



Happy 4th of July

Hualapai Tribal Departments will be closed Wednesday, July 4th in observance of Independence Day. Have a safe holiday.

Special points of interest:

- Hualapai Tribal Utility Authority (HTUA) Meeting will be on Thursday, July 5th at the Hualapai Cultural Resources Department at 9:00 a.m.
- Regular Tribal Council meeting will be on Saturday, July 7th at 8:01 a.m. in the Hualapai Tribal Chambers.

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GAMYU

Independence Day - Schedule of Events ★ Tuesday, July 3rd

Submitted by: Adeline Crozier | Hualapai Tribal Administration

SCHEDULE OF EVENTS

JULY 3RD, 2018

ALL ACTIVITIES WILL BE LOCATED @ THE TRIBAL GYM & PARK AREA.

1:00PM-3:00PM

CARNIVAL GAMES - TRIBAL/GCRC

BOUNCY HOUSE/WATER SLIDES-RECREATION

FACE PAINTING-KWLP

CRAFT AREA-YOUTH SERVICES

CAKE WALK-GCRC

WATERMELON-GCRC

SPRUNCH/SHERBERT CUPS (FIRST 100 KIDS

2:00PM

TIE DYE-EW4H

TUG O' WAR- EW4H

(2PM-3:45PM)

HORSE SHOE SIGN-UPS

3:00PM

BINGO-ADMIN.

4:00PM

BBQ-TRIBE

3ON3 BASKETBALL (YOUTH)-ROYALTY COMM.

6:00PM COLOR RUN @ DIAMOND CREEK CIRCLE-EW4H

8:45PM FIREWORKS-EMERGENCY SERVICES

9:00PM-12:00 MIDNIGHT

STREET DANCE- BAND *191*- ADMIN/RECREATION.

ALL VENDORS WELCOME - NO FEE

(ALL VENDORS ARE RESPONSIBLE FOR OWN

SET UP AND WILL SELL IN FRONT OF THE NATURAL RESOURCES BUILDING ONLY!)

Indigenous Food Safety Grower Trainings ★ Saturday, June 30th

Submitted by: Elisabeth Alden | University of Arizona, Extension Cooperative



SEEKING NATIVE GROWERS

Indigenous Food Safety Grower Trainings

Do you grow fresh produce?

Do you have an interest in food safety?

Heard about FSMA and don't understand it?

Want to learn if you are exempt from FSMA trainings?

If you answered "Yes" to any of these questions come to the University of Arizona Indigenous Fresh Produce Trainings!



When?

June 2, 2018, 8:30am- 2:00pm: Learn about *People, Environment & Animal Intrusion on Growing Areas*

June 16, 2018, 8:30am- 2:00pm: Learn about *Soil Amendments and Agricultural Water Microbiology*

June 30, 2018, 8:30am- 2:00pm: Learn about *Post Harvest Sanitation and How to write a Farm Plan*

Where?

University of Arizona Maricopa Agricultural Center
37860 W. Smith-Enke Rd. Maricopa, AZ

Who should attend?

Anyone who has an interest in food safety from a Native American Perspective. Everyone is welcome!

Cost?

FREE! Free Continental Breakfast and Lunch Provided!

Please RSVP to Valerisa Joe at vmjoe@email.arizona.edu or visit:

https://docs.google.com/forms/d/1h2nOurY0UeW31cq_ZmkFjcRUF1GiJNBpRlegoDPBNc/edit



For more information contact: ARIZONA

Valerisa Joe, PhD Candidate
Soil, Water and Environmental Science
University of Arizona
E-mail: vmjoe@email.arizona.edu

Channah Rock, PhD,
Associate Professor & Extension Specialist
University of Arizona
E-mail: channah@cals.arizona.edu

Support Hualapai Youth Council - 4th of July Sale ★ Tuesday, July 3rd

Submitted by: Adeline Crozier | Hualapai Tribal Administration



Youth Council will be selling at the upcoming Fourth of July Events on July 3rd. Youth Council will be selling various items to attend conferences, events and provide fun for youth to build toward a better future while growing professionally.

Please come support the youth!

FOR SALE AT EVENT!

- FRESH LEMONADE \$5
- GLOW STICKS/ROPES \$1-\$5



July 3, 2018 1PM-SOLD OUT

SUPPORT YOUTH COUNCIL!

Watermelon Eating Contest ★ Tuesday, July 3rd

Submitted by: Adeline Crozier | Hualapai Tribal Administration



Watermelon Eating Contest

Tuesday, July 3rd

In front of court house by playground

Ages / Start Time

***First Come First Served**

0-10 ——— 2:30pm

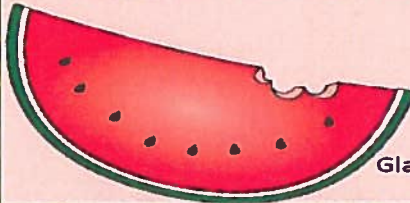
(Only 10 Contestants Per Age Group)

11-17 ——— 3:15pm

18-35 ——— 4pm

36 - Over ——— 4:45pm

1 Winner for Each Category!



Gladly Provided by Hualapai Youth Council & Hualapai Youth Services Office.

BINGO NIGHT ★ Tuesday, July 10th

Submitted by: Danielle Bravo | Hualapai Planning Department

BRING YOUR FAMILY OUT FOR A FUN NIGHT OF BINGO, CAKE WALKS, PRIZES AND SOME DELICIOUS FOOD.



FOOD ORDERS WILL BE PREPARED BY: BUCK-N-DOE 4-H CLUB.

B I N G O

TUESDAY, JULY 10, 2018

MULTI-PURPOSE BUILDING

6:00 P.M. - 9:00 P.M.



Thank you for your continued support!

Hualapai Tribal Substance Abuse Action Team Meeting ★ Thursday, July 19th

Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness

Hualapai Tribal Substance Abuse Action Team Meeting (TAP)

- **Discuss GOALS of the Tribal Action Plan**
 - **Community Events**
 - **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**

July 19, 2018

1:00 pm

Health Education and Wellness

488 Hualapai Way

Peach Springs, AZ 86434

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

diye:vm bay digavik Social Gathering - Family Day Event ★ Friday, July 20th
Submitted by: Jessica Powskey | Family Day Committee Member



diye:vm bay digavik SOCIAL GATHERING



Family Day Event

July 20, 2018

11 AM to 2 PM

Everyone Welcome to Sing and Dance let's have a good
time at

Hualapai Mountain Park

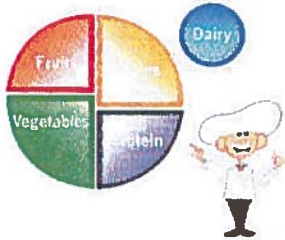
Call Jessica Powskey (928) 769-2207 or Lyndee Hornell (928) 769-2223

For information about the Social Gathering at Family Day Event

Don't Forget to bring your gourds to sing, material will be available for our girls & women

Hepatitis Awareness ★ Wednesday, July 25th
Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness

Hepatitis Awareness



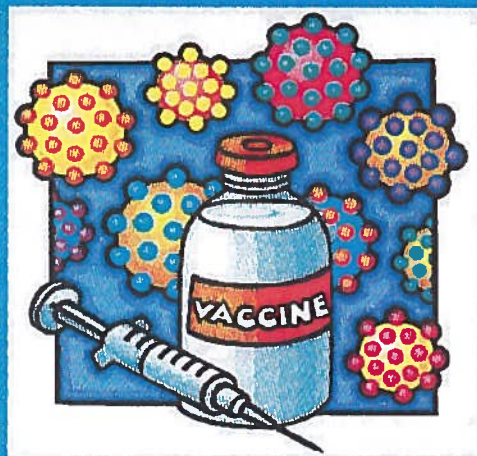
When:

Wednesday, July 25, 2018
3pm-4pm

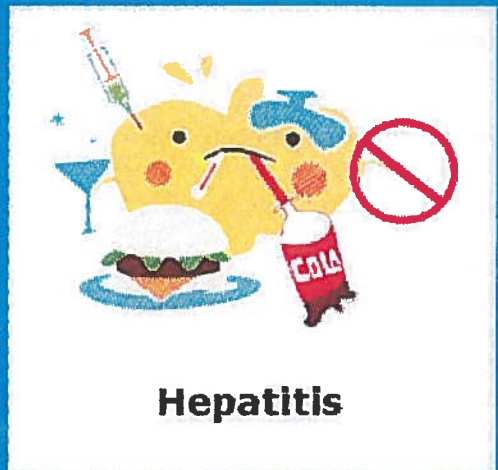
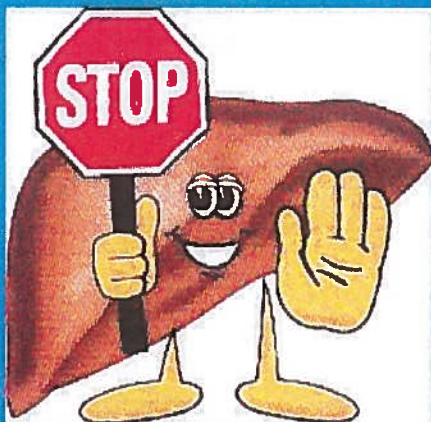
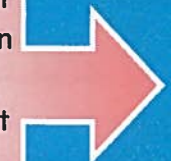


Where:

Health Education and Wellness Building
488 Hualapai Way
Peach Springs, AZ 86434



See page 49 for more information on "Crucial Ways to Prevent Hepatitis."



Hepatitis

Western Native Youth Food Sovereignty Summit ★ September 15th & 16th

Submitted by: *Teresa Honga* | Western Region, Intertribal Agriculture Council

FOR MORE INFORMATION CONTACT:
TERESA HONGA,
WESTERN REGION
INTERTRIBAL AGRICULTURE COUNCIL (IAC)
 928-302-6835 OR teresa@indianaglink.com

★ 2018 Peach Springs Community Calendar ★

Submitted by: *Pete Imus* | Hualapai Youth Services

2018 Peach Springs Community Calendar

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

Seeking New Board Member for the Hualapai Tribal Utility Authority (HTUA)

Submitted by: Kevin Davidson | Hualapai Planning Department



Seeking New Board Member for the Hualapai Tribal Utility Authority (HTUA)

On September 24, 2014, the Hualapai Tribal Council adopted the Hualapai Tribal Utility Authority Governing Ordinance. This is a significant step toward self-determination in the realm of public utilities for the Hualapai Tribe.

Established as an institution of Tribal government, the five members of the Hualapai Tribal Utility Authority board are chosen by Council. As noted in Section 107.b.3, of the Ordinance, the HTUA Board is authorized to acquire, construct, operate, maintain, promote, and expand electric power service, and eventually water service, and sewage service at Grand Canyon West and on such other locations within the Hualapai Reservation and on other Tribal lands under the jurisdiction of the Hualapai Tribe as the Tribal Council may deem appropriate. The HTUA board is delegated full authority and responsibility for the management and operation of HTUA consistent with the Ordinance.

At this time, the Tribe is seeking a new candidate to apply for Board membership to maintain this important function of Tribal government. This Board position may be filled by members or non-members of who have not less than ten years' experience in business management of substantial character and have had experience in the management and operation of an electric utility (Section 202.a.3).

- No employee of the Bureau of Indian Affairs, employee of the HTUA or member of the Tribal Council shall be a member of the Board (Section 202.a.4).

The new board member will be appointed for a three-year term (Section 202.b.2).

The Board functions in much the same capacity as an elected Board of Directors of a chartered municipal electric utility, and shall be responsible for making investment decisions, subject to certain limitations; for the establishment and maintenance of effective operating policies; the selection of management personnel; and for continuous supervision of performance (Section 203.a.2).

Members of the Board shall be reimbursed for expenses incurred in attending its meetings, and the Board in its discretion may propose a fee to be paid to its members (subject to approval by the Tribal Council) on a per-meeting or annual basis (Section 203.a.6).

The Board shall make annual and quarterly reports to the Tribal Council (Section 203.a.7) and hold meetings at least every quarter and annually (Section 204).

For a full list of the Board's powers, duties and responsibilities, see the ordinance posted at: <http://www.hualapaiutility.org/> or link through <http://hualapai-nsn.gov/services/htua/>. Candidates are highly encouraged to read the ordinance in its entirety before applying for Board membership. Hard copies of the Ordinance are available at the Tribal Office and at the Planning Office, 887 Highway 66.

To candidates, please prepare a typed narrative not to exceed 1,000 words offering your qualifications (resume) and general motivation to be a member of the Hualapai Tribal Utility Authority Board and what you hope to achieve while on the Board. Please bring or e-mail your letter of interest to the Tribal Office, 941 Hualapai Way, Peach Springs, Arizona, attention Christine Lee, by Friday, July 20, 2018, at 5:00 PM. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

EMPLOYMENT OPPORTUNITIES

Notice of Invitation for Bids - Septic System Contractors ★ Due by Friday, June 29th

Submitted by: Kevin Davidson | Hualapai Planning Dept.



NOTICE OF INVITATION FOR BIDS FROM SEPTIC SYSTEM CONTRACTORS, IFB NO. 01-2018

RESIDENTIAL SEPTIC SYSTEM IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe", is soliciting bids from septic system contractors to install a residential septic system for a new 3-Bedroom home in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites Indian and non-Indian owned firms to submit sealed bids. The Tribe will select the bidder whose bid does not substantially exceed the amount of funds available for construction of the project, subject to applicable Indian Preference requirements and assessments of the Bidder's responsiveness and responsibility under federal law. Funds are derived from the Indian Health Services (IHS) and subject to federal regulations. The system must be ready for use no later than 30 days after contractor's Notice to Proceed is given.

A complete copy of this IFB may be obtained from our website at: <http://hualapai-nsn.gov/>

SUBMITTAL DUE DATE: June 29, 2018, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, kdavidson@hualapai-nsn.gov

Request for Bids for Hualapai Language Consultants ★ Deadline: Friday, July 13th

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources



Hualapai Department of Cultural Resources

P.O. Box 310

Peach Springs, Arizona 86434

Office: 928.769.2223 FAX: 928.769.2235

The Department of Cultural Resources is requesting bids for fluent Hualapai language consultants to assist with the Language Program. Services will be on a part-time, on-call basis. If interested, submit your bid in writing to Lucille Watahomigie at the Department of Cultural Resources by July 13, 2018. Your bid should include your hourly rate. For additional information call Lucille Watahomigie (Language Program Manager) at (928) 769-2223.

**WARNING:
DUE DATES
ARE CLOSER
THAN THEY
APPEAR**

Please submit your Gamyu articles by the deadline to ensure your article will make the publication date. The Gamyu newsletter is a bi-weekly publication. You are able to access the latest newsletter, as well as some archived newsletters on-line for your convenience at: <http://hualapai-nsn.gov>

Article Deadline:
Friday, July 6th by 5:00 p.m.

Next Publication:
Friday, July 13th

CDI Head Start ★ Vacant Positions

Submitted by: Jeanine Coursey | 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 05/30/18. Open until filled

Family and Community Partnership Coordinator

Works as a part of the content area team of coordinators to integrate Head Start services for children and families. This position is responsible for family services and community partnerships, to include social services, ERSEA, child files, volunteers and parent involvement/fatherhood as well as being the lead for child abuse and neglect related activities.

This position is also responsible for education and early childhood health services. Bachelor's degree in Social Work, Human Services, Family Studies or related field. Pay D.O.E., 40 hours per week, and 52 weeks per year.

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/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. \$11.17 to \$13.41 with an AA.

Program Aide /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. \$10.60 per hour.

Janitor

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 \$10.60 per hour. This is an full-time position.

For questions or copies of job descriptions and applications contact:

Jeanine Coursey, HR/Fiscal Admin Assistant

Email: jcoursey@htazhs.org .Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

CDI Head Start is an Equal Opportunity Employer.

EDUCATION & TRAINING INFORMATION

Peach Springs School ★ Notice of Letter Grade & Budget Proposal

Submitted by: Jaime Cole, Superintendent | Peach Springs School

Peach Springs School

PO Box 360, Peach Springs, Arizona 86434 Phone: (928) 769-9034 Superintendent- Jaime Cole

June 15, 2018

Dear PSUSD Parents/Guardians,

The Arizona Department of Education has finalized Statewide school letter grades. This grade system is based on a formula that includes grades 9-12 high school drop-out rate and the standardized test (AZMerit) that all 3rd – 8th grade students took in the Spring of 2017; the data does not include current year 2018. Under A.R.S. 15-241, we are notifying all parents that our school received a letter grade "F". We have not been notified of our current AZMerit scores that include recent students' paper exams, but we will publish as soon as we are aware of the scores. As primary stakeholders, you probably know that growth takes a community-wide effort and partnership supporting a single mission to benefit our children. Educating children is no longer just the teachers' responsibility, but help and support is needed from parents, grandparents, administrators, tribal departments, and other community support systems. When all partners support the schools' goals and KIDS-FIRST VISION, students take ownership and responsibility in their learning.

It is critical that the whole Peach Springs community support efforts to help students make instructional gains as performance is connected to the whole child from social/emotional needs being met, hearing positive encouraging statements about their environment in and outside of the school, supporting policies and laws that ensure students feel safe and secure at home and at school, maintaining clear high expectations from home and at school through partnership by visiting classrooms to view what is happening in the learning environment, cultural connection between home and school, encouraging students to participate in learning activities in and outside school hours, sharing the value in completing high school and beyond, and encouraging hard-work to make a positive difference in his/her community. Students represent their environment and will model what is being observed. For example, if we read daily, students will watch and read a book on his/her free time. For the future of the Hualapai nation, we request all tribal departments to focus efforts on the children in the community and the needs. As elementary students increase academics, the high school graduation rate will increase.

On the part of the school district, we are working on a Needs Assessment, targeting action steps for our School Improvement Plan that address root causes and develop need statements to identify areas needing improvement by August 2018. We will continue to develop further strategies and action steps to improve our students' academic performance. Our goals this year include: increase aca-

ademic growth, increase differentiated instructions in the classes to meet every child's academic needs, continue reaching out for children-first partnership with tribal agencies (I.H.S., culture department, head start, detention center, radio programs requesting an hour a week for updates, First Things First, counseling service programs for students, PATHS with tribal support, dental program, visions and hearing with I.H.S. and incentives to increase behavioral expectations needed for success in school and in life). We will increase focus to target student attendance this year by working with the tribal agencies as students must attend school and be on time to learn what is needed each quarter. This action plan will be submitted to the Arizona Department of Education, as well as the Mohave county superintendent's office.

Parents may ask why students should attend Peach Springs USD. A few reasons include:

*State and federal funding is used directly to benefits students with the numerous staff on site to meet students' needs, full state of the art curriculum is in place for students, technology-based curriculum exceeds most school districts in AZ

*Our staff spend many hours weekly helping students one-on-one in the classroom, re-teaching concepts, collecting and analyzing data, provided individualized online targeted interventions, and planning and implementing effective strategies.

*100% certified Arizona Department of Education certified teachers

*Small class sizes (Arizona average class size is 40 students per class or multiple grade classes, we have on average 12-25 students per class).

* We are in compliance and meetings special education requirements, AZELLA/EL, curriculum in ELA, reading, writing, grammar, math, science along with having safety plans, social/emotional PATHS curriculum, enrichment plans for students that demonstrate (ROARS- Be Respectful, Take Ownership, Awesome Attitude, Be Responsible, Be Safe) behaviors.

We are improving in many areas, thank you for bringing your children to our small and safe school. We are committed to seeking success academically, to accomplish this mission we need support for our school from the community. We are looking forward to a whole-community support system in helping our students improve academically.

Realistically, there are 39 schools with "F" letter grades and 300 more with "D" grades throughout Arizona. Most schools with "A" are in Phoenix Area-Maricopa County. Two Mohave County schools received an "A". Kingman Academy, Hualapai Elementary, Manzanita Elementary and Academy of Learning all received "B" grades. The solutions for PSUSD are elusive but using positive focused action steps will create positive outcomes, and team effort is needed between the school district and community members to bring out the BEST in students.

In conclusion, we are calling on everyone in Peach Springs to focus on the strengths and intelligence of our children to create a new reality. In this community-wide effort to put children-first we need to bring out the best in others to make a better community. Focus on the learning needs of your children each day throughout the year. We can accomplish this by modeling responsibility, modeling respectful attitudes, promoting harmony and balance throughout the community.

Sincerely,

Jaime Cole, PSUSD Superintendent

CTD NUMBER 080208000

COUNT: Mohave County

DISTR NAME Peach Springs Unified School District



FY 2019
STATE OF ARIZONA
SCHOOL DISTRICT ANNUAL EXPENDITURE BUDGET
DISTRICTWIDE BUDGET

Proposed Version
BY THE GOVERNING BOARD

We hereby certify that the Budget for the Fiscal Year 2019 was

Proposed June 11, 2018
Adopted
Revised

Supervisor Signature
Business Manager Signature
SIGNED SIGNED

The FY 2019 budget file for the version described above will be uploaded via the Common Login on ADE's website by June 12, 2018

Type the Date as MM/DD/YYYY

Supervisor Signature
Business Manager Signature
JAIME COLE

Supervisor Name (Typed Name)
Business Manager Name (Typed Name)
JAIME COLE

District Contact Employee:
Telephone: 928-769-2302
Email: colej@psusd.org

REVENUES AND PROPERTY TAXATION

Table with 2 columns: Source, Amount. Rows include Total Budgeted Revenues for Fiscal Year 2018 (\$3,545,000.00) and Estimated Revenues by Source for Fiscal Year 2019 (Local, Intermediate, State, Federal, TOTAL).

3. District Tax Rates for Prior and Budget Fiscal Years (A.R.S. § 15-903.D.4)

Table comparing tax rates for Prior FY 2018 and Est. Budget FY 2019 across various categories like Primary Tax Rate, Secondary Tax Rates, M&O Override, etc.

TOTAL BUDGETED EXPENDITURES AND AGGREGATE SCHOOL DISTRICT BUDGET LIMIT (A.R.S. § 15-905.E)

Table with 3 columns: Description, Budgeted Expenditures, Budget Limit. Rows include Maintenance and Operation Fund, Unrestricted Capital Fund, Federal Projects, and Total Aggregate School District Budget Limit.

AVERAGE TEACHER SALARIES (A.R.S. § 15-903.F, amended by LAWS 2018, Ch. 285, § 10)

Table with 2 columns: Description, Amount. Rows include Average salary of all teachers employed in FY 2019, Average salary of all teachers employed in FY 2018, Increase in average teacher salary, and Percentage increase.

Comments on average salary calculation (Optional):

The above teacher salary data reflects ONLY the teacher base pay. This does NOT include any additional pay provided to teachers for retention, performance pay or additional district beyond contract. This also DOES NOT include employer paid benefits which includes approximately 20% above the salary amount and the employer paid health insurance which is approximately \$6000 per employee.

DISTRICT NAME Peach Springs Unified School District

COUNTY Mohave County

CTD NUMBER 080208000

VERSION Proposed

DISTRICT CONTACT INFORMATION

Prefix	First Name	Last Name	Suffix	Email Address	Telephone Number
Ms.	Jaime	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9046
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Jaimc	Cole		colej@psusd8.org	928-769-9034
Ms.	Emma	Tapija			928-769-9034
Ms.	Michelle	Zephier			928-769-9034
Mr.	Roger	Muclker			928-769-9034

- Superintendent
- Executive Assistant to Superintendent
- Chief Financial Officer
- Business Manager
- School District Employee Report (SIDER) Coordinator
- SPED Data Reporting Coordinator
- AzEDS/ADM Data Coordinator
- Transportation Data Reporting Coordinator
- Governing Board Member
- Governing Board Member
- Governing Board Member
- Governing Board Member
- Governing Board Member
- Governing Board Member
- Governing Board Member

SELECT from Dropdown

Edupoint (Synergy)

Infinite Visions

www.psusd8.org

- Student Information Systems (SIS) Vendor
- Accounting Information System
- District's website home page address

DISTRICT NAME Peach Springs Unified School District
 COUNTY Mohave County
 CTD NUMBER 080208000
 MAINTENANCE AND OPERATION (M&O) FUND
 FUND 001 (M&O)

Proposed

Expenditures	FTE		Salaries 6100	Employee Benefits 6200	Purchased Services 6300, 6400, 6500	Supplies 6600	Other 6800	Totals		% Increase/ Decrease
	Prior FY	Budget FY						Prior FY 2018	Budget FY 2019	
1000 Regular Education	10.00	10.00	923,816	120,000	0	30,000	0	983,816	1,073,816	9.15%
1000 Instruction	3.00	3.00	150,000	30,000	0	22,000	0	202,000	202,000	0.0%
2000 Support Services	0.00	0.00	0	0	22,810	25,000	0	36,844	47,810	29.3%
2200 Instructional Staff	2.00	2.00	100,000	26,000	11,721	0	5,000	142,721	142,721	-17.4%
2300 General Administration	0.00	0.00	0	0	1,800	0	0	1,800	1,800	0.0%
2400 School Administration	0.00	0.00	0	0	30,000	10,000	0	42,500	42,500	0.0%
2500 Central Services	2.50	2.50	60,000	17,000	50,000	23,655	0	175,655	150,655	-14.2%
2600 Operation & Maintenance of Plant	0.00	0.00	0	0	0	0	0	0	0	0.0%
2900 Other	2.00	2.00	55,000	11,000	0	0	0	66,000	66,000	0.0%
3000 Operation of Noninstructional Services	0.00	0.00	0	0	0	0	0	0	0	0.0%
6100 School-Sponsored Co-curricular Activities	0.00	0.00	0	0	0	0	0	0	0	0.0%
6200 School-Sponsored Athletics	0.00	0.00	0	0	0	0	0	0	0	0.0%
630 Other Instructional Programs	0.00	0.00	0	0	0	0	0	0	0	0.0%
700, 800, 900 Other Programs	0.00	0.00	0	0	0	0	0	0	0	0.0%
Regular Education Subsection Subtotal (lines 1-13)	19.50	19.50	1,288,816	204,000	116,331	110,655	7,500	1,681,336	1,727,302	2.7%
200 and 300 Special Education	2.00	2.00	65,000	13,000	5,500	3,000	0	86,500	86,500	0.0%
1000 Instruction	0.00	0.00	0	0	75,000	0	500	75,500	75,500	0.0%
2000 Support Services	0.00	0.00	0	0	0	0	0	0	0	0.0%
2100 Students	0.00	0.00	0	0	0	0	0	0	0	0.0%
2200 Instructional Staff	0.00	0.00	0	0	0	0	0	0	0	0.0%
2300 General Administration	0.00	0.00	0	0	0	0	0	0	0	0.0%
2400 School Administration	0.00	0.00	0	0	0	0	0	0	0	0.0%
2500 Central Services	0.00	0.00	0	0	6,000	0	0	6,000	6,000	0.0%
2600 Operation & Maintenance of Plant	0.00	0.00	0	0	0	0	0	0	0	0.0%
2900 Other	0.00	0.00	0	0	0	0	0	0	0	0.0%
3000 Operation of Noninstructional Services	2.00	2.00	65,000	27,000	86,500	3,000	500	195,000	195,000	0.0%
Subtotal (lines 15-23)	2.00	2.00	65,000	40,000	86,500	3,000	500	195,000	195,000	0.0%
4000 Pupil Transportation	3.00	3.00	0	0	0	0	0	0	0	-100.0%
510 Desegregation (from Districtwide Desegregation Budget, page 2, line 44)	0.00	0.00	0	0	0	0	0	0	0	0.0%
530 Dropout Prevention Programs	0.00	0.00	0	0	0	0	0	0	0	0.0%
540 Joint Career and Technical Education and Vocational Education Center	0.50	0.00	0	0	0	0	0	0	0	0.0%
550 K-3 Reading Program	0.50	0.00	12,048	0	0	0	0	12,048	12,048	-7.2%
Total Expenditures (lines 14, and 24-29) (Cannot exceed page 7, line 11)	25.50	21.50	1,365,864	244,000	202,831	113,655	8,000	1,955,314	1,934,350	-1.1%

The district has budgeted an amount in the M&O Fund equal to the General Budget Limit as calculated on page 7 of 8.

DISTRICT NAME Peach Springs Unified School District COUNTY Mohave County CTD NUMBER 080208000 VERSION Proposed

SPECIAL EDUCATION PROGRAMS BY TYPE (M&O Fund Programs 200 and 300)

(A.R.S. §§ 15-761 and 15-903)

- 1. Total All Disability Classifications
- 2. Gifted Education
- 3. Remedial Education
- 4. ELL Incremental Costs
- 5. ELL Compensatory Instruction
- 6. Vocational and Technical Education (non-CTED)
- 7. Career Education (non-CTED)
- 8. Career Technical Education (CTED)
- 9. Total (lines 1 through 8. Must equal total of line 24, page 1)

Prior FY	Budget FY
195,000	195,000
0	
0	
0	
0	
0	
0	
0	
195,000	195,000

Proposed Ratios for Special Education
(A.R.S. §§15-903.E.1 and 15-764.A.5)

Teacher-Pupil 1 to 15
Staff-Pupil 1 to 15

Estimated FTEs Certified Employees
(A.R.S. §15-903.E.2)

Prior FY	Budget FY
18.50	18.50

Expenditures Budgeted for Audit Services

M&O Fund - Nonfederal	6350	30000
All Funds - Federal	6330	

FY 2019 Performance Pay (A.R.S. §15-920)
Amount Budgeted in M&O Fund for a Performance Pay Component

Do not report budgeted amounts for the Performance Pay Component of the Classroom Site Fund on this line

Expenditures Budgeted in the M&O Fund for Food Service

Amount budgeted in M&O for Food Service (Fund 001, Function 3100) \$ 30,000
(This amount will be used to determine district compliance with state matching requirements pursuant to Code of Federal Regulations (CFR) Title 7, §210.17(e))

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COUNTY Mohave County

DISTRICT NAME Peach Springs Unified School District

Expenditures	Salaries 6100	Employee Benefits 6200	Purchased Services 6300, 6400, 6500, 6600, 6700	Supplies 6600	Interest on Short-Term Debt 6850	Totals		% Increase/Decrease
						Prior FY 2018	Budget FY 2019	
Classroom Site Fund 011 - Base Salary								
1000 Instruction	50,538	12,635				71,688	63,173	-11.9%
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 100 Subtotal (lines 1-3)	50,538	12,635				71,688	63,173	-11.9%
200 and 300 Special Education								
1000 Instruction								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 200 and 300 Subtotal (lines 5-7)	0	0				0	0	0.0%
Other Programs (Specify)								
1000 Instruction								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Other Programs Subtotal (lines 9-11)	0	0				0	0	0.0%
Total Expenditures (lines 4, 8, and 12)	50,538	12,635				71,688	63,173	-11.9%
Classroom Site Fund 012 - Performance Pay								
100 Regular Education								
1000 Instruction	73,323	18,331				87,912	91,654	4.3%
15 Support Services - Students								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 100 Subtotal (lines 14-16)	73,323	18,331				87,912	91,654	4.3%
200 and 300 Special Education								
1000 Instruction								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 200 and 300 Subtotal (lines 18-20)	0	0				0	0	0.0%
Other Programs (Specify)								
1000 Instruction								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Other Programs Subtotal (lines 22-24)	0	0				0	0	0.0%
Total Expenditures (lines 17, 21, and 25)	73,323	18,331				87,912	91,654	4.3%
Classroom Site Fund 013 - Other								
100 Regular Education								
1000 Instruction	104,894	26,223				76,756	131,117	70.8%
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 100 Subtotal (lines 27-29)	104,894	26,223				76,756	131,117	70.8%
200 and 300 Special Education								
1000 Instruction								
2100 Support Services - Students								
2300 Support Services - Instructional Staff								
Program 200 and 300 Subtotal (lines 31-33)	0	0				0	0	-100.0%
530 Dropout Prevention Programs								
1000 Instruction								
Other Programs (Specify)								
1000 Instruction								
2100 Support Serv. Students & Instructional Staff								
Other Programs Subtotal (lines 36-37)	0	0				0	0	0.0%
Total Expenditures (lines 30, 34, 38, and 39)	104,894	26,223				83,016	131,117	57.2%
Total Classroom Site Funds (lines 13, 26, and 39)	228,755	57,189				242,618	285,944	17.9%

The district has budgeted an amount in Fund 011 equal to the Classroom Site Fund Budget Limit as calculated on Page 8 of 8.

The district has budgeted an amount in Fund 012 equal to the Classroom Site Fund Budget Limit as calculated on Page 8 of 8.

The district has budgeted an amount in Fund 013 equal to the Classroom Site Fund Budget Limit as calculated on Page 8 of 8.

DISTRICT NAME Peach Springs Unified School District COUNTY Mohave County CTD NUMBER 080208000 VERSION Proposed

FUND 610 UNRESTRICTED CAPITAL OUTLAY (UCO) FUND

Expenditures	Remains 6440	Library Books, Textbooks, & Instructional Aids (2) 6641-6643	Property (2) 6700	Redemption of Principal (3) 6831, 6832	Interest (4) 6841, 6842, 6850	Totals		% Increase/ Decrease
						Prior FY 2018	Budget FY 2019	
Unrestricted Capital Outlay Override (1)						0	0	0.0%
Unrestricted Capital Outlay Fund 610 (6)						23,889	200,000	737.2%
1000 Instruction		100,000	100,000					
2000 Support Services								
2100, 2200 Students and Instructional Staff		25,000				50,000	25,000	-50.0%
2300, 2400, 2500, 2900 Administration						0	0	0.0%
2600 Operation & Maintenance of Plant		184,093	184,093			30,314	184,093	507.3%
2700 Student Transportation						341,000	0	-100.0%
3000 Operation of Noninstructional Services (5)						0	0	0.0%
4000 Facilities Acquisition and Construction						0	0	0.0%
5000 Debt Service		125,000	284,093	0	0	445,203	409,093	-8.1%
Total Unrestricted Capital Outlay Fund (lines 2-9)	0	125,000	284,093	0	0	445,203	409,093	-8.1%

The district has budgeted an amount in the UCO Fund equal to the Unrestricted Capital Budget Limit as calculated on Page 8 of 8.

(1) Amounts in the Unrestricted Capital Outlay Override line 1 above must be included in the appropriate individual line items for Fund 610 and in the Budget Year Total Column.

(2) Detail by object code:

Unrestricted Capital Outlay	
6641 Library Books	\$ 10,000
6642 Textbooks	50,000
6643 Instructional Aids	40,000
673X Furniture and Equipment	100,000
673X Vehicles	
673X Tech Hardware & Software	

(3) Includes principal on Capital Equity Fund loans of _____, and principal on capital leases of _____, and principal on bonds of _____.

(4) Includes interest on Capital Equity Fund loans of _____, interest on capital leases of _____, and interest on bonds of _____.

(5) Expenditures Budgeted in Unrestricted Capital Outlay (UCO) Fund for Food Service

Enter the amount budgeted in UCO for Food Service [Amount will be used to determine district compliance with state matching requirements pursuant to CFR Title 7, §210.17(a)]

(6) Expenditures, if any, budgeted in the Unrestricted Capital Outlay Fund on lines 2-9 for the K-3 Reading Program as described in A.R.S. §15-211.

VERSION Proposed

CTD NUMBER 080208000

COUNTY Mohave County

DISTRICT NAME Peach Springs Unified School District

OTHER FUNDS—REQUIRED CAPITAL EXPENDITURE DETAIL [(A.R.S. §15-904.(B))]

Expenditures	UNRESTRICTED CAPITAL OUTLAY Fund 610		BOND BUILDING Fund 630		NEW SCHOOL FACILITIES Fund 695		ADJACENT WAYS Fund 620 (2)	
	Prior FY	Budget FY	Prior FY	Budget FY	Prior FY	Budget FY	Prior FY	Budget FY
1. Total Fund Expenditures	445,203	409,093	0		0		0	
2. 6150 Classified Salaries	0		0		0		0	
3. 6200 Employee Benefits	0		0		0		0	
4. 6450 Construction Services	0		0		0		0	
5. 6710 Land and Improvements	0		0		0		0	
6. 6720 Buildings and Improvements	0		0		0		0	
7. 673X Furniture and Equipment	30,000	100,000	0		0		0	
8. 673X Vehicles	191,000	0	0		0		0	
9. 673X Technology Hardware & Software	30,314	0	0		0		0	
10. 6831, 6832 Redemption of Principal	0		0		0		0	
11. 6841, 6842, 6850 Interest	0		0		0		0	
12. Total (lines 2-11)	251,314	100,000	0		0		0	
Total amounts reported on lines 2-11 above for:								
Renovation	0		0				0	
New Construction	0		0		0		0	
Other	251,314	100,000	0		0		0	
13. Total (lines 13-15, must equal line 12)	251,314	100,000	0		0		0	

(1) Lines 2-11 may not include all budgeted expenditures of the fund. Total budgeted expenditures for each fund should be included on Line 1.

(2) Amount budgeted on line 1 for the Adjacent Ways Fund that will result in a tax levy in FY 2019

DISTRICT NAME Peach Springs Unified School District

COUNTY Mohave County

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VERSION Proposed

SPECIAL PROJECTS

FEDERAL PROJECTS

- 1. 100-130 ESEA Title I - Helping Disadvantaged Children
- 2. 140-150 ESEA Title II - Prof. Dev. and Technology
- 3. 160-180 ESEA Title IV - 21st Century Schools
- 4. 170-180 ESEA Title V - Promote Informed Parent Choice
- 5. 190 ESEA Title III - Limited Eng. & Immigrant Students
- 6. 200 ESEA Title VII - Indian Education
- 7. 210 ESEA Title VI - Flexibility and Accountability
- 8. 220 IDEA Part B
- 9. 230 Jobsite-O'Malley
- 10. 240 Workforce Investment Act
- 11. 250 ABA - Adult Education
- 12. 260-270 Vocational Education - Basic Grants
- 13. 280 ESEA Title X - Homeless Education
- 14. 290 Medicaid Reimbursement
- 15. 374 E-Rate
- 16. 378 Impact Aid
- 17. 300-399 Other Federal Projects (Besides E-Rate & Impact Aid)
- 18. Total Federal Project Funds (lines 1-17)

STATE PROJECTS

- 19. 400 Vocational Education
- 20. 410 Early Childhood Block Grant
- 21. 420 Ext. School Yr. - Pupils with Disabilities
- 22. 425 Adult Basic Education
- 23. 430 Chemical Abuse Prevention Programs
- 24. 435 Academic Contexts
- 25. 450 Gifted Education
- 26. 456 College Credit Exam Incentives
- 27. 457 Results-based Funding
- 28. 460 Environmental Special Phase
- 29. 465-499 Other State Projects
- 30. Total State Project Funds (lines 19-29)
- 31. Total Special Projects (lines 18 and 30)

INSTRUCTIONAL IMPROVEMENT FUND (020)

- 1. Teacher Compensation Increases
- 2. Class Size Reduction
- 3. Dropout Prevention Programs (M&O purposes)
- 4. Instructional Improvement Programs (M&O purposes)
- 5. Total Instructional Improvement Fund (lines 1-4)

OTHER FUNDS

- 1. 050 County, City, and Town Grants
- 2. 071 Structured English Immersion (1)
- 3. 072 Compensatory Instruction (1)
- 4. 500 School Plant (2)
- 5. 510 Food Service
- 6. 515 Civic Center
- 7. 520 Community School
- 8. 525 Auxiliary Operations
- 9. 526 Extracurricular Activities Fees Tax Credit
- 10. 530 Gifts and Donations
- 11. 535 Career & Tech. Ed. & Voc. Ed. Projects
- 12. 540 Fingerprint
- 13. 545 School Opening
- 14. 550 Insurance Proceeds
- 15. 555 Textbooks
- 16. 565 Litigation Recovery
- 17. 570 Indirect Costs
- 18. 575 Unemployment Insurance
- 19. 580 Teaches
- 20. 585 Insurance Refund
- 21. 590 Grants and Gifts to Teachers
- 22. 595 Advancement
- 23. 596 Career Technical Education
- 24. 639 Impact Aid Revenue Bond Building
- 25. 650 Gifts and Donations-Capital
- 26. 660 Condensation
- 27. 665 Energy and Water Savings
- 28. 686 Emergency Deficiencies Correction
- 29. 691 Building Renewal Grant
- 30. 700 Debt Service
- 31. 720 Impact Aid Revenue Bond Debt Service
- Other
- INTERNAL SERVICE FUNDS 95B-98B
 - 1. 9. Self-insurance
 - 2. 955 Intergovernmental Agreements
 - 3. 9. OPEB
 - 4. 9.

6000	Prior FY	Budget FY
6000	0	0
6000	0	0
6000	30,000	30,000
6000	100,000	100,000
6000	0	0
6000	0	0
6000	4,000	4,000
6000	1,000	1,000
6000	1,200	1,200
6000	0	0
6000	0	0
6000	410	500
6000	30	100
6000	10,000	10,000
6000	0	0
6000	90,000	100,000
6000	28,000	30,000
6000	500	500
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	0	0
6000	11,500	11,500
6000	0	0
6000	0	0
6000	0	0
6000	0	0

(1) From Supplement, line 10 and line 20, respectively.
 (2) Indicate amount budgeted in Fund 500 for M&O purposes

DISTRICT NAME Peach Springs Unified School Dis COUNTY Mohave County CTD NUMBER 080208000
 VERSION Proposed

CALCULATION OF FY 2019 GENERAL BUDGET LIMIT
 (A.R.S. §15-947.C)

		A. Maintenance and Operation	B. Unrestricted Capital Outlay
*1. FY 2019 Revenue Control Limit (RCL) (from Work Sheet E, line X, or Work Sheet F, line III)	\$ 1,535,000	\$ 1,535,000	\$ 0
*2. (a) FY 2019 District Additional Assistance (DAA) (from Work Sheet H, lines VII.E.1 and VII.F.1)	\$ 113,890		
(b) DAA Reduction for State Budget Adjustments (from Work Sheet H, lines VII.E.2 and VII.F.2)	0		
(c) Total DAA (line 2.a minus 2.b)	\$ 113,890		113,890
*3. FY 2019 Override Authorization (A.R.S. §§15-481 and 15-482 or 15-949 if small school adjustment phase down applies, see Work Sheets K and K2)			
(a) Maintenance and Operation			
(b) Unrestricted Capital Outlay			
(c) Special Program			
*4. Small School Adjustment for Districts with a Student Count of 125 or less in K-8 or 100 or less in 9-12 (A.R.S. §15-949) (Up to \$50,000 if no election is chosen for phase down, see Work Sheet K)		390,000	
*5. Tuition Revenue (A.R.S. §§15-823 and 15-824)			
Local (Do not include full-day kindergarten or summer school tuition)			
(a) Individuals and Other Private Sources			
(b) Other Arizona Districts			
(c) Out-of-State Districts and Other Governments			
State			
(d) Certificates of Educational Convenience (A.R.S. §§15-825, 15-825.01, and 15-825.02)			
*6. State Assistance (A.R.S. §15-976) and Special Ed. Voucher Payments Received (A.R.S. §15-1204)			
*7. Increase Authorized by County School Superintendent for Accommodation Schools (not to exceed Work Sheet S, line ILB.5) (A.R.S. §15-974.B)			
8. Budget Increase for:			
(a) Desegregation Expenditures (A.R.S. §15-910.G-K)			
* (b) Tuition Out Debt Service (from Work Sheet O, line 14) (A.R.S. §15-910.M, as amended by Laws 2018, Ch. 283, §2)		0	
* (c) Budget Balance Carryforward (from Work Sheet M, line 9) (A.R.S. §15-943.01)		0	
(d) Dropout Prevention Programs (Laws 1992, Ch. 305, §32 and Laws 2000, Ch. 398, §2)			
(e) Registered Warrant or Tax Anticipation Note Interest Expense Incurred in FY 2017 (A.R.S. §15-910.N, as amended by Laws 2018, Ch. 283, §2)			
* (f) Joint Career and Technical Education and Vocational Education Center (A.R.S. §15-910.01)			
* (g) FY 2018 Performance Pay Unexpended Budget Carryforward (from Work Sheet M, line 6.f) (A.R.S. §15-920)		0	
(h) Excessive Property Tax Valuation Judgments (A.R.S. §§42-16213 and 42-16214)			
* (i) Transportation Revenues for Attendance of Nonresident Pupils (A.R.S. §§15-923 and 15-947)			
*9. Adjustment to the General Budget Limit (A.R.S. §§15-272, 15-905.M, 15-910.02, and 15-915) Include year(s) and descriptions, as applicable.			
(a) Prior Year Over Expenditures/Resolutions:			
(b) Decrease for Transfer from M&O to Energy and Water Savings Fund			
(c) Increase for Energy and Water Savings Fund Transfer to M&O			
(d) Noncompliance Adjustment			
(e) ADM/Transportation Audit Adjustment			
(f) Other:			
*10. Estimated Allocation of Additional Funding (2016 Prop 123 & Laws 2015, 1st S.S., Ch. 1, §6)		9,350	
11. FY 2019 General Budget Limit (column A, lines 1 through 10) (A.R.S. §15-905.F) (page 1, line 30 cannot exceed this amount)		\$ 1,934,350	
12. Total Amount to be Used for Capital Expenditures (column B, lines 1 through 10) (A.R.S. §15-905.F) (to page 8, line A.11)			\$ 113,890

* Subject to adjustment prior to May 15 as allowed by A.R.S. Revisions are described in the instructions for these lines, as needed.

DISTRICT NAME Peach Springs Unified School District COUNTY Mohave County CTD NUMBER 080208000
 VERSION Proposed

**CALCULATION OF FY 2019 UNRESTRICTED CAPITAL BUDGET LIMIT AND CLASSROOM SITE FUND BUDGET LIMIT
 (A.R.S. §15-947.D and A.R.S. §15-978)**

UNRESTRICTED CAPITAL BUDGET LIMIT

A. 1. FY 2018 Unrestricted Capital Budget Limit (UCBL) (from FY 2018 latest revised Budget, page 8, line A.12)	\$ 445,203
2. Total UCBL Adjustment for prior years as notified by ADE on BUDG75 report (For budget adoption, use zero.)	\$
3. Adjusted Amount Available for FY 2018 Capital Expenditures (line A.1 + A.2)	\$ 445,203
4. Amount Budgeted in Fund 610 in FY 2018 (from FY 2018 latest revised Budget, page 4, line 10)	\$ 445,203
5. Lesser of line A.3 or the sum of line A.4 and any positive adjustment on line A.2	\$ 445,203
6. FY 2018 Fund 610 Actual Expenditures (For budget adoption use actual expenditures to date plus estimated expenditures through fiscal year-end.)	\$ 150,000
7. Unexpended Budget Balance in Fund 610 (line A.5 minus A.6) If negative, use zero in calculation, but show negative amount here in parentheses.	\$ 295,203
8. Interest Earned in Fund 610 in FY 2018	\$
9. Monies deposited in Fund 610 from School Facilities Board for donated land (A.R.S. §15-2041.F)	\$
10. Adjustment to UCBL for FY 2019 (A.R.S. §15-905.M) Include year(s) and descriptions, as applicable. (a) Prior Year Over Expenditures/Resolutions:	\$
(b) ADM/Transportation Audit Adjustment	\$
(c) Other:	\$
11. Amount to be Used for Capital Expenditures (from page 7, line 12)	\$ 113,890
12. FY 2019 Unrestricted Capital Budget Limit (lines A.7 through A.11) (1)	\$ 409,093

CLASSROOM SITE FUND BUDGET LIMIT

B. 1. FY 2018 Classroom Site Fund Budget Limit (from FY 2018 latest revised Budget, page 8, line B.7)	Fund 011	Fund 012	Fund 013	Total Fund 010
	71,688	87,912	83,016	242,616
2. FY 2018 Actual Expenditures (For budget adoption use actual expenditures to date plus estimated expenditures through fiscal year-end.)	32,769	44,766	407	77,942
3. Unexpended Budget Balance (line B.1 minus B.2)	38,919	43,146	82,609	164,674
4. Interest Earned in the Classroom Site Fund in FY 2018				0
5. FY 2019 Classroom Site Fund Allocation (provided by ADE, based on \$423) Enter the total allocation in the Total Fund 010 column. Funds 011, 012, and 013 will automatically calculate.	24,253.55	48,507.10	48,507.10	121,267.76
6. Adjustments to FY 2019 Classroom Site Fund Budget Limit (2)				0
7. FY 2019 Classroom Site Fund Budget Limit (Sum of lines B.3 through B.6) (3)	63,173	91,654	131,117	285,942

- (1) The amount budgeted on page 4, line 10 cannot exceed this amount.
- (2) This line may be used to recapture lost CSF budget capacity that resulted from underbudgeting in prior fiscal years.
- (3) The amounts budgeted on page 3, lines 13, 26, 39, and 40 cannot exceed the respective amounts on this line.

DISTRICT NAME Peach Springs Unified School District COUNTY Mohave County CTD NUMBER 080208000 VERSION Proposed

SUPPLEMENT TO SCHOOL DISTRICT ANNUAL EXPENDITURE BUDGET FOR DISTRICTS THAT BUDGET FOR ENGLISH LANGUAGE LEARNERS (A.R.S. §§15-756.04 and 15-756.11)

Expenditures	FTE		Salaries	Employee Benefits	Purchased Services 6300, 6400, 6500	Supplies	Property	Other	Totals		% Increase/Decrease
	Prior FY	Budget FY							Prior FY 2018	Budget FY 2019	
English Language Learners Supplement											
Structured English Immersion Fund 071 (A.R.S. §§15-756.04)											
1000 Instruction	0.00								0	0	0.0%
2000 Support Services											
2100 Students	0.00								0	0	0.0%
2200 Instructional Staff	0.00								0	0	0.0%
2300 General Administration	0.00								0	0	0.0%
2400 School Administration	0.00								0	0	0.0%
2500 Central Services	0.00								0	0	0.0%
2600 Operation & Maintenance of Plant	0.00								0	0	0.0%
2700 Student Transportation	0.00								0	0	0.0%
2900 Other	0.00								0	0	0.0%
Total (lines 1-9) (to Budget, page 6, Other Funds, line 2)	0.00	0.00	0	0	0	0	0	0	0	0	0.0%
Compassatory Instruction Fund 072 (A.R.S. §§15-756.11)											
1000 Instruction	0.00								0	0	0.0%
2000 Support Services											
2100 Students	0.00								0	0	0.0%
2200 Instructional Staff	0.00								0	0	0.0%
2300 General Administration	0.00								0	0	0.0%
2400 School Administration	0.00								0	0	0.0%
2500 Central Services	0.00								0	0	0.0%
2600 Operation & Maintenance of Plant	0.00								0	0	0.0%
2700 Student Transportation	0.00								0	0	0.0%
2900 Other	0.00								0	0	0.0%
Total (lines 11-19) (to Budget, page 6, Other Funds, line 3)	0.00	0.00	0	0	0	0	0	0	0	0	0.0%

SUMMARY OF SCHOOL DISTRICT PROPOSED EXPENDITURE BUDGET

CTD NUMBER 080208000
VERSION Proposed

I certify that the Budget of Peach Springs Unified District, Mohave County for fiscal year 2019 was officially proposed by the Governing Board on June 11, 2018, and that the complete Proposed Expenditure Budget may be reviewed by contacting Jaime Cole at the District Office, telephone 928-769-9034 during normal business hours.

President of the Governing Board

1. Average Daily Membership:		Prior Year	Budget Year	4. Average Teacher Salaries (A.R.S. §15-903.E, amended by Laws 2018, Ch. 285, §10)
	2017 ADM	2018 ADM	2019 ADM	
Attending	183,850	168,079	165,000	1. Average salary of all teachers employed in FY 2019 (budget year) 45,968
2. Tax Rates:				2. Average salary of all teachers employed in FY 2018 (prior year) 41,802
Primary Rate (equalization formula funding and budget add-ons not required to be in secondary rate)		Prior FY	Est. Budget FY	3. Increase in average teacher salary from the prior year 4,166
		6.0297	6.0939	4. Percentage increase 10%
Secondary Rate (voter-approved overrides, bonds, and Career Technical Education Districts, and desegregation, if applicable)		0.0000	0.0000	Comments on average salary calculation (Optional):
3. Budgeted Expenditures and Budget Limits:				The above teacher salary data reflects ONLY the teacher base pay. This does NOT include any additional pay provided to teachers for relocation, performance pay or additional duties beyond contract. This also DOES not include employer paid benefits which includes approximately 20% above the salary amount and the employer paid health insurance which is approximately \$6000 per employee.
		Budgeted Expenditures	Budget Limit	
Maintenance & Operation Fund		1,934,350	1,934,350	
Classroom Site Fund		285,944	285,942	
Unrestricted Capital Outlay Fund		409,093	409,093	

	MAINTENANCE AND OPERATION EXPENDITURES						% Inc./(Decr.) from Prior FY
	Salaries and Benefits		Other		TOTAL		
	Prior FY	Budget FY	Prior FY	Budget FY	Prior FY	Budget FY	
100 Regular Education							
1000 Instruction	953,816	1,043,816	30,000	30,000	983,816	1,073,816	9.1%
2000 Support Services							
2100 Students	180,000	180,000	22,000	22,000	202,000	202,000	0.0%
2200 Instructional Staff	0	0	36,844	47,810	36,844	47,810	29.8%
2300, 2400, 2500 Administration	156,000	126,000	61,021	61,021	217,021	187,021	-13.8%
2600 Oper./Maint. of Plant	102,000	77,000	73,655	73,655	175,655	150,655	-14.2%
2900 Other	0	0	0	0	0	0	0.0%
3000 Oper. of Noninstructional Services	66,000	66,000	0	0	66,000	66,000	0.0%
610 School-Sponsored Cocurric. Activities	0	0	0	0	0	0	0.0%
620 School-Sponsored Athletics	0	0	0	0	0	0	0.0%
630, 700, 800, 900 Other Programs	0	0	0	0	0	0	0.0%
Regular Education Subsection Subtotal	1,457,816	1,492,816	223,520	234,486	1,681,336	1,727,302	2.7%
200 and 300 Special Education							
1000 Instruction	78,000	78,000	8,500	8,500	86,500	86,500	0.0%
2000 Support Services							
2100 Students	0	0	75,500	75,500	75,500	75,500	0.0%
2200 Instructional Staff	0	0	0	0	0	0	0.0%
2300, 2400, 2500 Administration	0	0	6,000	6,000	6,000	6,000	0.0%
2600 Oper./Maint. of Plant	0	0	0	0	0	0	0.0%
2900 Other	0	0	0	0	0	0	0.0%
3000 Oper. of Noninstructional Services	27,000	27,000	0	0	27,000	27,000	0.0%
Special Education Subsection Subtotal	105,000	105,000	90,000	90,000	195,000	195,000	0.0%
400 Pupil Transportation	66,000	0	0	0	66,000	0	-100.0%
510 Desegregation	0	0	0	0	0	0	0.0%
530 Dropout Prevention Programs	0	0	0	0	0	0	0.0%
540 Joint Career and Technical Education and Vocational Education Center	0	0	0	0	0	0	0.0%
550 K-3 Reading Program	12,978	12,048	0	0	12,978	12,048	-7.2%
TOTAL EXPENDITURES	1,641,794	1,609,864	313,520	324,486	1,955,314	1,934,350	-1.1%

CTD NUMBER 082026000
 VERSION Proposed

SUMMARY OF SCHOOL DISTRICT PROPOSED EXPENDITURE BUDGET (Cont'd)

Fund	TOTAL EXPENDITURES BY FUND			% Increase/ (Decrease) from Prior FY
	Prior FY	Budget FY	\$ Increase/ (Decrease) from Prior FY	
Maintenance & Operation	1,955,314	1,934,350	(20,964)	-1.1%
Instructional Improvement	18,000	18,000	0	0.0%
Structured English Immersion	0	0	0	0.0%
Compensatory Instruction	0	0	0	0.0%
Classroom Site	242,616	285,944	43,328	17.9%
Federal Projects	1,827,000	1,827,000	0	0.0%
State Projects	15,000	15,000	0	0.0%
Unrestricted Capital Outlay	445,203	409,093	(36,110)	-8.1%
New School Facilities	0	0	0	0.0%
Adjacent Ways	0	0	0	0.0%
Debt Service	0	0	0	0.0%
School Plant Fund	30,000	30,000	0	0.0%
Auxiliary Operations	4,000	4,000	0	0.0%
Bond Building	0	0	0	0.0%
Food Service	100,000	100,000	0	0.0%
Other	142,660	154,800	12,140	8.5%

Program (A.C.R.S. §§15-761 thru 15-903)	Prior FY	Budget FY
	Total All Disability Classifications	195,000
Gifted Education	0	0
Remedial Education	0	0
BELL Incremental Costs	0	0
BELL Compensatory Instruction	0	0
Vocational and Technical Education (non-CTED)	0	0
Career Education (non-CTED)	0	0
Career Technical Education (CTED)	0	0
TOTAL	195,000	195,000

Staff Type	FTE	Staff-Pupil Ratio
Superintendent, Principals, Other Administrators	1	1 to 165.0
Teachers	17	1 to 9.7
Other	3	1 to 35.0
Subtotal	21	1 to 7.9
Classified -		
Managers, Supervisors, Directors, Teachers Aides	3	1 to 55.0
Other	2	1 to 82.5
Subtotal	6	1 to 27.5
TOTAL	11	1 to 15.0
Special Education -		
Teacher	2	1 to 15.0
Staff	1	1 to 15.0

The table below calculates the total amount shown on the Total Expenditures by Fund. Other lines. This table does not need to be printed as an official part of the budget forms.

From page 6, Other Funds	Prior FY	Budget FY
050 County, City, and Town Grants	0	0
515 Civic Center	0	0
520 Community School	0	0
526 Extracurricular Activities Fees Tax Credit	1,000	1,000
530 Gifts and Donations	1,200	1,200
535 Career & Tech. Ed. & Voc. Ed. Projects	0	0
540 Fingerprint	0	0
545 School Opening	0	0
550 Insurance Proceeds	410	500
555 Textbooks	50	100
565 Litigation Recovery	0	0
570 Indirect Costs	10,000	10,000
575 Unemployment Insurance	0	0
580 Teacherage	90,000	100,000
585 Insurance Refund	28,000	30,000
590 Grants and Gifts to Teachers	500	500
595 Advertisement	0	0
596 Career Technical Education	0	0
619 Impact AM Revenue Bond Building	0	0
650 Gifts and Donations-Capital	0	0
660 Condemnation	0	0
665 Energy and Water Savings	0	0
686 Emergency Deficiencies Correction	0	0
691 Building Renewal Grant	0	0
720 Impact AM Revenue Bond Debt Service	0	0
Other	11,500	11,500
9 Self-Insurance	0	0
955 Intergovernmental Agreements	0	0
9 OPEB	0	0
9	0	0
Total	142,660	154,800

DISTRICT NAME Peach Springs Unified School District CTD NUMBER 080208000
 VERSION Proposed

FY 2019 Truth in Taxation Work Sheet (A.R.S. §15-905.01)

1. FY 2019 Truth in Taxation Base Limit (from FY 2018 TNT work sheet, line 3 + line 11)	\$ 390,000	
2. Deduction for discontinued programs		
3. Adjusted FY 2019 TNT Base Limit	\$ 390,000	
		Primary Property Tax Rate Related to Budgeted Expenditures

FY 2019 Budgeted Expenditures

- 4. Desegregation (no longer a primary levy, must be zero)
- 5. Dropout Prevention (from page 1, line 27)
- 6. Joint Career and Technical Education and Vocational Education Center
- 7. Small School Adjustment (from page 7, line 4, columns A and B)

Adjustments for FY 2018 Expenditures

- 8. Desegregation, Dropout Prevention, and Joint Career and Technical Education and Vocational Education Center

- a. FY 2018 Total Actual Expenditures for programs above \$
- b. Sum of FY 2018 original budget amounts for programs above (from FY 2018 TNT work sheet, sum of lines 4, 5, and 6) 0
- c. Expenditures over/(under) original budget (line 8.a minus line 8.b) \$ 0

- 9. Small School Adjustment
 - a. FY 2018 final budget for Small School Adjustment \$
 - b. FY 2018 original budget for Small School Adjustment (from FY 2018 TNT work sheet, line 7) \$ 390,000
 - c. Amount over/(under) budget for Small School Adjustment (line 9.a minus line 9.b) 0

10. Total (add lines 4 through 7 and line 8.c. and line 9.c.)

11. Excess over Truth in Taxation Limit (1) (Line 10 minus line 3. If negative, enter zero.)

12. Amount to be Levied in FY 2019 for Adjacent Ways pursuant to A.R.S. §15-995 (from page 5, footnote 2) (1)

13. Amount to be Levied in FY 2019 for Liabilities in Excess of the Budget pursuant to A.R.S. §15-907 (1)

Calculations for Truth in Taxation Notice

A. Sum of lines 11, 12, and 13	\$ 0
B.1. Current Assessed Value	\$ (2)
B.2. (Line 3 divided by line B.1) x \$10,000	\$ 390,000
C.1. Sum of lines 3, 11, 12, and 13	\$ (2)
C.2. (Line C.1 divided by line B.1) x \$10,000	\$ (2)

- (1) If an amount on line 11, 12, or 13 is greater than zero, the district must publish a Truth in Taxation Hearing Notice as described in A.R.S. §15-905.01.
- (2) \$10,000 is used in these calculations to determine the amounts to include on the truth in taxation hearing notice for a \$100,000 home, as property taxes on residential properties are levied at 10% of the assessed valuation per A.R.S. §42-15003.

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

Ages

3-5

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

For more information, contact the center at

928-769-2522 or

Stop by the Head Start Center at 479 Hualapai Way

Documents needed to inquire income eligibility

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

This institution is an equal opportunity provider

PLEASE FOLLOW US ON FACEBOOK At

www.facebook.com/Cdi-Headstart-Serving-Hualapai-547982035411128

Seligman School District ★ Open Enrollment
Submitted by: Jonell Tapija | Hualapai Department of Education & Training

2018-2019
OPEN ENROLLMENT
ATTENDANCE APPLICATION
File this application at the School District Office

Student's Name: _____
Last First MI

Grade for 2016-2017 _____ Birth Date: _____

Phone Number: _____
Home Message Work

Parent's Name: _____
Last First MI

Home Address: _____
Street City Zip

Mailing Address: _____
Box # City Zip

Siblings residing in your home:

Name Age Name Age

Name Age Name Age

Present school of attendance (Please attach transcript or final grades)

School: _____ District: _____

City: _____ County: _____

Is the student making application:

Yes No Expelled or long-term suspended from any school or school district?

Yes No Currently subject to expulsion or long-term suspension from a school or school district?

Yes No N/A In compliance with conditions imposed by a juvenile court?

Yes No N/A In compliance with a condition of disciplinary action in any school or school district?

The following conditions apply to the open-enrollment program:

1. An attendance application must be completed and submitted on or before June 15, 2018.
2. Enrollment is subject to the capacity limit established for the school and/or its grade levels.
3. On or before July 1, 2018, the parent or legal guardian will be notified in writing whether the application has been accepted, rejected, or placed on a waiting list.
4. Transportation for the student may be the responsibility of the parent or legal guardian.
5. Providing false information on this form may result in the application being denied or admission being revoked.

The signatory affirms that the student will abide by the rules, standards, and policies of the school and the District if enrolled.

Signature of Parent or Legal Guardian _____ Date _____

FOR DISTRICT USE ONLY. DO NOT WRITE BELOW THE LINE

Accepted Placed on Waiting List Rejected

Reason for rejection _____

Administrator _____ Date _____

Peach Springs Unified School District ★ Enrollment Packets Now Available for Returning Students

Submitted by: Jaime Cole, Superintendent | Peach Springs Unified School District #8



WELCOME TO PEACH SPRINGS UNIFIED SCHOOL DISTRICT 8



FY 2018-2019

P.O. Box 360

403 Diamond Creek Road

Peach Springs, AZ 86434

(928) 769-2202

Enrollment Packet:

For RETURNING STUDENTS:

1. Student Registration Form – FY 2018-2019
2. Submit Certified Birth Certificate (If you haven't submitted yet)
3. Submit Current Immunization Records
4. Health Survey
5. Designation/Authorization to Pick Up Child/Children from School
6. Title VI ED 506 Student Eligibility Certification Form
7. Title 1 Compact
8. State of Arizona Residency Guideline
9. Media Release
10. Computer Internet Usage Agreement



Primavera Online 6-12 Grade ★ Requirements

Submitted by: Jonell Tapija | Hualapai Department of Education

Primavera Online 6-12 Grade Enrollment Information

On-Line Enrollment
www.chooseprimavera.com
www.primaveratech.org

Phone Number: (480) 456-6678

Requirements:

- *Must Reside in Arizona
- *Be under the age of 22 Years old
- *Be at least 14 Years old
- *Provide a valid Birth Certificate
- *Provide Proof of Residency
- *Complete Language Survey online
- *Provide Proof of current grade level (transcripts)

2018 Food Handler Card Training ★ Next Class: Tuesday, July 17th

Submitted by: Adeline Crozier | Hualapai Tribal Administration

HUALAPAI - PEACH SPRINGS
2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
July	17	Health Education & Wellness	11:00am - 1:00pm
August	21	Health Education & Wellness	11:00am - 1:00pm
September	18	Health Education & Wellness	11:00am - 1:00pm
October	23	Health Education & Wellness	11:00am - 1:00pm
November	27	Health Education & Wellness	11:00am - 1:00pm

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



HEALTH & SAFETY INFORMATION

Employees Working for Health (EW4H) Program ★ Health Survey, Tips & Information

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

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

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

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

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



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

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

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

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

Employees Working for Health (EW4H) Program

Post Office Box 397 ●Peach Springs, Arizona 86434

● Tel: (928) 769-1630 or (928) 769-2644 ● Fax: (928) 769-1632

June 20, 2018

I wanted to express my appreciation to everyone who made it out to the: Housing Fair Walk/ Run and the fair event on June 7, 2018; Men's Health Fair at the Multipurpose Building held on Thursday, June 14, 2018 and to our latest event the EW4H Lunch & Learn on "Weight Loss Strategies" held June 19th @ Noon at the HEW building. EW4H staff helped with the Housing Fair Walk/Run and offered screenings & gathered surveys for updating our program activities at our EW4H table. We also set up a table at the Men's Health Fair, offered enrollment, screening and A1C testing, plus we prepared the lunch meal for that event. I am including a **Basic Meatloaf and Quinoa with Chimichurri and Roasted Tomatoes** recipes, plus a handout naming some local Hualapai edible plants "Hwal'bay Gwemaj" provided by our Hualapai Cultural Department. The Lunch & Learn handout was titled "Mind Full or Mindful?" and we talked about taking time to eat, portions, water intake, etc. I have included the recipe for the **Slow Cooker Chipotle Honey Chicken Taco Salad Lunch Bowls** that I used for the lunch. The topic of this Lunch & Learn was to prepare for our upcoming **8-Week Weight Loss Challenge (June 25, 2018 to August 17, 2018)**, there's a \$10.00 Buy-In and Winner Takes All! **Register and Weigh-In at the Fitness Center by June 22, 2018.** I have also included a hand-out on **Hydrating Foods**, about hydrating your body with high water content fruits & vegetables. We are here to help you learn to take better care of yourselves. Please take time to fill out our survey, return to the Fitness Center, Health Department or Tribal Administration. This information will provide information on how we can better serve you and the community.

Thank you,
Rosemary Sullivan, EW4H Nurse Case Manager

Employees Working for Health (EW4H) Survey
EW4H wants your ideas to make the program work for you!



EW4H is planning activity and education sessions. Would you participate in any of the following options? (Check all that apply)

Diabetes Prevention and Education sessions at Healthy Heart or Health Education Wellness (HEW) Bldg

What days would work for you? (check all that apply)

Monday Tuesday Wednesday Thursday Friday

What time(s) work for you? (check all that apply)

12:05-12:55pm (lunchtime) 6-7pm (after dinner)

Activity sessions at:

Which of the locations (check all that apply)

Gym/Fitness Multi Worksite: _____

What days would work for you? (check all that apply)

Monday Tuesday Wednesday Thursday Friday

What time(s) work for you? (check all that apply)

6-7am 6-7pm (after dinner)

Ideas for fitness activities?

EW4H offers Lunch and Learn events at the HEW Bldg. On what topics would you like more information?

What is your "Go To" snack? _____

If not a healthy choice, are you ready to change that behavior? No Yes Not sure

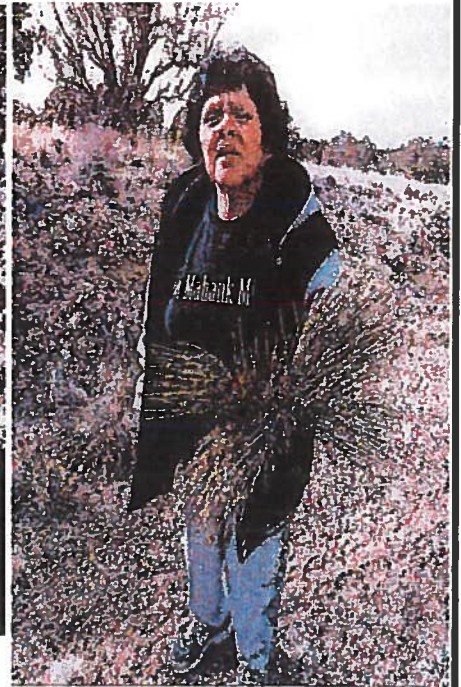
Are you Male or Female (Circle) Are you: 18-29yrs 30-50yrs over 50yrs (circle)

Do you have Diabetes? No Yes Not sure

Thank you!

Hwal'bay Gwemaj ★ Hualapai Edible Plants
Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

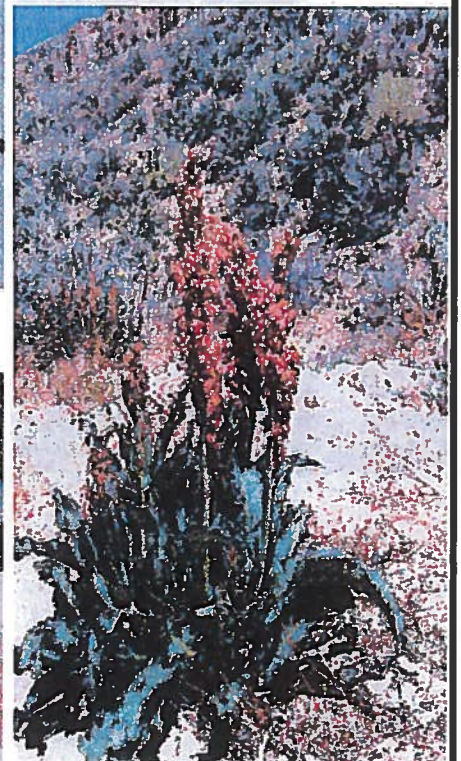
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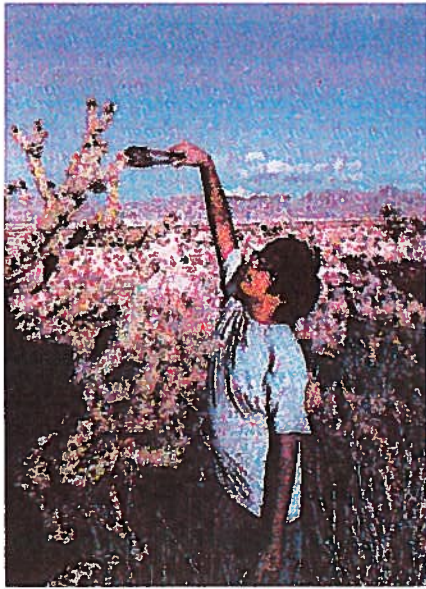


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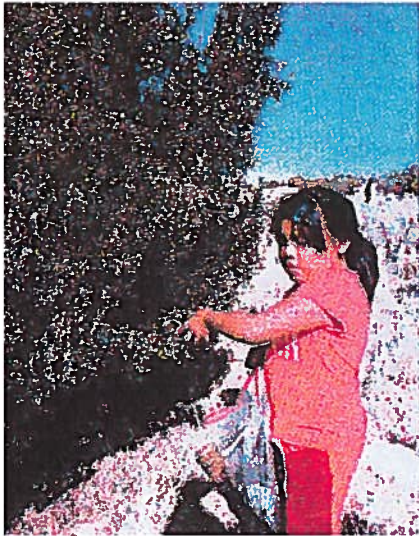


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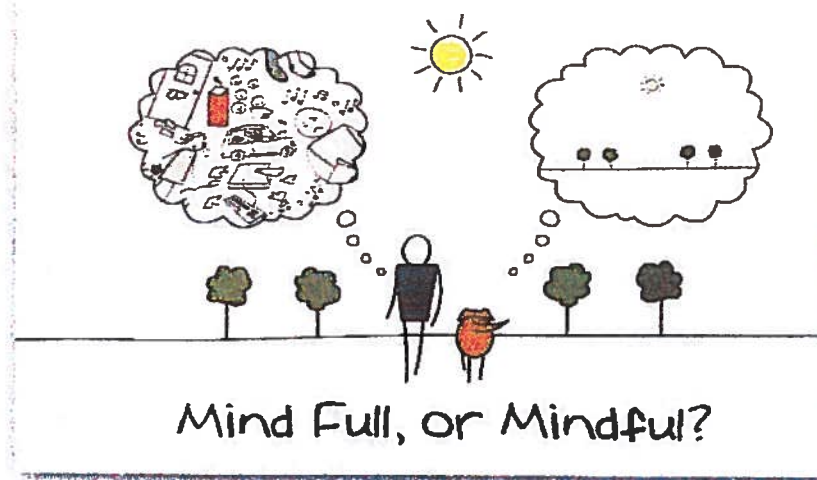
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Mind Full or Mindful ★ Weight Loss Strategies

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness



Weight Loss Strategies: Focus on Satiation and Mindfulness

What is Satiation? *The state of being satisfactory full*

What is Mindfulness? *The state of being fully present, aware of where you are and what you are doing, and not overly reactive or overwhelmed by what's going on around you.*

- The goal is to pay attention to the present moment and your state, without judgement.
- Mindful eating is *fully in tune with all tastes and textures of your food.*
 - Asking: *Am I satisfied with the taste and texture?*
 - Asking: *Am I full?*

Tips to apply satiation and mindfulness to change food behaviors to lose weight

Timing of Meals

Research has not clearly shown that eating three meals a day is any better or worse than five or six smaller meals. **Avoid eating less than three times a day**, as that could make it tough to control your appetite.

Use your sense of satiation and mindfulness, to determine how often and at what times you eat. Remember that **the more often you eat, the less you should eat at a time.**

Many people report eating an evening snack, check in with yourself first to determine if you're **truly hungry or just eating mindlessly**, perhaps triggered by food commercials on television or the habits of others in your household.

Employees Working for Health ★ Creating a Feeling of Fullness

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

Creating a Feeling of Fullness

Fiber

- Raw or lightly cooked vegetables, fruit, and whole grains retain original plant structure that is not digested by the human body. As it moves through the digestive system, this material triggers a sense of fullness in the stomach and helps move other waste through the intestines.
- **Selecting high fiber foods can reduce the amount of food you eat at one time.**
- Be careful with fruit, as most fruits are also high in fructose, a type of sugar. If you have a choice, **better to eat a couple of baby carrots than a handful of grapes.**



Water

- Research does not support drinking a specific amount of water per day.
- The amount of water you need is influenced by your activity level, the climate, the altitude and your pattern of perspiration.
- **Be mindful of your thirst.** You could ask yourself at least once an hour, would a drink of water be refreshing?
- Regularly drinking water provides a feeling of satiation and keeps your organs, especially your skin, hydrated. All body cells need water to function.

Aging, Metabolism and Mindfulness

As you age, your metabolism slows down. You do not generate new cells as rapidly as in a younger period of your life and you may be less active.

The result: you do not need as much energy and the rate at which you burn calories slows down. Even though you have not changed your eating habits, you may start gaining weight.

A response: **be mindful and purposeful in your choices.**

- *Am I hungry? Am I eating because everyone else is eating?*
- If you decide to eat, be selective and take small portions
- It is Ok to say, *I am not that hungry at this time. I am listening to my body!*

And I said to my body, softly, "I want to be your friend". It took a long breathe and replied, "I have been waiting my whole life for this"

EW4H Lunch and Learn
June 19, 2018

★ **Hydrate Your Body with High Water Content Fruits & Vegetables** ★

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

Hydrate Your Body with High Water Content Fruits and Vegetables

Hydrating foods— water makes up about 60% of the body's weight. For the body to function properly, we need to consume about two quarts of water (or liquid) per day. Every systems in your body depends on water.

Water regulates body temperatures, climates toxins, carries nutrients and oxygen to the cells, and provides a moist environment for body tissues and joints. Water needs vary but depend on the food a person eats, environmental temperature and humidity, a person's activity level and other factors. Fruits and vegetables contain large quantities of water in proportion to their weight. When these foods are eaten, the water can be absorbed by the body.

Hydrating Potassium Foods

Potassium is the predominant positively charged electrolyte in body cells. The flow of potassium and sodium in and out of cells maintains the normal functioning of the heart, brain, kidney and skeletal muscles. Potassium is important for muscle contraction and the rhythm of the heart. The majority of potassium in the body is stored within the cells, so small changes in the concentration of potassium in the bloodstream can have serious health consequences.

Cantaloupe provides 29 calories and is made up of 89 percent water is an exceptionally good fruit for supporting energy production through its efficient carbohydrate metabolism and ability to keep the blood sugar stable.

Strawberries contain 23 calories and are made up of approximately 92 percent water. Strawberries rank as the fourth strongest antioxidant rich fruit. The polyphenols found in strawberries aid in regulating the blood sugar response in active individuals.

Hydrating Sodium Foods

Sodium is a required element for normal body functions. It is lost in sweat and urine and is replaced by diet. The body has a remarkable ability to maintain sodium and water balance throughout a variety of conditions. During exercise, especially in hot weather, more salt is lost in sweat per hour than can be replaced by food or even sport drinks. The body can tolerate a slight degree of imbalance, but only for a short period of time. Hydrating through sodium-rich foods such as celery can be a powerful addition to diet.

Celery is considered to be a powerful electrolyte food. As little as two to three mineral-rich stalks of celery can replenish an athlete's sodium, potassium, magnesium, calcium, phosphorus, iron and zinc levels after intense exercise.

Hydrating Magnesium Foods

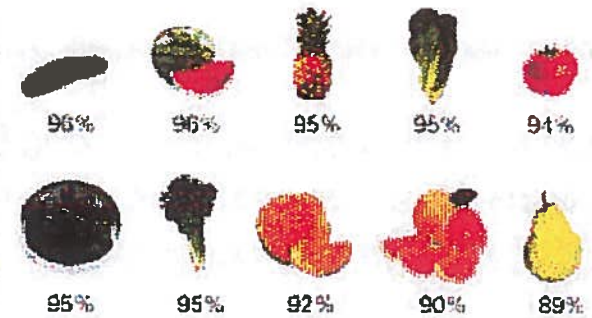
Magnesium is an essential mineral which acts as a co-factor for over 300 enzyme systems, including those that control the metabolism of glucose. Magnesium has a strong independent role in controlling blood pressure and is thought to be an important factor in preventing heart attacks. The most hydrating magnesium rich food is broccoli.

Broccoli is part of the cruciferous vegetable family. It contains 90 percent water and many health supporting compounds which are anti-inflammatory.

Add High Water Content Fruits and Vegetables to Your Day

Top 10 Hydrating Foods

Percentage of Water Content



Eat fresh fruit instead of drinking fruit juice. Juice is often sweetened but fresh fruits have natural sugars - When you eat fruit, you are taking in a lot of fiber, which is needed by the body, and fruits of course are an excellent source of vitamins.

If you do have a craving for fruit juice then go for fresh fruit juice instead of those containing artificial flavors and colors.

Choose fresh fruit over canned. Canned fruits do not have as much fiber as fresh fruit and contain added sugar.

Eating fruits and vegetables with high water content can help satisfy nutrient recommendations and keep you hydrated. If you don't drink the recommended amount of water in a day, fruits and vegetables can provide you with supplemental fluid, keeping you nourished and healthy. Water-rich fruits and vegetables are popular choices for juicing, smoothies and snacking.

Water Content of Fruits

For example, fruits such as apricots, blueberries, oranges, peaches, pineapples, plums and raspberries contain over eighty percent water. Melons such as cantaloupe and watermelon have some of the highest water content, at more than 90 percent.

Water Content of Vegetable

For example, vegetables such as celery, cucumber iceberg lettuce, tomato and zucchini contain over ninety percent water. Other nutrient rich vegetables with high water content include broccoli, green cabbage, cauliflower, eggplant and spinach. Vegetables are also an excellent source of antioxidants, minerals and fiber.

National Men's Health Month ★ 5 Plays for You

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

NATIONAL MEN'S HEALTH MONTH

5 PLAYS FOR YOU to Stay on Top of Your Game

Protect Your Heart:

Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart - make fruits and vegetables half your plate.

Bro, you don't even have to lift:

Getting just 30 minutes of exercise each day can help you live longer and healthier.

Preventative maintenance:

Getting regular check-ups can catch small problems before they become big problems.

Quitting time:

Smoking causes cancer, heart disease, stroke, and ... a greater risk of erectile dysfunction.

Hey man, you good?

Life can get tough, and talking things through with a mental health professional can help. Find more info at minorityhealth.hhs.gov.



National Men's Health Month ★ Checking and Screening Guidelines

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



MEN: Get It Checked.

Checkup and Screening Guidelines for Men



Checkups and Screenings

	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 8 years Every 2 years Every year	✓	✓	✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease. For more information about men's health, contact: Men's Health Network: 202-843-MHN-1, www.menshealthnetwork.org



Centers for Disease Control and Prevention ★ Smoking and COPD

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



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People™

Smoking and COPD

What Is COPD?

Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema; chronic bronchitis; and in some cases, asthma. With COPD, less air flows through the airways—the tubes that carry air in and out of your lungs—because of one or more of the following:

- The airways and tiny air sacs in the lungs lose their ability to stretch and shrink back.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed (irritated and swollen).
- The airways make more mucus than usual, which can clog them and block air flow.

In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as:

- A nagging cough (often called “smoker’s cough”)
- Shortness of breath, especially with physical activity
- Wheezing (a whistling sound when you breathe)
- Tightness in the chest

As the disease gets worse, symptoms may include:

- Having trouble catching your breath or talking
- Blue or gray lips and/or fingernails (a sign of low oxygen levels in your blood)
- Trouble with mental alertness
- A very fast heartbeat
- Swelling in the feet and ankles
- Weight loss

How severe your COPD symptoms are depends on how damaged your lungs are. If you keep smoking, the damage will get worse faster than if you stop smoking. Among 15 million U.S. adults with COPD, 39% continue to smoke.

How Is Smoking Related to COPD?

COPD is usually caused by smoking. Smoking accounts for as many as 8 out of 10 COPD-related deaths. However, as many as 1 out of 4 Americans with COPD never smoked cigarettes. Smoking during childhood and teenage years can slow how lungs grow and develop. This can increase the risk of developing COPD in adulthood.

How Can COPD Be Prevented?

The best way to prevent COPD is to never start smoking, and if you smoke, quit. Talk with your doctor about programs and products that can help you quit. Also, stay away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars, or pipes. Secondhand smoke also is smoke that has been exhaled, or breathed out, by a person smoking.

How Is COPD Treated?

Treatment of COPD requires a careful and thorough exam by a doctor. Quitting smoking is the most important first step you can take to treat COPD. Avoiding secondhand smoke is also critical. Other lifestyle

- For people with COPD who have trouble eating because of shortness of breath or being tired:
 - Following a special meal plan with smaller, more frequent meals
 - Resting before eating
 - Taking vitamins and nutritional supplements
- A broad program that helps improve the well-being of people who have chronic (ongoing) breathing problems and includes the following:
 - Exercise training
 - Nutritional counseling
 - Education on your lung disease or condition and how to manage it

- Energy-conserving techniques
- Breathing strategies
- Medicines such as:
 - A bronchodilator to relax the muscles around the airways. This helps open airways and makes breathing easier. Most bronchodilators are taken with a device called an inhaler.
 - A steroid drug you inhale to reduce swelling in the airways.
 - Antibiotics to treat respiratory infections, if appropriate
 - A vaccination during flu season
- Oxygen therapy, which can help people who have severe COPD and low levels of oxygen in their blood to breathe better
- Surgery for people who have severe symptoms that have not improved with other treatments¹¹
 - Lung volume reduction surgery (LVRS): Surgery to remove diseased parts of the lung so healthier lung tissue can work better. LVRS is not a cure for COPD.
 - A lung transplant: Surgery in which one or two healthy lungs from a donor are put in the patient's body to replace diseased lungs. A lung transplant is a last resort.

Even though there is no cure for COPD, these lifestyle changes and treatments can help you breathe easier, stay more active, and slow the progress of the disease.

Additional Resources

The following resources provide information and support to people with COPD and their caregivers:

- To learn more about COPD, visit the National Heart, Lung, and Blood Institute's COPD Learn More Breathe Better (<https://www.nhlbi.nih.gov/health/educational/copd/>) Web page.
- To find peer support, an online community, and events in your area, visit the COPD Foundation Web site and 360Social (<https://www.copdfoundation.org/>).
- To join a network of patients affected by COPD, visit the COPD Patient-Powered Research Network (<https://www.copdfoundation.org/Research/COPD-Patient-Powered-Research-Network/COPD-PPRN-Why-you-should-enroll.aspx>), which is a lung health research registry.
- To learn more about lung health and diseases, visit the American Lung Association's COPD Web page (<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/>).
- To find peer support and resources for patients and caregivers, contact the C.O.P.D. Information Line at 1-866-316-2673.

A Tip From a Former Smoker ★ Becky's Story

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



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

Becky's Story

Becky's Biography

Becky started smoking as a teenager in 1976 when she was a high school exchange student in Germany because some of her host family and friends were smokers. "I started smoking to fit in," she said. After attending college in Ohio, Becky attended law school to pursue her dream of working as a public defender.

For the next several years, Becky had bouts of bronchitis and a nagging cough. She tried to quit smoking but could not stop, despite warnings from her doctors that she needed to quit. "I just didn't want to hear it," said Becky.

At age 45, Becky was diagnosed with chronic obstructive pulmonary disease (COPD)—a serious lung disease that gradually makes it harder and harder to breathe. Becky continued to smoke after she was diagnosed with COPD.

By 2012, Becky often felt out of breath and had no energy. "I couldn't swim and I couldn't keep up with my kids. I was slower than molasses," she recalled. One day, while leaving work, she just couldn't catch her breath. Frightened, she called 911. When the ambulance arrived, Becky was immediately given oxygen. The next thing she remembers is waking up in the hospital's intensive care unit.



Becky, 54, Ohio; diagnosed with COPD at age 45

After being released from the hospital, Becky went to see a lung specialist, who shared some grim news with her. He told Becky that she needed a lung transplant. She eventually had to quit her job, and her new job was going to be pulmonary rehab. Pulmonary rehab is an intensive medical program designed to help people with breathing problems and can include:

- Education about how to manage one's lung condition
- Energy-saving techniques
- Breathing strategies
- Exercise training
- Nutritional counseling
- Counseling and/or group support

"I wasn't expecting any of this. That absolutely floored me. I just didn't see it coming," Becky said. After receiving such devastating news, Becky tried to stop smoking but continued to take an occasional puff or two. But she soon realized that in order to live, she had to quit. "I finally put cigarettes down for good when it became obvious to me that the dang things were really going to kill me. They had already stolen so much from me; I was not going to let them kill me outright," said Becky. Thanks to pulmonary rehab, Becky hasn't needed a lung transplant yet.

Becky admits that at first, she didn't understand just how severely smoking had affected her health. She has since come to focus on the positive aspects of having quit smoking. "This doesn't have to be a death sentence for me; I'm still young," said Becky, now 54 years of age. "I still have something to do here. My two girls need me."

Becky regrets that she put her family through such a difficult ordeal—particularly her children. "It's not the childhood for them that I pictured. It's certainly not the teenage years that I pictured." As for cigarettes, Becky now remains smokefree. Although she has to take her oxygen tank with her wherever she goes, she appreciates the lifesaving benefits it provides her every day. "The oxygen gives me freedom. It allows me to get up and do things, instead of staying in bed all day."

Becky is passionate about the importance of seeing a doctor if you have any symptoms of COPD. Because of her experience, she is open and frank with others about the health risks associated with smoking. When asked about her oxygen tank, she says, "I just tell them straight up: 'You know, it helps me breathe. And it's because I smoked.'"

A TIP FROM A
**FORMER
SMOKER**



**If you feel attached to your cigarettes,
just wait until you have an oxygen tank.**

Becky, age 54, Ohio

Becky was diagnosed with COPD when she was only 45 years old. She has emphysema, chronic bronchitis and a collapsed lung. Now she's chained to an oxygen tank 24/7. All because she smoked.

You can quit smoking

For free help, call

1-800-QUIT-NOW.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
CDC.gov/tips

#CDCTips



★ Health Benefits of Eating Well ★

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

Health benefits of eating well

Source: *NHS Health Scotland*



A well-balanced diet provides all of the:

- energy you need to keep active throughout the day
- nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness

Keeping active and eating a healthy balanced diet can also help you to maintain a healthy weight. Deficiencies in some key nutrients - such as vitamin A, B, C and E, and zinc, iron and selenium - can weaken parts of your immune system.

More about vitamins, minerals and nutrients (</healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals>)

Type 2 diabetes

Maintaining a healthy weight and eating a balanced diet that's low in saturated fat and high in fibre found in whole grains can help to reduce your risk of developing type 2 diabetes.

More about type 2 diabetes (</illnesses-and-conditions/diabetes/type-2-diabetes/>)

Heart health

A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels.

High blood pressure and cholesterol can be a symptom of too much salt and saturated fats (</healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet#foods-high-in-fat-salt-or-sugar>) in your diet.

Eating a portion of oily fish - such as salmon and trout - each week can also help to lower your risk of developing heart disease. The high levels of omega-3 fatty acids in oily fish are good for heart health.

Strong bones and teeth

A diet rich in calcium keeps your teeth and bones strong and can help to slow bone loss (osteoporosis) associated with getting older. Calcium is usually associated with dairy products, but you can also get calcium by eating:

- sardines, pilchards or tinned salmon (with bones)
- dark green vegetables - such as kale and broccoli
- calcium-fortified foods - such as soya products, fruit juices and cereals

As vitamin D helps your body absorb calcium, make sure you get outside (your body gets vitamin D from the sun) and have plenty of foods containing vitamin D in your diet - such as oily fish and fortified cereals.

More about vitamin D (</healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#vitamins>)

Weight control

Eating a healthy diet that includes lots of fruit, vegetables, whole grains and a moderate amount of unsaturated fats, meat and dairy can help you maintain a steady weight. Having a good variety of these foods every day leaves less room for foods that are high in fat and sugar - a leading cause of weight gain.

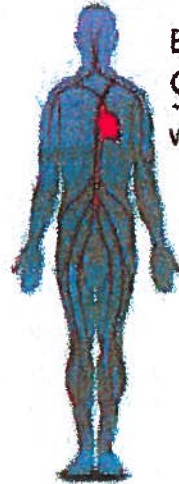
Together with exercise, eating a healthy diet in the right proportions can also help you lose weight, lower your cholesterol levels and blood pressure and decrease your risk of type 2 diabetes.

More about how to lose weight safely (</healthy-living/food-and-nutrition/healthy-eating-and-weight-loss/how-to-lose-weight-safely/>)

The Human Body Is ★ Did You Know?

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

THE HUMAN BODY IS



Blood is 92% water



Bones 22% water



Muscles 75% water

DID YOU KNOW...



WHEN YOU FEEL THIRSTY, YOU ARE ALREADY DEHYDRATED.



Drinking two 8-ounce glasses of water before breakfast, lunch, and dinner while also cutting back on portions will help you lose weight and keep it off for at least a year, according to research.



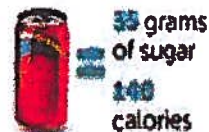
Researchers estimate that over the course of a year, a person who increased his water consumption by 1.5 liters a day would burn an extra 17,400 calories, for a weight loss of approximately five pounds.

Drinking cold water can speed your metabolism and burn calories. The effects of elevated metabolism begin about 10 minutes after consuming the water and peak at 30-40 minutes after drinking.



You should Drink only Water! The number one source of excessive calories in a person's diet is sugar-based beverages such as soda and fruit juices.

Just one can of soda pop:



Glass of water:



★ How Soda Impacts Your Body ★

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



How Soda Impacts your Body

weight

Drinking one soda a day equates to consuming 39 pounds of sugar per year. Regularly consuming sugary drinks interacts with the genes that affect weight. Sugar sweetened beverages are linked to more than 180,000 obesity-related deaths a year.

brain

Having too much sugar in your diet reduces production of a brain chemical that helps us learn, store memories and process insulin. Consuming too much sugar also dulls the brain's mechanism for telling you to stop eating.

kidneys

The high levels of phosphoric acid in colas have been linked to kidney stones and other renal problems. Diet cola is increased with a two-fold risk - especially when more than two servings a day are consumed.

digestive system

The carbonation in soft drinks can cause gas, bloating, cramping and exacerbate the effects of irritable bowel syndrome. Caffeine can also worsen episodes of diarrhea or contribute to constipation.



bones

Soda consumption has been linked to osteoporosis and bone density loss, likely due to the phosphoric acid and caffeine in soda.

heart

Chronic diet and regular soda consumption leads to an increase risk of heart disease, including heart attack and stroke.

lungs

The more soda you drink, the more likely you are to develop asthma or COPD.

teeth

The high levels of acid in soda corrode your teeth - almost as badly as drinking battery acid.

★ Energy Drinks ★

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

Energy Drinks

Energy drinks have been studied for years on how they effect the body. In moderate quantities, the drinks, while not the most healthy beverage, are harmless, but when ingested too frequently and in the wrong situations, the drinks can have ghastly consequences.

Exercise

Energy drinks dehydrate the body. If used while exercising it robs the body of water, which creates negative effects, like death.

Alcohol

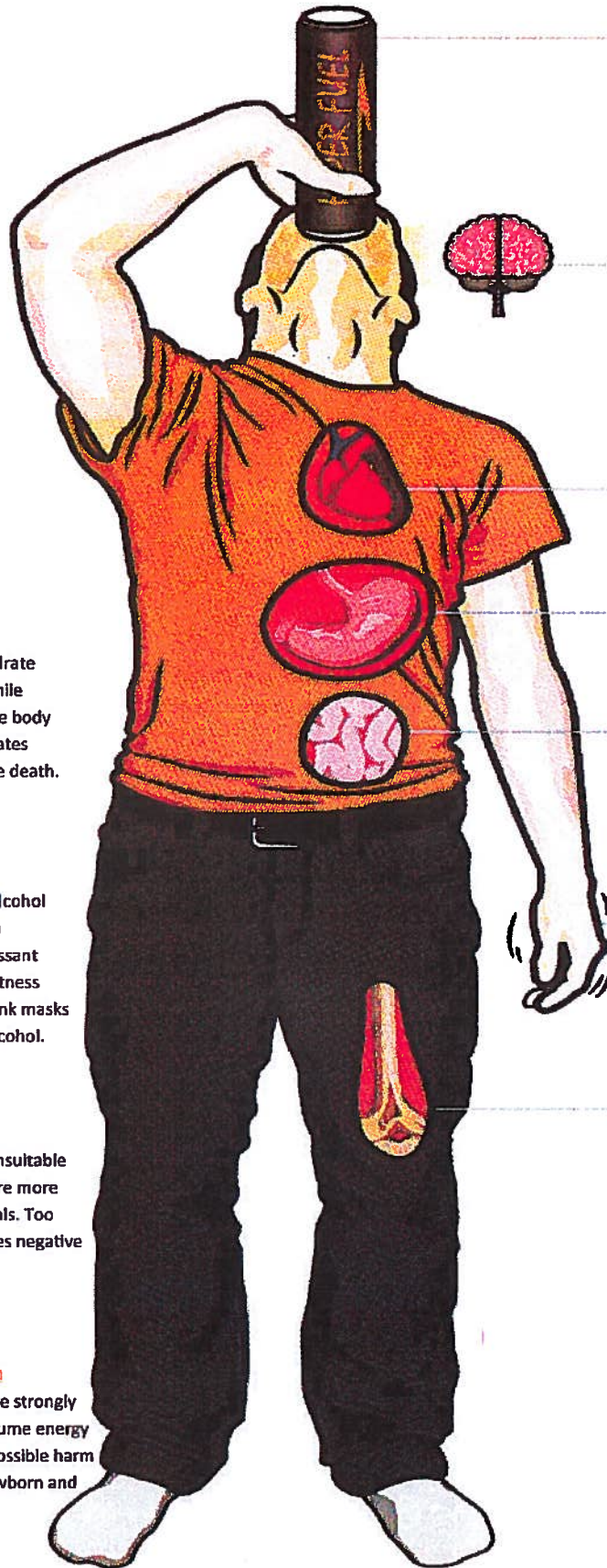
Energy drinks and alcohol are a bad mix. It is a simulant and depressant all at once. The alertness from the energy drink masks the effects of the alcohol.

Children

Energy drinks are unsuitable for children. They are more sensitive to chemicals. Too much caffelne causes negative health issues.

Pregnant Women

Pregnant women are strongly advised not to consume energy drinks because of possible harm to unborn child, newborn and nursing babies.



Common Chemicals:

- Caffeine
- Sugar
- Sodium
- Taurine
- Guarana
- B-vitamins
- Ginseng
- Maltodextrine
- Gingko Biloba

Brain

Initially boosts energy, increases alertness, and improves memory, but it soon wears off and is followed by headaches, problems sleeping, nervousness, irritability

Heart

Abnormal heart rhythms
Heart arrhythmia
High Blood Pressure

Stomach

Upset Stomach

Intestines (Digestion)

Diarhea, which furthers dehydration

Hand

Frequently drinking the drinks then stopping leads to withdrawal symptoms, such as limb tremor and jitteriness.

Bones

Affects bone levels

★ Crucial Ways to Prevent Hepatitis ★

Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness

Crucial Ways to Prevent Hepatitis

Viral hepatitis has many ways of invading the body, but you can take steps to reduce your risk of infection at home and away.

By: Connie Brichford, Medically Reviewed by Lindsey Marcellin, MD, MPH

Hepatitis is a disease that attacks the liver. There are five types of hepatitis: hepatitis A, B, C, D, and E. Understanding how the different types of hepatitis spread is the first key to prevention.

1. Know How Hepatitis Spreads

Depending on the type, two main ways that hepatitis passes from person to person are contact with infected blood or other body fluids, and contact with infected feces. Hepatitis A and E are excreted through the feces of an infected person. You can become infected with hepatitis A or E if you ingest contaminated food or water. Hepatitis types B, C, and D are spread primarily through contact with infected blood.

2. Get Your Hepatitis & B immunization

Vaccines are available to protect you against hepatitis A and B. Here are several types of vaccines available:

- Hepatitis A vaccine (Havrix and Vaqta): This is given as a series of two shots six months apart.
- Hepatitis B vaccine (Recombivax HB, Comvax and Engerix-B): These vaccines are made from inactivated viruses and are given in a series of three or four shots over six months.
- Combination hepatitis A and B vaccine (Twinrix): This vaccine is given in a three part series and, when completed, offers immunity against hepatitis A and B.
- No vaccines are available to prevent hepatitis C, D, or E. However, hepatitis C is now curable for many patients due to new effective antiviral medications.

While there is no hepatitis D vaccine yet, that virus needs hepatitis B to survive, so getting the hepatitis B vaccine also ensures that a hepatitis D infection will not occur. However, if you are already infected with hepatitis B, getting the hepatitis B vaccine will not protect you against hepatitis D.

3. Take Hepatitis Precautions When Traveling

Access to clean water is not universal, and contaminated water can spread hepatitis A and E. International travelers can consult the U.S. Centers for Disease Control and Prevention Travel Web site to find out what special precautions may be necessary at particular destinations.

Keep in mind that when traveling to an area with an unsafe water supply, water contamination may not be obvious to the naked eye. Always avoid tap water, ice cubes, and raw fruits and vegetables that may have been washed in contaminated water.

Brushing your teeth or washing with contaminated water may also put you at risk; use bottled water that was factory-sealed to brush teeth and avoid ingesting any water when taking a shower or swimming.

And don't forget to wash your hands regularly, because frequent hand washing can help protect you against hepatitis types A and E- If the tap water available for washing is likely to be contaminated, use hand sanitizer.

4. Avoid High-Risk Sharing of Personal Items

Forget what you learned in kindergarten: Don't share, and that goes especially for the drug paraphernalia of injection drug users. Such high risk behavior is a hepatitis haven because trace amounts of blood may remain in a syringe or on a needle for a significant period of time. Even a tiny amount of infected blood is enough to put you at risk for hepatitis.

For the same reason, be sure that any needles used for tattooing, body piercings, or acupuncture are sterile—disposable needles straight from an unopened package are best.

And if you live with someone who has hepatitis or is at risk for hepatitis, refrain from sharing personal grooming items. Household members of people who have hepatitis are at higher risk for contracting it themselves, especially if they share personal care items that may have small, undetectable quantities of blood on them. This includes razors and toothbrushes.

Alcohol, Drugs, and Your Hepatitis Risk

Not all hepatitis is caused by a virus; substances toxic to the liver can cause inflammation and liver damage. If you have viral hepatitis, exposing your liver to toxins can make the liver inflammation even worse.

Toxins include excessive alcohol and over-the-counter medications such as acetaminophen (Tylenol); some prescription drugs and herbal supplements can also be hard on the liver and lead to hepatitis.

Since the risk for liver problems increases with time (and with the quantity of alcohol consumed), it's best to drink alcohol only in moderation. If you do tend to drink heavily or you have pre-existing liver problems, ask your doctor about the liver safety of any new prescriptions and avoid acetaminophen. Always read and follow the dosage directions on the bottles of other over the counter medications as well.

Taylor Johnson TAP Coordinator, HEW

★ **Basic Meatloaf** ★

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

**Basic Meatloaf**

★★★★★

Cook 30 min

Ready in 1 hr 30 min

"While meatloaf purists focus on the meat, we like to look at meatloaf as a way to pack extra veggies and whole grains into a meal, as we do in this healthy, classic meatloaf recipe."

Preparation

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray (or see Loaf Pan Variation).
2. Pulse onion, bell pepper and celery in a food processor until finely chopped. (Or finely chop them with a knife.)
3. Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.
4. Add 2 tablespoons ketchup, Worcestershire, mustard, paprika, garlic powder, salt and pepper to the vegetables; stir to combine. Stir in egg and breadcrumbs. Add ground beef and with clean hands gently knead the vegetable mixture into the meat; do not overmix. Pat the meat mixture into a loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread the remaining 3 tablespoons ketchup on top.
5. Bake the meatloaf until an instant-read thermometer inserted in the center registers 165°F, about 45 minutes. Let rest for 10 minutes before slicing.

Make Ahead Tip: Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature while oven preheats; bake until an instant-read thermometer registers 165°F, about 1 hour.

Tip: To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs.

Loaf Pan Variation: If you want a more uniform-shaped "loaf" you can bake your meatloaf in a 9-by-5-inch loaf pan instead of on a baking sheet. Coat the pan with cooking spray, pat the meatloaf mixture into the pan and cover with the topping. Bake for about 1 hour. Let stand for 10 minutes in the pan before slicing.

Easy cleanup: Recipes that require cooking spray can leave behind a sticky residue that can be hard to clean. To save time and keep your baking sheet looking fresh, line it with a layer of foil before you apply the cooking spray.

Ingredients

- 1 large onion, cut into 2-inch pieces
- 1 large green bell pepper, cut into 2-inch pieces
- 2 large stalks celery, cut into 2-inch pieces
- 1 tablespoon extra-virgin olive oil or canola oil
- 5 tablespoons ketchup, divided
- 2 tablespoons Worcestershire sauce
- 1 tablespoon whole-grain mustard
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 large egg, lightly beaten
- ¾ cup dry whole-wheat breadcrumbs (see Tip)
- 2 pounds lean (90% or leaner) ground beef

★ **Quinoa with Chimichurri and Roasted Tomatoes** ★

Submitted by: Rosemary Sullivan, EW4H Program | Hualapai Health, Education & Wellness

QUINOA with CHIMICHURRI & ROASTED TOMATOES

Puree all chimichurri ingredients in a food processor. Set aside.

Rinse quinoa in a fine-meshed strainer. In a medium saucepan with a lid, bring 4 cups of water and the quinoa to boil. Reduce heat to simmer and place the lid on the saucepan so it's slightly ajar allowing steam to release. Quinoa will fluff up and be ready in about 15 minutes. Take off the heat, allow it to rest without the lid so it does not get mushy.

Roast cherry tomatoes: Heat oven to 350 degrees. Place tomato halves on a baking sheet lined with foil or parchment paper. Drizzle with a little olive oil, making sure they all get coated, finishing with each tomato facing cut-side up. Place in the oven and bake for about 30 minutes or until roasted.

Chimichurri

- 1 c flat-leaf parsley
- ½ cup olive oil
- 1/3 c red wine vinegar
- ¼c cilantro
- 2 garlic cloves, peeled
- 1 tsp. red chile flakes
- ½ tsp ground cumin
- ½ tsp sea salt

Quinoa

- 1 tbsp. olive oil
- Pinch of sea salt
- ½ small purple onion, minced
- 2 c quinoa (tri-color, red or white)
- 1 c corn, fresh or frozen
- 1/3 c pumpkin seeds, roasted
- 1 c cherry tomatoes, halved

In a big skillet or pot heat the olive oil and sea salt over medium-high heat. Stir in the purple onion and cook for a minute or two. Stir in the cooked quinoa and corn and cook until hot and sizzling. Stir in the chimichurri and pumpkin seeds. Mix well so the chimichurri is spread throughout. Turn everything onto a platter and top with the roasted cherry tomatoes.

★ **Slow Cooker Chipotle Honey Chicken Taco Salad** ★

Submitted by: Rosemary Sullivan | Hualapai Health, Education & Wellness

Slow Cooker Chipotle Honey Chicken Taco Salad Lunch Bowls

Prep Time	Cook Time	Total Time
25 mins	4 hrs	4 hrs 25 mins



Slow cooker chipotle honey chicken taco salad lunch bowls- a hands off meal prep lunch recipe. The sauce doubles as a dressing for the salad, and you don't even need to turn on your oven!

Course: Main Course | Servings: 4 | Calories: 253 kcal
 Author: Denise, sweetpeasandsaffron.com

Ingredients

- | | |
|--|---|
| <p>Chipotle Honey Chicken</p> <ul style="list-style-type: none"> • 1/4 cup honey • 1/4 cup stock • 1/4 tsp salt • 1 clove garlic • 1 tablespoon lime • 2 tablespoons adobo • 1 chipotle pepper whole; optional • 2 chicken breasts | <p>Salad</p> <ul style="list-style-type: none"> • 3 cups cabbage • 2 carrots shredded • 1 bell pepper thinly sliced <p>Before serving</p> <ul style="list-style-type: none"> • tortilla chips or strips • or small tortillas to serve as tacos |
|--|---|

Instructions

1. Combine the chicken, stock, honey, salt, garlic, lime juice, adobo sauce and chipotle pepper in the base of a 2.5 quart slow cooker (see note).
2. Cook on low 4-5 hrs or high 3-4 hours. Do not overcook this recipe as the honey may cause it to burn.
3. Taco Salad Lunch Bowls Prep the veggies and divide between four 2-cup capacity storage containers (2-compartment containers recommended if you have them).
4. Portion out the chicken in the containers and spoon the sauce over.
5. Keep tortilla strips or tortillas separate until just before serving.
6. Storage Seal and store in the fridge for up to 4 days.
7. To serve Heat the chicken or serve cold. Mix everything up, tossing the sauce over the salad. Sprinkle with tortilla strips or serve in a tortilla (taco-style).

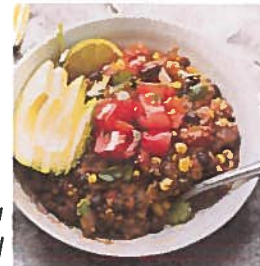
Nutrition Facts: Amount Per Serving (1 lunch bowl)
 Calories 253 Calories from Fat 45

★ **Instant Pot Quinoa Enchilada Casserole** ★

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

Instant Pot Quinoa Enchilada Casserole

Prep Time	Cook Time
10 mins	20 mins



Instant Pot quinoa enchilada casserole is a delicious and easy weeknight dinner! Prep freezer packs for a convenient freezer Instant Pot meal. Vegetarian, gluten-free, and easily made vegan!

Main Course | Servings: 4 | Calories: 361 kcal

Ingredients

- | | |
|---|--|
| <ul style="list-style-type: none"> • 1 cup enchilada sauce • ½ red onion diced • 1 can green chiles 4.3 oz • 1 can corn kernels drained (11.5 oz) • 1 can black beans drained & rinsed (19 oz) | <ul style="list-style-type: none"> • 1 cup fresh tomatoes chopped • 1 teaspoon chili powder • ½ teaspoon ground cumin • 1/4 teaspoon salt • 1 cup uncooked quinoa • 1 ½ cups water |
|---|--|

To Serve

- | | |
|---|---|
| <ul style="list-style-type: none"> • 1 cup shredded cheese | <ul style="list-style-type: none"> • avocado • cilantro • diced tomatoes |
|---|---|

Instructions

1. Place all ingredients in a 6 quart Instant Pot.
2. Cook on manual high pressure for 1 minutes. Allow the pressure to release naturally for 15 -20 minutes.
3. Release remaining pressure and stir in the cheese.
4. Serve with cilantro, avocado, and additional diced tomatoes.

To prepare ahead and freeze:

1. Place all ingredients except the quinoa (and water) in a gallon-size freezer bag.
2. Freeze for up to 3 months.
3. Thaw completely before adding all ingredients to the Instant Pot with the quinoa and water and cooking as indicated above.

Nutrition Facts: Amount Per Serving (¼ of batch)
 Calories 361 Calories from Fat 99

Celebrate Recovery ★ Monday Nights

Submitted by: Keely Sage | Celebrate Recovery



**CELEBRATE
RECOVERY**

THE ROAD TO RECOVERY

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

RECOVERING:

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

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

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

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

HOPE

Springs from within.

MONDAY NIGHTS 6:00 O'CLOCK HEW

COMMUNITY MESSAGES

★ In Memory of Anita Walker ★

Submitted by: Sylvia Whatoname

It was a privilege to know an eminent woman of great intelligence. Her skills were displayed well, as she upheld the title, Supervisory Law Enforcement Dispatch. She portrayed unselfish interest, as well as served to strengthen faith in Hualapai Country. One can expect to endure in life from her insights. Anita chose to serve her hometown, Hualapai Country, and she served it well.

★ Jibay Gi'Swadja ★

Submitted by: Lorena Bender

My family and I would like to extend our gratitude to Melissa Havatone, Rory Majenty, Joe Fuentes and Duarte Cook for your generous donations to benefit Jibay gi'swadja Memorial. I would also like to thank the Peach Springs Community for your support by participating at our Bingo nights. My family and I are going to schedule one last BINGO night in July. Please join us by bringing your family and friends and win some cool prizes!
Hank yu!
Lorena Bender



★ Father's Day BBQ Lunch ★

Submitted by: Carmella Fuentes | First Things First Maternal Child Health Gamyu!

First Things First-Maternal Child Health would like to thank the Father's that attended our June 6th event, the Father's Day BBQ Lunch!

Herman Schildt, H.E.W Counselor, shared very insightful information about physical, mental, and spiritual healing for our men in the Peach Springs Community. Vivian Parker, our H.E.W Maternal Child Health Coordinator, made the delicious meal provided.



We enjoyed the discussion that took place and hope that every father found healing.

Sincerely,

Vivian Parker, MCH Coordinator

Carmella Fuentes, MCH Educator Trainee

★ Thank You ★

Submitted by: Jason Davis

Gamyu Hwal:bay Ba:j,

Hualapai Tribal Members, I want to thank all of those that supported and voted for me in the last election. I also want to congratulate our four newly elected council members and thank those that have left for their service and dedication. Having not grown up on the reservation I was surprised to have as much support as I did. Many in the community told me if I had campaigned I would have surely been elected for a seat.

Nevertheless, I think we selected four good candidates to help push us forward socially and economically. There are more than enough challenges to keep our council busy for the next couple of years when we will vote again. I hope we can support and encourage them as they work to make us a stronger and economically independent Tribal Nation. Again, thanks to all that supported me in my first bid for council.

Hankyu,
Jason Davis



★ Seeking Hualapai Cultural Artisans ★

Submitted by: Clarenda Begay

GRAND CANYON NORTH & BRYCE CANYON

Seeking Hualapai Cultural Artisans to share their art skills, show and sell to the visitors at Grand Canyon North and/or Bryce Canyon for the Summer of 2019. Extremely interested in working with Up & Coming Emerging Artists. Send your artist bio, 6 to 8 images of your art to include an image of yourself with art, current contact information: name, address, telephone and email address. Email information & images to cbegay@gcnr.com or call (505) 870.5847.

★ Sec. Zinke Pressed on Uranium Mining Ban at Grand Canyon ★

Submitted by: Charlotte Navanick | Ute Tribe Public Relations

Secretary Zinke pressed on uranium mining ban at Grand Canyon

Zinke has 'no intention' of revisiting Grand Canyon uranium mining ban
By Sarabeth Henne, Cronkite News cronkitenews.azpbs.org

WASHINGTON – Interior Secretary Ryan Zinke has “no intention to revisit uranium mining” in and around the Grand Canyon, his spokeswoman

said, after outdoorsmen’s groups launched a campaign urging him to keep a 20-year mining moratorium in place. Advocates said they were worried the Trump administration was moving toward lifting a 2012 mining ban on 1 million acres of federal land around the canyon, but Zinke’s spokeswoman



A coalition of sportsmen’s groups, worried about efforts by some groups to reverse the uranium mining near the Grand Canyon, launched a campaign urging Zinke to keep the ban. Photo courtesy Protect Your Canyon

said in an email Monday that the secretary has no interest in doing that and “has made exactly zero moves to suggest otherwise.” Mining opponents welcomed the news, but said Tuesday



The Canyon uranium mine is located in the Red Butte Traditional Cultural Property within the Kaibab National Forest. The Grand Canyon sits six miles to the north. Photo: [Bruce Gordon / Ecoflight](#)

they still plan to be on their guard. “People are behind protecting Grand Canyon, and I hope that citizens continue to make their voices heard, so that Department of Interior continues to protect this region, and so that the mining companies are aware of how important this place is to so many people,” said Alicyn Gitlin, conservation coordinator at the Grand Canyon Chapter of the Sierra Club. Scott Garlid said one of the first things

that went through his head after hearing Zinke's position was, "'Good, we got their attention,' because we've been asking this question and have gotten no response." Garlid is conservation director for the Arizona Wildlife Federation, one of two groups behind billboards that went up Monday in the Phoenix area, addressed to Zinke and urging him to "save the Grand Canyon from uranium mining." Then-Secretary Ken Salazar in 2012 imposed a 20-year moratorium on hard-rock mining, which includes uranium, on lands near the Grand Canyon. The moratorium was supposed to allow for further study of the environmental and health impacts of mining in the canyon region.

But mine opponents feared the Trump administration might be looking to lift the ban after uranium, in response to an executive order from President Donald Trump, was identified as one of 35 minerals critical to the nation's security and economy. They also pointed to renewed calls from lawmakers, businesses and local government officials for the administration to review and possibly reverse "withdrawals" from mining imposed under the Obama administration. That led to the billboards by the Arizona Wildlife Federation and the state chapter of Trout Unlimited.

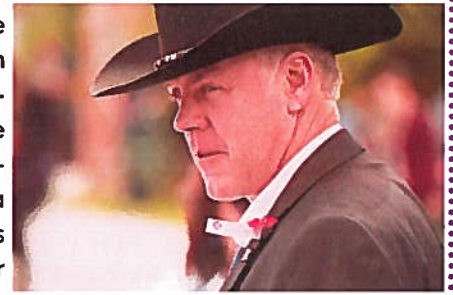
But Zinke's spokeswoman, Heather Swift, said the department was "disappointed to see such a tremendous waste of precious conservation dollars" by the groups.

"The Secretary has no intention to revisit uranium mining in and around the canyon and has made exactly zero moves to suggest otherwise," she said in a statement Monday. The advocates were pleased, but said the moratorium is just one thing needed for the region. Rep. Tom O'Halleran, D-Sedona, said he wants to see a long-term commitment to a scientific study of the environmental and health impacts of uranium mining in the region. "I am pleased to see the Department of Interior has decided to continue protecting and preserving the Grand Canyon Withdrawal Area and surrounding areas by not pursuing uranium mining in northern Arizona," O'Halleran said Tuesday in an emailed statement. "This mining and milling has had a lasting, toxic impact on the health of families and water and food quality throughout region. These communities cannot afford the impact continued mining would have," he said. Gitlin agreed, saying a major reason for that mining moratorium was "there was so much unknown about the effects of mining on the Grand Canyon region." "That science has largely been defunded, and so I would love to see the department say that they would be willing to actually fund the science and really learn about the region while we still have this mineral withdrawal in effect," she said.

But O'Halleran said it's time for Congress to act. "We have an obligation to address the longstanding health issues created by this activity once and for all," he said. Garlid was not able to say Tuesday how much it cost to put up the billboards, which will be up for another two months. But he said it was money well-spent, saying they have already drawn a "fair amount of response." "We have added (about) 200 signatures in the last 24 hours," Garlid said. "People are taking interest. It's having the desired effect so far."

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Cronkite News is produced by the Walter Cronkite School of Journalism and Mass Communication at Arizona State University.



Interior Secretary Ryan Zinke, seen here during a Memorial Day Ceremony at Black Hills National Cemetery in South Dakota, has "no intention" of revisiting a 20-year moratorium on mining around the Grand Canyon that was imposed by a previous administration, a spokesperson said. Photo: U.S. Department of the Interior

Boys & Girls Club Closure ★ Wednesday, July 4th
Submitted by: Amelia Walema | Boys & Girls Club of Peach Springs



BOYS & GIRLS CLUB
OF PEACH SPRINGS

★★ **ATTENTION** ★★

**THE BOYS & GIRLS CLUB WILL BE
CLOSING EARLY ON
TUESDAY, JULY 3, 2018 AT 3PM.**

**WE WILL ALSO BE CLOSED ALL DAY
WEDNESDAY JULY 4, 2018
IN OBSERVANCE OF INDEPENDENCE DAY.**

**WE WISH YOU A FUN AND SAFE HOLIDAY!
-THE BOYS & GIRLS CLUB STAFF**

KWLP "The Peach" Volunteer of the Month" - June ★ Dave Ryder AKA "The Lone Ryder"

Submitted by: Terri Hutchens | KWLP "The Peach"

WE LOVE OUR VOLUNTEERS

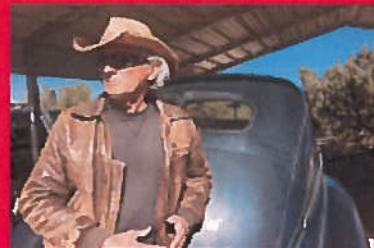
"The Peach,"

The Hualapai Nation's Live and Local Radio Station

Proudly Announces and Congratulates

June, 2018 Volunteer of the Month:

Dave Ryder, aka "The Lone Ryder"



The Lone Ryder, aka "Your Rockin' Rebel" brings 50 years in the radio industry to "The Peach" as a volunteer. Although not a local resident, he does reside within the signal range of 100.9fm, stumbled across it, loved it and wanted to contribute to its unique programming. He shares a wealth of rock & roll history and an amazing music library from "back in the day" with "The Peach" listeners Every Monday at 5 during "The Jukebox Drive." He has also donated giveaways from his business to Volunteer Incentives and Listener Give Aways. Dave currently sits on the station's Advisory Committee and offers his decades of knowledge and experience in the industry to staff and volunteers as a mentor. Throughout this spring he has invested considerable time to present holiday special programming on the station. And has more of the same in store for "Peach" listeners for upcoming holidays. He has also stepped up and covered shows for absent DJs as only he could do! Staff And volunteers alike feel blessed to have him on our crew! Let him know you are listening and what you want to hear!

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

KWLP Volunteers sponsored in part by:



WALAPAI MARKET

★ Daily Strips from the 1970s (Peanuts)★

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

