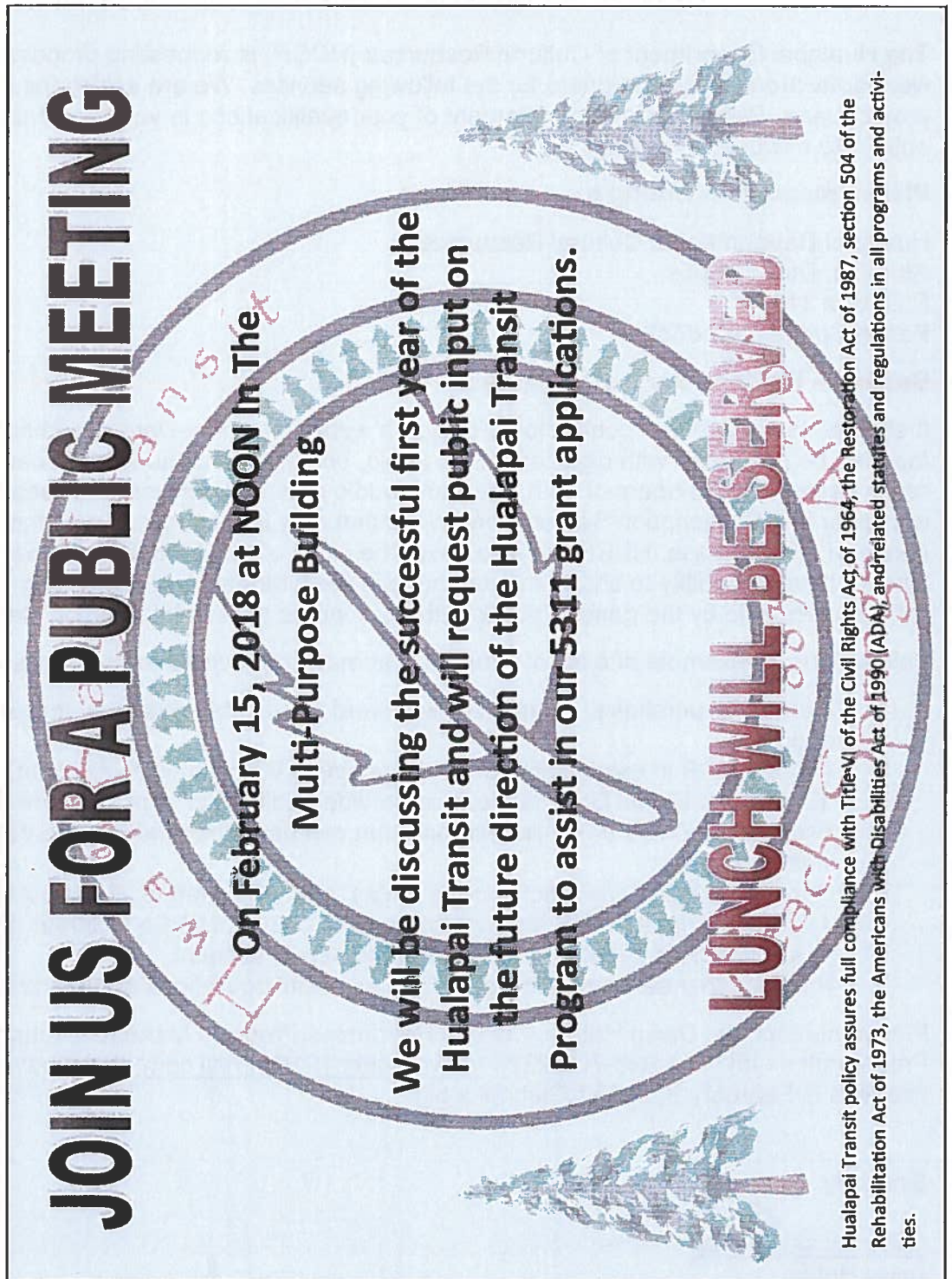


Special points of interest:

- ◆ CDI Parent Committee Meeting on Thursday, January 25th at 5:30 p.m. (page 12)
- Special TERC meeting on January 31st at 9:00 am at Cultural Dept. (Hualapai War Paint Adventure Group).
- ◆ Special TERC Meeting will be on Thursday, February 1st at 9:00 a.m. at the Hualapai Cultural Resources Department
- Regular Council Meeting will be Saturday, February 10th at 8:01 a.m.
- ◆ HTUA Board Meeting on Wednesday, February 14th at 9:00 a.m. at the Health, Education & Wellness Department.

Hualapai Transit Public Meeting • Thursday, February 15th
Submitted by: Ginger Kathadhe | Hualapai Transit



JOIN US FOR A PUBLIC MEETING

On February 15, 2018 at NOON In The Multi-Purpose Building

We will be discussing the successful first year of the Hualapai Transit and will request public input on the future direction of the Hualapai Transit Program to assist in our 5311 grant applications.

LUNCH WILL BE SERVED

Hualapai Transit policy assures full compliance with Title VI of the Civil Rights Act of 1964, the Restoration Act of 1987, section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 (ADA), and related statutes and regulations in all programs and activities.

Inside this issue:

General Information & Events	2
Job Opportunities	10
Education & Training	12
Health & Safety	18
Community Messages	29

Request for Proposals (Database Platform Development) • Due: Friday, February 9th

Submitted by: Dawn Hubbs | Hualapai Department of Natural Resources

**Hualapai Department of Cultural Resources**

P.O. Box 310

Peach Springs, Arizona 86434

Office: 928.769.2223 FAX: 928.769.2235

Request for Proposals for Database Platform Development

The Hualapai Department of Cultural Resources (HDCR) is requesting proposals from qualified hardware/software/website designers for the following services. We are asking for a price quote on a per-project basis. Please provide a statement of your qualifications in your response. We are looking to enter into a two-year contract.

Please respond in writing to:

Hualapai Department of Cultural Resources
Attn: Ms. Dawn Hubbs
P.O. Box 310
Peach Springs, AZ 86434

Database Platform Services Required:

It shall be the duty of the contractor to design a web-based, key-word searchable archival database that can be populated with digitized video, audio, photographic and written manuscript data. We currently have over 250 hours of both video and audio data that we want archived in the database. HDCR will cover any Subscription/Server/Cloud costs that may be associated with the operations and maintenance of the database. HDCR will also cover the costs of any hardware/software purchases. We also want to have the ability to add to the database in the future as new data are collected. The database will be accessible by the general public with appropriate access information clearances.

Following is an example of a list of services that may be provided to accomplish this project:

1. Identify for purchase, an archival, key-word searchable database template as a database foundation.
2. Assist HDCR in establishing and maintaining a Web Services Account.
3. Establish a Digital Drive platform to provide public links to pictures/media/other files.
4. Establish a Vimeo or similar platform that can be embedded into the database for displaying video content.
5. Coordinate appropriate software (such as, but not limited to: Google Angular+Bootstrap, MS JVC Javascript API, MS Internet Information Server, MS Sq 1 Server, Windows 10).
6. Assist HDCR in setting up an appropriate server account.
7. Provide other services necessary for successful operations of the archival database/web site.

Please contact Ms. Dawn Hubbs, Cultural Resources Program Manager/Archaeologist/Tribal Historic Preservation Officer at 928-769-2223 (dawn.hubbs101@gmail.com) if you have any questions. The deadline is February 9, 2018 to submit a bid.

Sincerely,

A handwritten signature in black ink, appearing to read "Dawn Hubbs".

Dawn Hubbs

Request for Qualification (General Manager for HTUA) • Monday, February 26th

Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Qualifications for General Manager for the Hualapai Tribal Utility Authority



The Hualapai Planning Department (Planning), in association with the Hualapai Tribal Utility Authority (HTUA), is seeking a part time General Manager to provide guidance and structure to the HTUA Board members and associated staff. In addition, the Board seeks a General Manager with experience in constructing power lines, developing performance metrics and best management practices for a commercial-scale solar power plant located on the Hualapai Reservation, managing existing federal power contracts held by the Tribe, negotiating various supply and wheeling agreements to bring power to the Hualapai Reservation, assisting the

HTUA in its pending loan application to USDA, Rural Utilities Service, and negotiating leases for utility rights-of-way. The General Manager shall be responsible for the day-to-day operations of HTUA, subject to oversight by the Board of Directors.

The RFQ will close on February 26, 2018, at 4:00 PM Arizona Time. Proposals will be accepted from both Indian-owned and other firms for this project. All questions must be submitted in writing and may be sent via email to the individual listed below. All proposals shall be submitted to:

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

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

Phone: (928) 769-1310 Ext. 22 | **Fax:** (928) 769-1377

Or **e-mail to:** kdavidson@hualapai-nsn.gov | See www.hualapai-nsn.gov for RFQ postings

Public Notice of Proposed Homesite (Jessica Powskey)

Submitted by: Michelle Zephier | Hualapai Planning Department

PUBLIC NOTICE OF PROPOSED HOMESITE

Jessica Powskey is proposing to utilize her Maternal Grandfathers Lolly Powskey's homesite located in China Town just off Route 66 as her own. If you have any questions please call Michelle Zephier at the Hualapai Planning Dept., thank you.



Homeowner's Loan Steps
 Submitted by: Kevin Davidson | Hualapai Planning Department

HOMEOWNER'S PURSUIT

You've taken the steps to finding your new home - now let us help you find the right financing option to fit your particular situation. This game board will walk you through the financing process, step by step, providing handy tips for how to win the game!



Tess Sage-Robinson
 Mortgage Advisor | NMLS - 227116
 Direct 480.223.4717
 trobinson@pcmlan.com
 www.sagerobinsonsteam.com
 6900 E Camelback, Suite 240
 Scottsdale, AZ 85251



Early Childhood System Coordination Meeting • Wednesday, January 31st

Submitted by: Heidi Hernandez | First Things First



**FIRST THINGS FIRST
Early Childhood System Coordination Meeting**

Wednesday, January 31, 2018 from 9:30 am to 12:00 pm
Mohave County Administration Building, Senita Conference Room
700 W. Beale St, Kingman, Arizona

Purpose of the Meeting:

Our mission at First Things First (FTF) is to create a family-centered, comprehensive, collaborative and high-quality early childhood system that supports the development, health and early education of all Arizona’s children birth through age five. We plan to achieve that goal by working with allies and partners to help build a more effective network of services for young children and their families.

FTF’s coordination goal is to lead cross-system coordination efforts among community, state, federal, and tribal organizations to improve the integration of services and resources for children and families.

2018 Early Childhood System Coordination Calendar

April 17– Bullhead Unified School District Board Room, Bullhead City

July 10 – Parker

November 20 – Lake Havasu City

AGENDA

Welcome, Introductions and Announcements	9:30 – 9:45
Each participant will be asked to provide a brief overview of their program/individual role in the early childhood system and/or inform the group of any upcoming events or initiatives related to early childhood in the regional area.	
North Country Health Care Resources	9:45 – 10:15
Mary Beauchamp, North Country Healthcare, Health Benefits Advocate Deanne Chapman, North Country HealthCare, Family Health Advocate	
The Emily Center at Phoenix Children’s Hospital	10:15 – 10:30
Break	10:30 – 10:45
SFY 2019-2022 Strategic Plans for the Colorado River Indian Tribes Regional Council, Hualapai Regional Council and La Paz/Mohave Regional Council	10:45 – 11:45
Vijette Saari, First Things First, Regional Director, La Paz/Mohave Region Jackie Flores, First Things, Regional Director, Colorado River Indian Tribes Region and Hualapai Tribe Region	
Next Meeting Agenda Topic	11:45 – 12:00



**Colorado River Indian Tribes Regional Partnership Council
Hualapai Tribe Regional Partnership Council
La Paz/Mohave Regional Partnership Council**

Spring Break Activity Planning Meeting • Thursday, February 1st
Submitted by: Pete Imus | Hualapai Youth Services

The Youth Services Partners Coalition
welcome your participation!



Spring Break Dates
March 12-15—Peach Springs Elementary
March 19-22—Valentine Elementary
March 12-22—KHS & Lee Williams
March 19-22—Seigman High School

Thursday February 1, 2018 10:00AM

Hualapai Health Education & Wellness Center
488 Hualapai Way, Peach, Springs, AZ

What activity can your tribal/community program offer to youth during spring break? Fitness, tribal culture, field trips, outdoor, art, fishing, any type of activity is welcome. Attend this meeting to share and schedule your activity to keep youth occupied during spring break.

Contact: Hualapai Youth Services 769-2207 pete.imus@hualapai-nsn.gov

Valentine's Day Bazaar • Wednesday, February 14th
Submitted by: Danielle Bravo | Hualapai Planning Department



Valentine's Day Bazaar
Wednesday, February 14, 2018
Peach Springs, Arizona
9:00AM to 4:30PM

TRIBAL GYMNASIUM

ALL VENDORS WELCOME

Fees:

Hualapai Tribal Members	Free
Enrolled Native Americans	\$25.00 per day
Non-Indians	\$40.00 per day

Payment to be paid in full before set-up @ Tribal Office
1 Table per Vendor

Contact: Monique Mahone-Alvirez @ 928-225-5328 or
Facebook: Monique Mahone



Avi Kwa Ame Pow Wow • Begins Friday, February 16th

Submitted by: Danielle Bravo | Hualapai Planning Department

24TH ANNUAL

Avi Kwa Ame Pow Wow

FEBRUARY 16, 17 & 18, 2018

POW WOW WILL BE HELD IN THE EVENT CENTER LOCATED DIRECTLY ACROSS THE RIVER FROM THE AVI CASINO

ADMISSION

\$ 5.00/DAY OR \$ 8.00/ 2 DAY PASS

BIRD DANCE EXHIBITION

Friday 6:00pm

GOURD DANCING

Saturday 11:00am

Sunday 11:00am

GRAND ENTRY

Saturday 12:00pm & 7pm

Sunday 12:00pm

DRUM SIGN-UP

Saturday 10:00am

BIRD DANCER REGISTRATION

Saturday 10:00am - 4:00pm

DANCER REGISTRATION

Friday 10:00am - 5:00pm

BIRD SINGING & DANCING CONTEST

Saturday 5:00pm - 7:00pm

Host Drums To be selected
at each session.

MC - Terry Fiddler

Arena Director - Tate Honadick

Ground Blessing

Gary Koshiway

– All Drums Welcome –

Daily Pay for Drums

Head Staff will be

selected at each session.

Vendors Contact

Maria Medrano

at (760) 629-4591 or

(928) 788-5190

Lodging is available at the

Avi Resort & Casino

(702) 535-5555

(POW WOW 8)

***“No alcohol, drugs, firearms or
fireworks allowed”***

Pow Wow Committee is not responsible
for damages to property or injury.



ALL TIMES ARE AZ TIME AT EVENT CENTER

Mega Throw XIV • Begins March 16th
Submitted by: Danielle Bravo | Hualapai Planning Department

COLORADO RIVER INDIAN TRIBES PRESENTS



MEGA THROW XIV

March 16 & 17, 2018 **AhaKhav Tribal Preserve**
Colorado River Indian Reservation, Parker AZ

Traditional Bird
Singing & Dancing
Competition & Social

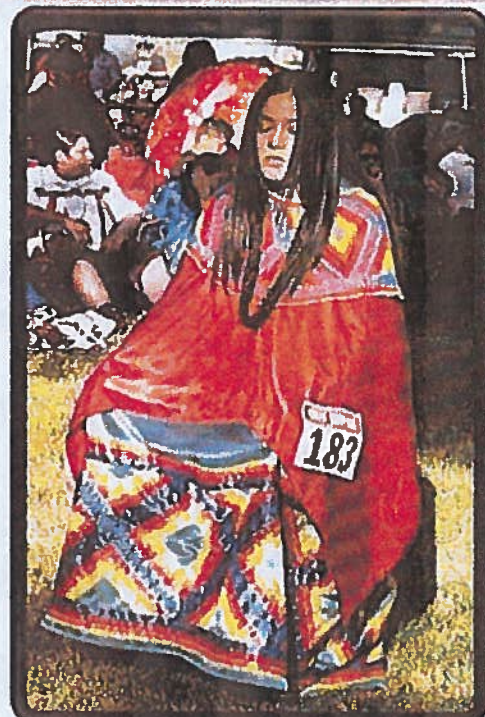
March 16 - Friday

4 pm Welcome
6:30 pm 7-17 Boys Singing Contest.
Must Register

7:30 pm Social Dancing

March 17- Saturday

7:30 am Mega Run
11am Welcome & Registration Opens
& Closes at 3 pm!
1pm Horse Shoe Tourn. \$25 Buy-In
3:15pm Contest begin
7pm Social Dancing to Close



Ana Hartl, 2017 Mega Throw



Vending Fees: Food \$75, Business License Required + Food Handlers Cards + Onsite Inspection before opening; Arts/Crafts \$30 valued item for raffle. All spaces designated & limited. Need approval prior to set-up. Questions/Info. call Ivy 520-238-2969

BlueWater Resort 1-888-243-3360 Kofa 928-669-2101

Info: valeriewt@crlt-nsn.gov 928-669-1235 for Val or Joanna 928-669-1220
ABSOLUTELY NO ALCOHOL/DRUGS



"MEGA THROW"



EMPLOYMENT OPPORTUNITIES

Dislocated Worker & Displaced Homemaker
Submitted by: Jean Inus | Hualapai Education & Training Center



NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD Workforce Innovations and Opportunity Act

Dislocated Worker Program

Have You Been Laid-Off?

- ✚ Were you the victim of a business closure or downsizing?
- ✚ Are you collecting Unemployment Insurance benefits or have exhausted those benefits?
- ✚ If you answered **YES** to the above, we may be able to assist you.

Or Are you a

Displaced Homemaker?

- ✚ A Displaced Homemaker is an individual, male or female, who has primarily been dependent on someone else's income while staying home full time.
- ✚ When that income is lost through death, divorce, job loss of spouse or disablement of spouse, the individual becomes displaced from the home role and must now find work as soon as possible to support themselves and their family.
- ✚ If you or someone you know would like more information, call (602) 550-3556 or (928) 713-3080.

Equal Opportunity Employer/Program

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

TTY: 7-1-1

CDI Head Start • Vacant Positions*Submitted by: CDI Head Start***Community Development Institute****HEAD START****Serving Hualapai Tribe**

PO Box 125

Peach Springs, AZ 86434-0125

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

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

Vacant Position as of December 12/13/17. Open until filled

Bus Driver - on Call

This position is responsible for ensuring the safe and efficient transport of children and parents/families between program activities and home and on field trips and helping to keep the vehicle clean and in safe operating conditions at all times. Minimum requirement is high school diploma or GED and a current in-state Commercial Drivers License (CDL) with a School Bus and/or Passenger endorsement and a clean driving record. Pay D.O.E. \$15.42/hr

Teacher Preschool/Teacher-OnCall

Lead worker in a classroom of Head Start children working on planning, implementing, and supervising all classroom activities. Working developing children and children with disabilities. This position supports and assists families as they identify and meet their own goals. Entry-level requires an A.A. in ECE Pay is \$1233.82/biweekly to \$1316.07D.O.E. We will consider applicants that are enrolled in an AA or BA degree program in early childhood education that are able to obtain the degree within a reasonable timeframe.

Assistant Teacher On Call

Work as a partner with the teacher in developing activities for Head Start children to provide them with varied experiences and an appropriate learning environment. Assistance is given to the teacher in carrying out the goals, policies, and activities designed to implement educational objectives and performance standards. Might also serve as a Bus Monitor as part of the transportation services. Pay D.O.E. \$10.67 to \$12.91 with an AA.

Program Aide -On Call

Assist in activities in the areas of the classroom, kitchen and bus and/or to serve as a disabilities aide as needed. Works with typically developing children and/or children with special needs/disabilities. Minimum requirement is to be 18 years of age. This is an entry-level position requiring no previous education or experience, a high school diploma or G.E.D. is preferred. Pay D.O.E. \$10.10 per hour.

Janitor On Call

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

Pay D.O.E. is \$10.10 per hour. This is an On Call position.

Cook On-Call

This position is one role in a large system of services provided to children and families. A strong food service program is important to supporting the goals of the program. This position is responsible the ordering, preparing, serving and documenting of meals and snacks. It includes following menus and all phases of kitchen operations including inventory control. The position may prepare foods for and/or preschool children following the USDA/CACFP standards. Position may involve reassignment to various kitchens/centers as deemed necessary for program operations. Pay D.O.E. *This is an On Call position.*

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.

EDUCATION & TRAINING INFORMATION

Scholarship Opportunities

Submitted by: Lucille Watahomigie



Online scholarship application now open

The Arizona Community Foundation invites high school seniors and current college students throughout Arizona to apply for more than 100 scholarship awards. With the completion of just one online application, students are automatically matched with all of the awards for which they qualify. High school seniors, current college students, or graduate level students attending schools anywhere in the U.S. can apply. Scholarships are available for two-year and four-year colleges and universities as well as technical and vocational schools.

The general application for the 2018-19 academic year is now live. Progress in completing the application can be saved so that students can work on their submission over time. Interested students are advised to apply early in order to be considered for the most awards. Each award has its own deadline, with some closing as early as February and some as late as May.

Through its family of scholarship funds, the Arizona Community Foundation is Arizona's largest private provider of college scholarships. Last year, nearly \$1.7 million was awarded to thousands of Arizona students to pursue their higher education goals at a wide range of colleges, from the Maricopa County Community Colleges and Arizona's three universities to Stanford, Duke, Embry Riddle Aeronautical University and the University of Hawaii, among many others. Eligibility criteria for each scholarship award varies and may include financial need, merit, geographic area or field of study.

To learn more and begin the general application online, visit www.azfoundation.org/scholarships. And please share this news with all of the college-going students you know!

CDI Head Start • Vacant Positions

Submitted by: CDI Head Start



Community Development Institute Head Start Serving Hualapai Tribe

POB 125, 679 Hualapai Way
Peach Springs, AZ 86434

(928)769-2522

CDI Head Start would like to have the following information added to the upcoming GAMU edition.

1. On Thursday, January 25th at 5:30 p.m. will be our Parent Committee meeting. Food will be provided.
 - a. Agenda items include:

I. Update on field trip	IV. Parent discussion
II. Planning February events	V. Plan next meeting
III. Enrollment and re-enrollment schedule	
2. Ongoing employee recruitment for the following positions

a. Bus drive on-call	d. Program aide on-call
b. Teacher preschool/teacher on-call	e. Janitor on-call
c. Assistant teacher on-call	f. Cook on-call

Hualapai Vowels
Submitted by: Lucille Watahomigie

ISSN 1346-082X

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ENDANGERED LANGUAGES OF THE PACIFIC RIM

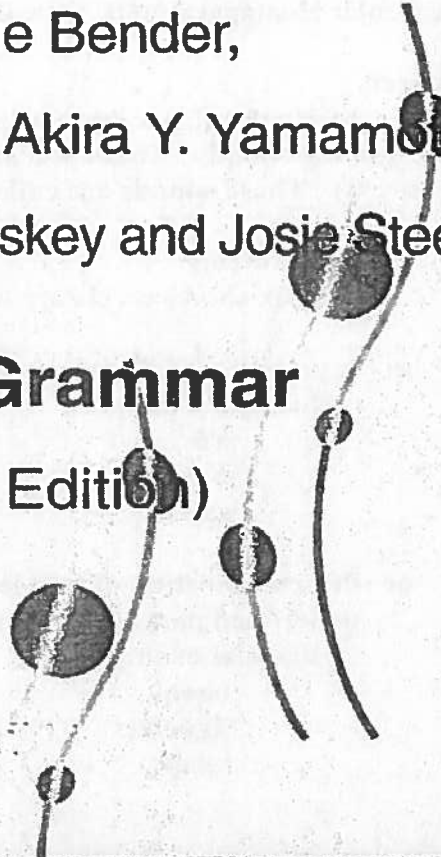
Lucille J. Watahomigie, Jorigine Bender,
Philbert Watahomigie, Sr. and Akira Y. Yamamoto
with Elnor Mapatis, Malinda Powskey and Josie Steele

Hualapai Reference Grammar

(Revised and Expanded Edition)



— ELPR —



Chapter 3 The Hualapai Alphabet

Introduction

The following letters (1) or combination of letters (2) represent the sounds of the Hualapai language:

- 1) a, b, d, ɗ, c, f, g, h, i, j, k, l, m, n, o, p, q, s, t, u, v, w, y, and ' (glottal stop)
- 2) a: ac, ac:, c:, i:, o:, u:, aw, ay, cy, uy, ch, ny, ng, and th

Since every student learns both the alphabet for English and the alphabet for Hualapai, letters common for both languages are used as much as possible. In many cases, the letters or combinations of letters are pronounced in the same way in Hualapai words and in English words. However, one important difference must be noted here. In English the same letter may often have two or more different sounds. An efficient alphabet, however, uses the principle of one letter for one kind of sound. We follow this principle in our writing. Once we learn which letter represents what particular Hualapai sound, we will be able to write and read in Hualapai.

Vowels

In Hualapai, we have a group of six short sounds and six long sounds, and four gliding sounds. These sounds may occur with stress, e.g., ólo (see the discussion on stress). These sounds are called vowels.

1. Short vowels

The six short vowels are written as follows: a, ae, e, i, o, and u.

a is pronounced like the underlined part of the English word "hot".

Hualapai examples:

a'á	saguaro
wáva	ten
sal	hand

ae this combination of two letters (sometimes written **æ**) is pronounced like the underlined part of the English word "cat" or "mat".

Hualapai examples:

baeqk	to hit
jigáedk	to chop
laeqk	to be sore

e is pronounced like the underlined part of "bet" or "said".

Hualapai examples:

e'	yes
bes	money
he'	dress

i is like the underlined part of the English word "bit" or "fish".

Hualapai examples:

i' or i'i	wood
sida	one
milqi	neck

o is like the underlined part of the English word "boy".

Hualapai examples:

o'o	fire
o'pa	no
olo	horse

u is like the underlined part of the English word "cook" or "full".

Hualapai examples:

gula	rabbit
jikbu	the part below the ribs
mul	name

2. Long vowels

a: is pronounced like the underlined part of the English word "father".

Hualapai examples:

va:m	now/today
sma:k	to sleep
gwe ma:k	to eat (something)

ae: English uses the short ae sound. The underlined part of the English "bad" is similar to Hualapai, but the Hualapai sound is longer.

Hualapai examples:

gae:k	to shoot (many things)
gae:dk	to break off (many things)
disgae:k	to chop (many things)

e: English does not use the sound represented by this combination of letters. In English the underlined part of the word "bed" is somewhat similar, but the Hualapai e: is pronounced longer.

Hualapai examples:

be:mk	to be no more/all gone
he:dk	to rope/imprison (someone)
de:vk	to play

i: is pronounced like the underlined part of "shep" or "eat".

Hualapai examples:

misi:	girls
gi:nya	younger siblings
wasi:vk	to think

o: only the short o appears in English words such as in "boy". To make the Hualapai sound o:, simply make the o longer.

Hualapai examples:

vo:k	to walk
viso:k	to watch
sivo:k	to wait

u: is pronounced like the underlined part of English "poo" or "loo".

Hualapai examples:

'u:k	to see
'mhu:ʃ	ash
hu:	head

3. Diphthongs

A third set of vowel sounds are represented by combination of letters. When we pronounce them, they sound like gliding from one sound to another. These are called **diphthongs** and they are the following: aw, ay, ey, and uy.

aw is pronounced like the underlined part of the English word "cow".

Hualapai examples:

thawk	to be little/young
qwaw	hair
dawk	to hurry

ay is like the underlined part of "lie" or "bite".

Hualapai examples:

bay	all
jibáy	bird
dayk	(more than one person) to play

ey is pronounced like the underlined part of "they" or "cake". This sound is relatively rare in Hualapai.

Hualapai examples:

seyk	to be brown
mahnyò gambéy	socks

uy is pronounced like the underlined part of "buoy".

Hualapai examples:

buyk	(two or few) to be dead
duyk	to be hot
tuyk	to take off (clothes)

Consonants

In previous sections, we presented a group of letters which represent a set of sounds called **vowels**. We will now show another set of sounds called **consonants**. The following letters (1) or combination of letters (2) represent these consonant sounds:

- 1) b, d, ð, f, g, h, j, k, l, m, n, p, q, s, t, v, w, y, and ' (glottal stop)
- 2) ch, ny, ng, and th

1. Consonant sounds represented by single letters

b We do not find exactly the same sound in English. The letter is neither **p** as in the English word "pot" nor **b** as in "bottle". The Hualapai sound **b** is somewhat in between these two sounds, i.e., sometimes it may sound like **p** and some other times it may sound like **b**.

Hualapai examples:

ba'	man
baqí	woman
yaba:k	to believe

ð This is also somewhat unique in Hualapai. In most of the cases, this letter represents a sound called the flap sound. In order to produce this sound, we will tap quickly the tip of the tongue against the alveolar area of the mouth-roof. This

HEALTH & SAFETY INFORMATION

Celebrate Recovery • Monday Nights

Submitted by: Keely Sage



THE ROAD TO RECOVERY

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

RECOVERING:

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

- CELEBRATE RECOVERY**
- Resolving anger Issues.
 - Releasing co-dependent relationships.
 - Rediscovering your walk with Jesus.
 - Restoring relationships with family and friends.
 - Reaching for the Truth.

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

Everyone is welcomed with open arms and minds. We are here to support one another, not fix another.

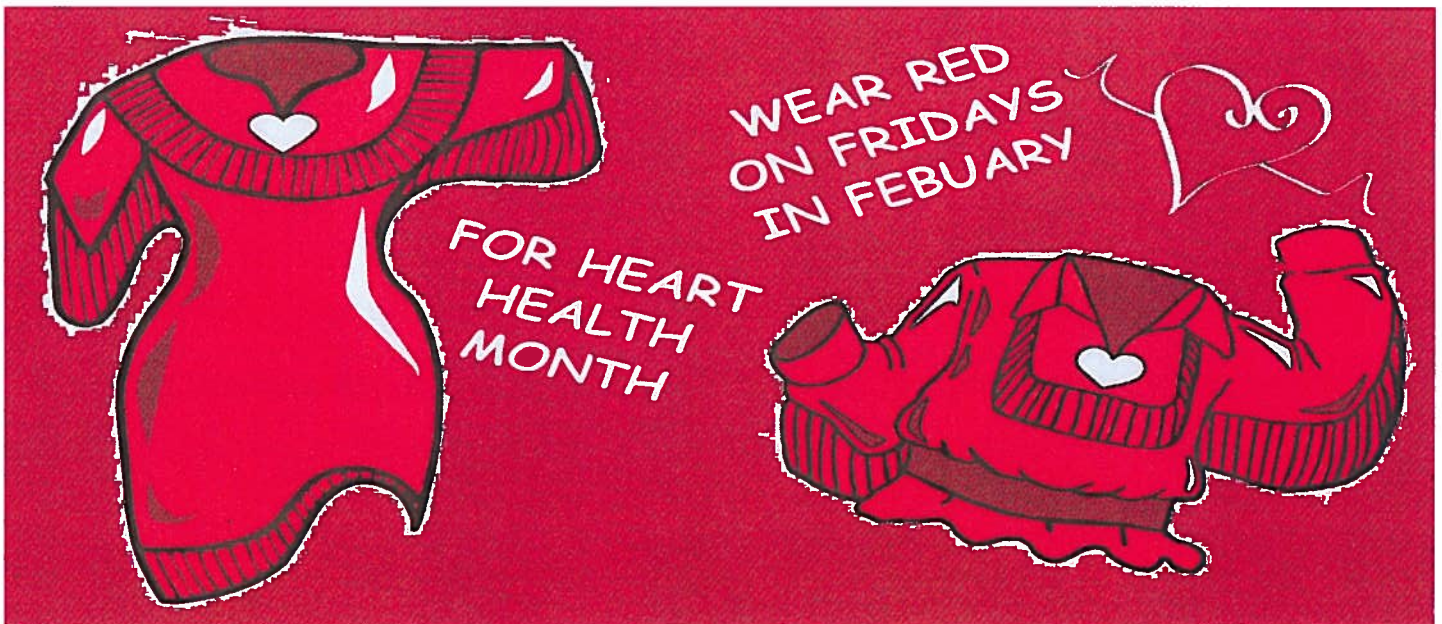
HOPE

Springs from within.

MONDAY NIGHTS 6:00 O'CLOCK HEW

Heart Health

Submitted by: Rebecca Rice, Public Health Educator | Indian Health Services



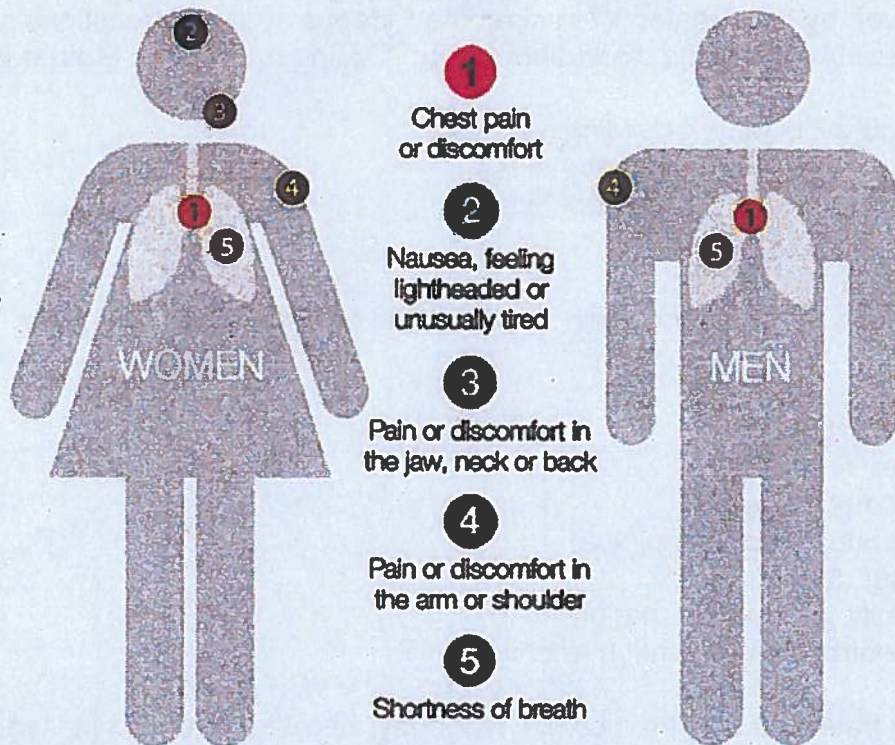


February is

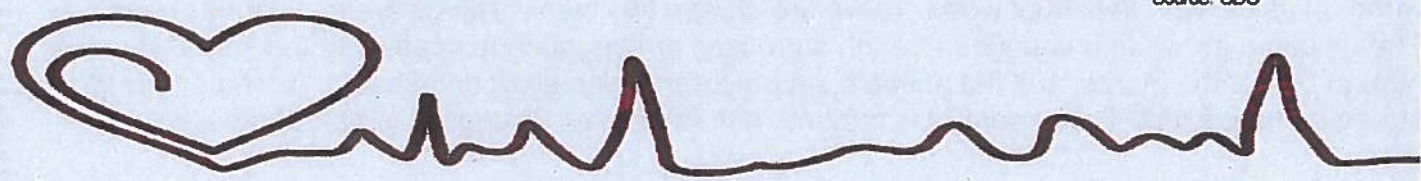
American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

5 Major Symptoms of a Heart Attack



Source: CDC



Strategic Prevention Program • The Cycle of Life: Teachings of the Medicine Wheel

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



Hualapai Strategic Prevention Program Presents **The Cycle of Life: Teachings of the Medicine Wheel** Teaching & Principles to live by

This page has been brought to you from White Bison Inc.

For more information, contact Jessica Powskey at (928) 769-2207
At the Hualapai Health Education and Wellness Center

Cycle of Life: Teachings of the Medicine Wheel

The Medicine Wheel is a very ancient Native American way of teaching. Not all tribes use the Medicine Wheel, and among those who do, the teachings vary as well as the way the Medicine Wheel is illustrated. Different tribes will use different colors or symbols.

However, the teachings are all very similar. The symbols and the pictures express teachings about a way of seeing things, of recognizing the interrelationships and interconnectedness of all things, and a way of understanding the cycles, seasons and meanings of how and why things happen. Teachings have been gathered from many tribes. These teachings reflect the principles, laws, and values that are part of the Natural Order. They also provide insight into the "Original Instructions" that human beings were given by the Creator. We asked the Elders a series of questions such as:

- ◆ What would you like to tell the world about what is going on with the Mother Earth and her inhabitants
- ◆ What could you tell us about building families?
- ◆ What could you tell us about communities?
- ◆ What could you tell us about relationships?

Cycles, Seasons, and Circles

Anything that grows has seasons or cycles. Anything that has life grows in a circle. That circle has four directions:

- ◆ East, South, West, North
- ◆ land, air, water, fire
- ◆ baby, youth, adult, elder
- ◆ emotional, mental, physical, spiritual
- ◆ spring, summer, fall, winter
- ◆ individual, family, community, nation
- ◆ prevention, treatment, intervention, recovery

The Creator made a balanced system: boy/girl, night/day, here/there, up/down, seen world/unseen world; physical world/spiritual world. There are always two sides. Things are constantly changing. The universe grows and changes through a process of struggle and conflict. In the same way, the human being, the plants, and the animals, and the earth also grow and change through a process of struggle and conflict. To us, conflict is a friend, not an enemy. Struggling is part of growing.

The natural system that the Creator made is a Just System. It runs by a system of principles, laws and values. When human beings live in harmony with these principles, laws, and values, then we will have one set of results. If we conduct our lives out of harmony with these principles, laws, and values, then we get another set of results. Innate knowledge and Spirit and Intent are related to these principles, laws, and values.

- ◆ This system that was made by the Creator is also an interconnected system. Everything is related to and interconnected with everything else. Everything in the seen world is also related to and interconnected to that which is in the unseen world. The teaching "The honor of one is the honor of all; the pain of one is the pain of all" reflects the principles, laws, and values associated with interconnectedness.
- ◆ The Elders also told us that if we want to see what is going on in a system, we need to look inside ourselves. We have to look at the unseen world. If we want to participate in, and feel this interconnectedness of the system, then we ourselves just live in a harmonious, balanced way. If there is physical sickness, such as a drug or alcohol problem, then you have to go do the work in the unseen world in order for healing to take place.
- ◆ The Elders have told us that we must start to think in circles, think balance, think "two-sides", think connectedness, and to realize that there is a seen world and an unseen world.

Teachings emphasize Values and Character

From the Teachings of the Medicine Wheel, respect has been selected as one of the values that is important for shaping individual character. In addition, the teachings in the Sacred Journal and the Seven Philosophies booklet provide a foundation for developing character and personal leadership qualities.

For more information, contact Jessica Powskey at (928) 769-2207.

A Tip From a Former Smoker • Kristy's Story

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



Kristy's Story

• Kristy's Biography

By age 33, Kristy, a mother from Tennessee, had already been a heavy smoker for 20 years. She developed smoker's cough and shortness of breath. Kristy tried using electronic cigarettes (e-cigarettes) as a way to cut back on cigarette smoking, but she continued to smoke regular cigarettes. Kristy's cough didn't get better, and eventually, she stopped using e-cigarettes and went back to smoking only regular cigarettes. A few months later, Kristy's right lung collapsed. She spent 2 weeks in the hospital on pain medicine while doctors inserted chest tubes and did surgery to repair her collapsed lung. Kristy's doctors also found early COPD, a lung disease that makes it harder and harder to breathe. COPD stands for chronic obstructive pulmonary disease. That was when she stopped smoking cigarettes completely.

Today, Kristy is thankful that she quit smoking. "I can actually breathe," she said. "I can play with my kids. When I smoked, I had no energy. It just affected my whole life!" Kristy hopes that sharing her story will help other people quit smoking as soon as possible.

A TIP FROM A
**FORMER
SMOKER**

**I started
using e-cigarettes
but kept smoking.
Right up until
my lung collapsed.**

Kristy, age 35, Tennessee

Kristy had smoker's cough and severe shortness of breath. She tried using e-cigarettes to cut down on her smoking. She thought cutting down would make her feel better, but it didn't. She kept smoking cigarettes until her lung collapsed.

**Even smoking a few cigarettes
a day is dangerous.**

You can quit smoking.

CALL 1-800-QUIT-NOW.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

#CDCTips



Secondhand Smoke is Toxic

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

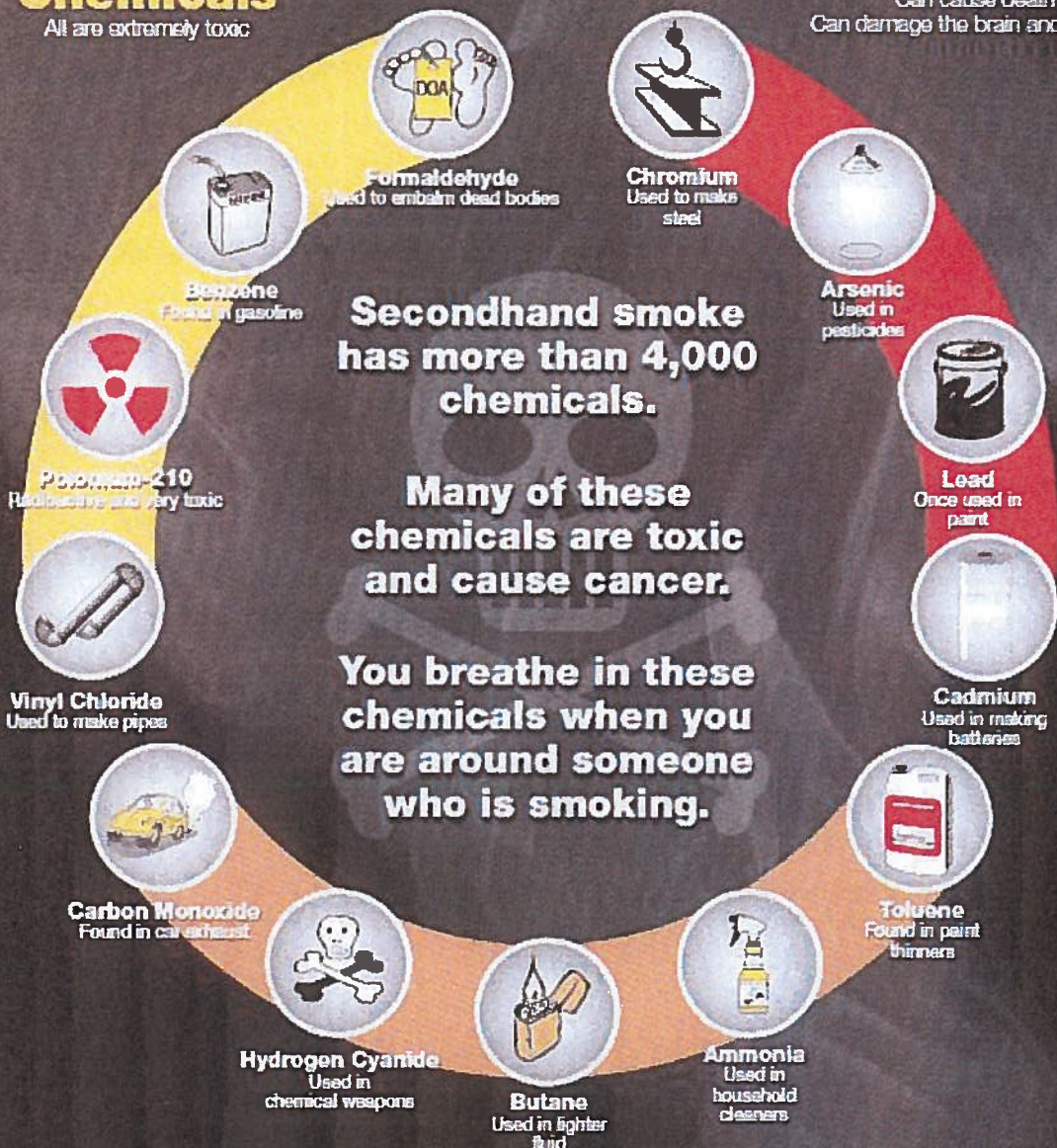
Secondhand Smoke is toxic

Cancer Causing Chemicals

All are extremely toxic

Toxic Metals

Can cause cancer
Can cause death
Can damage the brain and kidneys



Poison Gases

Can cause death
Can affect heart and respiratory functions
Can burn your throat, lungs, and eyes
Can cause unconsciousness

Secondhand smoke

It hurts you. It doesn't take much. It doesn't take long.



Why is Drinking Water Important?

Submitted by: *Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center*

MEDICALNEWS TODAY

Why Is Drinking Water Important?

By James McIntosh | Reviewed by Natalie Butler, RD, LD | www.medicalnewstoday.com

Most people take drinking water for granted, but keeping hydrated has a huge impact on overall health. Despite how crucial water is, a significant number of people fail to consume recommended levels of fluids each day.

Around 70 percent of the body is comprised of water, and around 71 percent of the planet's surface is covered by water. Perhaps it is the ubiquitous nature of water that means drinking enough each day is not at the top of many people's lists of priorities.

Contents of this article:

1. Why do we need to drink water?
2. How much water should we drink?
3. How does not drinking enough effect the kidneys?
4. Effects on other organs
5. Does the United States drink enough water?

Fast facts on drinking water

Here are some key points about drinking water. More detail and supporting information is in the main article.

- Humans are 70 percent water, and our blood is 90 percent water
- There is no universally agreed quantity of water that must be consumed daily
- Water is essential for the kidneys to function
- When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling
- In a CDC questionnaire, 7 percent of respondents reported drinking no water at all daily

Why do we need to drink water?

To function properly, all the cells and organs of the body need water. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues, regulate body temperature, and assist the passage of food through the intestines.

Although some of the water required by the body is obtained through foods with a high water content - soups, tomatoes, oranges - the majority is gained through drinking water and other beverages.

During every day functioning, water is lost by the body, and this needs to be replaced. It is noticeable that we lose water through activities such as sweating and urination, but water is even lost when breathing.

Drinking water, be it from the tap or a bottle, is the best source of fluid for the body. Beverages such as milk and juices are also decent sources of fluid, but beverages containing alcohol and caffeine, such as soft drinks, coffee, and beer, are not ideal because they often contain empty calories.

It was previously thought that caffeinated beverages had diuretic properties, meaning that they cause the body to release water. However, studies show that fluid loss because of caffeinated drinks is minimal.



The institute of Medicine recommends that men achieve a daily fluid intake of around 3 liters and that women take in 2.2 liters.

How much water should you drink?

The recommended amount of water to be drunk per day varies from person to person, depending on factors such as how active they are and how much they sweat. There is no universally agreed upon amount of water that must be consumed daily, but there is a general level of consensus as to what a healthy amount is. According to the Institute of Medicine (IOM), an adequate intake for men is approximately 13 cups (3 liters) a day. For women, an adequate intake is around 9 cups (2.2 liters).

Many people will have heard the phrase, "drink eight 8-ounce glasses of water a day," which works out at around 1.9 liters and is close to the IOM's recommendation for women. Drinking "8 by 8" is an easy-to-remember amount that can put people on the right track regarding water consumption. Remember, all non-alcoholic fluid counts towards this recommendation.

Water also helps dissolve minerals and nutrients so that they are more accessible to the body, as well as helping transport waste products out of the body. It is these two functions that make water so vital to the kidneys.

How does not drinking enough affect the kidneys?

Every day, the kidneys filter around 120-150 quarts of fluid. Of these, approximately 1-2 quarts are removed from the body in the form of urine, and 198 are recovered by the bloodstream. Water is essential for the kidneys to function.

If the kidneys do not function properly, waste products and excess fluid can build up inside the body.

Untreated, chronic kidney disease can lead to kidney failure, whereby the organs stop working, and either dialysis or kidney transplantation is required.

Urinary tract infections (UTIs) are the second most common type of infection in the body and account for around 8.1 million visits to health care providers in the U.S. every year.

If infections spread to the upper urinary tract, including the kidneys, permanent damage can be caused. Sudden kidney infections (acute) can be life-threatening, particularly if septicemia occurs.

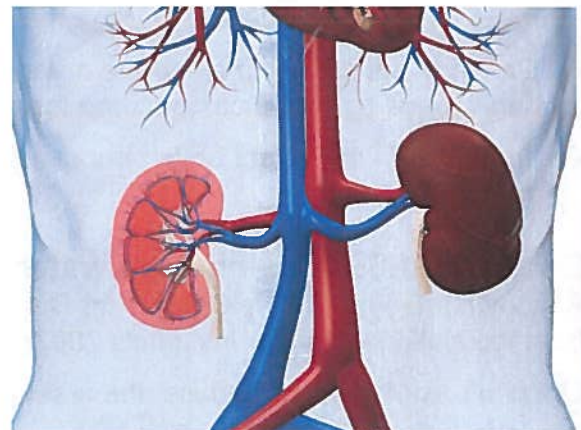
Drinking plenty of water is one of the simplest ways to reduce the risk of developing a UTI and is also recommended to those who have already developed a UTI.

Kidney stones interfere with how the kidneys work and, when present, can complicate UTIs. These complicated UTIs tend to require longer periods of antibiotics to treat them, typically lasting 7-14 days.

The leading cause of kidney stones is a lack of water; they are commonly reported in people who do not drink the recommended daily amount of water. As well as complicating UTIs, research has suggested that kidney stones also increase the risk of chronic kidney disease.

In November 2014, the American College of Physicians issued new guidelines for people who have previously developed kidney stones, stating that increasing fluid intake to enable 2 liters of urination a day could decrease the risk of stone recurrence by at least half with no side effects.

Dehydration - using and losing more water than the body takes in - can also lead to an imbalance in the body's electrolytes. Electrolytes, such as potassium, phosphate, and sodium, help carry electrical signals between cells. The levels of electrolytes in the body are kept stable by properly functioning kidneys.



The role of the kidneys in keeping the body healthy may be underrated in relation to the heart and lungs.

When the kidneys are unable to maintain a balance in the levels of electrolytes, these electrical signals become mixed up, which can lead to seizures, involving involuntary muscle movements and loss of consciousness.

In severe cases, dehydration can also result in kidney failure, a potentially life-threatening outcome. Possible complications of chronic kidney failure include anemia, damage to the central nervous system, heart failure, and a compromised immune system.

Effects on other organs

Of course, it is not just the kidneys that are affected by a lack of water; below is a small sample of the other negative consequences dehydration can bring:

- Blood is more than 90 percent water, therefore, if water is in short supply, blood can become thicker and increase blood pressure.
- When dehydrated, airways are restricted by the body in an effort to minimize water loss, potentially making asthma and allergies worse.
- The skin can become more vulnerable to skin disorders and premature wrinkling.
- The bowel needs water to function correctly. If dehydrated, digestive problems and constipation can become an issue. Dehydration can lead to an overly acidic stomach which makes heartburn more common and can encourage the development of stomach ulcers.
- Cartilage, found in joints and the disks of the spine, contain around 80 percent water. If dehydration is ongoing, joints can become less good at shock absorption, which leads to joint pain.
- Dehydration can affect brain structure and function. If dehydration is prolonged, cognitive ability is impaired.

Does the U.S. drink enough water?

A study carried out by the Centers for Disease Control and Prevention (CDC) in 2013 analyzed data from the National Cancer Institute's 2007 Food Attitudes and Behaviors Survey.

Out of a sample of 3,397 adults, the researchers found the following:

- 7 percent of adults reported no daily consumption of drinking water
- 36 percent of adults reported drinking 1-3 cups of drinking water a day
- 35 percent of adults reported drinking 4-7 cups of drinking water a day
- 22 percent of adults reported drinking 8 cups or more a day

People were more likely to drink less than 4 cups of drinking water daily if they consumed 1 cup or less of fruits or vegetables a day.

The study only measured the intake of drinking water and, of course, fluid can be gained from other beverages. However, water is the ideal source of fluid because it is calorie-free, caffeine-free, and alcohol-free.

Because 7 percent of respondents reported drinking no water at all daily, and those who drank a low volume of water also consumed less fruit and vegetables, it suggests that there is a certain number of people who are risking their health by not getting enough fluid.



A recent study conducted by the CDC suggested that many people in the U.S. may not be drinking enough water.

Even if the respondents reporting low levels of water intake were obtaining enough fluid, it is likely that they would be obtaining it from sources that could potentially compromise their health in other ways.

"The biologic requirement for water may be met with plain water or via foods and other beverages," write the study authors. "Results from previous epidemiologic studies indicate that water intake may be inversely related to volume of calorically sweetened beverages and other fluid intake."

Read It Before You Eat It!

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

READ IT before you EAT IT!

Serving Size
All values on the label are based on 1 serving size.
If you eat 2 servings, multiply all values by 2.
If eating 1/2 the serving, cut all values in half.

Fat & Sodium
Aim for less than 65g of Total Fat a day
Aim for less than 300mg of Cholesterol a day.
Aim for less than 2,400 mg of sodium daily.
Use fresh/frozen vegetables instead of canned.

Protein
Aim for 20g per meal, 50-60 g total each day.
Eat small servings of lean meat, fish and poultry.
Try to find proteins besides meat, such as beans.

Individual Needs
The average person needs 2,000 calories a day.
An active person (exercising at least 1 hour a day) will need closer to 2,500 calories.
To lose weight, reduce daily calorie intake by 500 calories, but no less than 1,500 total.

Expiration Date: Always check the expiration date before purchasing the item.

Calories
The energy that is supplied in food. If it is not burned up during the day, it will be stored in the body as fat.
Try to limit calories from fat.

Carbohydrates
Aim for 300g Total Carbohydrates each day.
Aim for at least 25g of fiber each day.
Fiber helps digest food and helps people feel full longer.

Nutrients
Aim for a total of 100% in all nutrients and vitamins throughout the whole day.
The food item is a good source of a vitamin or mineral if % Daily Value is 10% or greater.

% Daily Values (DV)
Based on your individual needs, the daily values are used as a general guide for the total amount needed each day. Listed are suggestions for the average or active individual.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	Calories from Fat 30	% Daily Value
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat		0%
Cholesterol 0mg		0%
Sodium 300mg		13%
Total Carbohydrate 13g		4%
Dietary Fiber 3g		12%
Sugar 5g		
Protein 3g		
Vitamin A		80%
Vitamin C		60%
Calcium		4%
Iron		4%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300g	375g
Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredient List: Ingredients are listed in order of total percent of the product with the largest amount of the product being listed first and the least amount being listed last.



Oklahoma Nutrition Information & Education Project
Keeping Oklahoma Families Strong
www.ouhsc.edu/ONIE

Fresh vs. Canned vs. Frozen: What's the Best Produce to Buy?

Submitted by: *Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center*

Fresh vs. Canned vs. Frozen: What's the Best Produce to Buy?

By: Kerri-Ann Jennings, M.S., R.D. | www.foodnetwork.com

Spring is finally here! And with it, fresh, locally grown produce is starting to return to farmers markets that have peddled root vegetables all winter. But how do frozen and canned rank? Are they always inferior to the fresh stuff? Let's break it down.



Fresh, uncooked produce tends to be highest in the nutrients that break down or get leached out with heat (especially water-soluble vitamins, like vitamin C). Many nutrients in produce are also highest at the moment the fruits or vegetables are picked and then start to degrade with time — so if it's fresh but has been shipped a long distance and takes a week or more to get to the supermarket, it's probably not bursting with nutrients. The same is true if you buy a picked-that-morning lettuce from your farmers market and then let it sit in your fridge for several days.

Canned produce is cooked as part of the canning process, so it's often lower in water-soluble vitamins. On the other hand, some vitamins get intensified by cooking —



canned peas, for instance, have three times the

vitamin A of fresh, uncooked peas. Most canned vegetables have salt added, although you can sometimes find “no salt added” varieties (typically for an upcharge). Canned fruit can be canned in fruit juice or in syrup — syrup adds a lot of extra sugar that's not good for you.

Frozen produce is frozen soon after picking, so a lot of the nutrients are locked in. And, since it stays frozen until you're ready to use it, it's often a better bet nutritionally than those fresh peas you bought last

week and meant to use but didn't. However, the texture is definitely compromised, and so it works better in some dishes than in others — you can't use frozen spinach in a spinach salad, for instance.



Peas, 1/2 cup:

Fresh, raw: Calories 58, Sodium 7 mg, Fiber 4 g, Protein 4 g, Vitamin A 11%, Vitamin C 48%, Vitamin K 23%

Frozen (then boiled): Calories 62, Sodium 58 mg, Fiber 4 g, Protein 4 g, Vitamin A 34%, Vitamin C 13%, Vitamin K 24%

Canned: Calories 66, Sodium 310 mg, Fiber 4 g, Protein 4 g, Vitamin A 36%, Vitamin C 20%, Vitamin K 26%

Corn, 1 cup:

Fresh, raw: Calories 132, Sodium 23 mg, Fiber 4 g, Protein 5 g, Thiamine 21%, Folate 18%, Vitamin C 17%

Frozen (then boiled): Calories 62, Sodium 58 mg, Fiber 4 g, Protein 4 g, Thiamine 8%, Folate 12%, Vitamin C 15%

Canned (salt added): Calories 133, Sodium 489 mg, Fiber 3 g, Protein 4 g, Thiamine 2%, Folate 18%, Vitamin C 2%

Asparagus, 1 cup:

Fresh, raw: Calories 27, Sodium 3 mg, Fiber 3 g, Protein 3 g, Vitamin A 20%, Vitamin C 13%, Vitamin K 70%, Iron 16%

Frozen (then boiled): Calories 32, Sodium 5 mg, Fiber 3 g, Protein 5 g, Vitamin A 29%, Vitamin C 73%, Vitamin K 180%, Iron 6%

Canned: Calories 46, Sodium 695 mg, Fiber 4 g, Protein 5 g, Vitamin A 40%, Vitamin C 74%, Vitamin K 125%, Iron 25%

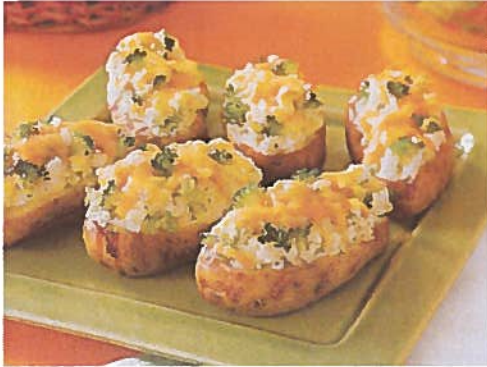
** Note: when asparagus is raw, it takes up more volume. The frozen and canned versions are denser, which explains why they're significantly higher in some nutrients.*

Broccoli-and-Cheese-Stuffed Baked Potatoes

Submitted by: *Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center*

Broccoli-and- Cheese-Stuffed Baked Potatoes

Yield : 8 Servings



Baked potatoes are ideal side dishes for a crowd. You can prep them early, get them in the oven, then set up a buffet of toppings for guests to choose from. For these broccoli-topped spuds, you may want to offer a bowl of sour cream.

How to Make It

Step 1: Preheat oven to 375°F. Rub potatoes with 1 Tbsp. oil; pierce with a knife. Bake until tender, 1 hour

and 30 minutes. Steam broccoli until tender, 5 minutes. Drain; rinse. Pat dry and roughly chop.

Step 2: In a skillet over low heat, warm 1 Tbsp. oil. Sauté onion until soft, 10 minutes. Add garlic; cook 2 minutes. Remove from heat.

Step 3: Let potatoes rest until cool enough to handle. Set oven to 350°F. Cut top 1/4 inch off potato. Scoop out flesh.

Step 4: Mash potato flesh. Mix with remaining ingredients. Fill potato shells with mixture; bake 30 minutes.

Ingredients

- 8 large baking potatoes
- 2 tablespoons olive oil
- 3/4 pound broccoli florets (5 cups)
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 2 cups grated low-fat Cheddar
- 1/2 cup sour cream
- 1/4 cup milk
- Salt and pepper
- Calories 231

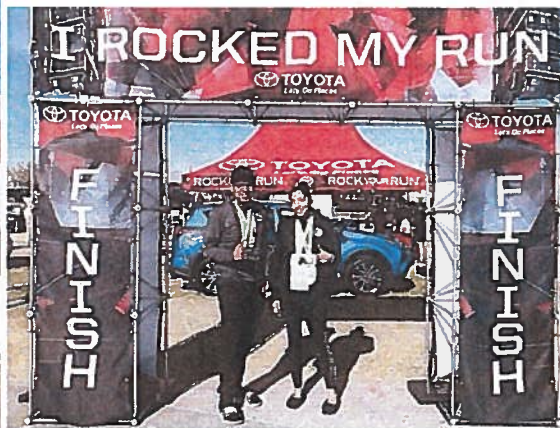
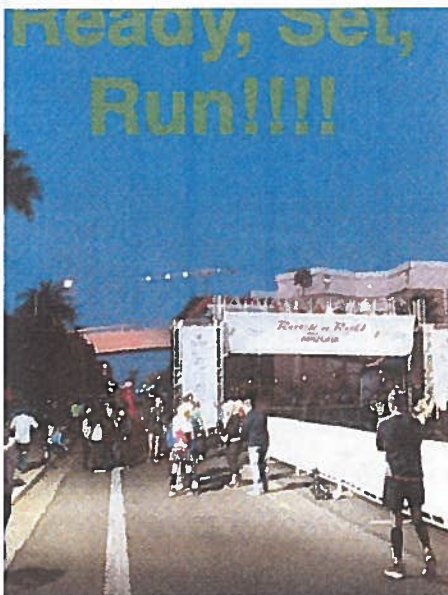
Nutritional Information: • Satisfat 4g • Protein 16g • Carbohydrate 25g • Fiber 9g • Cholesterol 17mg • Sodium 364mg

COMMUNITY MESSAGES

Rock & Roll Marathon

Submitted by: *Ginger Kathadhe*

On January 13th and 14th, my son Clint Bender and Phyna Cook attended the Rock & Roll Marathon in Phoenix, Arizona. They both ran in the 5k run and the half marathon. It was an awesome experience to be a part of, as they both love to run and look forward to running in more marathons in the future. They would like to send a big THANK YOU to Grand Canyon Resort Corporation for their donation and support to help make this experience possible.





January 19, 2018

I just want to send a big shout out to my brother 'Baby Boy Todd'... Brotha man, I hope you enjoy your birthday this year and many more to come. Love and miss you lots.

Your sis, Leanne Watahomigie



January 25, 2018

To my little big mini me Ky'mani Mary Zaniyah Watahomigie born January 25th. I just want you to know that you are thought of and kept in my heart. I hope you have a beautiful day and many more to

come after this. I love you and I miss you more than anyone knows. I hope you are listening and learning a lot. Reach for the stars my love!! Happy 7th Birthday to you "Sweetface", as your auntie Tisha would say. Love and miss you always!!

**The lady who gave you birth,
Leanne Watahomigie**

Boii Boiikinz

Hi love, it's your babe sending you my loving VIBES to you! I♥U→DO+↑



♥Your BoiiBoii♥

Justice for Tyrone • Tuesday, February 6th

Submitted by: Toni Cesspooch

I am submitting this notice to let anyone who is interested in coming to support

"Justice for Tyrone" that the first trial date is set for:

- Date: February 6, 2018
- Time: 9:00 a.m.
- Address: US Post Office Building 101 Goodwin St.
Prescott, AZ 86303



If you plan to attend, just contact myself or Lana Lee to see that the date has not been changed.

*I encourage all of Tyrone's family and friends to come and demonstrate you want to see **Justice for Tyrone**....*

I feel the attendance on Tyrone's behalf will go a long way to show he was loved and special to us and that we care. The person responsible (Brandon Hernandez) deserves the max sentence possible for stabbing and killing our beloved Tyrone.

If you need transportation I will do what I can to arrange something for you, just give me a few days' notice.

You can call me 928-716-0840.

Submitted by:

Toni Cesspooch and Lana Lee



2017 Volunteer of the Year • Sylvia Jackson
Submitted by: Terri Hutchens | KWLP 100.9FM

WE LOVE OUR VOLUNTEERS

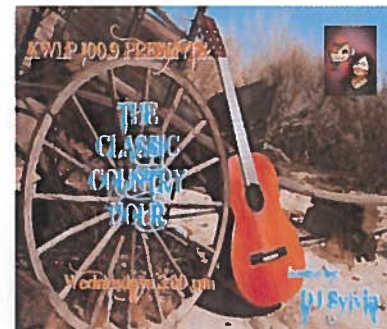
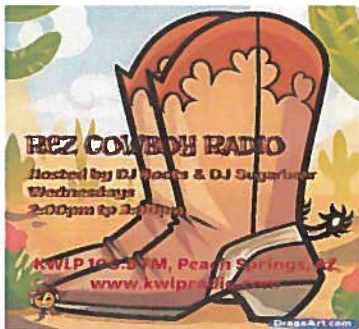
"The Peach."



*The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates*



*2017 Volunteer of the Year
Sylvia Jackson, aka DJ Sugarbear*



Sylvia Jackson is now "famous" to KWLP listeners as host of three Peach shows: Monday Memories, Rez Cowboy Radio and The Classic Country Hour. Sylvia shares her love for these genres of music as well as her many fond memories of life on the Rez back in the day and Hualapai language and stories of culture and tradition. Despite taking on the responsibility for three shows as a volunteer, Sylvia was the most reliable, consistent and prepared volunteer DJ during 2017. It is for all these reasons that she was selected Volunteer of the Year 2017 and received incentives worth over \$500.00.



Call 769-1110 or stop by the station if you'd like to volunteer. KWLP Volunteers sponsored in part by:



Hualapai Cultural Resource Department

presents

C.A.L. CLASS PROJECT:

Making Rabbit Fur Blanket

FRIDAY, JAN. 26TH, 2018

WHERE: HUALAPAI CULTURAL CENTER

TIME: 9:00AM -12PM CULTURAL PROJECT

1:00PM-2:00PM WINTER STORIES

LUNCH Provided