# Newsletter of the Huglapar Tribe

2018 Miss Hualapai Pageant • Friday, August 3<sup>rd</sup>
Submitted by: Danielle Bravo | Hualapai Planning Department





Issue #15 Friday, July 27, 2018

### Special points of interest:

- The next Regular Hualapai Tribal Council Meeting, will be Saturday, August 4th beginning at 8:01 a.m. in the Tribal Chambers.
- Hualapai Tribal Utility Authority (HTUA) Meeting will be on Tuesday, August 14th at the Hualapai Health Department at 9:00 a.m.

We wish to retract and apologize for the wrong name used in an image provided from the July 4<sup>th</sup> activities.

We apologize this was overlooked and we give our sincerest apologies, Amy.

"Garnett and Amy took 2<sup>nd</sup> place in the 4<sup>th</sup> of July Horseshoe Tourney."



# Inside this issue:

General Info & Events 2

Employment 9

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Health & Safety 17

Community Messages 20

Forward any questions to Miss Hualapai Committee:

DeWanda Tapija (928) 863-8265 | Ginger Kathad he' (928) 769-6818

Jacqueline Marshall (928) 293-1981 | Monique Alvirez (928) 225-5328

# Peach Springs Unified School District • Hualapai Tribal Partnerships

Submitted by: Jaime Cole | Peach Springs Unified School District

#### PEACH SPRINGS UNIFIED SCHOOL DISTRICT

Hualapai Tribal Departments,

#### Current and prior Hualapai Tribal Partnerships, MOUs, MOAs in place w/PSUSD include:

- Head Start
- Detention Center
- Hualapai Tribal Culture Center (new in SY2017-2018)
- Hualapai Indian Health Services (new in SY2017-2018) for Dental program (seeking to schedule dental activities with kids this year along with vision/hearing screening for new kids or as requested, etc.
- Hualapai mental health provided weekly counseling services for students
- Hualapai Education Department
- Partnership with Valentine School, fitness/recreation center/staff to use MMHS for students' educational purposes
- Evidence of work with the Hualapai Police and Fire Department for safety plans
- Evidence of work with the KWLP Radio Station (2 YEARS AND BEGINNING AGAIN AUG 2018)
- Serve as Regional Council Member for Hualapai First Things First
- Assisted efforts with Read ON Hualapai (reading books on radio for children)-
- Partnership agreements signed with Youth Program with Pete Imus and Jessica Powskey (new in SY2017-2018)
- Evidence working with Planning Department providing budget, calendars, newsletters, brochures, parent letters in the local Hualapai newsletter (new in SY2017-2018)
- Evidence of work with the Animal Department, Water Works (consultation on future teacher and students' housing projects involving water)
- Fitness/recreation program (MOU/MOA offering PSUSD8 paid tribal coaching for basketball team using MMHS gym)
- PSUSD also purchased \$6,000 worth of computers in June 2018 for Detention Center when not required or reimbursed by the state
- JOM We have requested partnership for quarterly Tiger AWARDS for students during the past few years
- PAC- Parent Advisory Committee formed with on-going meetings (NEW 2017-2018)
- Boys and Girls Club events (SY2015-2016)- We would like to continue for SY2018-2019
- Transit bus services SY2017-2018 but we would like to continue for SY2018-2019 with formal MOU/ MOA for KIDS

#### New SY2018-2019

- We are seeking new and additional partnerships that directly benefit kids
- PATHS training and support will be provided this year from Michelle Miller (new SY2018-2019)-(positive social/emotional curriculum for kids on conflict resolution, problem solving, communication skills, treating others with kindness)
- Fire Department staff have volunteered to spend an hour each week reading with younger (K-1 kids) Thank you!!! (New SY2018-2019)
- Any other tribal departments with clear background checks (if you would like to volunteer at least an hour a week during reading intervention times, we would encourage departments to select a grade level to mentor)

Heatstroke Prevention • Tuesday, July 31st

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





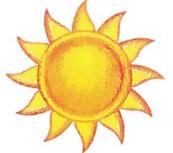
# Heatstroke Prevention

**National Heatstroke Awareness Day** 

JULY 31, 2018 **HEALTH EDUCATION AND** WELLNESS 3PM-4PM







# Bingo & Cake Walk • Tuesday, July 31st

Submitted by: Lorena Bender | Jibay Gi'swadja

# BINGO & CAKE WALK!

**TUESDAY, JULY 31, 2018** 

6:00 p.m. – 9:00 p.m.

**MULTI -PURPOSE BUILDING** 

Peach Springs, AZ

Benefiting Jibay gi'swadja Saturday August 25, 2018 Peach Springs, AZ

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Hualapai Tribal Youth Council General Meeting • Wednesday, August 1st
Submitted by: Adeline Crozier | Hualapai Tribal Administration

# YOU ARE INVITED!

# HUALAPAI TRIBAL YOUTH COUNCIL GENERAL MEETING



When: August 1, 2018

Where: Health & Wellness Building

Time: 6pm

**Open to the public/Tribal Programs.** If you have any questions or need transportation, please contact Trena or Christina at 769-2207 ext 243

2018 Hualapai Days Planning Meeting • Thursday, August 2nd
Submitted by: Adeline Crozier | Hualapai Tribal Administration

# **2018 Hualapai Days Planning Meeting**

Thursday August 2, 2018
2pm-5pm Large Conference Rm.
Health and Wellness Building











FOR MORE INFORMATION OR CONCERNS PLEASE CONTACT YOUTH SERVICES OFFICE AT 928-769-2207 EXT 207 

# Back To School Bash • Friday, August 3rd

Submitted by: Adeline Crozier | Hualapai Tribal Administration





August 3, 2018 @ Boys & Girls Club 10:00am - 1:00 pm (lunch served from 12-1)

Carnival Themed Bash! Games & Prizes SCHOOL Supplies for Headstart through College

Come and learn of services provided by the **Department of Education & Training** 

FOR MORE INFORMATION - CALL 769-2200 or Boys & Girls Club 769-1801

\*\*PLEASE PROVIDE DOCU TION OF WHICH SCHOOL YOUR STU-DENT WILL BE ATTENDING\*\*

\*\*NO BACKPACKS THIS YEAR JUST SCHOOL SUPPLIES\*\*

#### Bringing Us Together - A Cultural Arts Event • August 10th - September 15th Submitted by: Marcie Craynon | Hualapai Department of Cultural Resources



# Hualapai Department of Cultural Resources

#### INVITES THE HUALAPAI COMMUNITY TO A CULTURAL ARTS EVENT!



Kingman Center for the Arts 208 E. Beale Street Kingman, AZ 86401

# **Hualapai Nation and** Kingman Center for the Arts present:

Bay điga:v ka Gwe gava wi:j'm Han kyu

Bringing Us Together - A Cultural Arts Event

Aug. 10 - Sept. 15, 2018

Opening reception/blessing: Aug 10,6pm First Friday: Sept 7, 4-8pm

**Gallery hours:** 

Tues/Wed/Thurs/Sat: 9am - 3pm Fri: noon - 8pm • closed Sun/Mon The Gallery at KCA - 208 E. Beale St.

If you are an artist, please contact HDCR at 928-769-2223 (Marcie Craynon) by August 3rd if you would like to show and or sell your work! This event may be the perfect place for you to show-case your talents!



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# 2018 Southwestern Intertribal Agriculture Council Conference • September 25<sup>th</sup> & 26<sup>th</sup> Submitted by: Teresa Honga | Intertribal Agriculture, Western Region



# Intertribal Agriculture Council

100 North 27th Street, Suite 500, Billings Montana 59101 (406) 259-3525

July 2, 2018

Tribes, Organizations, & Agencies of the Southwestern Regions:

The 2018 Southwestern IAC Conference is scheduled to be held September 25-26, 2018 in Flagstaff, Arizona at the Twin Arrows Navajo Casino. The Intertribal Agriculture Council Western Region is excited for the opportunity to host this event.

A block of rooms has been reserved at the Twin Arrows Casino. Rates are \$119 / night, use the code ID#5756 when booking. Attendees must make their own reservations & a \$100 incidental fee will be charged at time of reservation & the cut-off date for reservations is September 10, 2018.

Should you have any questions, please don't hesitate in contacting us.

Sincerely,

IAC Technical Assistance Specialists

Western Region - Teresa Honga - 928-302-6835 - teresa@indianaglink.com Southwest Region - Desbah Padilla - 505-377-0342 desbah@indianaglink.com



Issue #18

**Western Native Youth Food Soverignty Summit** 

Submitted by: Teresa Honga | Intertribal Agriculture Council

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

FOR MORE INFORMATION CONTACT:



# Request for Proposal - Design/Build Services • Due by Friday, July 27<sup>th</sup>

Submitted by: Kevin Davidson | Hualapai Planning Department

OF HUAVA

# Request for Proposal: Design and Build Services

The Hualapai Indian Tribe has been awarded a HUD Indian Community Development Block Grant that includes the design and construction of a hunter's wild

game preparation area including facilities for the field dressing of deer, elk and similar wild game animals. Therefore, the Hualapai Indian Tribe is requesting proposals from qualified professionals to provide architectural, engineering and construction services for the design and construction of this element of the Hualapai "Youth Camp", located on the Hualapai Indian Reservation. Proposals will be accepted from both Indian-owned and other firms for this project.

Complete project information and submittal requirements are available on request from:

UrbanTech Ltd.
Phil Entz, Project Manager
(602) 678-0533
Email: phil@urbantech-ltd.com

Proposals shall be submitted to the Project Manager listed above and will be accepted by email prior to the deadline of 1:00PM, July 27, 2018.

The work be performed under this contract is subject to 24 CFR 1003.510. Preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises.

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# EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corp.
Open Positions

Submitted by: Josue Isiordia | GCRC

### **Chief Operating Officer**

We are now accepting applications for the Chief Operating Officer for Grand Canyon Resort Corporation (GCRC) until Friday, July 27<sup>th</sup>.

### Chief Financial Officer

We are now accepting applications for the Chief Financial Officer for Grand Canyon Resort Corporation (GCRC) until Friday, August 3<sup>rd</sup>.

Please send all applications to josue.isiordia@grandcanyonresort.com or if you have any questions contact Josue Isiordia at 928-769-2419 ext 121.

Applications can also be dropped off at the GCRC Administration Building, Human Resources Department.



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, August 3<sup>rd</sup> by 5 p.m.

Next Publication: Friday, August 10<sup>th</sup>

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# 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:

Jennine 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.

#### **Hualapai Tribe • Current Job Postings**

Submitted by: Coleen Mahone | Hualapai Human Resources



# 2018 Current Job Posting for the Hualapai Tribe OPEN COMPETITIVE

			Opening	
	Job Title	Pay Rate	Date	Closing Date
Public Services/ Cholla Ranch	Laborer	D.O.E.	Mar 21, 2018	Open Until Filled
Public Works - Transit Division	Transit Bus Driver	\$17/Hr.	June 27, 2018	Open Until Filled
Natural Resources	Director	D.O.E.	July 16, 2018	Open Until Filled
Cultural Resources	Hualapai Language Program Asst.	D.O.E.	June 16, 2018	Open Until Filled
Health Department	Behavioral Health Admin. Asst. MCH Home Visitation Educator Supervisor	D.O.E. D.O.E.	May 29, 2018 June 5, 2017	Open Until Filled Open Until Filled
Adult Detention Ctr.	Food Service Worker	D.O.Q.	July 10, 2018	Open Until Filled
Juvenile Detention Ctr.	Correctional Officer I, II, III	\$16-\$18/Hr.	Sept. 13, 2017	Open Until Filled
Cultural Resources	Cultural Resources Technician I	D.O.E.	Jan. 08, 2018	Jan. 19, 2018
Human Services	Security Shelter Advocate Shelter Supervisor	D.O.Q. D.O.Q. D.O.Q.	Dec. 13, 2017 June 1, 2018 June 1, 2018	Open Until Filled Open Until Filled Open Until Filled
Judicial/Tribal Court	Wellness Court Judge Wellness Court Clerk/Coordinator		May 21, 2018 May 21, 2018	Open Until Filled Open Until Filled

# FOR A COMPLETE JOB ANNOUNCEMENT PLEASE SEE AT THE TRIBAL ADMINISTRATIONOFFICE OR VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV

**Notice:** The following additional documents must be attached to this application

- Copy of your driver's license, if any and applicable to job announcement
- Copy of your high school diploma or GED and/or college, vocational degrees or transcripts for Higher Education
- Copy of your Tribal Enrollment card if claiming Indian Preference

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# EDUCATION & TRAINING INFORMATION

Boarding & Local Schools • 2018-2019 First Day of School Submitted by: Adeline Crozier | Hualapai Tribal Administration

# FIRST DAY OF SCHOOL 2018-2019

# **BOARDING SCHOOLS**

SCHOOL School	TRAVEL DATES	FIRST DAY OF SCHOOL
Chemawa Indian School Salem OR/ (503) 399-5721	New Students 9/2 Returning Students 9/5	September 6, 2018
<b>Flandreau Indian School</b> Flandreau SD/(605) 997-3773	Students will receive flight info	August 20, 2018
<b>Riverside Indian School</b> Anadarko OK/(405) 247-6670	August 8, 2018	August 9, 2018
<b>Sherman Indian School</b> Riverside CA/ (951) 276-6326	August 16, 2018	August 17, 2018
<b>Theodore Roosevelt School</b> Fort Apache AZ/ (928) 338-4464	August 1, 2018	August 2, 2018
Fort Apacife A2/ (920) 330-4404	LOCAL SCHOOLS	
SCHOOL		FIRST DAY OF SCHOOL
Peach Springs School 769-2316		August 2, 2018
<b>Kingman High School North</b> 692-6480		July 25, 2018
Kingman Middle School 753-3588		July 25, 2018
<b>Valentine School</b> 769-2310		August 13, 2018
Seligman School (928) 422-0037		August 6, 2018
Hualapai Head Start 769-2244		September 4, 2018
Kingman Academy Schools 681-2900		August 13, 2018
<b>Lee Williams High School</b> 718-6000		July 25, 2018
<b>White Cliffs Middle School</b> 753-6216		July 25, 2018

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CDI Head Start • Now Accepting Enrollment Applications
Submitted by: Jeanine Coursey | CDI Head Start



## **CDI HEAD START**

#### SERVING

#### **HUALAPAI TRIBE**

**Is Now Accepting** 

**Applications For Enrollment** 



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

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

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# Hualapai Head Start • First Day of School: September 4th

Submitted by: April Keller | Hualapai Tribe Head Start



#### HUALAPAI HEAD START

P.O. Box 125

479 Hualapai Way, Peach Springs, AZ 86434-0125 Phone: (928) 769-2522 Fax: (928) 769-2457





# Hualapai Head Start First Day of School September 4, Tuesday

# Are you READY??

# Checklist Required Documents Before school starts

Enrollment Packet Complete
Immunizations
Physical
Dental

Come by the Center if you have questions or call 769-2522

# 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.chooseorimavera.com

www.primaveratech.org

Phone Number: (480) 456-6678

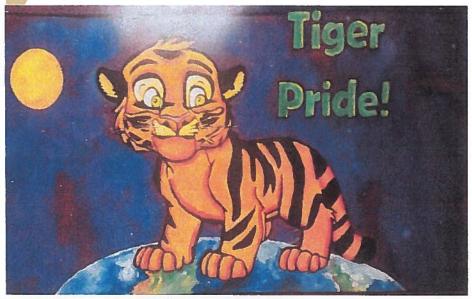
# Requirements:

\*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)

Peach Springs Unified School District • Now Accepting Applications & Calendar
Submitted by: Jaime Cole | Peach Springs Unified School District

# Peach Springs School



Now accepting student applications for the SY2018-2019 for Kindergarten - 8th Grade



100% certified teachers
Small class sizes
Special area classes
Laptops per student
Free breakfast and lunch

Applications may be found:

Peach Springs School Join our school for SY 2018-2019

### Peach Springs Unified School District #8 2018-2019 CALENDAR

4-Day

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# 5 Weeks of Vacation. 4 Day Work Week. **9 Professional Development Days**

	·	.50				
Jul 30	First day for teachers			Progress reports quart	er 3	
Aug 02	First day for students		Feb 18	President's Day Holida	ly	
Sep 03	Labor Day Holiday .			Third quarter Ends		
	Progress reports quarter 1		Feb 25	100th Day Count		
Oct 05	First quarter ends		Mar 12 - 15	Spring Break		
Oct 8- 11	Fall Break			Third quarter report ca	irds go home w/ PT Co	nf
Oct. 4	First quarter report cards go home w/ PT Cor	rf	Mar - Apr	AZMerit to be annound	:ed	
Oct. 17	40 day count			Progress reports quart	er 4	
Nov. 12	Veteran's day		To be determ	Eighth Grade Promotic	ne	
Nov 19-22	Thanksgiving Break		May 24	Fourth Quarter report	cards go home	
Dec. 20	Second quarter ends		May 24	Last Day for Students/	End of 4th grading per	boi
Dec 24 - Jan 3	Winter Break		May 25	Last Day for Teachers		
Dec. 20	Second Quarter report cards go home w/ PT	Conf				
Jan 21	Martin Luther King Holiday					
STUDENT DAY	3:	STUDENT DAYS:			TEACHER DAYS:	_
st Semester	71	1st Grading Period			1st Semester	77.0 days
and Semester	74	2nd Grading Period			2nd Semester	77.0 days
	Total 145 days	3rd Grading Period			teachers	154.0 days
		4th Grading Period	days	1	kitchen staff-	149 days (7/30-5/24)
		Total	145 Day:	5	instructional-	146 (8/2-5/23)
					office staff-	200 (7/1-6/30)
					12-month	

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# Health & Safety Information

**Electronic Cigarettes • What's The Bottom Line?** 

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

#### ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

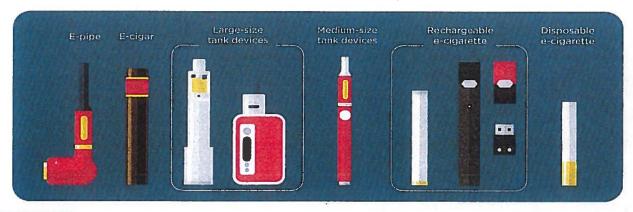


- » E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- » E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- » If you've never smoked or used other tobacco products or e-cigarettes, don't start.



#### WHAT ARE E-CIGARETTES?

- » E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems."
- » Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- » E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarettes can be used to deliver marijuana and other drugs.



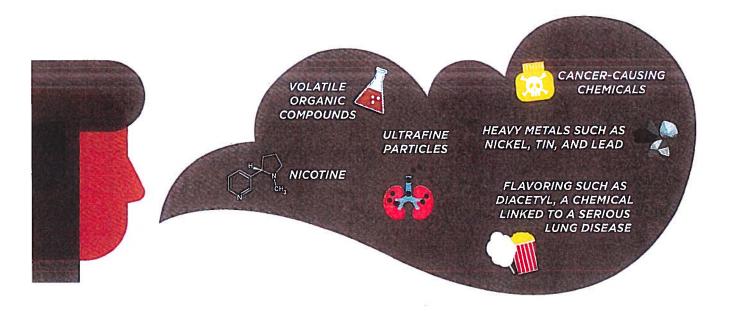




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#### WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

#### ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



VS



**YES**, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

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### WHAT ARE THE HEALTH EFFECTS OF USING E-CIGARETTES?

SCIENTISTS ARE STILL LEARNING ABOUT THE LONG-TERM HEALTH EFFECTS OF E-CIGARETTES. HERE IS WHAT WE KNOW NOW.

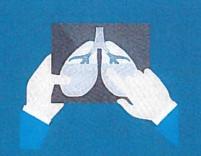
# Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



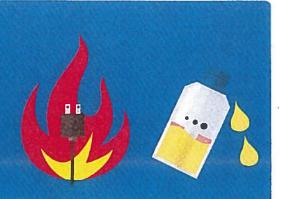
# Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

» This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



### E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- In addition, acute nicotine exposure can be toxic.
   Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.



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## CAN E-CIGARETTES HELP ADULTS QUIT SMOKING CIGARETTES?



# E-CIGARETTES ARE NOT CURRENTLY APPROVED BY THE FDA AS A QUIT SMOKING AID.

The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.



**HOWEVER**, e-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes and other smoked tobacco products.

# TO DATE, THE FEW STUDIES ON THE ISSUE ARE MIXED.

Evidence from two randomized controlled trials found that e-cigarettes with nicotine can help smokers stop smoking in the long term compared with placebo (non-nicotine) e-cigarettes.

A recent CDC study found that many adults are using e-cigarettes in an attempt to quit smoking. However, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products ("dual use"). Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is very important to protect your health.

### A Tip From a Former Smoker • Wilma'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™

## Wilma's Story



Wilma, 49, Texas; quit smoking in 2007.

Wilma can't point to a specific reason she started smoking cigarettes. Her siblings smoked, and by her early teens she was sneaking cigarettes from her sister — beginning an addiction that would last 30 years. In her mid-forties, Wilma decided that she needed to stop smoking. "I realized I was too young to feel this bad and too old to be messing around with smoking anymore," she says. After several unsuccessful attempts to guit in the past, Wilma guit for good in 2007. She got advice from her doctor and used a prescription to help. She also got support through an online program. She threw out her lighters and ash-

**Risks From Smoking** 

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

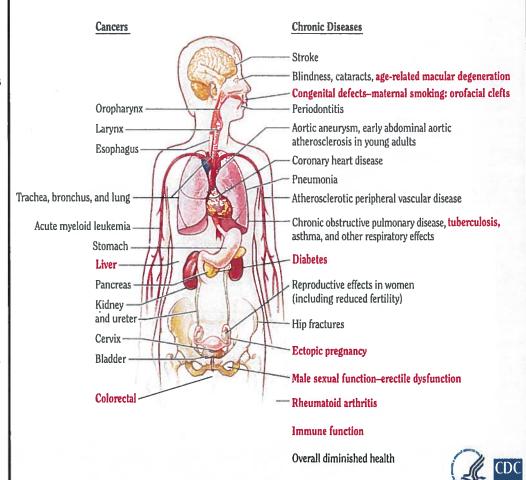
Risks from Smoking Smoking can damage every part of your body

Today, at 49, she enjoys activities — and a lifestyle she never dreamed of as a smoker. She is training as a yoga instructor (yoga was one of the exercises that helped her cope with nicotine withdrawal) and for a half marathon. She also eats healthier foods than she did when she smoked.

ing more.

"Once you quit, it opens up so many possibilities that you don't see when you are caught up in the addiction," Wilma says. "I'll also admit. as a woman, vanity was part of my motivation to quit, too. I want to look as young as I can for as long as I can and smoking just wasn't going to help."

Wilma hopes her story can inspire others to quit and is proud to be a part of the Tips From Former Smokers® campaign. "I want to be an inspiration for others to quit smoking, even if it's just one person," she says. "It's your health."



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**GAMYU** 

**5 Ways to a Healthy Lifestyle**Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness



www.healthykids.nsw.gov.au

# 5 ways to a healthy lifestyle



### Did you know?

- National surveys found that the combined level of overweight and obese children in Australia has more than doubled in recent years.
- A major study revealed that the number of overweight and obese children in NSW rose from 1 in 10 in 1985 to 1 in 4 children in 2004.
- 🖈 Obese children have a 25% 50% chance of going on to be obese adults.

Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it difficult to find time to be physically active and eat well.

We can also slip into the habit of choosing unhealthy snacks and takeaway foods or spending our free time in front of the TV or computer.

However, these choices can be dangerous for our health and our children's health - both now and in the long-term.

That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle. continues over the page





# NSW Department of Health to 2010 SHPN (CHA) 10016

# How to lead a healthy lifestyle

### Get active each day

Regular physical activity is important for the healthy growth, development and well-being of kids and teens.

• • • • • • • • • • •

Kids and teens should accumulate at least 60 minutes and up to three hours of moderate to vigorous physical activity every day that makes them 'huff and puff'. Kids and teens should do strengthening physical activities such as climbing, jumping, running or playing tug-owar at least three days of the week.

Parents should be good role models and have a positive attitude to being active.

#### Choose water as a drink

Water is the best way to quench your thirst – and it doesn't come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks.

Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium.

Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fibre.

# Eat more fruit and vegies

Eating fruit and vegies every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Aim to eat 2 serves of fruit and 5 serves of vegies every day.\*

Have fresh fruit available as a convenient snack and lry to include fruit and vegies in every meal.

# Turn off the TV or computer and get active

Sedentary or 'still' time spent watching TV, surfing online, playing computer or electronic hand-held games is linked to kids and teens becoming overweight or obese.

Kids and teens should spend no more than 2 hours each day on small screen entertainment. Break up long periods of time sitting with physical activity as much as possible.

Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

#### Eat fewer snacks and select healthier alternatives

Healthy snacks help kids and teens meet their daily nutritional needs.

Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

Limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

#### Tips for parents

The choices you make are crucial in helping your children to develop healthy eating habits and be physically active. This might mean changing what you buy at the supermarket and what snacks you serve, as well as finding ways to get your children up and active.

- Encourage your children to make healthy choices about food and being physically active. This can include verbal prompts, preparing healthy snacks and meals and buying them 'active' gifts, such as bats, balls or a skipping rope.
- Avoid using unhealthy foods as 'treats' for children's good behaviour as this is likely to have a training effect and increase the appeal of such foods.
- Making healthier choices doesn't mean you can't reward or treat children. Come up with some fun, 'active' rewards that aren't food-related, such as going for a bike ride with mum or dad, a morning at the swimming pool or a visit to the zoo.
- Children do what they see, so it is crucial to demonstrate healthy behaviours. This can be as simple as eating together as a family, involving children in choosing and preparing healthy meals and spending time together being physically active.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au



# **Adverse Childhood Experiences**

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



# strong communities raise strong kids

# Adverse Childhood Experiences

can last a lifetime...

but they don't have to

ínea o en la oficina local.

Partners

**Ways The Community** 

Can Help

 Association for Supportive Child Care · Casa de los Ninos · Child Crisis of Children • First Things First • HELPS Project • Parenting Prevent Child Abuse Arizona • Social Work Solutions, LLC • Southwest Human Arizona Department of Child Safety . Arizona • Phoenix Children's Hospital • Development • Voices Empowered • Wisdom Center • Defenders ASSET

> an example to your children and others of Be The Best Parent You Can Be. You are

what it means to be a loving, nurturing,

compassionate parent.

Encourage him/her to join a parenting group where he/she will receive information

Help A Parent You Know. Be a good listener.

Speak Out. Speak up when you see children

and support.

group of Arizona professionals dedicated to the Prepared by the Arizona ACE Consortium. prevention of child abuse and neglect.

tion to allow a person with a disability to take part in a understand a program or activity, including making all possible. To request this document in alternative Free language assistance for department services is Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination ployment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The program, service or activity. For example, this means if necessary, the Department must provide sign lanchair accessible location, or enlarged print materials. It also means that the Department will take any other easonable action that allows you to take part in and reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at ormat or for further information about this policy, contact your local office; TTY/TDD Services: 7-1-1. • available upon request. • Disponible en español en in admissions, programs, services, activities, or em-Department must make a reasonable accommodaguage interpreters for people who are deaf, a wheel-

CSO-1249A (12-14) ACY:1240A (10-13)

praise parents when they are interacting mistreated in public. Offer assistance, and Help Yourself. Parenting is a tough job. You positively with their children.

domestic violence shelters, child crisis centers and other programs will appreciate your time and special talents. More on out community services for your family or the Volunteer Your Time. Parent support volunteer opportunities can be found at are not alone if you think you need help. Seek programs, drug abuse prevention programs, families that you serve.

Raise Awareness. Bring your community to prevent Adverse Childhood Experiences. together

www.serve.gov

Suspected Child Abuse and Neglect. Child abuse rarely stops without intervention and help. To report suspected abuse or neglect, call 1-888-SOS-CHILD (1-888-767-2445)Report

# Parenting Resources

- www.childhelp.org, or 1-800-4-A-CHILD (1-800-422-4453)
- www.pbs.org/parents/childdevelopment/
- www.cdc.gov/parents
- Birth to Five Helpline 1-877-705-5437

# The ACE Study

mental, social and economic health of the Prevention, and Vincent J. Felitti, MD of Study examined the influence of adverse study participants. The ACE Study was developed by Robert F. Anda, MD, MS, of the Centers for Disease Control and 'he Adverse Childhood Experiences (ACE) childhood experiences on the physical Kaiser Permanente. With more than 17,000 average American participants, the study assessed a wide assessed childhood exposure to multiple types of abuse, neglect, domestic violence and serious household dysfunction such as substance abuse. The decade-long study has taught us important lessons about the long array of health and social problems ranging term effects of certain negative childhood adulthood, \$ from adolescence experiences.

# **Childhood Experiences** What Are Adverse

the following conditions in the home prior to ACEs are defined as experiencing any age 18:

- Recurrent physical/emotional abuse
- Recurrent neglect
- Sexual abuse
- Mother was treated violently
- Someone was chronically depressed mentally ill, institutionalized, or suicidal
- Someone abused alcohol or drugs
- Absent, separated or divorced parents
- incarcerated household member

# **ACE Study Findings**

about blended into public vention programs. It education and preis clear that risk facrisk factors for disease has been widely researched and Information













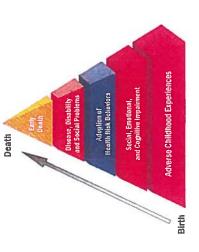




distributed in the population. In fact, persons with one risk factor for chronic disease tend tors for disease, such as smoking, alcoholism and risky sexual behavior, are not randomly to have one or more other risk factors. The study found that ACEs are common and tend to occur in groups. Nearly two-thirds one ACE. Of those, more than 80% reported experiencing two or more ACEs in their lives, and more than 50% reported three or more categories. ACEs are a strong predictor of of the study participants reported at least later health and mortality risk. A combination of ACEs increases this risk. ACEs determine the likelihood of the 10 most common causes of death in the US:

- Smoking
- Severe obesity
- Physical inactivity
- Depression
- Suicide attempt Alcoholism
  - Illicit drug use
- Injected drug use
- Promiscuity
- History of sexually transmitted diseases (STDs)

# The ACE Pyramid



question, "If risk factors for disease, disability and mortality are not randomly distributed, what influences precede the adoption or Study tried development of them?" The ACE

he ACE Pyramid represents a whole life pèrspective. The ACE Study uncovered a strong relationship between ACEs and the prevalence and development of risk factors for disease, mental health and social impairment across he lifespan.

# For more information about ACEs, visit these websites:

- www.azpbs.org/strongkids
- aceconsortium.blogspot.com
  - www.acestudy.org
- www.cdc.gov/nccdphp/ace



aceconsortium



user/StrongKidsAZ



# Hualapai Transportation • Non-Emergency Medical Transport Program

Submitted by: Krissy Shongo | Hualapai Health, Education & Wellness



# Transportation Staff

Philbert Watahomigie Jr, Transportation Sandra Irwin, Health Director Manager

Darnell Wilder, Transportation Driver couise Wood, Transportation Driver Eliza Querta, Transportation Driver oel Querta, Transportation, Driver Doris Butler, Transportation Driver Viola Gala, Transportation Driver Kristina Shongo, Transportation Administrative Assistant

biohazard clean up. Drivers also receive CPR, First passenger safety, which includes use of seat belts, Each Staff member is trained in vehicle and Aid, and defensive driving training.

have a medical appointment, locally or out of area. Kingman, Phoenix, Prescott, Flagstaff, Tucson, and Las Vegas. Funding is provided by the Hualapai Transportation is provided to individuals who These transports include the local IHS clinic,

Other transportation includes travel to Kingman to shop and other personal activities. These Tribe or AHCCCS (if client is cligible)

individuals are charged \$10 per person for each

100 miles traveled. Medical transports take

# Non-Emergency Medical Transportation Rider Rules

passengers. Toward that end, the NEMT has adopted the following Passenger Rules: Riders have a responsibility to conduct themselves in a manner, which shows consideration for the comfort of other

# allowed on transport vehicles, nor persons having an odor of alcohol Alcohol-There is to be no alcohol

- Conduct Obscene language, loud noises, or boisterous conduct is prohibited.
  - lighted substance on board an agency Smoking - Smoking or carrying any vehicle is prohibited.
- or similar devices (other than by means of Noise - Playing of radios, tape recorders an earphone) is prohibited.
  - Food Consumption of food or beverages is prohibited.
    - scratching or otherwise affixing of graffit Graffiti - Any writing, spraying, on, or in, facilities or vehicles is prohibited.
      - their seats and wear seat belts at all times Seatbelts - Passengers must remain in
- Seating Elderly and Disabled passengers other persons seated in the wheelchair tiedesignated as courtesy seating for elderly in wheelchairs, shall have priority over down locations. Other seats are and disabled.
  - Watches and clocks seldom agree, and an error of time may result in a missed Please be ready for your ride early.



# Hualopai Transportation Local and Out of area

# Parker, Flagstoff, Tuba City, Prescott Kingman, Builhead City, Las Vegas Out of area includes but not limited to: and Proenty

Ba'wa Siv: Jik

"Because We Think of Them"

188 Hualapai Way/P.O. Box 397 Hualapai Health Department Peach Springs, AZ 86434 Telephone: 928-769-4188 Fax: 928-769-2881



# Hualapai Transportation Services Offered for:

- Medical appointments
- Discharge from health facility
- Dialysis Treatment
- Dental appointments
- Optometry appointments
  - Community activities

state or local government is covered by Public Transportation offered by a Fitle II of the ADA.

We have vehicles that are accessible to those with disabilities, via ramps and securement devices

Our drivers are courteous and well-

Suggestions, and all feedback are Compliments, Complaints, welcome.

will be documented and investigated in a fransportation Manager. The complaint Complaints may be made by phone '928-769-4188), or in writing, to the imely manner 

The ADA and Title VI complaint procedure is posted in each Fransportation vehicle.

Non-Emergency Medical Transportation Steps to requesting Hualapai

# Medical Transports:

- Client notifies IHS Purchase Referred Care Clerk, explains need of medical transportation.
- IHS Clerk will complete transportation Department's Transportation Office forms and fax to the Health
  - Transportation Manager schedules the transport and assigns driver

# Non-Medical Transport

The request for non-medical transport receipt obtained from the tribal office is completed and faxed or brought to after paying the fee of \$10.00/100 he Health Department with the

Transportation Manager schedules the transport and assigns driver.

# THINGS TO CONSIDER:

- ransport may not be honored, due to Request transportation 2 days in advance. Requests "on day" of scheduling.
- if you are unable to make the scheduled Fransportation Program as soon as ransport, please notify the oossible.
- Dialysis clients and requests for medical ransport take top priority.
- directly, when clients are discharged Medical Facilities need to notify us

# Medical Transport Description **Hualapai Health Department** Hualapai Tribe

Fransport (NEMT) Program, provides transport Health Department's Non-Emergency Medica The Hualapai Tribe, through the Hualapai services for medical and Non-Emergency Medical purposes.

appointment or admission information from the Medical Transport Trips are requested through the Indian Health Service's Purchase Referred appointment and give the information to the medical providers. The Purchase Referred Care office, because they receive the Care Office personnel schedule the NEMT Program 

PM, Monday through Friday. Saturdays are The trips are provided between 8 AM and 5 reserved for dialysis clients

medical facilities where an immediate relative has been flown or taken by ambulance. whose income is limited. Medical transport pick-up or drop off at various places, trips to ake precedence over other types of trips. Those trips include; food, bank, shopping, individuals who do not have a vehicle and Other types of transports are provided for

There are also trips requested and scheduled for individuals, not financially in need, who need to pick up a vehicle, shop for a program, and other social or program issues that may arise driver/vehicle) between 8 AM to 5 PM, The trips are available (if there is a

# 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

Organic Recipe • Quinoa Tabouli

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

Quinoa Tabouli—a light and delicious Summertime treat *Quinoa Tabouli Salad*, with the summer heat in full swing, we thought you might enjoy this cool recipe you can make with left-over quinoa. It also features quinoa rather than the more traditional cous-cous, making it healthy and gluten free!

The Research—Quinoa is one of the most healthy grains out there (or pseudo-grains, anyway—it's not actually related to most other grains!). In addition to having high protein content it also can have beneficial effects on blood pressure and reducing the risk of cardiovascular diseases. One research study found that eating quinoa lowered overall cholesterol, triglycerides, and LDL levels in research participants. The authors state that "it can be concluded that the use of quinoa in diet can be considered beneficial in the prevention and treatment of risk factors related to cardiovascular diseases that are among the leading causes of death in today's globalized world."

In a medium sized bowl toss the cooked Quinoa with the lemon juice and let that sit while you prep your other ingredients.

Add to that the tomatoes, scallions, parsley and mint. Drizzle the olive oil and toss well to coat. Carefully toss in the cinnamon and cayenne pepper and season with salt and pepper to your taste.

Place the bowl in the refrigerator and allow the mixture to cool and blend for at least 2 hours.

Serve topped with avocado slices, on a bed of organic greens, or beside fish.

Enjoy!



The Recipe Ingredients:

- 2 cups cooked Quinoa
- juice of 1 lemon
- 3 med sized tomatoes diced
- 2 scallions diced
- 2 cups finely chopped fresh parsley
- 1/8 cup finely chopped fresh mint leaves
- 1/4 cup very fine extra virgin olive oil
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- salt & pepper to taste
- Optional: avocado slices

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# COMMUNITY MESSAGES

Seeking Hualapai Cultural Artisans
Submitted by: Clarenda Begay



#### GRAND CANYON NORTH RIM & BRYCE CANYON

**Seeking Hualapai Cultural Artisans** to share their art skills, show and sell to the visitors at Grand Canyon North Rim and 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 <a href="mailto:cbegay@gcnr.com">cbegay@gcnr.com</a> or call (505) 870.5847.

Lunch & Learn—Introducing Vegetables to Your Family • Tuesday, July 31<sup>st</sup>
Submitted by: Danielle Bravo | Hualapai Planning Department



# **Lunch and Learn**

Topic: Introducing vegetables to your family
July 31, 2018

@HEW large Conference rm.
12noon-1pm

Information? Contact Employees Working for Health 928.769.1630

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

Submitted by: Terri Hutchens | KWLP "The Peach"

# WE LUNTEERS

"The Peach.









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 DIs 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! For his volunteer of the month incentive. The Lone Ryder received a Traditional Ribbon shirt, custom made with gratitude by DJ Sugarbear, valued at well over \$100.00.

If you would like to join the Peach volunteers. Call 769-1110. XWLP Volunteers shousared in part by



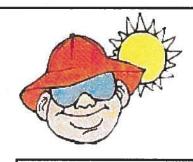




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#### **Summertime Crossword**

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



# Summer Time



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Find these words in the puzzle. Words are hidden  $\rightarrow$  and  $\psi$ .

AUGUST JULY

BALL KIDS

BEACH OUTSIDE

CAMP PLAY

FRIEND POOL

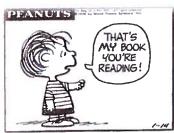
HOT SUNNY

ICE CREAM WARM



## Daily Strips from the 1970s (Peanuts)

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





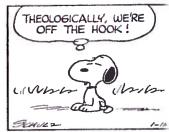












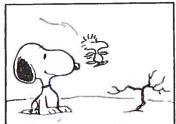


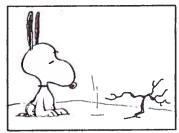




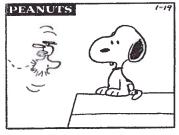




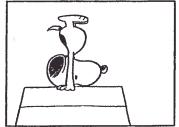






















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