



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

Special points of interest:

- Regular Council Meeting will be on Saturday, February 10th at 8:01 in the Tribal Chambers.
- HTUA Meeting will be on Wednesday, February 14th at 9:00 a.m. at the Hualapai Health & Wellness Department.
- In Observance of President's Day, Hualapai Tribal Departments will be closed on Monday, February 19th.

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.

Don Bay Retirement Party | Hualapai Natural Resources

Submitted by: Jessica Orozco | Hualapai Natural Resources Department

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Councilwoman Carrie Imus presents Mr. Bay with a wool blanket as a gift of appreciation for his 29 years of service to the tribe.

On Thursday afternoon, February 1, 2018, over two dozen tribal employees and long-time associates attended the retirement party for Mr. Donald E. Bay.

Don has been with the Natural Resources Department since its beginning. As employee Number 6, Don was there when the Hualapai Tribe was not always able to pay its employees and instead issued I.O.U.'s. We've come a long way since then and that's due in part to the fundraising and lobbying Don did in Washington D.C. to give the Hualapai Tribe a voice and seat at the negotiating table. It is thanks to Don that we have a Natural Resources Department and all its programs.

Other tribes look to Hualapai for guidance and we are known at the national level for natural resource management. He has literally sacrificed blood, sweat and tears for the department, including surviving a helicopter crash! He is a great man, with big shoes to fill. We wish

him well and will continue his commitment to the preservation of the Hualapai Tribe's Natural Resources.



Mr. Bay tries on his new apparel with the help of Councilman Bravo



Mr. Richard Powskey pays his respects to Mr. Bay.



Councilman Clay Bravo notes Mr. Bay's numerous accomplishments during the February 1, 2018 luncheon in his honor, while Natural Resources Assistant Director Annette Bravo and long-time BIA Superintendent, now retired, Mr. Bob McNichols look on.

Request for Qualification • 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

Board of Directors Vacancy

Submitted by: Josue Isiordia | GCRC



Board of Directors Vacancy

The Hualapai Tribe is seeking a qualified candidate for the HWAL'BAY BA:J Enterprises, Inc. and Grand Canyon Resort Corporation Board of Directors.

Knowledge and requirements include:

- Hospitality & Tourism Operations
- Finance
- Law (including Tribal Law)
- Marketing
- Business Development
- Ability to attend monthly meetings
- Ability to perform committee work
- Must pass thorough background check

Deadline to apply is March 2nd, 2018

Please send a letter of interest and resume to:

Grand Canyon Resort Corporation
Attn: Human Resources
P.O. Box 359
Peach Springs, AZ 86434
Fax: 928-769-2410
Josue.isiordia@grandcanyonresort.com

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,


Dawn Hubbs

Bull (Sire) Selection Workshop • Friday, February 9th*Submitted by: Jessica Orozco | Hualapai Department of Natural Resources*

FEBRUARY 9TH, 2018

BULL (SIRE) SELECTION FOR YOUR ENVIRONMENT AND COW HERD

Presented by: Dr. Dan Faulkner

Dr. Dan Faulkner is a University of Arizona professor who specializes in the nutrition and management of beef cattle. His extension teachings have centered around helping ranchers produce high quality beef. The talk he will give Hualapai will be on bull selection and genetics to help improve the beef herd. We will have a field event in the afternoon where we will inspect cattle and determine body condition scores, and how the condition of the cow relates to reproduction and herd health.

Discuss the steps to develop a bull selection plan.

Discussing achievable goals for your cow herd.

Genetic selection for your herd.

Discussion of the crossbreeding system.

Field workshop on body scoring and inspecting your cattle

HUALAPAI AGRICULTURE DEPARTMENT

P.O. Box 300 Peach Springs, Arizona 86434

Location: Hualapai Health Department.

11:00 am to 3:00 pm

Peach Springs Community Calendar • 2018

Submitted by: Pete Imus | Hualapai Youth Services

2018 Peach Springs Community Calendar

January 4

Reservation Establishment Day

Hualapai Indian Reservation Established 1883

April 21

LaPaz Run – One Day Run

Youth Services 928-769-2207

Annually April 21

April 27

Earth Day

Planning Department 769-1310

May 4-6

Route 66 Days

Hualapai Lodge 769-2230

Annually First weekend in May

Organized by 66 Committee

June 18-22

Sobriety Festival

HEW 769-2207

Annually third week in June

June 1

Boys & Girls Club Anniversary

BGC 769-1801

Annual celebration, first Friday in June

Officially June 6

June 7

Hualapai Housing Fair & 5K/10K Run/Walk

Housing Department 769-2274

Annually second Friday in June

June 11-14

Pai Language Immersion Camp

Cultural Resources 769-2234

Annually second week in June

June 25-28

Yuman Language Family Summit

Cultural Resources 769-2234

Annually last week in June

July 4

Independence Day Community Activities

Tribal Administration

July 16-20

Peach Springs Summer Youth Conference

Hualapai Tribal Youth Council

Youth Services 769-2207

Annually the third week in July

July 20

Family Fun Day

Hualapai Mountain Park

Cultural Resources 928-769-2223

July 29

Miss Hualapai Pageant

Annually the Last Saturday in July

Monique Alvarez

August 31

Tribal Employee Picnic

Annually the Friday before Labor Day

Addie Crozier 769-2207

September 24-28

Hualapai Day Activities

Youth Services 769-2207

Annually fourth week in September

October 22-26

Red Ribbon Week

HEW Behavioral Health 769-2207

Annually last week in October

November 14

Early Childhood Health Day Conference

Hualapai Day Care 769-1515

Annually the Thursday before Thanksgiving

Observed Tribal Employee Holiday's

New Years Day January 1

Martin Luther King, Jr., Day January 16

Presidents Day February 19

Memorial Day May 28

Independence Day July 4

Labor Day September 3

Native American Day September 28

Veteran's Day November 12

Thanksgiving Day November 22-23

Christmas December 25

Valentine's Day Bazaar • Wednesday, February 14th
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-Alvarez @ 928-225-5328 or
Facebook: Monique Mahone



Order Your Valentine's Day Grams Today • Delivery: Wednesday, February 14th

Submitted by: Danielle Bravo | Hualapai Planning Department

Valentine's Day Grams!!

The 8th Grade Class of PS Elementary are taking orders now for heart shape cakes and balloons to send to your friends and family for Valentine's Day.

Contact any 8th grader, Sonja or Ginger at 769-2216. The students will be going around in the community to take your order.

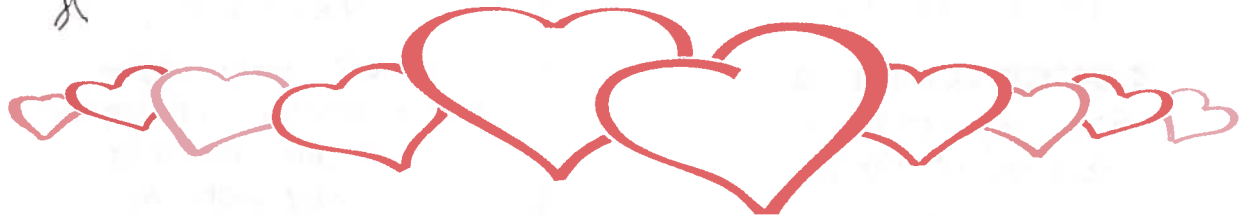
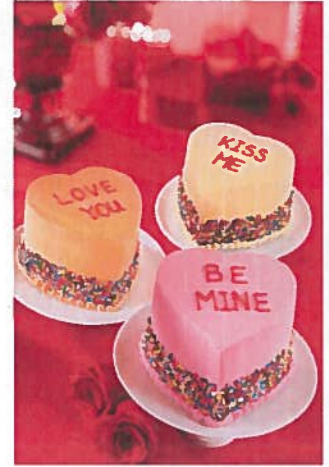
Each Valentine Gram will be delivered on Feb. 14th.



Personal size cake: \$5.00 each

Balloons: \$1.00 each

Surprise your loved one, friends & family with a Valentine's Day Gram!!



Youth Hiking Trips • Friday, February 16th and 23rd

Submitted by: Pete Imus | Hualapai Youth Services

Youth Hiking Trips

Friday February 16, 2018

Wi Thambo Hiking Trail,

Peach Springs Az

Meet at HEW @ 9:00am

Friday February 23, 2018

Potato Patch Loop, Hualapai Mtns.

Kingman, Az

Meet at HEW @7:15AM

***Please bring a daypack, packed with water, snacks, and lunch.**

***On both hiking trips dress in layers and wear good hiking shoes.**

***Youth ages 14-25, pick up a permission slip at HEW/Youth Services**

If you have any questions please contact Hualapai Youth Services 928-769-2207.



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

Youth Services Partners Meeting • Wednesday, February 21st*Submitted by: Pete Imus | Hualapai Youth Services*

All tribal programs and community organizations are you interested in partnering with other tribal programs that serve youth and families or are you looking to support community youth and programs, or want to get the word out on your services and activities, or want to learn what is going on the community?

Attend this meeting to hear projects and calendar of activities from tribal programs and how you can be a part of it.

Or, come and share a project the Partners can be a part of from your tribal program/department.

Community Members Welcome To Attend! Youth Services Partners Meeting

Wednesday February 21, 2018 11:00AM

Hualapai Cultural Resources Center

880 W. Route 66, Beach Springs, AZ

Lunch provided, please confirm your attendance by Friday 2/16.

Hualapai Youth Services 769-2207 pete.imus@gmail.com

PARTNERS MEETING

January 17th, 2018 10am Started: 10:10am

Heath & Wellness Building.

Large Conf. Room

Present:

- Jamie Navenma- Housing Director
- Chira Walema- Daycare Manager
- Zavier Benson- Daycare
- Bonita Imus- Community Member
- Jessica Powskey- HEW/SAP
- Rosemary Sullivan-EW4H/Buck-n-Doe Club
- Aneloy Dashee- HEW/Suicide Prevention
- Vivian Parker- HEW/ FirstThingsFirst
- Terri Hutchens- HEW/KWLP
- Pete Imus-HEW/Youth
- Christina Watahomigie-HEW/Youth

Morning Prayer – Given by Vivian Parker

Announcements

- Dr. Brad Nelson will be speaking at the Multipurpose building February 1st, 2018 from 10am-3pm.
- Hualapai Human Services-Domestic program will be having Winter Cultural Camp Feb 1-3rd at the tribal gym.
- Public meeting for housing January 17th 5pm @ Multi
- Fitness will be having a 1k/5k Walk/Run January 22nd 12pm

- Weight loss challenge starts January 22nd-March 30. \$10 to sign up.
- MICVIE will be hosting a Juniper Soup class at Cultural January 17th
- Hualapai Strategic Coalition class January 25th @12pm HEW
- Daycare Family engagement Jan 17th 5:30pm
- BGC family night January 17th 5:30pm
- Radio station would like everyone to go in a do a PSA!

1. 2018 Youth Council Officers/Members & Orientation

On January 4th/5th youth council members went out door to door in the community to pass out an update of January's activities with the Youth Services office and the youth council. Youth council will be going out door to door in the beginning of each month to give out the community notices. Youth council also decided that the last Friday of the month will be a community clean-up day. They are to only clean up in the public areas but if an elder who isn't capable to do so, they will gladly help.

Youth council is starting off the year with 14 members. All positions are filled and they are ready to have a great year.

2. Elders Valentines Dinner/Dance

This year the Elder Valentines Dinner/Dance will be held on February 14th at 6pm at the multipurpose building. Youth council always makes this happen for the elders in our community, elders really have a great time and love to attend every year. KWLP will be the DJ this year. Bids for the dinner will be going out soon with the as well as flyers. The Queen and King crowning will still be held that night. Partners are suggestion that at the event, we have more dancing then games. Also to add a theme to the event which will be more fun and entertaining.

3. La Paz Run

The first La Paz meeting will be January 18th at the HEW Building. The run this year will be on Saturday April 21st and the next long run will be during the year 2020. A radio station from the Phoenix area contacted Pete Imus and had some questions about the history of the run. Rosemary wanted to add that there should be more people from the community to greet the runners as they got back. Bonita would like to see more talking circles before the run, especially in the Hualapai language. Partners also suggested to make this year's run different than the past. Maybe having the runners drink their own water and snack, not having shirts for the run, and instead of getting hotel rooms we could camp. Terri also suggested to get on the air and recruit runners.

4. 2018 Community Calendar

- Housing fair - June 7, 2018.
- Daycare Early Health Day Conference – Every Wednesday before Thanksgiving
- Family Fun Days (Hualapai Mts.)- July 20, 2018

5. Partners 2018 MOU/Door prizes

Pete Imus asked all programs if they would be able to donate a raffle prize for the meeting we have and also if other departments can be in charge of the meetings. Partners meeting get \$80 a month for food, would other programs be able to take over the lunch? We kept the date for the meeting but wanted to change the time. So the new time will start at 11am. MOU forms are available and would appreciate it if all programs sign it.

6. Hualapai Language Classes

Youth council usually has Hualapai Language classes for the year but hasn't set or pick an instructor just yet. They love the classes and really enjoy learning the language. Youth council's language classes are always open to the public. Youth are always wanting to do a YouTube channel to help others learn the language. The next Strategic Planning meeting will be held February 22nd at the HEW Building.

7. Spring Break Youth Activities

Tall pine challenge will be coming up soon in March, flyers have yet to be made but will be put out in the community. Pete would like to have a Spring break planning meeting for programs to come together and plan a great spring break for the community. He will send out a flyer for the meeting with a date and time. Jessica will be

somewhat job fair where the departments from the community will do a presentation for 20-25 minutes. Partners suggested having the older youth come out in the afternoon and the younger group go in the morning time.

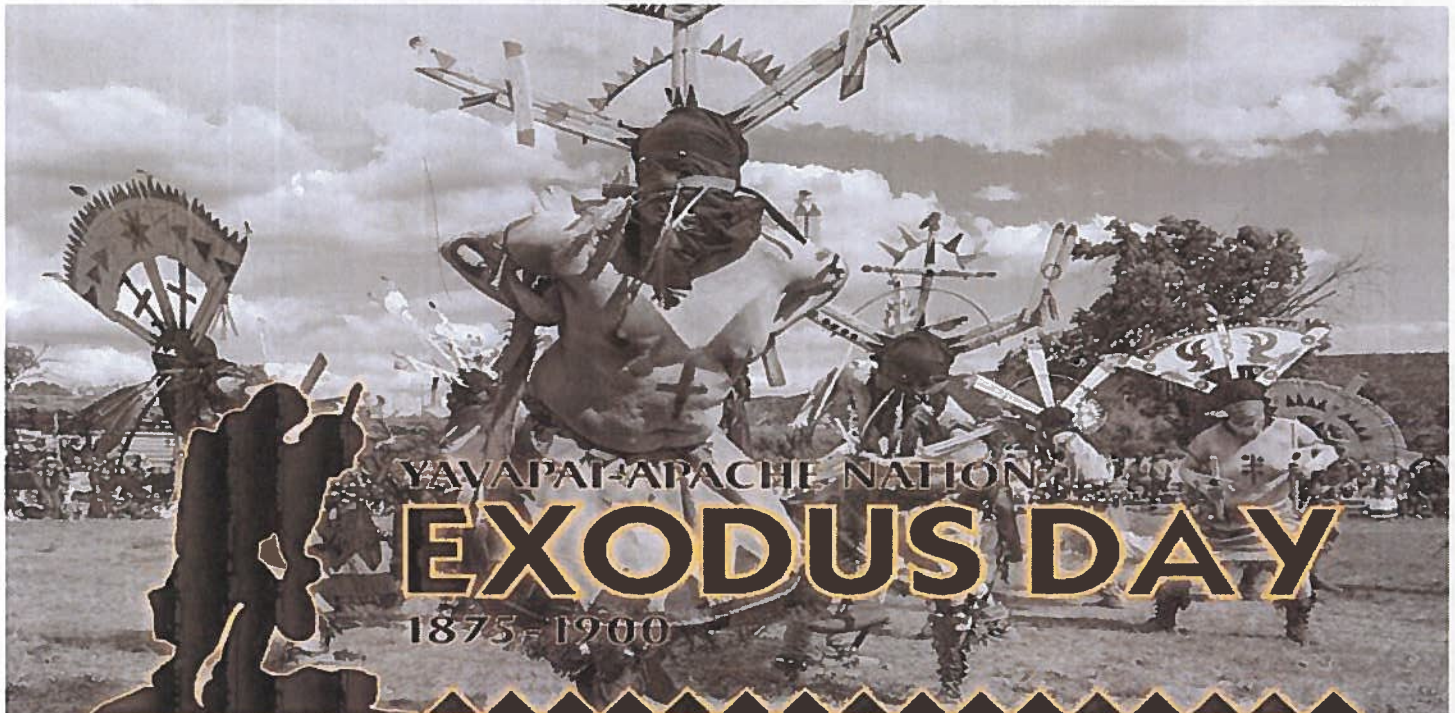
8. Partners Meeting Day

Next meeting date will be February 21st, 2018 @ Cultural Dept. 11am-?

Winner of raffle- Prickly Pear Jam Aneloy Dashee

Yavapai-Apache Exodus Day • Saturday, February 24th

Submitted by: Angie Davis



FEBRUARY | 24 | 2018

Enchantment Resort
6 a.m. Boynton Canyon Blessing

Veterans Memorial Park
11 a.m. Commemorative Walk | Exodus-Spirit Run
12 p.m. Community Lunch
1 p.m. Cultural Performances
4 p.m. Community Dinner | Social Dance

For More Information
(928) 567-1021
www.Yavapai-Apache.org



20th Annual Gathering of the Pai Festival • Begins Friday, March 2nd

Submitted by: Angie Davis

20th Annual GATHERING of the PAI FESTIVAL

HOSTED BY THE FORT MCDOWELL YAVAPAI NATION

March 2, 3 & 4, 2018 • Fort McDowell Adventures
14803 N. Hiawatha Hood Rd. Fort McDowell, AZ 85264

Digav'k ba' sid'k



Our People Together As One

CULTURAL DEMONSTRATIONS SONG TRADITIONAL FOODS

PAI WOMAN/ELDER PAI WOMAN NAMING CEREMONY

YOUTH CULTURAL ACTIVITIES STORYTELLING DANCE



This is a drug and alcohol free event

**FOR MORE INFO CONTACT THE FMYN EVENTS OFFICE AT 480.789.7106
FOR PAI WOMAN/ELDER PAI WOMAN INFO CONTACT MARIA ROCHA AT 928.769.6278**

THE FORT MCDOWELL YAVAPAI NATION WILL NOT BE RESPONSIBLE FOR ANY DAMAGED, LOST OR STOLEN ITEMS, ACCIDENTS OR SHORT FUNDED TRAVELERS DURING THIS EVENT.

Mega Throw XIV • Begins Friday, 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

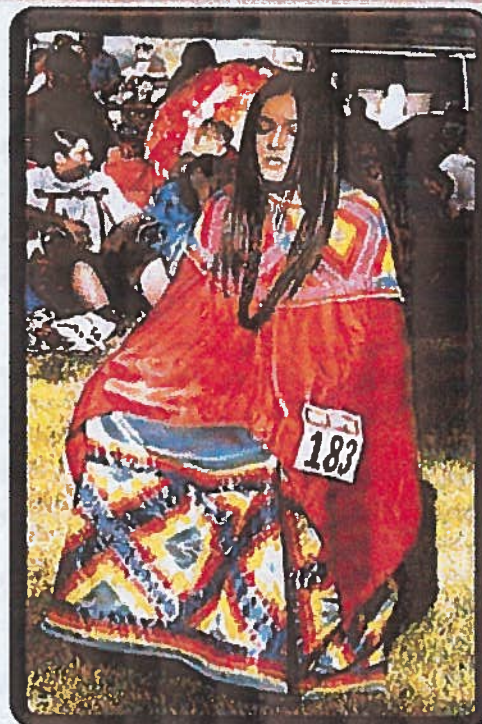
7:30 pm Social Dancing

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 Harff, 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@crtf-nsn.gov 928-669-1235 for Val or Joanna 928-
 669-1220**

ABSOLUTELY NO ALCOHOL/DRUGS



"MEGA THROW"



facebook

La Paz Trail of Tears Run • Runner and Community Information

Submitted by: Pete Imus | Hualapai Youth Services

2018 La Paz Trail of Tears Run Runner & Community Information

Advertised: 02/02/18

Each year the La Paz Planning Committee works to preserve and honor the La Paz Internment Camp History and original runs. The committee is aware that early runners feel that the run has lost its meaning. Early runs were with few people who covered their own costs out of pocket, donated water and other supplies for the run and also used their own private vehicles.

Over the years the run has grown and has become the tribes only significant tribal ceremony. In past run committee meetings and at this years first meeting several ideas were shared on ways the committee can work to stress the tribal cultural and spiritual importance of this run. In keeping with the original spirit of the run the following are requests to runners, tribal and community members.

DONATION: This years committee has decided that runners are to make a cash donation of any amount which must be paid to the tribal accounting department at the tribal office before 5:00PM on Friday April 5, 2018. 2018 & 2019 donations will be used to raise funds for the 2020 two day run from Ehrenberg, AZ.

SHIRTS: Runners will be given t-shirts and hoodies after this years run. Runners are requested to wear any past run shirt. If you do not have a past run shirt, wear navy blue.

PICTURES: On the run, the committee request that there be absolutely no cellphones, videos or pictures; from runners, family, friends, tribal programs, spectators, and absolutely no posting to social media.

COMMUNITY DINNER: The committee will provide meat and beans at the community dinner following the run. Family of runners and community members are requested to bring side dishes and breads.



2018 Committee Members

Helen Watahomigie
Randi Mahone
Naomi Shongo

Jorigine Paya
Shane Charley
Athena Crozier

Jessica Powskey
Raelene Havatone
Amy Siyuja

Tribal members are yet welcome to join the committee or attend meetings.

Committee contact/staff
Youth Services/HEW 769-2207
Pete & Christina

La Paz Trial of Tears Run 2018

From Fort Beale/Kingman to Peach Springs, AZ

Yu' Niyhay Janj Vo'jo



Thursday April 5, 2018

Advertised: 02/02/18

Runner Application & Donation Deadline

Donation of any amount is welcome.

Pay to accounting at Tribal Office before 5:00PM on this date.

6:00PM Runners Meeting

Multipurpose Building

470 Hualapai Drive, Peach Springs, AZ

Saturday April 14, 2018

5:30AM La Paz Site—Ehrenberg, AZ

Sunrise Blessing of Site, runners and community members welcome. Breakfast to follow at 8:00AM.

Directions to La Paz site: In Parker, AZ starting at the intersection at CRIT tribal complex, travel 40 miles south on Mohave Road. La Paz site is near mile marker 203 on the west side.

Hotel Information For April 14th: Best Western Flying J Motel (928) 923-9711, located at I-10 exit 1 S. Frontage Road in Ehrenberg, AZ. Request room block, "Hualapai Tribe," room rate is \$77.00 plus 7.70% tax. Cut off date is April 17, 2018 Attendees are responsible for their own room and meals.

10:00AM Fort Beale Site/Kingman AZ, Fort Beale Dr. Blessing and walk through of site.

11:45AM Kingman Lewis Park, 2201 E. Andy Devine, Ave. Bird singing & dancing and lunch. All bird singers and dancers welcome.

Wednesday April 18, 2018 Community Gathering

6:00PM Multipurpose Building—Peach Springs, AZ

Attendance is a must for runners, All tribal members are welcome to attend. There will be sharing of La Paz history and dinner.

Saturday April 21, 2018

3:15AM—Runners meet at Route 66 Park in downtown Peach Springs for transport to Fort Beale.

5:00AM—Morning blessing at Fort Beale, ALL RUNNERS START/FINISH TOGETHER. Runners arrive at "China Town" for regroup and entry into Peach Springs. Runners may arrive into Peach Springs between 12:00PM and 2:00PM. Meet community members at Route 66/Diamond Creek Rd. intersection to march to tribal gym. Enter gym for final run blessing and community potluck dinner, meat and beans provided, **please bring a side dish to share.**

Running to Honor Our Ancestors. Running to Heal Our Land, Our People.

Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. **Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities.** Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTRONICS/CELLPHONES/PICTURES.** To register to run please contact Youth Services 769-2207 to complete a registration form by April 5, 2018.

Hualapai Youth Services POB 397/488 Hualapai Way, Peach Springs, AZ 86434 Phone: 928-769-2207 Email: pats.imus@gmail.com

2018 La Paz Run Medical Questionnaire

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 5, 2018**. Information is needed should you need any medical attention on the run and to ensure you receive proper medical care. Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/5-21/18. No electronics/cellphones/pictures while on the run.

Runner must be a member of a federally recognized tribe.

Donation of any amount can be paid to tribal accounting before 5:00PM on April 5, 2018.

Tribal Accounting Initial: _____ Receipt Number: _____

Runner Name: _____

Contact information should the La Paz committee need to contact you regarding the run.

Mailing Address: _____

Phone Number: _____ Email Address: _____

Circle one: Male Female Age: _____ Date of Birth: _____

Past Medical History: _____

Have you been diagnosed or have a history of any of the following (circle all that apply):

- | | | | |
|---------------------|----------------------|-----------|------------------|
| Asthma | Diabetes | Thyroid | Tuberculosis |
| HIV/AIDS | Hypo/Hyper Glycaemia | Hepatitis | Heart Problems |
| Foot Problems | Liver Disease | Cancer | Seizure Disorder |
| High Blood Pressure | Low Blood Pressure | | |

What type(s) of medications do you take (prescription or over the counter), please include dosage(s):

Are you allergic to any medications? Yes No

Please list if you circled yes above: _____

List allergies: _____

Any other medical conditions not listed above that Peach Springs EMS need to be aware of:

Emergency Contact: Name: _____ Relation: _____
 Phone Number: _____

I, _____, feel that I am in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Signature _____ Date _____ T-Shirt Size _____

For participants 14-17 years of age

I, _____, feel that my child named above, is in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Parent/Guardian: _____ Relationship: _____

Signature _____ Date _____ T-Shirt Size _____

REGISTRATION DEADLINE APRIL 5, 2018 - NO EXCEPTIONS

Please ensure your family members contribute to the community potluck following the end of the run.

La Paz

As told by a Hualapai elder

From the book: Kathad Ganavj/Coyote Stories Transcribed & Transliterated by: Lucille J. Watahomigie
Told By: Elnora Mapatis Malinda Powskey
Robert Jackson Jorigine Bender
Bertha Russell Josephine Manakaja
Paul Talieje

This is the historical account of La Paz. They want to know about it and they ask me. I will tell what I know and have heard. When I tell this story, as the story progresses it will become unbearable. It is heartbreaking.

There is no old person or grandparent living in this generation who can tell this historical account. This is not just a story. It is true. It actually happened long ago. I heard it from my grandmother, who was very young and was among the ones who took the long walk. She saw what happened. When she told this story she would cry. I will tell her story. There are no reports of this account anywhere. If there is, their version is not from something they have witnessed or heard directly. There is no record anywhere.

A long time ago the Hualapai people lived around here. Of all the sites, you know only a few: places like Kingman, Hackberry, Valentine, Peach Springs, Seligman - - just these areas you know. There were many, many places. People were living everywhere covering the whole area from one place to the next. In Chloride, Kingman, Hualapai Mountains, down below the Big Sandy all the way up to Williams, and to the natural boundary of the Colorado River all over this land the Hualapai people lived.

The people were happy. They had many relatives living everywhere. They got up in the morning happy. They had families. They made their own homes and took care of their families. A child was taught how to do things, he was told things so that he would have a good life. Their day-to-day living was good.

They didn't go wandering off, but took care of themselves. They gathered seeds, plants, berries and nuts. These they gathered to live on. They minded their own business. They were undisturbed. A Hualapai never stole anything that wasn't his. He picked seeds from plants and ate them; he picked the ripe plants and ate them. He made his own house and lived in it. He hunted game and made clothing to keep him warm, and ate the meat.

But then the Europeans and the Spaniards came to this land. These people were mean. They struck and killed the Hualapai's. The Spaniards mistreated the Indians. They kept on killing and attacking the Hualapai. They considered the Hualapais not as human beings or living things. They called us animals. They thought we did not have a mind to know anything. We were a nuisance, they said. They wanted our ancestral land.

When the soldiers shot the Hualapais, they said the Indians shot first even though the Indian did not have a gun. The Hualapai just had a bow and arrow. He was taught to use it for getting game to eat and live on. He did not use it to kill or hurt people.

The U.S. military talked of rounding up the people. They did that. They rounded up the Hualapais and took them to Beale Springs the first time; then they took the people and dumped them near the Colorado River.

The Hualapais had leaders and they knew that the military were trying to steal the land. The military kept on attacking and killing off the people.

The people had nothing. They had very few belongings and went down there along with their children. They lived there but were unaccustomed to the land. They longed for their homeland, so they all escaped and returned.

They hid out in the mountains, hills, and canyons.

The military questioned, "What are we going to do now?" The cavalry started looking again. They

said, "We are not going to leave them alone. We will go out and gather them up again." They kept looking and looking for the people, capturing them.

This went on for a certain length of time, then the searching and capturing ended with the people being taken captive to Beale Springs. There were many people rounded up and herded down there. Young children, women, small babies, they were all brought and placed in the one mile square area that was called the Hualapai Reservation.

They built a fence around it. They placed the captured Hualapai in this corral.

The people were forced to stay within the square. There were no plants or food to prepare. There was no place to wash and clean. The people were given very little to live on. The military used to give them cooked meals, but later they just gave out rations to fix somehow and eat.

The soldiers stood guard all the time. The guards on the east side were ready to shoot at any slight movement.

The corral was fenced with barbed wire. There was no talking or laughing. They just all stayed there keeping their eyes on the guards. The people asked each other, "How are we expected to survive?" They were given a few necessities which were old and not enough, like clothing, bedding, shoes. Many people were crowded there together. They filled the corral to the fullest.

It was summertime. The young children went without clothes. The people were from the mountains and were used to the cool climate.

The military didn't care about the discomfort of the people and children. The people were hungry and sick. They cried and many died.

The guards would shoot at anything that aroused their attention and killed many of the people. The military brutally beat them on the heads with their bayonets.

The people had no way of burying their dead. All they could do was cry. They were afraid of the military and just stood by in terror as the killing went on and on. The women, girls, and children were killed by soldiers. To the west there was a hill. In there was a hole. The people would build a fire and stay there. (It is still there.) The people were treated and held captive for a long, long time.

Then there was a young Hualapai man who understood a little of the white man's language. He told the people in a hushed voice that he heard the military say: "Before we take them down, we will search for the rest of the people." This young man encouraged the people to escape. He said, "Take off while you can. Go to the mountains and hide there." A long time ago the people were fast runners. Some of the people escaped and hid in the mountains. When they looked back, they saw the others who were closer to the corral being captured and herded back into the Beale Springs prison encampment again.

The people knew where the springs were located. They fled from one spring to another, hiding in the mountains.

There was another man who understood the English language in the Beale Springs prison encampment. "My people, I really don't understand what the military are planning. Are they going to shoot and kill us all? They keep talking like this. Keep watch." They didn't sleep well as brutal abuse and killing went on and on. That's the way the people were treated.

The people received very little of the rations that were supposed to be issued. They went hungry. Another Hualapai overheard the plans of the military and warned the people, "They are planning to move us somewhere or kill us all. Whichever choice they make, whatever our fate is, be strong."

"How can we escape? We are surrounded by the soldiers. They make it impossible. Why are they

doing this to us? What have we done?" The people couldn't comprehend the brutal treatment.

The day came. The military opened up the gate to the prison camp. "Today you will walk!" they said. Any of the people who lagged behind were struck with the bayonets. The soldiers stabbed and slashed their bodies, making them bleed.

The soldiers mistreated them. The people were beaten and whipped. They were assaulted and abused. The people were abused. The people were very afraid. They were forced to take the long walk at gun point. They went, young girls, young boys, young men and women, old people were forced to march.

There is a trail by the Hualapai Mountains, which they took. They went to Bill Williams Fork over to Havasu Lake. While they were herding them on the soldiers had whips and lariats. They whipped the people if they did not hurry along. Sometimes when they threw the whip it would wrap around their necks. When this happened, the soldiers yanked them down. The people would just faint or die. The sick and injured were left to die on the trail.

The soldiers used the butt of their gun to beat the people. The people were brutally beaten. The young girls, when they got one, were abused. They were dishonored and ridiculed. One little girl cried and trembled all over. The soldiers abused and whipped her severely. The young children cried out but were beaten severely. The soldiers beat them with their guns. The soldiers killed and killed. They killed many of the Hualapais.

My grandmother led and guided her grandfather. Everyone cried. The old man said, "I am thirsty. I am hungry. I am very tired, my feet hurt." My grandmother, as a very young child, held on to his hand. He said, "Grandchild, it is about time, sit here, stay here." The soldiers saw him resting. They threw the rope around his neck, dragged him and left him at a distance. He cried, "Grandchild, wait for me, wait for me." She saw him laying there with the tears streaming down his face. "He is almost dead" she thought. She was afraid to go to him because of her fear of the soldiers. They went and whipped him again. This time they killed him. Many people, young and old were left dead along the trail.

The people were stripped naked and were forced to walk on and on. The people cried out loud, "What's wrong with our homes? Why do you treat us this way? Where are you taking us?"

Even if the people did no harm or anything wrong, they were brutally beaten and killed. The soldiers rode on horseback and they surrounded the people on all sides. They beat the people on their backs. Whipping them black and blue to make them hurry along.

At some place they stopped to sleep. They had been told to take their own food to eat. They took what little ration of flour they had. And that's all they had to eat. The soldiers did not cook or fix any food for them to eat. They mixed their flour in a pot of water and drank that.

The people were very tired and exhausted and would fall asleep when they reached a resting place. During the night they moved, crying, "My sister, my brother, my children, my grandparents. Be strong, take care." They cried in sorrow, "When the sun rises will we still be alive? Maybe they will shoot us all when we reach our destination." They continued their forced march.

Many people died along the way. Many of the young children were injured or sickness overtook them and the older children had to carry them on their backs. Weak and maimed, they assisted each other in this forced march.

It must have been two or three nights before they reached La Paz. There were many people who started out on this march and half of them arrived at La Paz.

When they got there it was horrible. It was late spring and the intense heat was unbearable.

The people were given rations which were poisonous. When the people ate it, there was an epidemic of a bad case of dysentery. Many people got sick and died. The sickness and the deaths

continued. Young men would be seen walking around. Then during the night children and the old people would be pronounced dead. The people mourned. They buried the dead in the ditches, sand, washes or anywhere. Many, many people died and were buried at La Paz.

The treatment of the people at La Paz was worse than on the forced march or at Beale Springs prison encampment. La Paz was located about two or three miles from the Colorado River. The waste land was very dry, sandy and sterile. There was a few shrubs of catsclaw and arrowweed.

There was no shelter and protection from the sun. The food they rationed was no good. The main items were flour and coffee. This they fixed somehow and ate. More people died. The cycle of sickness and death continued.

There was a captain besides the agent stationed at La Paz who ordered, "The people imprisoned at La Paz are to be given good land and water so they can plant food." This was the plan but the agent at La Paz did not follow the order. The people were not given any seeds or plants to grow. More rations and beef were ordered to be given but his agent did not do this. Nothing like this was done. The inflicted, enduring misery continued. The extremely hot summer sun beat down on us. The sweltering land offered no refuge. Arrowweed shafts were laid on the catsclaw tree for minimal shade. The people sat under this for protection from the hot sun. When the sun went down, it was a little cooler then and the people would prepare earthbaked bread and coffee for meals. The means were meager but were a source of survival.

The terrible hopelessness of the situation was mirrored in their grief-stricken faces and the people spoke among themselves, "We seem to take for granted that somehow we will survive and matters will improve but can we stay here and exist? Our ordeal is worsening. The people who came on the forced march, those that arrived, there were many of us. Now, our children are all dead. Our men and women are all dead. There is no way that we can survive here." Bake earth-oven bread," they planned. "When we receive our ration of flour, make the bread." That's all they had to take along. "Take whatever you can carry. Do this. We are not going to stay here. We are going to escape."

A strong courageous Hualapai leader urged the people to escape. "We cannot stay here. The military wants us to stay and eventually die from starvation, sickness, infectious disease and sorrow. The military has dumped us here and in order to survive, we have to escape. When we receive our ration of flour, bake fresh earth-oven bread and carry whatever you can on the escape to our ancestral homeland."

Before they left they held a pow-wow ceremony. They cried, bidding farewell to their cousins, aunts, uncles, older brothers and sisters that they were leaving. They hugged each others knowing that if they all went together, the soldiers would kill them all. They planned the directions they would go.

Some of the Hualapais headed in the direction of Blythe. They claimed land and made their homes. "We will take the name Pai Pai," our relatives said as they headed in that direction. As they left everyone cried. Some went on towards the west (Barstow) and settled there.

The agent at Parker used to send them rations but then he said that the rations will no longer be sent. "From now on we will stop doing this. You will come on your own and get your flour," the agent said. It was about forty miles or more that the people had to go to get their rations. "You will walk over there to get your rations and then walk back," they were told.

The young man said, "They told us to go after our own flour. It is a far distance to go. We haven't eaten any good meals to have strong bodies. Why waste our energy over flour? We are not going to let the love for flour eventually cause us to lose our lives. Escape from this place is the only solution."

The people realized that in order to survive, they had to escape. Finally one day, they followed

their plans of escape. They retraced the trail to imprisonment and death. They nourished their bodies on the stored earth bread, water, and resting at nightfall.

The return to their ancestral homeland was exactly one year later. It was late spring and the land was fresh and green. They came upon the Halchidoma people. They were planting crops. The refugees continued on and at Bill Williams Fork saw mescal which was one of their main food staples. They were relieved to be back in their own familiar land, "We have fulfilled our plans of escape and have returned." Some of the people remained there to bake and harvest mescal. The rest of the people continued their escape to their own territories by traveling through the mountains. They returned home to their country around Kingman, Chloride, Peach Springs, Hackberry, Valentine, Mađwiđa, Pine Springs and Seligman.

When they had escaped, the agent at Parker said, "The Hualapais have all escaped. They ran away when we weren't watching." He went to the officer in Fort Mohave and told him this. The officer said, "You imprisoned them there and they endured captivity. The orders for you to carry out, were to give them plenty of meat, and other rations, but these things were not carried out. The people starved and they died off. The year of captivity is enough. Do not pursue and herd them back. Let them return home. That is final." The soldiers wanted to round them up and bring them back again but they were ordered not to. So the people came home to stay.

This is what my grandmother told me. She cried when she told the haunting story of what she saw, her grandfather, the abuse of the children, all of the killings and death and she would cry with remorse. I tell this to my children here at home. It is not good. "The Place Where We Shed Tears," they call it, the "La Paz March", the "Trail of Tears" and the "Force March".

When the Hualapais returned to their ancestral territories, they found that many white men had occupied the land. They lived all over in the canyons, Diamond Creek, Clay Springs, and everywhere.

On January 4, 1883, President Chester A. Arthur signed an executive order creating a 997,045 acres of reservation land around Peach Springs, Arizona for the Hualapais.

From the book: Kathađ Ganavj/Coyote Stories



Godparents and Goddaughter: Sunrise Ceremony • June 1st - June 4th
Submitted by: Lorena Bender

San Carlos Sunrise Dance

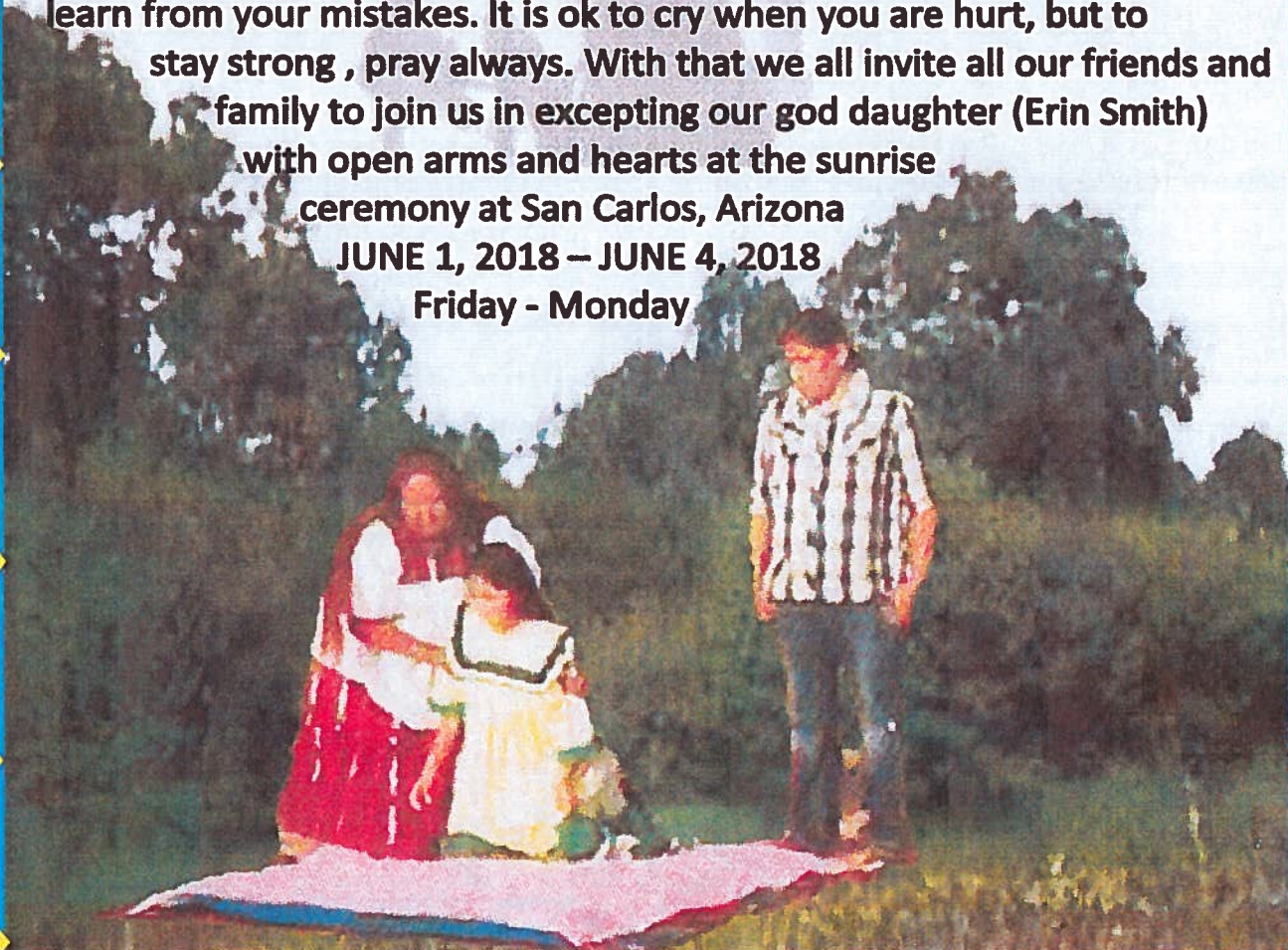


Proud to present God Parents and God Daughter

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**



21st Annual Natural Resources Youth Practicum • June 18th - 22nd
Submitted by: Annalita Doka | Hualapai Department of Natural Resources



NATIVE AMERICAN FISH AND WILDLIFE SOCIETY SOUTHWEST REGION

Now Accepting Applications for the:

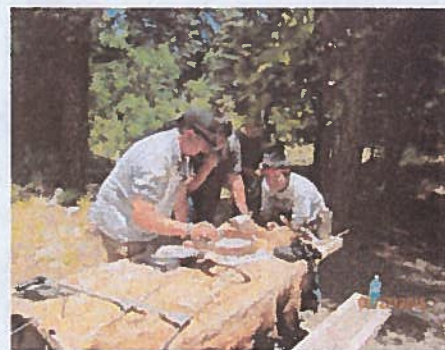
21st Annual Natural Resources Youth Practicum



Location: Rio Mora National Wildlife
Refuge
Waltrous, New Mexico

Dates: June 18-22, 2018

Do you want to know what Natural Resource Management is about?
Come join us as we provide a "hands-on" learning experience in the field of natural resource management with combined classroom and field sessions that enables you to become involved in all aspects of natural resource management & conservation.



The NAFWS Natural Resource Youth Practicum is open to all incoming
10th through 12th graders
(No cost to Participating Students)

For Further Information Contact:

Norman Jojola - (505) 753-1451 or (505) 927-3494 (cell) norman.jojola@bia.gov

or

Jeanne Lubbering - (505) 259-4189 (leave a message) petlubtj@higher-speed.net

EMPLOYMENT OPPORTUNITIES

Dislocated Worker & Displaced Homemaker
Submitted by: Jean Imus | 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.

Grand Canyon Resort Corporation • Summer Youth Program

Submitted by: Heather Nieto | Grand Canyon Resort Corporation

Grand Canyon Resort Corporation

2018 Summer Youth Program



Summer Is Coming Up Real Soon!

This is a notice for all requirements to apply and be considered for the 2018 GCRC Summer Youth Employment Program. Application acceptance will begin in May 2018. All interested students please be advised of the requirements.

REQUIREMENTS to apply and be considered:

1. Enrolled Hualapai Tribal member or member of a Federally recognized Tribe
2. 16 & 17 years of age ONLY
3. Copy of Transcripts (Must be an enrolled student)
 - a. Youth must receive a GPA minimum of 2.0 and/or Satisfactory to be considered.
4. Must submit a typed 1-Page Essay with the following required topics to be included:
 - a. Why you want to work for GCRC?
 - b. Goals for your future?
 - c. What work experience you hope to gain?
 - d. Favorite school subject?
5. Submit a GCRC Summer Youth Application
6. Complete Summer Youth New Hire Processing and Orientation
7. Parent/Legal Guardian must be present for Processing

Please be on the lookout for the 2018 GCRC Summer Youth Employment Program in May 2018 to apply.

Any questions please contact Heather Nieto at (928)769-2419 ext.173

Hualapai Education & Training Center • WIOA Program
Submitted by: Jean Imus | Hualapai Department of Education & Training



**Hualapai Education &
Training Center
WIOA Program**

TRAINING ANNOUNCEMENT

The Hualapai Workforce Innovation & Opportunity Act (W.I.O.A.) Program is accepting applications for the

**Adult, Youth, and Out-Of-School
Youth Programs**

Applications are available at the
Hualapai Education & Training Center

The following documents are required when
submitting your application:

Birth certificate

Income Verification

School Transcripts

Diploma

Free & Reduced Eligibility Form

Social Security Card;

Household Verification;

Selective Service Card

Food Stamps Award Letter

Certification of Indian Blood

For information call the Center 769-2200

Boys & Girls Club Calendar • February
 Submitted by: Adeline Crozier | Hualapai Tribal Administration

February 2018



BOYS & GIRLS CLUB
 OF PEACH SPRINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (8-9) 	6 PROGRAMS: SMART GIRLS (8-10) MAD SCIENTIST (8-9) 	7 NUTRITION MESSAGE! SNAP ED PRESENTATION 4-6PM PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (10-12) 	8 EARLY RELEASE VALENTINE ELEMENTARY RADIO CLUB BLACK HISTORY MONTH ACTIVITY PROGRAMS: SMART GIRLS BAKE SALE MAD SCIENTIST (13&UP)	9 COMMUNITY CLEAN UP 8:30-10AM JEWELRY MAKING CLUB STEM (7-11) TORCH CONFERENCE DEPARTURE: 11 AM	10 TORCH CONFERENCE W/ BRITT & OMAUW RETURN: 10PM
12 PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (8-9) 	13 AMERIND PRESENTATION 4:30 (5-9) 	14 HAPPY VALENTINES BE SURE TO CHECK OUT OUR BOOTH AT THE Valentine's Day Club Party	15 AMERIND PRESENTATION 4:30 (10 & UP) VALENTINE LUNCH	16 SMART GIRLS TRIP W/ PEARL & OMAUW RADIO CLUB BLACK HISTORY MONTH ACTIVITY STEM (7-11)	17 SMART GIRLS TRIP RETURN: 4:00PM
19 CLUB CLOSED IN OBSERVANCE OF PRESIDENTS DAY 	20 PROGRAMS: SMART GIRLS (8-10) MAD SCIENTIST (8-9) 	21 FAMILY FUN NIGHT COOK & LEARN 5:30-7:00PM PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (10-12)	22 PROGRAMS: MAD SCIENTIST (13 & UP)	23 JEWELRY MAKING CLUB BLACK HISTORY MONTH ACTIVITY STEM (7-11)	24
26 PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (8-9)	27	28 PROGRAMS: MONEY MATTERS (8-10) MAD SCIENTIST (10-12)			

ASP Club Hours:

Monday-Thursday

2:00PM-6:00PM

Friday

8:00AM-5:00PM

Office Hours:

Monday-Thursday

10:00AM-6:00PM

Friday

8:00AM-5:00PM

Questions on schedule or interest of

volunteering please call

(928) 769-1801

To speak with a BGC staff.

Peach Springs Unified School District Newsletter • January & February

Submitted by: Jamie Cole | Peach Springs Unified School District



**Peach Springs
Unified School
District**

PSUSD Jan & February 2018 Newsletter

Jan. February
2018
www.psusd8.org



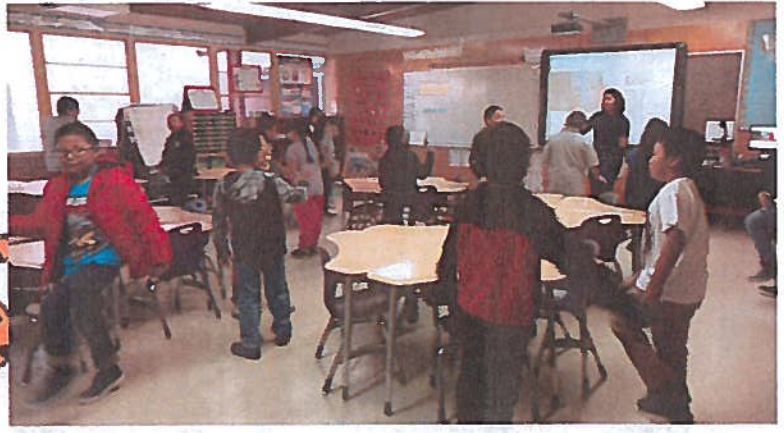
Celebrate student successes

K-8 Students received awards January 2018 for perfect attendance, grades, and having TIGER pride **ROARS**- Be Responsible., Taking Ownership, Awesome Attitude, Be Responsible, Be **SAFE**



Celebrating teachers that demonstrate awesome teaching strategies every day

Second GRADERS PRACTICE KAGAN strategies—AMAZING

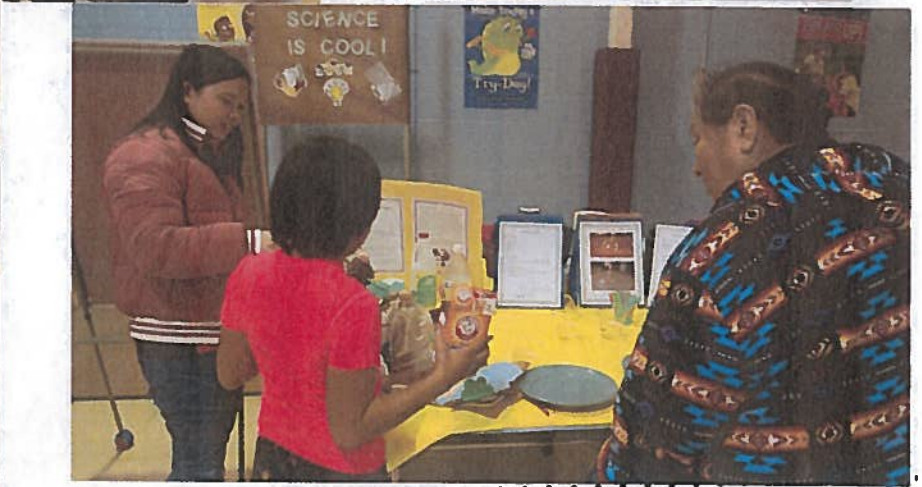


- Special points of interest: ROARS**
- Student Quarterly awards
 - Kagan Teaching strategies
 - Parent training events and ways to get involved
 - JOM and upcoming events
 - PRIOR event Highlights





Our Goal is to increase community activities at PSUSD school- join us !!!





JAN. FEBRUARY

2018

Page 3

UPCOMING Parent & community EVENTS

Valentine Dance hosted by JOM at **PSUSD Elem. gym Feb. 14 (5-7 pm)** Seeking parent volunteers JOM- will provide DJ, music, and snacks. Call Jackie Marshall for more info or to help

YOUTH Meeting at PSUSD board room **Feb. 15 at noon.** Call Jessica 769-2209 info



winter program





PSUSD

PO Box 360
Peach Springs, AZ 86434
928-769-9034
colej@psusd8.org

PEACH SPRINGS SCHOOL

Www.psusd8.org

We are on the web too!



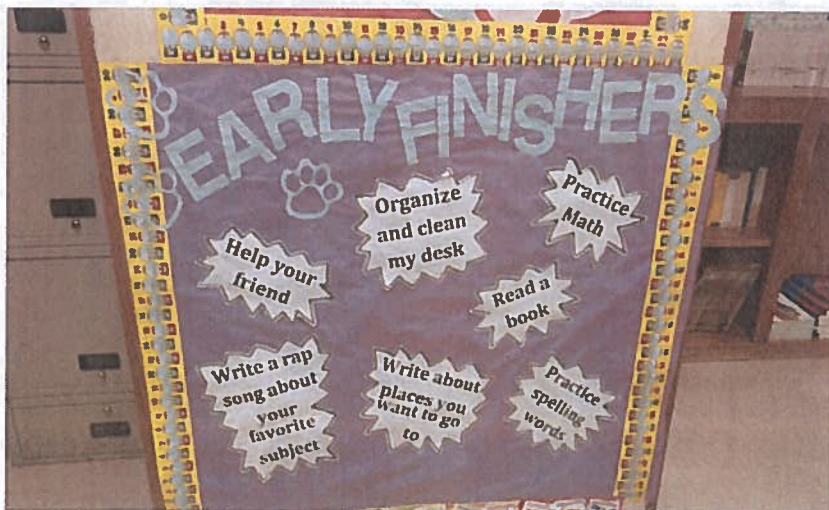
Goal: Increase two way communication

Every Month, all students receive a copy of our newsletter, calendar of events for the month, breakfast/lunch menus.

In addition, we have a weekly all call for updates to provide written, verbal, radio, community updates trying to find all different modes that works for families. If you are not receiving ALL CALL updates and would like to be included on the weekly phone log; please call 928-769-2202 or 928-769-9034 to be added to the list or you may email colej@psusd8.org



Seeking parent volunteers and input



When students finish work in class, they are encouraged to complete “I’m Through what can I do” activity.

Picture demonstrates creativity of Ms. Tanoy our 6th grade teacher and some activities for 6th grade students.

Valentine Elementary Calendar of Events & Newsletter • February

Submitted by: Danielle Bravo | Hualapai Planning Department



Vol. 3, No. 7

EAGLE EYES



January 31, 2018

Parent/Teacher Conferences

Our spring semester conference schedule is being sent home today with this newsletter. Conferences are scheduled for next **Thursday, February 8, 2018**. That day is an early release at noon for all students to allow time for conferences.

It is very important for you to attend your student's conference, as your student's teacher will have information regarding where they are in terms of academics, attendance, behavior, and likelihood of promotion or retention for next year.

Mr. Wilson asks that his students attend their conferences with their families.

SPELLING BEE



Congratulations to Ernesto Balderrama, Jr. for tying for 9th place at the Mohave County Spelling Bee.

BOYS & GIRLS
CLUB

The Boys and Girls Club of Peach Springs will be providing lunch for our students and staff on Thursday, February 15, 2018.

School Website



As part of our partnership with the Maricopa County Education Service Agency, we will be updating our school website to give it a more modern and functional look. Watch this space for more information as we get closer to the release date.



LabelsForEducation.com



HOW CAN I HELP MY STUDENT?

- Discuss the importance of education to your student's future – A study from Georgetown University recently concluded that by 2020, nearly 65% of all jobs will require education beyond high school. That number is very likely to increase by the time our students from Valentine graduate high school (8th grade is the Class of 2022). Talk with your students about forming good learning habits now, because they will need to be learning their entire lives.
- Attend the Awards Assembly – Our second quarter awards assembly will be next Monday, February 5, beginning at 8:30 am. Your attendance shows students how much their success means to you.

Update Your Contact Information

One of our concerns at the school is not being able to contact parents or guardians about their students. Often this is a result of the phone numbers that we have on file for students being out of service or having voicemail boxes that are full or have not been set up.

It is critical that we have an effective way to contact families of all of our students so that we can communicate with them about everything from why they are absent to informing them that students are being taken home early because the school's water is out.

To update your contact information, you can complete an update form available in the school office, or you can call us at 928-769-2310.



HEALTH & SAFETY INFORMATION

Hwal'bay Hmany Did Gev'k Coalition • Thursday, February 15th
Submitted by: Jessica Powskey, Strategic Prevention Program | Hualapai Health, Education & Wellness

Hwal' bay Hmany Did Gev'k Coalition

- **RX360 Presentation by Arizona Youth Partnership**
- **What is the Hualapai Tribal Substance Abuse Action Plan**
 - **Community Survey**
 - **Election-of officers**

Open to-

- **State, local, or tribal governmental agencies in the field of substance abuse**
- **Organizations involved in reducing substance abuse**
 - **Community members**

February 15, 2018
12:00 pm to 1:00 pm
Peach Springs Elementary School
403 Diamond Creek
Peach Springs, AZ 86434

For more information about the
Hualapai Tribal Substance Abuse Action Plan
call Jessica Powskey at (928) 769-2207

The Strategic Prevention Program is conducting a Community Survey for 2018. Complete the survey and submit to the Strategic Prevention Program by February 14, 2018. If you have any questions about the survey, call Jessica Powskey at (928) 769-2207 Extension 203 at the Hualapai Health Education and Wellness Center, 488 Hualapai Way, Peach Springs, AZ. 86434.

Community Opinion Survey



COMMUNITY PARTNERSHIP
of Southern Arizona

What Zip code do you live in: _____ Gender: Male Female Transgender Other: _____

Age: 10-19 20-29 30-39 40-49 50-59 60-69 70-79 80+

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: (Please mark all that apply)

- White Black/African American Asian American Indian/Alaska Native
 Native Hawaiian/Pacific Islander Other: (Please Specify) _____

Below is a list of some problems that might be found in a community. Please mark your answer by filling in the bubbles completely that best describes your opinion of how big this problem is in your community.

Like this: Not like this:

	A very big problem	A pretty big problem	Not sure	Not much of a problem	Not a problem at all
--	--------------------	----------------------	----------	-----------------------	----------------------

1. Adults abuse alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Young people fall in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Young people can easily get alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Young people can easily get illegal drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Parents use illegal drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Young people don't take school seriously	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Parents have poor parenting skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Young people think it's OK to use illegal drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. People don't live in the community for very long – lots of moving in and out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Young people feel like they're not a part of the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Parents think illegal drug use is OK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Young people do things that harm the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. There is no feeling of unity in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Young people have friends who use drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. It's too easy to get hold of a gun or other dangerous things when you are depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Families have a lot of conflict	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. People are isolated from each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Families are under a lot of stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. It is easy for youth to get hold of guns and/or knives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Parents think underage drinking is OK as long as it's done at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please continue to answer questions on the next page.

Community Opinion Survey



Below is a list of some strengths that might be found in a community. Please mark your answer by filling in the bubbles completely best describes your opinion of how strong this quality is in your community.

Like this ● Not like this ✓ ✗ /

	Very strong	Strong	Not sure	Weak	Very weak
21. People in the community care for and support one another, including young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. People in the community expect young people to do their best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Family members care about one another	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Young people have opportunities to contribute and participate in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. There are clear and consistent expectations for behavior in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. There are clear and consistent expectations for behavior in families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Young people are close to more than one adult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Young people feel cared for in the schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. There are organizations that help young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Parents keep track of what their kids are doing and where they are	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Young people know how to solve problems without using violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Young people have opportunities to develop skills that will help them in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. People think it's a good thing to get help for problems like depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. Our community has cultural or religious beliefs that discourage suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. People have access to alcohol and drug treatment centers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thankyou!

Internal use only. Please do not write below this line.

Coalition:

MyPlate Snack Tips for Parents*Submitted by: Elisabeth Alden | University of Arizona Cooperative Extension*

United States Department of Agriculture

**10
tips**
Nutrition
Education Series**MyPlate
MyWins**Based on the
**Dietary
Guidelines
for Americans**

MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

6 Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

2 Mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



7 Fruits are quick and easy

Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.



3 Grab a glass of milk

A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

8 Consider convenience

A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



4 Go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



9 Swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

5 Snack on protein foods

Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

10 Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Parenting Tips • Energy Balance: Energy In & Energy Out*Submitted by: Rebecca Rice, Public Health Education | Indian Health Services*

parent tips

Energy Balance: ENERGY IN & ENERGY OUT

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How to do the worksheet

Look at the meals on the next page.

- For each meal, find the ENERGY IN. Those are the calories you get from eating the meal.
- Look at the ENERGY OUT Table. It lists physical activities and the calories burned for each.
- Choose an activity for each meal. Write it in the blank.
- Figure out how long you need to do the activity to burn the calories from the meal. Write that in the blank.

Here's an example:

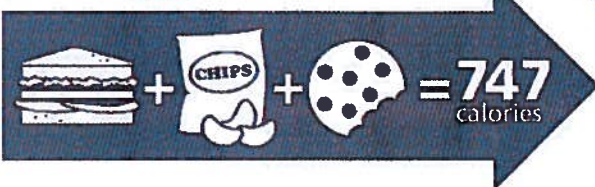
Let's say you have a turkey sub meal and you choose the jump rope activity.

To balance ENERGY IN and ENERGY OUT, you need to burn about 750 calories.

The ENERGY OUT Table says jumping rope for 15 minutes burns 150 calories.

To burn about 750 calories, you would need to jump rope for 15 minutes, 5 times—for a total of 1 hour and 15 minutes.

Energy **In**



Energy **OUT**



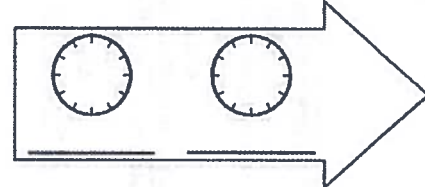
Energy In Meals

Now it's your turn. Balance the ENERGY IN and ENERGY OUT for these meals.

307 calories

MEAL 1:
Whole-grain cereal (1 cup), Fat-free milk (1 cup), Banana

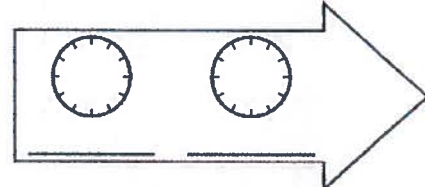
activity:



662 calories

MEAL 2:
Baked fish (3 ounces), Green beans, Rice (1 cup), Low-fat frozen yogurt

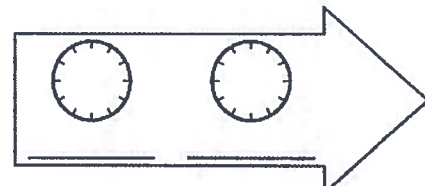
activity:



1290 calories

MEAL 3:
Fast food double cheeseburger, Large french fries, Large regular soda (32 ounces)

activity:



Energy Out Physical Activity

These activities all burn about 150 calories. Activities that take more effort take less time to burn 150 calories. Easier activities take longer to burn 150 calories.

**less effort.
more time**

Wash and wax car
for 45–60 minutes



Shoot baskets
for 30 minutes



Push a stroller 1½ miles
in 30 minutes

Walk 1¼ miles
in 35 minutes



Rake leaves
for 30 minutes

Play touch football
for 30 minutes



**more effort
less time**

Shovel snow
for 15 minutes

NEIGHBORHOOD ACTIVITIES

SPORTS ACTIVITIES



Jump rope
for 15 minutes

Note: Calories burned are for a healthy 150-pound person. Lighter people burn fewer calories than heavier people doing the same activity.
Source: http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.html

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8–13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).





There are a lot of ways to get the physical activity you need! If you're thinking, "How can I meet the Guidelines each week?" don't worry. You'll be surprised by the variety of activities you have to choose from. Basically anything counts, as long as it's at a moderate- or vigorous-intensity for at least 10 minutes at a time. If you're not sure where to start, here are some examples of weekly activity routines you may want to try.

Moderate Aerobic Activity Routines

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 1	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening
Example 2	30 minutes of brisk walking	60 minutes of playing softball	30 minutes of brisk walking	30 minutes of mowing the lawn		Heavy gardening	Heavy gardening	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening

Vigorous Aerobic Activity Routines

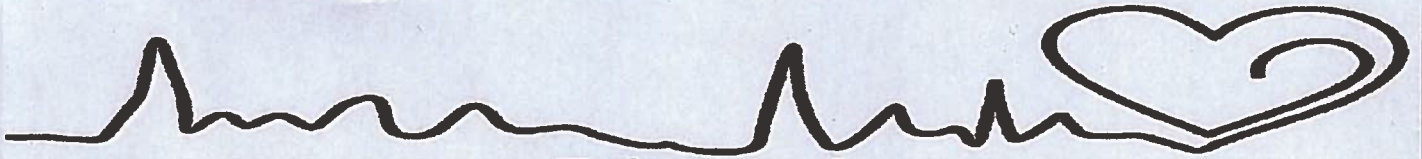
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 3	25 minutes of jogging	Weight lifting	25 minutes of jogging	Weight lifting	25 minutes of jogging			75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
Example 4	25 minutes of swimming laps		25 minutes of running	Weight training	25 minutes of singles tennis	Weight training		75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening

Mix of Moderate and Vigorous Aerobic Activity Routines

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 5	30 minutes of water aerobics	30 minutes of jogging	30 minutes of brisk walking Yoga		30 minutes of brisk walking	Yoga		90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
Example 6	45 minutes of doubles tennis Weight lifting		climbing		30 minutes of vigorous hiking		45 minutes of doubles tennis	90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening

Heart Health

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

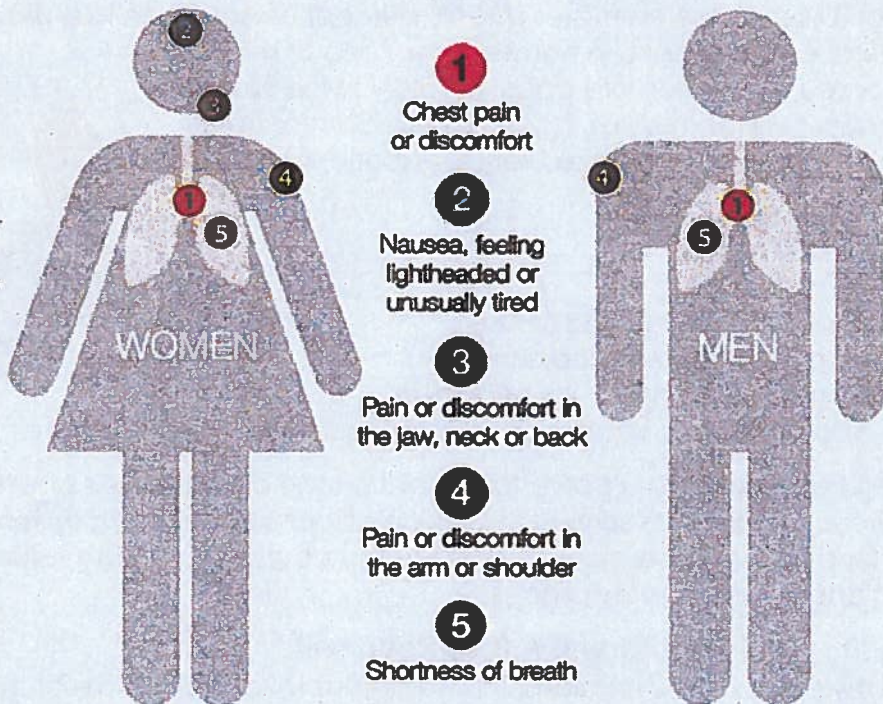


February is

American Heart Month

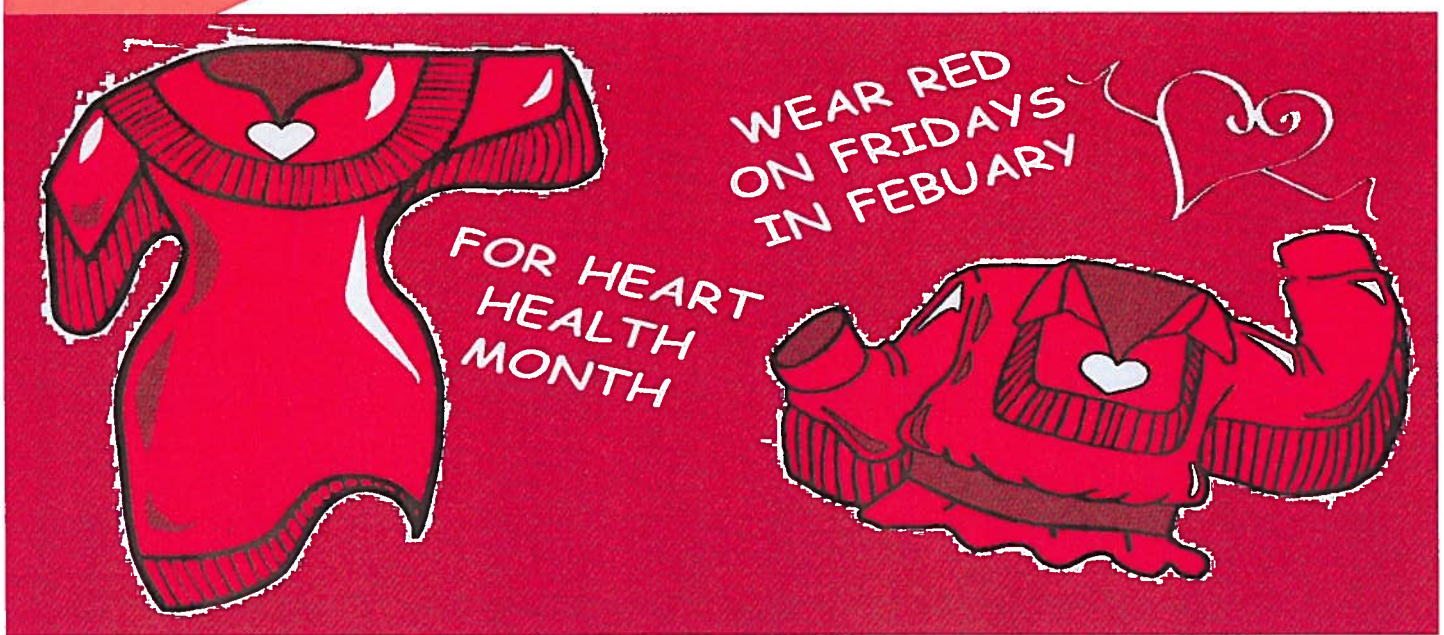
Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

5 Major Symptoms of a Heart Attack



Source: CDC





A Guide for Children of Addicted Parents

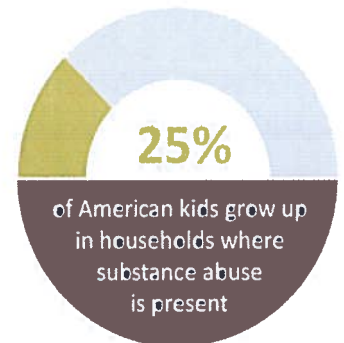
Submitted by: Jessica Powskey, Strategic Prevention Program | Hualapai Health, Education & Wellness

Guide for Children of Addicted Parents

Regardless of our age, we are always deeply influenced by the people who raise us. These influences include not only the genes inherited from biological parents, but also the behaviors, habits, values, and communication styles that we learn from our adult caregivers. This same pattern applies to the way we use alcohol or drugs.

The National Institute on Drug Abuse estimates that 25 percent of American kids grow up in households where substance abuse is present. In homes where one or more adults abuse alcohol or drugs, children are approximately twice as likely to develop addictive disorders themselves, according to *Current Drug Abuse Reviews*. These children are also more likely to experience:

- ✓ Poor performance in school
- ✓ Emotional and behavioral problems
- ✓ Low self-esteem
- ✓ A higher risk of physical, verbal, or sexual abuse
- ✓ A higher risk of developing anxiety or depression
- ✓ Earlier onset of experimentation with drugs or alcohol
- ✓ A greater chance of becoming addicted once they start using drugs or alcohol



On a positive note, children can have a powerful impact on the adults in their lives if they have access to the right resources and support services. Learning about these support systems, and how to use them to get help for addicted parents, can change the course of a child's future and may help a parent begin the recovery process.



Helping the Addicted Parent: A Role Reversal

In a healthy parent-child relationship, the parent takes on the role of the caregiver, providing physical shelter, emotional support, and financial security for a young person who is still developing. In parent-child relationships that involve substance abuse, however, these roles are often reversed, and the child assumes the role of the caregiver. Many children are not even aware that they have taken on this responsibility.

Some of the "duties" of a child-parent are obvious, like helping an intoxicated father

clean up after a night of heavy drinking or getting a part-time job to help cover the cost of groceries. But these responsibilities may also involve a level of emotional intimacy that exceeds the boundaries of a healthy parent-child relationship.

Examples of such excessive emotional engagement might include:

- ✓ Canceling activities with friends in order to stay home with a father who feels isolated because of his drinking
- ✓ Listening to a mother recount stories of sexual encounters that she had when she was high
- ✓ Feeling the need to rescue a parent who is experiencing severe depression or suicidal thoughts
- ✓ Agreeing to sleep in the same bed with a parent who is experiencing anxiety and fear of being alone
- ✓ Using drugs or drinking with an adult guardian in order to create an emotional bond
- ✓ Taking responsibility for a parent's addiction, as in, "My stepdad has to smoke marijuana because I stress him out so much," or "Mom drinks because my father left her after I was born."

In all of these scenarios, the child is asked to assume a level of maturity that they may not be ready for. Addicted parents often infringe on the emotional boundaries that allow children to develop independently, turning the child into an expert caretaker who lacks social skills or a sense of personal identity.

According to the Partnership for Drug-Free Kids, the emotional and mental stress of having to care for themselves and for intoxicated parents can harm a child's brain development. In addition, children who must provide for themselves because their parents are physically or mentally absent are at higher risk of injury, exposure to crime, malnutrition, and isolation from their peers. Children whose parents are often drunk or high may be embarrassed to bring their friends home. As a result, their lives may become so restricted that they fail to develop strong relationships with their peers.

Worst of all, a lot of kids believe that the parent's addiction is somehow their fault — that if they were better behaved, earned better grades in school, or took care of all the chores at home, their parents wouldn't be so tired or stressed and wouldn't have to medicate themselves with drugs.

Young people who find themselves in this situation need to feel empowered to step outside of the caregiving role and get help for themselves.

Seeking Help outside the Home

For children who are trying to be their own caregivers or who are parenting their parents, it isn't always easy to find help outside the home. Children of addicted adults are often discouraged — sometimes through outright intimidation or emotional manipulation — from talking with other grownups about problems they're experiencing. Parents with substance abuse issues may become angry or abusive if they feel that a child is "betraying" the family by exposing its secrets to a school counselor, teacher, doctor, or a friend's parent. Many parents are also afraid of the very real possibility that if their substance abuse is exposed, they might lose legal custody of their children and face criminal charges.



To make matters worse, growing up in a home affected by substance abuse can damage a child's self-esteem, making it even more difficult to approach a sober adult or the authorities. This situation can lead to extreme anxiety, fear, and a profound sense of helplessness. The National Council of State Legislatures (NCSL) lists parental substance abuse as one of the most common reasons that children run away from home or become homeless. In addition, NCSL reports that 46 percent of underage runaways are the victims of physical abuse, and 38 percent are the victims of emotional abuse — both of which are common in homes where an adult abuses alcohol or drugs.

How can kids build self-confidence and get past the fear that keeps them from speaking up about a parent's substance abuse?

Here are a few suggestions:



- **Find an adult to confide in.** Think of at least one older person you respect and trust, someone who understands you and makes you feel valuable. It could be a teacher, a coach, a favorite aunt or uncle, or a neighbor. Let them know about your fears, and ask them if they would be willing to help.



- **Keep a journal.** Writing down your feelings — either in a paper journal or an online blog — and recording the things that happen to you might feel scary at first, but it's a good way to work through your fears. A journal can also be a good way to remember things that have happened when you make the decision to talk to someone. If journaling isn't your thing, try expressing yourself in other ways, like recording videos, composing poems, making art, or writing songs.



- **Participate in activities that make you feel good about yourself.** Are you a fast runner? A gifted photographer? A music lover? Find the activities that make you feel confident and happy, and spend more time participating in those things.



- **Stay close to your friends.** When you're feeling embarrassed or frightened about things that are happening at home, it's tempting to isolate yourself and lie to your friends about how things are going. Don't turn your friends away in these tough times; find at least one person your age who makes you feel good about yourself, and keep in touch with them.



- **Collect emergency phone numbers.** Make a list of people you could contact in a crisis, and keep their phone numbers in a safe place. These numbers could include emergency services, teen hotlines, relatives who have helped you in the past, concerned neighbors, teachers, or anyone else you feel you could turn to if things get really bad.



- **Make a list of safe places.** If there were a crisis at home and you needed to leave, either for an afternoon break or a whole night, where could you go? Keep a list of places — the homes of friends or relatives, family shelters, teen centers, libraries, and parks — where you could go if you need relief from stress at home.



- **Remember, it's not your fault.** When you find yourself feeling guilty or upset about a parent's substance use, remind yourself that *you are not the cause of your parent's problem*. You can't control another person's substance use. You can't cure them of the disease of addiction. What you can do is build your own strength by reaching out for help. Support groups like Al-Anon and Alateen are great places to turn when you feel overwhelmed by another person's addiction.

Overcoming the Stigma of Substance Abuse

Our society's opinions about substance abuse play a big part in the way we respond to those who get addicted to intoxicating substances. Although addiction is now recognized as a chronic disease of the brain, many substance users who desperately need help are still judged or condemned. Parents, in particular, are vulnerable to judgment, criticism, and legal repercussions because of the effects of substance abuse on their children.

Condemning parents does not necessarily help them or their children. Instead, the social stigma against addicts and alcoholics discourages both parents and children from reaching out for help. In her account of her childhood growing up with an addicted father, author Alana Hope Levinson describes how the shame of having a parent who abused drugs prevented her from reaching out to others for support. Levinson writes that this social bias against addiction leads to a "conspiracy of silence," in which society ignores the needs of young victims of abuse and neglect. As a result, many of the kids who grow up in households affected by addiction continue to suffer poor mental and physical health as adults.

When you're struggling with a sense of shame, or with the fear of voicing your needs, make a list of your rights as a child or teen and repeat them to yourself. Say them out loud until you feel comfortable with them, until they become part of the way you think about yourself. Here are a few "rights" to start with:

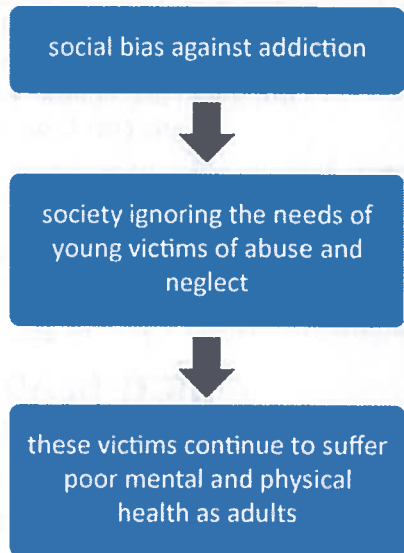
I have the right to speak up.

I have the right to get help.

I have the right to be loved.

I have the right to be safe.

<https://americanaddictioncenters.org/guide-for-children/>



COMMUNITY MESSAGES

To: PSA & Gamyu Newsletter Subscribers



From: Hualapai Strategic Prevention

a valentine wish.

The best gift you can give this Valentine's is the gift of self love.

love yourself by feeding your body with foods that nourish.

love yourself by participating in exercises that energize.

love yourself with thoughts and words that strengthen you. not ones that harm you.

love yourself and all you do. Happy Valentine's Day!

Showing Love

Hello, Hualapai SAP, sending you love for all the programming you do. Thank you. You are loved.

Tina the One and Only

Show some love, friends!



♥ BoiiBoiiKinz ♥

Hi, my Lovey. It's me your one and only—holding it down with my little body for us. I love you to da moon and back again and again and again. Love, BoiiBoii
I♥U→∞+↑

Submit your *Gamyu* articles **BY** the deadline below; to avoid any inconvenience with the print time. *Thank you.*

ARTICLE DEADLINE:

FRIDAY, FEBRUARY 16TH BY 5:00 PM

NEXT PUBLICATION:

FRIDAY, FEBRUARY 23RD

Hualapai Education & Training Center • WIOA Program

Submitted by: Jean Imus | Hualapai Department of Education & Training

Employees Working for Health

Enrollment for 2018

January 22, 2018- February 28, 2018

Enroll at EW4H Admin (Next to Radio Station) or Fitness Center

Employees Working for Health goals are to prevent and manage diabetes by encouraging participants to motivate their family members to make healthier food choices and be active.

✓ Body Weight

✓ Percent Body fat

✓ Hemoglobin A1c measure of blood glucose over 3 mos

Qualifications:

- Tribal and Non-Tribal can enroll with our program
- Employed or non-employed



For more information, contact:

EW4H Admin: 928.769.1630

EW4H Fitness Center: 928.769.2644

“If it doesn’t challenge you, It doesn’t change you”

2018 Baseball Schedule • Kingman High School

Submitted by: Dante Bravo

2018



First permissible practice 2/5/18

revised
1/11/18

DATE	DAY	OPPONENT	HOME/AWAY		TIME
			JV	VAR	
2/16	Fri.	KAOL/LWHS (Scrimmage)		H	3:00
2/21	Wed.	Kingman Academy	A	A	1:45/3:45
2/23	Fri.	Lee Williams	A	A	1:45/3:45
2/24	Sat.	Williams	A	A	12:00/2:00
2/26	Mon.	MALC		A	3:30
2/28	Wed	Parker	A	A	1:45/3:45
3/1 - 3/3	Thur-Sat	Kingman Tournament		H	TBA
3/6	Tues.	Kingman Academy	H	H	3:45
3/8 - 3/10	Thur-Sat	River Valley Tournament		A	TBA
3/20	Tues.	Chino Valley	H	H	1:30/3:45
3/23	Fri.	Odyssey	A	A	4:00/6:00
3/27	Tues.	NW Christian	A	A	1:30/3:45
3/28	Wed.	Lake Havasu	A	A	3:45/4:00
3/31	Sat.	NW Christian	H	H	1:00
4/3	Tues.	Wickenburg	A	A	1:30/3:45
4/6	Fri.	River Valley	A	A	4:00/6:00
4/10	Tues.	Odyssey	H	H	1:30/3:45
4/17	Tues.	Chino Valley	A	A	1:30/3:45
4/20	Fri.	Wickenburg	H	H	1:30/3:45
4/23	Mon	River Valley	H	H	3:45
TBA		State Tournament		TBA	TBA

Head Coach Chad Baifinger
Assistants: Chris Chavez
 Steve Padilla
 Junior Varsity: Hank Diaz

KWLP's January Volunteer of the Month • Wanda Quasula aka Wanda J
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 Congratulate
January 2018 Volunteer of the Month
Wanda Quasula, aka Wanda J*



Wanda J shares every one of her noon hours with "The Peach" and KWLP listeners. She has been doing this with dedications for YEARS! She works very hard to bring meaningful and interesting content from Indian Country to the PSA, as well as shares ALL KNDS of native music with listeners! She is a joy to listen to. If you haven't heard her show yet, be sure to check it out every week day at noon from 12:00pm to 1:00 pm. Wanda J will receive incentive gifts valued at over \$100.00 for being volunteer of the month!

If you might be interested in joining our great team of Peach Volunteers, please stop by the station or give us a call at (928) 769-1110.

KWLP Volunteer of the Month is sponsored in part by:



Hualapai C.A.L. Class Project • Friday, February 9th
Submitted by: Danielle Bravo | Hualapai Planning Department

Hualapai Cultural Resource Department

presents

C.A.L. Class Project:
Making Rabbit Fur Blanket

Friday, Feb. 09, 2018

**Where: Hualapai
Cultural Center**

9:00am -12pm Cultural Project

1:00pm-2:00pm Winter stories

Lunch Provided

FOR MORE INFORMATION, YOU MAY CONTACT HUALAPAI CULTURAL RESOURCE DEPARTMENT (928)769-2234

Basic Hualapai Language Class for Youth • Wednesday, February 21st

Submitted by: Danielle Bravo | Hualapai Planning Department

WEDNESDAY, FEB. 7TH & 21ST

HUALAPAI DAYCARE CENTER

TIME: 5:30 PM



**BASIC
HUALAPAI
LANGUAGE CLASS
FOR YOUTH
2018**



**475 HUALAPAI DR.
PEACH SPRINGS, AZ 86434
(928) 769-1515**