



Hualapai Tribal Council Updates • Resolutions Adopted February - May

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

Hualapai Tribal Council Updates

Resolutions adopted February to April 2018

ISSUE #16

Friday, August 10, 2018

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Special points of interest:

- Hualapai Tribal Utility Authority (HTUA) Meeting will be on Tuesday, August 14th at the Hualapai Health Department at 9:00 a.m.
- TERC meeting will be on Wednesday, August 15th at the Hualapai Cultural Resources Department at 9:00 a.m.
- The next Regular Hualapai Tribal Council Meeting, will be Saturday, September 8th beginning at 8:01 a.m. in the Tribal Chambers.

The following Resolutions have been reviewed, discussed, and adopted by the Hualapai Tribal Council for the first month of February through April 2018:

Resolution 11-2018 was adopted on February 10, 2018 which pertains to a resolution of the Wildland Fire Management Plan Programmatic Environmental Assessment which provides direction for the BIA, Truxton Canon & Southern Paiute Agency, Branch of Forestry in its trust responsibility to protect resources by the authority of 59 & 90 Indian Affairs Manual and the 2017 Interagency Standards for Fire and Aviation Operations.

Resolution 11A-2018 was adopted regarding a Grant Application to Arizona Department of Transportation (ADOT) Rural Public Transit Program on 2/22/2018; this will continue and expand a public transportation program that will include a commuter service between Kingman and Peach Springs, a daily (M-F) circulator route, a seasonal route to the Caverns, and a shopping route between Peach Springs and Kingman.

Resolution 12-2018 also was passed Amending Resolution 63-81 (Fees, Permits, and Enforcement) and in Recognition of Resolution 13-2001 River Operation Standards)

Resolution 13-2018 was adopted by the Hualapai Tribal Council- the Hualapai Tribal Forestry- Hazardous Fuels Reduction Program. The Tribe wishes to take an active role in the management and protection of its forested lands through hazardous fuels reduction treatments.

The Hualapai Tribe requests to contract the Hazardous Fuels Reduction (HFR) Program to supplement work activities currently contracted under PL-93-638 including; Forest Management Planning, Contract Sales of Forest Products, Forest Development, Forest Pest Management, Forest Trespass, inventory and Monitoring, Silverculture, woodland Management, and Forest Management Deductions.

We also requested the BIA Management office located in Peach Springs, and two vacated residences for Forestry staff housing, and that the BIA maintain the operations (O&M) of these facilities on behalf of the Tribe.

Resolution 14-2018 was adopted to allow for Ms. Aral Querta to enter into a residential land lease with the Hualapai Tribe located at 206 China Town on March 10, 2018.

The Council adopted **Resolution 15- 2018** for Ms. Ferdina Whatoname to enter into a residential land lease with the Hualapai Tribe located at 1012 Nelson Road on March 10, 2018.

Resolution 16-2018 was adopted to allow for Mr. Zavier Roy Benson to enter into a residential land lease with the Hualapai Tribe located at 1405 Milkweed Spring Road on March 10, 2018.

Resolution 17-2018 was adopted to allow for Ms. Felisha Havatone to enter into a residential land lease with the Hualapai Tribe located at 1494 Buck and Doe Road on March 10, 2018.

Resolution 18-2018 Resolution for FY 2018 Grant Application for the Administration of Native Americans- Native American Language Preservation and Maintenance Grant Application which was passed on March 10, 2018. The Hualapai Tribal Council recognizes that if no steps are taken soon to create a new generation of fluent speakers of the Hualapai language, then the language will be in ever increasing danger of becoming extinct, as our current speakers pass away.

Resolution 19-2018. This was adopted on March 10, 2018 with the Authorization of grant application to DE-FOA-0001847: Energy Infrastructure Deployment on Tribal Lands- 2018. This is to build a seek solar array within the Hualapai Reservation.

Hualapai Tribal Council Updates (continued)
Resolutions adopted April to May 2018

The following Resolutions have been reviewed, discussed, and adopted by the Hualapai Tribal Council for the first month of April to May 2018:

Resolution 20-2018 was adopted on April 7, 2018; This resolution was to enroll five (5) more members into the Hualapai Tribe pursuant to the ordinance of the Tribe.

Resolution 21-2018 was adopted regarding a "Revision to the Hualapai Law and Order Code; Adding new Chapter 20- Grandparents' Contact and Visitation Rights". April 2018.

Resolution 22-2018 was passed that pertains to the "Water Management Plan for the Upper Gila and Lower Granite Gorge Watershed". April 7, 2018.

Resolution 23-2018 was adopted by the Hualapai Tribal Council approving the limited waiver of sovereign immunity in the Amendment to Wells Fargo Merchant Agreement. April 11, 2018.

Resolution 24-2018 was adopted regarding the Native American Partnership Fund Grant Offered by Freeport McMoran; this supports the Native Spirit proposal the Boys & Girls Clubs of Greater Scottsdale-Peach Springs Branch on April 11, 2018.

Resolution 25-2018 was not adopted.

Resolution 26-2018. This resolution was adopted on May 2, 2018 and was entitled: "**Opposing the Trump Administration's 2019 Federal Budget That Defunds The Hualapai Community Health Representatives Program and Health Education Program and Respectfully Requesting Full Funding To Continue and Maintain Direct Health Care Delivery**".

Resolution 27-2018 was passed and adopted with the enrollment of six (6) members into the Hualapai Tribe on May 7, 2018.

Resolution 28-2018 Resolution to continue with Phase One of the Hualapai Injury Prevention Initiative Program (HIPIP); the Hualapai Collaborative Injury-Data Network (CoIN) and Peer-reviewed Publication of the Phase One of the HIPIP; this was passed May 7, 2018.

Resolution 29-2018. On May 7, 2018 the Council approved a Residential Lease to Gladys Crozier located at 514 Diamond Creek Road.

Resolution 30-2018. FerrellGas, L.P. Business Lease. The Council approved a three (3) year lease commencing on July 1, 2017 to June 30, 2020 to FerrellGas, L.P. May 7, 2018.

Resolution 31-2018. The Hualapai applied for the "Head Start Grant" on May 7, 2018.

Resolution 32- 2018. "Signature Changes" was adopted to allow for the required signature for the official document as per Bylaws of the Hualapai Tribe of Arizona, Article 1, Sec. 4 (d). May 7, 2018.

Resolution 33-2018. This "Resolution of the Hualapai Tribal Council Nominating Mr. Stewart Crozier to Serve On The Arizona Advisory Council On Indian Health Care". May 7, 2018.

Resolution 34-2018. A "Resolution to Amend Ruby Steele Hualapai Residential Lease" on May 9, 2018.

Resolution 35-2018 On May 9, 2018 the Hualapai Tribal Council adopted this resolution for a "FY 2018 USDA Community Connect Grant" . This will be used to purchase and install over 35 miles of fiber optic cable to connect Grand Canyon West with the existing infrastructure at the Dolan Springs Substation.

Resolution 36- 2018. "Resolution to Execute Management Agreement". Adopted on May 16, 2018 to further formalize the relationship between Grand Canyon Resort Corporation (GCRC) and the Tribe.

Resolution 37-2018 was defeated. Not adopted on May 16, 2018.

Resolution 38-2018 was adopted on May 16, 2018 pertaining to " Cooperative Agreement Between the Bureau of Indian Affairs Western Region and the Hualapai Tribe for Wild-land Fire Management- Non- Recurring Funds".

Resolution 39-2018. This Resolution to "Supersede, And Adopt and Amend Code Of Ethics" on May 16, 2018.

Resolution 40-2018. This resolution supersedes all prior resolutions concerning TTIP. " Tribal Transportation Improvement Program". To perform the planning, research, design, engineering, construction, and maintenance of highway, road, bridge, parkway or transit facility programs or projects that are located on or which provide access to the Hualapai Indian Reservation or a community of the Tribe that are eligible for funding pursuant to 25 CFR par 1780 (TTP regulations). May 24, 2018

Resolution 41-2018. "Authorization of grant application to Freeport-McMoRan foundation Native American Partnership Fund Grant Program". This grant application will be used for language immersion intergenerational teaching field trips and the supplies needed for hands on activities. May 30, 2018.

Resolution 42-2018. " Authorization of application to BIA Native American business Development Institute Feasibility Study Program Grant". May 30, 2018.

Resolution 43-2018. "A Resolution of the Hualapai Nation Approving an Application to the Department of Interior, Indian Energy and Economic Development, Native American Business Development Institute (NABDI) to Prepare a Market Feasibility Study." May 30, 2018.

Head Start is Hualapai Head Start

As of August 1, 2018

Hualapai Tribal Council is the proud recipient of the Head Start Program after three (3) years under the management of Child Development Institute (CDI). Approximately five months ago, March 2018, we were told by the Office of Head Start (OHS) that CDI cannot continue to run the program. After being notified by OHS and CDI, the process of transition took place.

Since that time, CDI continued to operate the program and their final day of operation was July 31, 2018. We, the Hualapai Tribe, obtained an interim funding grant to operate the Head Start for one year, and during the course of this funding, we will be getting new applications to the funding for five (5) years.

We do want to let you know that most of the staff from CDI are wanting to work for the Tribe, which is a great thing because the staff have the experience working with our children and families. We want to thank them for all the past work they have done and we welcome them to the new work ahead.

We want to say "Thank- you" you to CDI staff, the Office of Head Start, Ms. Carolyn Dayish for the past three years.

- Hualapai Tribe and Tribal Council.

2018 Hualapai Days Planning Meeting

August 16th 2018

2-5pm HEW Building

Community Members & Tribal Depts are welcome to attend.

2018 Committee Members

- Joel Querta
- Crystal Wellington
- Earldine Achee
- Patrick Gonzales
- Helen Watahomigie
- Jorigine Pava
- Aneloy Dashee
- Jessica Powiskey
- Athena Crozier
- Damen Romo
- Christina Watahomigie
- Treza Bizardi

Please contact Youth Services if you have any questions 928-769-2207 ext 207

Hualapai Lodge Update

Submitted by: Diana Ambrosie | Hualapai Lodge

Hello, I would like to see if possible we can inform the community on the following updates for the Lodge. Our current hours of operation for the pool are limited due to being in a drought situation: 8am to 11am and 4pm to 10pm. Our spa is currently closed due to a leak and we do not yet have a reopening date.

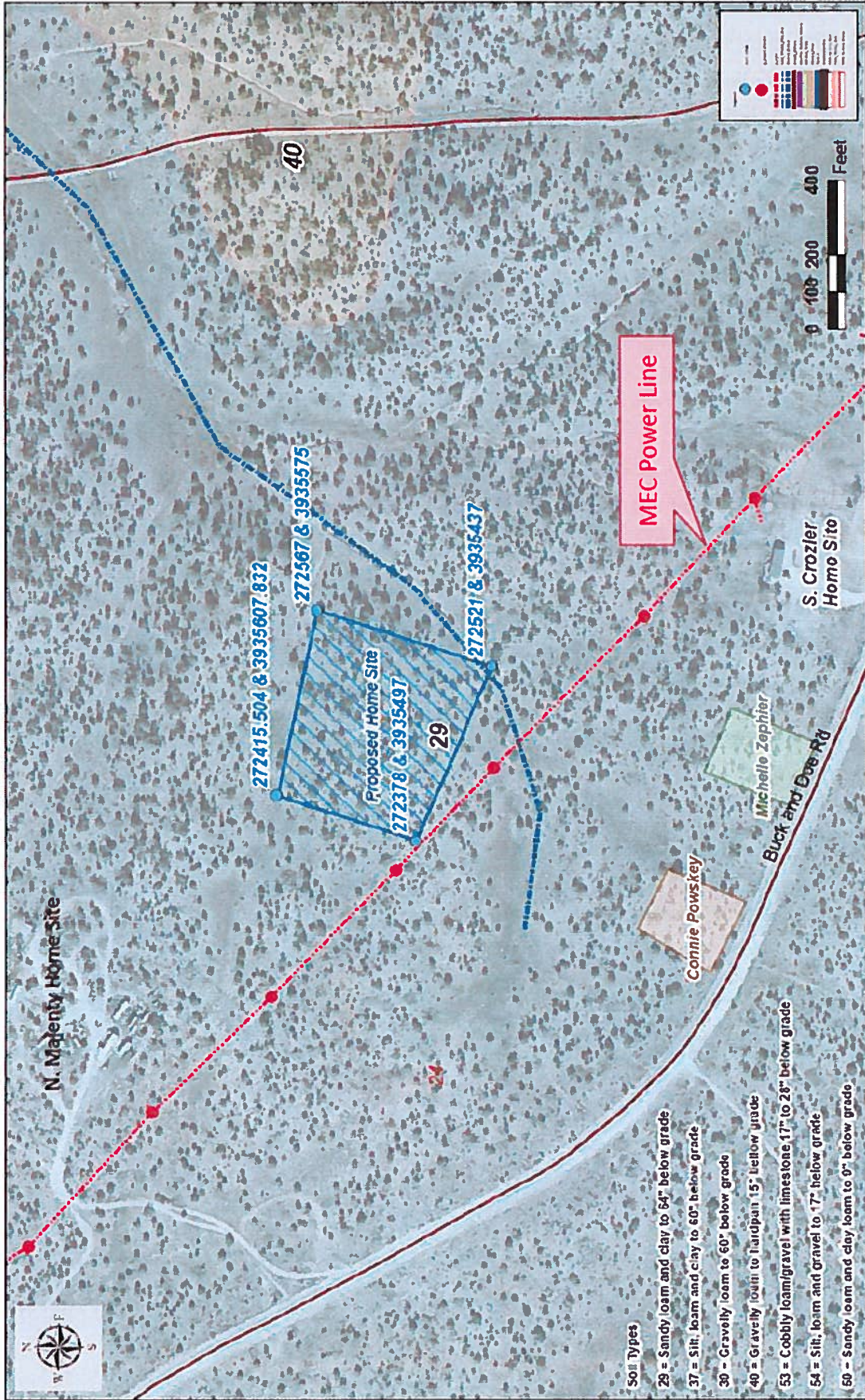
Thank you kindly for your help and support.

Diana Ambrosie, General Manager
Hualapai Lodge | Diamond Creek Restaurant
Grand Canyon West Call Center
900 Route 66 Peach Springs AZ 86434

Second Public Notice • Proposed Homesite of Amy Yee near 1516 Buck and Doe Road

Submitted by: Kevin Davidson | Hualapai Planning Department

Public Notice – Amy Yee Proposed Home Site near 1516 Buck and Doe Road



Amy Yee is requesting a five-acre home site north of Connie Powskey's home site and approximately 870 feet north of Buck and Doe Road. The site measures some 514 feet east to west and 430 feet north to south. Planning is requesting from the Natural Resources Department and the Cultural Resources Department a Categorical Exclusion (Cat Ex) under the TERC rules. The item is scheduled for the TERC agenda on August 15, 2018. If you have any comments and/or questions on this application, please call Mr. Kevin Davidson at (928) 769-1310. See map for UTM coordinates.

Notice of Hearings • Tuesday, September 4th

Submitted by: Court Clerk | Hualapai Tribal Court

**IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA**

JAZMYNE JAMES,

,

PLAINTIFF,

VS.

DENZEL PUTESOUY,

RESPONDENT,

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Case No. 2018-CV-033

NOTICE OF HEARING


TO: DENZEL PUTESOUY, P.O. BOX 774, PEACH SPRINGS, AZ 86434.

You are hereby notified that the above entitled matter is scheduled for an **Initial Hearing** on **4th day of September, 2018, A.D. at 02:00 PM.**

You are further notified that it is your right to be represented by legal counsel at your own expense.

Your failure to appear at the above mentioned date and time without good cause may result in an order to show cause issued against you or a dismissal of this case.

DATED THIS 8th day of August, 2018, A.D.


Clerk of Court

VERIFICATION OF SERVICE

SERVED TO: GAMYU FOR PUBLIC PUBLICATIONS

SERVED BY: YOLANDA WESCOGAME

DATE/TIME: AUGUST 8, 2018

**IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA**

JAZMYNE JAMES,

,

PLAINTIFF,

VS.

DENZEL PUTESOY,

RESPONDENT,

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Case No. 2018-DOM-012

NOTICE OF HEARING

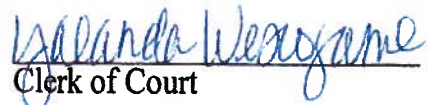
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DATED THIS 8th day of August, 2018, A.D.


Clerk of Court

VERIFICATION OF SERVICE

SERVED TO: GAMYU FOR PUBLIC PUBLICATIONS

SERVED BY: YOLANDA WESCOGAME

DATE/TIME: AUGUST 8, 2018

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!

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

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

Bay dīga: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!**



Back to School Safety • Friday, August 10th

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

Back to School Safety!



Friday, August 10, 2018

HEW

1:00 p.m.



Taylor Johnson, TAP Coord. 769-2207 ext. 205

Slow Down: Back to School Means Sharing the Road

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

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present—especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

- If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give

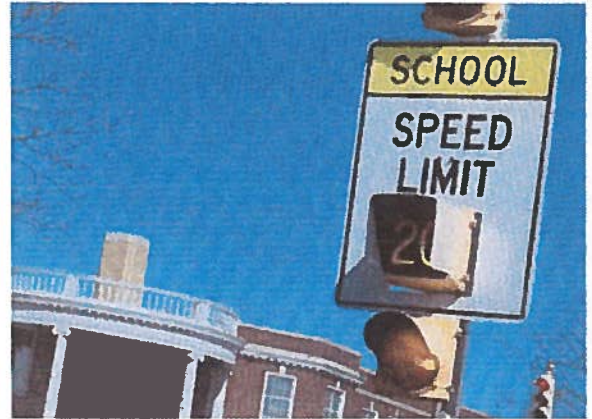
you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind - or from either direction if you're on an undivided road - if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert children often are unpredictable, and they tend to ignore hazards and take risks

Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door



By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.

BINGO Night • Tuesday, August 13th
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.



TUESDAY, AUGUST 14, 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, August 16th

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**
 - **Law and Order Code**

Open to-

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

August 16, 2018

1:00 pm

Health Education and Wellness

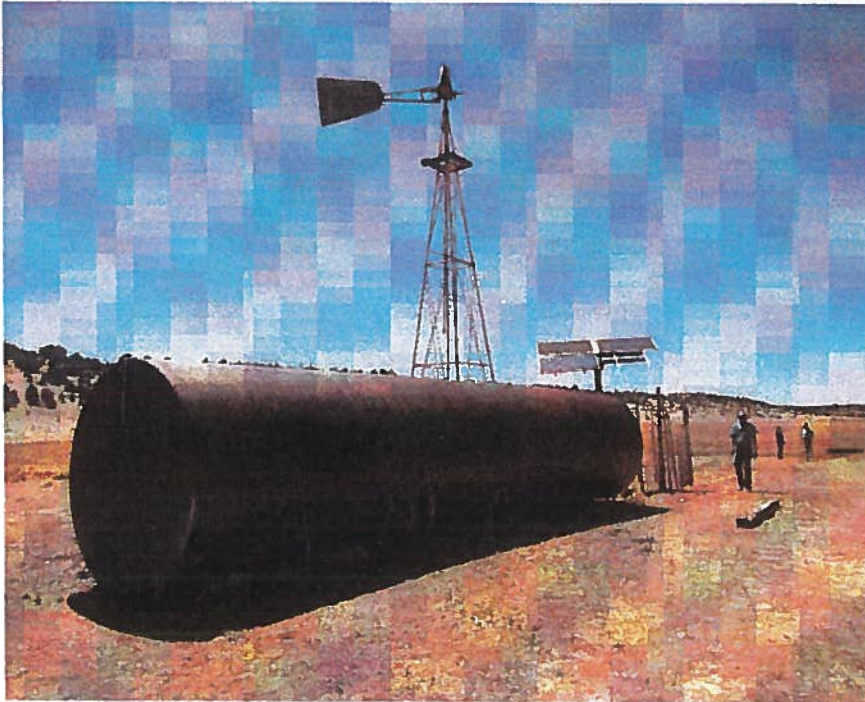
Small Conference Room

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

Water for the Range Workshop • Friday, August 24th
Submitted by: Jessica Orozco | Hualapai Department of Natural Resources



Water for the Range Workshop

When: Friday, August 24th, 2018

Where: 12pm-3:30pm HEW building
large conference room

LUNCH PROVIDED
(donations appreciated)

Come learn what it takes to convey water from a source point to supply other points of use for livestock and wildlife on the Hualapai Reservation. Workshop will include demonstration by HDNR staff. All supplies and equipment will be provided.

7th workshop in the
Beginning Tribal
Ranching Training
Series

Learn about the water
system on the
Reservation

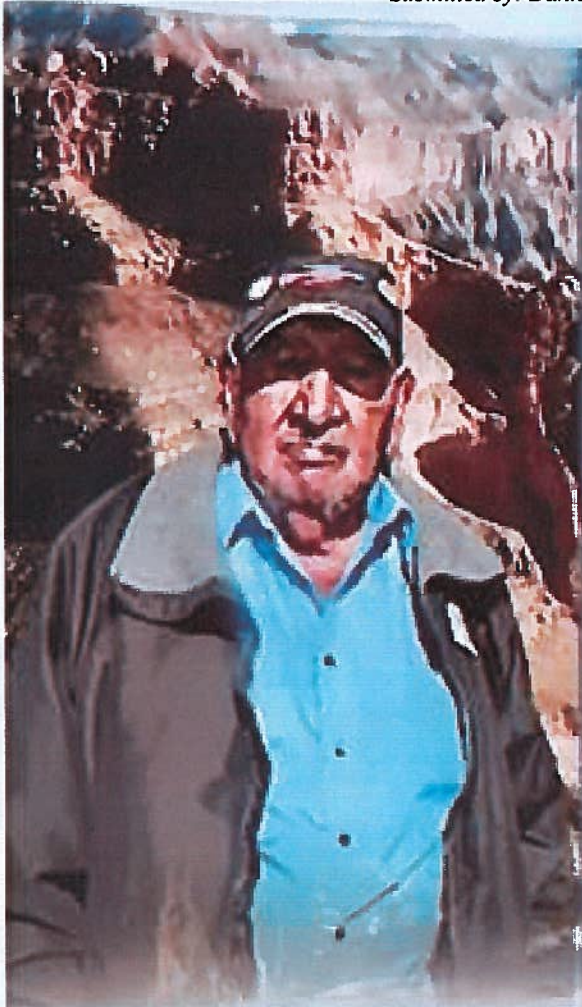
Understand the
importance of water
distribution for the
Range

Find out what tools
and materials are
needed to convey
water

Contact Jessica Orozco
at Natural Resources
for more information:
928-769-2254



Jibay Gi'swadja • Friday, August 24th & 25th
Submitted by: Danielle Bravo | Hualapai Planning Department



GATHERING

FRIDAY - AUGUST 24TH, 2018

6:00PM: SWEAT AND POTLUCK AFTER

SATURDAY - AUGUST 25TH, 2018

9:00 AM: VETERANS POST COLORS

DRUM HONOR SONG

GOURD HONOR SONG

9:30AM: OPENING PRAYER

9:45AM: DEER DANCERS

10:45AM: HAVASUPAI RAM DANCERS

11:15AM: BREAK - WELCOMING GUESTS
& COMMUNITY Raffle

12:00PM: SALT RIVER PIMA MARICOPA -
BASKET DANCERS

1:00PM: LJ AND FAMILY

2:00PM: SOCIAL CIRCLE DANCE SONGS

3:00PM: BEGIN BIRD SINGING AND GROUP
TINY TOTS, JRS AND TEENS CONTESTS

6:00PM: BREAK FOR DINNER

6:00PM: HONOR SPECIAL GUESTS

7:00PM: CONTINUE BIRD SINGING

ADULT 18 AND UP CONTESTS
& HORSESHOE TOURNAMENT



Jibay gi'swadja

Peach Springs, Az

AUGUST 24TH & 25TH, 2018

*Welcome all Birdsingers & Veterans!
Activities! Raffle! Birdsinging & Dancing*

FOR MORE INFO. CONTACT: SERENA: 602-614-7004

Jibay Gi'swadja • Friday, August 24th & 25th
Submitted by: Danielle Bravo | Hualapai Planning Department

HAVASUPAI PEACH FESTIVAL 2018

Havasupai Tribe will not be responsible for any cancellations if they events may be cancelled without notice due to monsoon of emergency.

August 09, 2018

THURSDAY

- 7:00 am Junior Rodeo at Rodeo Grounds
- 8:00 am Open Mic Visitor's Cultural etc
- 5:00 pm Posting of Colors/ Honor songs
- 5:30 pm Prayer and Welcoming
- 6:00 pm Tribal Council Speeches
- 6:30 pm Havasupai Youth Guardians
- 7:00 pm Baby/Toddler Pageant

August 10, 2018

FRIDAY

- 7:00 am Breakfast at Ba'aj Thigabo
- 8:00 am Fun Run/Walk
- 9:00 am Havasupai Youth Guardians
- 10:00 am Rai Christman Group
- 10:30 am Clbeque Youth Group
- 11:00 am Hopi Dance Group
- 11:30 am Storm Taylor
- 12:00 pm on 3 Basketball Tournament
- 3:00 pm Jackpot Roping
- 5:00 pm Dinner at Ba'aj Thigabo
- 5:30 pm Social Bird/Round Dancing
- 6:30 pm Miss Havasupai Pageant/ All Category's
- 10:00 pm Sneezy Boyz

August 11, 2018

SATURDAY

- 7:00 am at Ba'aj Thigabo/Rodeo
- 8:00 am Miss Havasupai Royalty Parade with all other Rodeo at Rodeo Grounds
- 11:00 am Frybread Making Contest
- Watermelon Eating Contest
- 1:00 pm Traditional Games
- 2:00 pm 3 on 3 Basketball Tournament
- 6 on 6 Volleyball Tournament
- 4:00 pm Introducing of New Royalties
- 5:00 pm Dinner at Ba'aj Thigabo
- 6:00 pm Open Mic to Visitor's Cultural Performers/Royalties
- 9:00 pm Sneezy Boyz



Rodeo

Pageant

Cultural

Entertainment

Miss Indian Boyz

Miss Havasupai

Miss Supai

Miss Sneezy Boyz

Preserve Route 66 • There's Nothing Quite Like Route 66

Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation



There's nothing quite like Route 66

Route 66, the most culturally celebrated and internationally recognized stretch of highway in America, is where generations of open-road seekers experienced the quintessential road trip.

As our nation's first all-paved highway connecting the Midwest to California, it served as a "road to opportunity" for Americans escaping the devastation of the Dust Bowl in the 1930s.

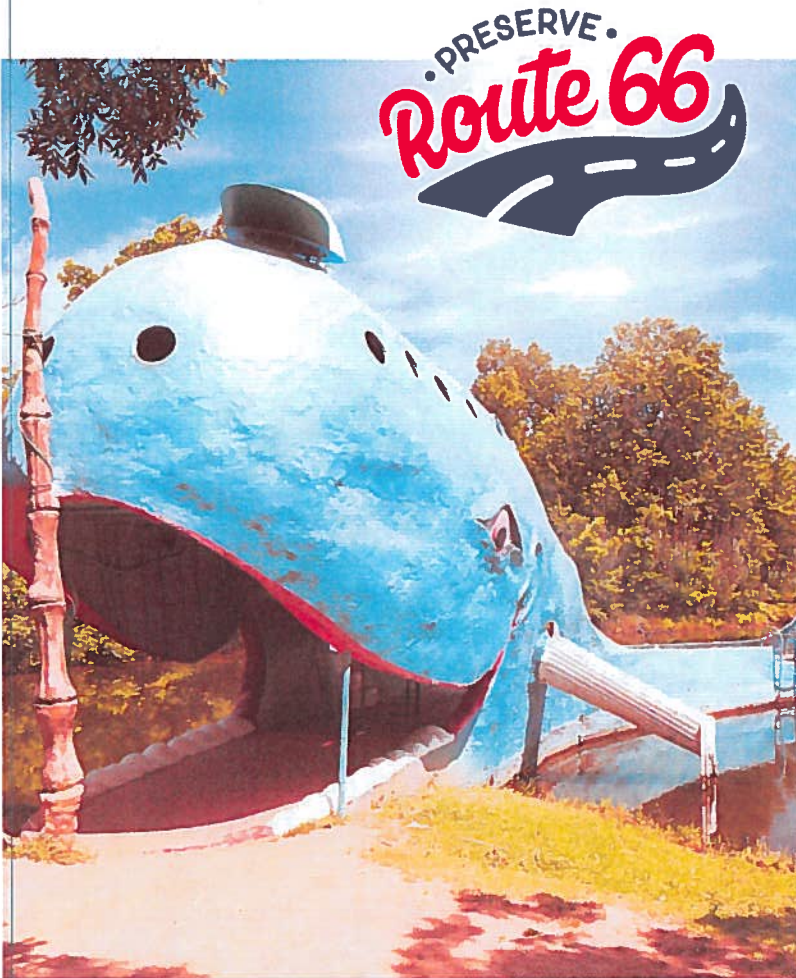
Over time, as travelers began bypassing Route 66 for the Interstate, its independent businesses, rich roadside architecture, and kitschy landmarks and attractions suffered. Today, with motorists opting for faster and more direct routes, this threat has deepened. That's why we need your help.

Please join the National Trust, the Route 66 Road Ahead Partnership, and others in supporting a National Historic Trail designation for Route 66. This permanent federal designation will not bring any new regulations or restrictions. Instead, it will encourage re-investment, boost local economies, and entice the public to hit the road again.

And most importantly, it will help revitalize this National Treasure as an iconic and evolving piece of Americana for generations to come.

➤ **Learn more and sign our petition!**
PreserveRoute66.org

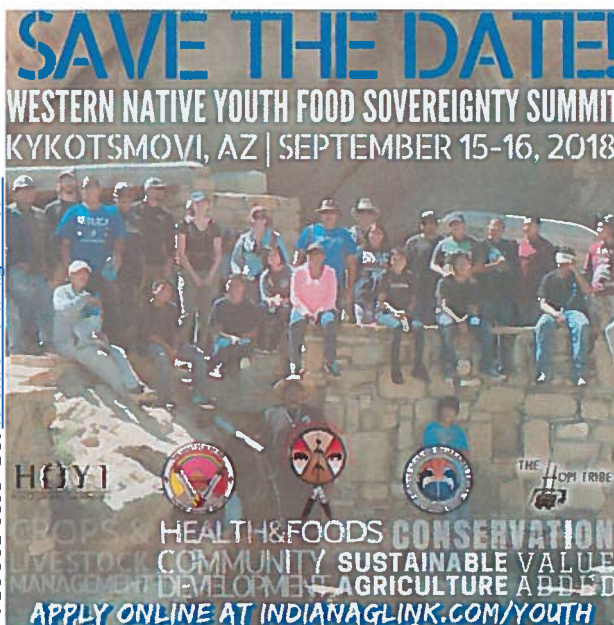
#Preserve66



Western Native Youth Food Sovereignty Summit

Submitted by: Teresa Honga | Intertribal Agriculture Council

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



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 online for your convenience at: <http://hualapai-nsn.gov>

Article Deadline:
 Friday, August 17th by 5 p.m.

Next Publication:
 Friday, August 24th

2018 Southwestern Intertribal Agriculture Council Conference • September 25th & 26th*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

**4th Annual Southwest IAC CONFERENCE****September 25-26, 2018**

**Twin Arrows Navajo Casino
Flagstaff, Arizona**



Register online goo.gl/SeY1Zn
For more information, contact:
Teresa Honga 928-302-6835 teresa@indianaglink.com
Desbah Padilla 505-377-0342 desbah@indianaglink.com

Twin Arrows Resort Hotel / Casino
Use code ID#5756
Direct: 928-856-7541
Toll Free: 877-630-9530

EMPLOYMENT OPPORTUNITIES

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) 768-2457 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.

Request for Proposal - Design/Build Services • Due by Monday, August 27th

Submitted by: Kevin Davidson | Hualapai Planning Department



**NOTICE OF REQUEST FOR PROPOSALS FROM DESIGN-BUILD FIRMS, RFP NO. 02-2018
SINGLE-FAMILY HOME IN PEACH SPRINGS**

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting Proposals from Design-Build (D-B) Firms to utilize the One-Step Design-Build contracting procedure for the design and construction of one single-family home in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites interested firms to submit written Proposals relating to this project. The Tribe will select the top-rated Offeror and enter into contract negotiations. The project shall utilize a negotiated Guaranteed Maximum Price (GMP). Funds are derived from the BIA Housing Improvement Program. The new homes must be ready for occupancy no later than six (6) months after contract's Notice to Proceed is given.

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

PRE-SUBMITTAL CONFERENCE: Thursday, August 9, 2018, 2:00 P.M. Hualapai Cultural Center, 880 West Highway 66, Peach Springs, Arizona 86434.

SUBMITTAL DUE DATE: Monday, August 27, 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

2018 Current Job Posting for the Hualapai Tribe

OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
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	Radio Station - Administrative Assistant	D.O.E.	July 31, 2018	Aug. 10, 2018
	MCH Home Visitation Educator Supervisor	D.O.E.	June 5, 2017	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
	Administrative Assistant	\$14.00/DOQ	Aug. 3, 2018	Aug. 15, 2018
	Facility Administrator	D.O.E.	Aug. 3, 2018	Sept. 4, 2018
Human Services	Shelter Advocate	D.O.Q.	June 1, 2018	Open Until Filled
	Shelter Supervisor	D.O.Q.	June 1, 2018	Open Until Filled
Judicial/Tribal Court	Wellness Court Judge	\$26.39/Hr.	May 21, 2018	Open Until Filled
	Wellness Court Clerk/Coordinator	\$16.82/Hr.	May 21, 2018	Open Until Filled

FOR A COMPLETE JOB ANNOUNCEMENT PLEASE SEE AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT HUALAPAINSN.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

EDUCATION & TRAINING INFORMATION

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

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

2018 Food Handler Card Training • Next Class: Tuesday, August 21st

Submitted by: Adeline Crozier | Hualapai Tribal Administration

HUALAPAI - PEACH SPRINGS
2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
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

September is National Recovery Month

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



JOIN THE VOICES FOR RECOVERY
 invest in health, home, purpose, and community



JOIN THE VOICES FOR RECOVERY
 invest in health, home, purpose, and community

Foreword

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors **National Recovery Month (Recovery Month)** to increase awareness and understanding of mental and substance use disorders, and celebrate the individuals living in recovery. Now in its 29th year, the 2018 **Recovery Month** observance focuses on urban communities, health care providers, members of the media, and policymakers, highlighting the various entities that support recovery within our society.

The 2018 **Recovery Month** theme, *“Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community,”* explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to highlight inspiring stories that help thousands of people from all walks of life find the path to hope, health, and wellness. In addition, the materials support SAMHSA’s message that prevention works, treatment is effective, and people can and do recover.

“When I visit my family, we hug and cry tears of joy because of what recovery has done for us. They are so proud. My heart is filled with hope today. The world is a beautiful place again. We do recover.”



EW4H Diabetes • Type 2 Prevention Classes

Submitted by: Rosemary Sullivan, EW4H Nurse Case Manager | Hualapai Health, Education & Wellness

HUALAPAI EMPLOYEES WORKING FOR HEALTH (EW4H) PROGRAM presents

Diabetes-Type 2 Prevention Classes for the MONTH OF AUGUST 2018

8/7/18-- 12 Noon- 1pm at HEW- LARGE conference room
8/14/18-- 12 Noon- 1pm at HEW- LARGE conference room
8/21/18-- 12 Noon- 1pm at HEW- SMALL conference room
8/28/18-- 12 Noon- 1pm at HEW- SMALL conference room
At Peach Springs Health Dept.

Come join us- good information for you and your family
Lunch will be provided



For more information, contact Employees Working for Health @928.769.1630 or Rosemary Sullivan @ 928.727.1286



Health Awareness • Child Eye Health and Safety

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



Health Awareness

Children's Eye Health and Safety Awareness Month: Guard Your Vision

August is dedicated to preventing eye injuries and vision loss and saving children's eyesight. One of 20 children ages 3 to 5 has a vision problem that could result in permanent vision if left untreated. Despite this unsettling statistics, 80 percent of preschoolers do not receive an eye screening. Children's Eye Health and Safety Awareness Month encourages parents to learn how to protect their child's eyesight and save their child's eyesight from vision threatening conditions through regular eye exams, hence early detection and proper treatment. According to Craig Hensle, MD, President of the Virginia Society of Ophthalmology, eye exams for children are important because vision changes can occur without you or your child noticing.



Purpose of Children's Eye Health and Safety Awareness Month

Parents should make their child's vision health a priority, which is why the main objectives of Children's Eye Health and

Safety Awareness Month are to:

- **Spread Information On The Importance Of Healthy Vision** – Many activities gear towards family-friendly resources that help parents take care of their child's eye sight and keep it healthy.
- **Know More About Early Detection Of Vision Problems In Children** – Impart the red flags that a child may have a vision problem, such as uneven focus, amblyopia (lazy eye) and strabismus (crossed eyes). Early detection of vision conditions is crucial. Lazy eye is often corrected if treatment started at an early age; however, successful treatment is rarely achieved if treatment has started after a child reaches 8 or 9 years old.
- **Raise Awareness About Preventing Eye Injuries In Children** – In addition to eye diseases and conditions, you can also protect your children from sports-related eye injuries. About 100,000 sports-related eye injuries happen every day, where in one-third of these injuries occur in children under age 16. 90% could have been avoided if the child had worn protective eyewear, such as polycarbonate lenses fitted by an eye care professional. These lenses can withstand a ball traveling 90mph as it is 20 times stronger than ordinary eyeglasses.
- **Save Children's Eyesight** – Teach parents to help their child correct their vision and recover from vision loss.

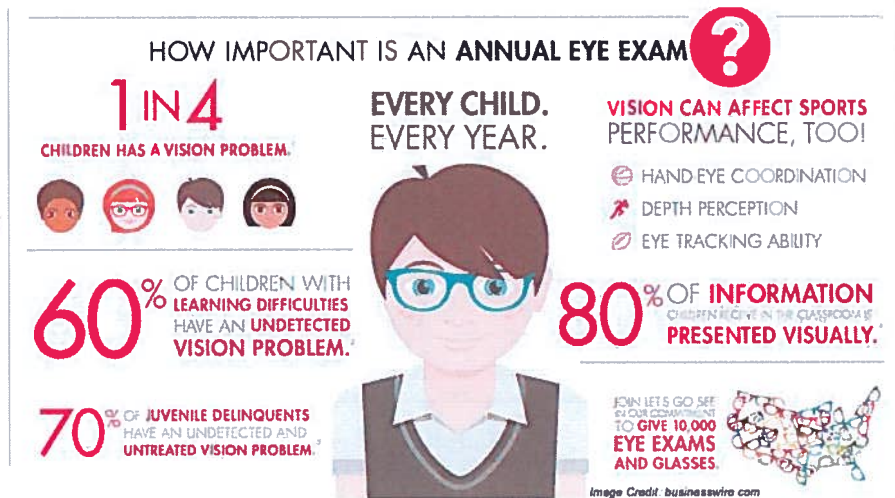
What You can do on Children's Eye Health and Safety Awareness Month?

Having a month dedicated to knowing about your child's eye health and safety can make a big difference to your child's health and life. Based on the key objectives of this awareness month, you can do so much more to help raise awareness about vision diseases and eye conditions in children, as well as how to prevent them. To do a quick involvement, you can do your own research online and use the social media to share good and factual information to others. You can also support eye health and safety education program and sight-saving programs, which are designed specifically for children.

Message on Children's Eye Health and Safety Awareness Month

Children should have an eye exam at 6 months and this must be repeated at age 3. Once they start school, eye exams must be done regularly. About 80% of what children learn in school is taught visually, which means if a child has undetected and uncorrected vision problem, it will affect the child's development and performances in school. Some warning signs that your child may be experiences vision problems are:

- Tilting the head or squinting to see the class board better or when watching TV
- Frequent eye rubbing when he's trying to concentrate on something.
- Holding a book too close to his eyes or often sitting close to the TV.
- Consistently using his fingers to guide his eyes when reading.
- Closing one eye to read or watch TV.
- Excessive tearing without any tear-causing stimuli.
- Eye discomfort when using a computer or any digital device i.e digital eye strain.
- Sensitivity to light, which sometimes accompanied by headache or nausea.
- Wandering eyes.



Special Tips on Children's Eye Health and Safety Awareness Month

Aside from keeping a watchful eye for some of the warning signs listed above, protect your child from eye injuries by ensuring* your children's toys are age-appropriate and not a danger to their eyes. Check if your child's toys or stuff are free of sharp or protruding parts that could accidentally poke the eyes. Fireworks are also detrimental to your child's safety, as it can cause blindness if not handled correctly.

Conclusion

It's your responsibility as a parent to know how you can keep your child's vision healthy and obtain early diagnosis in case your child is suffering from vision problems through a regular eye exam. Also, be aware that eye injuries can happen anytime, anywhere. Eye injuries are often caused by sports or physical activities, so know proper precautions such as wearing protective eyewear when playing sports.

Smoking, Gum Disease and Tooth Loss • What is Gum Disease?

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



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

Smoking, Gum Disease, and Tooth Loss

What Is Gum Disease?

Gum (periodontal) disease is an infection of the gums and can affect the bone structure that supports your teeth. In severe cases, it can make your teeth fall out. Smoking is an important cause of severe gum disease in the United States. Gum disease starts with bacteria (germs) on your teeth that get under your gums. If the germs stay on your teeth for too long, layers of plaque (film) and tartar (hardened plaque) develop. This buildup leads to early gum disease, called gingivitis. When gum disease gets worse, your gums can pull away from your teeth and form spaces that get infected. This is severe gum disease, also called periodontitis. The bone and tissue that hold your teeth in place can break down, and your teeth may loosen and need to be pulled out.

Warning Signs and Symptoms of Gum Disease

- Red or swollen gums
- Painful chewing
- Sensitive teeth
- Tender or bleeding gums
- Loose teeth
- Gums that have pulled away from your teeth

How Is Smoking Related to Gum Disease?

Smoking weakens your body's infection fighters (your immune system). This makes it harder to fight off a gum infection. Once you have gum damage, smoking also makes it harder for your gums to heal.

What does this mean for me if I am a smoker?

- You have twice the risk for gum disease compared with a nonsmoker.
- The more cigarettes you smoke, the greater your risk for gum disease.
- The longer you smoke, the greater your risk for gum disease.
- Treatments for gum disease may not work as well for people who smoke.

Tobacco use in any form—cigarettes, pipes, and smokeless (spit) tobacco—raises your risk for gum disease.

How Can Gum Disease Be Prevented?

- Brush your teeth twice a day.
- See a dentist regularly for checkups and professional cleanings.
- Floss often to remove plaque.
- Don't smoke. If you smoke, quit.

You can help avoid gum disease with good dental habits.

How Is Gum Disease Treated?

Regular cleanings at your dentist's office and daily brushing and flossing can help treat early gum disease (gingivitis).

More severe gum disease may require:

- Deep cleaning below the gum line.
- Surgery to help heal bone or gums lost to periodontitis. Your dentist may use small bits of bone to fill places where bone has been lost. Or your dentist may move tissue from one place in your mouth to cover exposed tooth roots.
- Prescription mouth rinse or medicine.
- Surgery to remove tartar deep under the gums.

If you smoke or use spit tobacco, quitting will help your gums heal after treatment.

A Tip From a Former Smoker • Felicita'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™

Felicita's Biography

At age 50, Felicita went to the dentist to have one tooth pulled and learned that all her teeth needed to come out. She was a smoker and had severe gum disease. Felicita had already lost some teeth, but losing every last tooth in her mouth came as a terrible shock. Like many people with gum disease, she did not have a lot of pain as the disease got worse. But the tissues and bone



Felicita, 54, Florida; lost all her teeth by age 50

structures holding her teeth in place were breaking down. On a sunny Florida day, Felicity's dentist pulled out 23 teeth and fitted her for false teeth (dentures). "It was very, very hard," says Felicity. It took a month for her mouth to heal from surgery. She had to learn how to eat, drink, and talk all over again. Felicity doesn't like the way her dentures fit, so she only uses the top set, and her mouth gets sore easily. She eats only soft foods or puts her meals in a blender—even lettuce.

Felicity doesn't smile much anymore, now that she has dentures. "I don't like the way people look at me," she says. "I feel ashamed of myself, really. I feel like I destroyed my health and my appearance with cigarettes." Felicity thought smoking made her look cool when she started at age 12. She grew up in New York with a rich Puerto Rican heritage and many family members who smoked. In fact, her mother gave Felicity permission to smoke, as long as she paid for her own cigarettes. And so began 33 years of smoking. Felicity smoked about 1½ packs a day.

Life moved quickly: marriage; two children right away; work; two more children; and early health problems for her first husband, who was also a smoker. Felicity brushed, flossed her teeth, and saw a dentist regularly, but by her mid-30s, her gums were bleeding. At age 40, her teeth were loose, and one even fell out at home. While Felicity knew that smoking caused lung problems, she still didn't realize that it greatly added to the problems in her mouth.

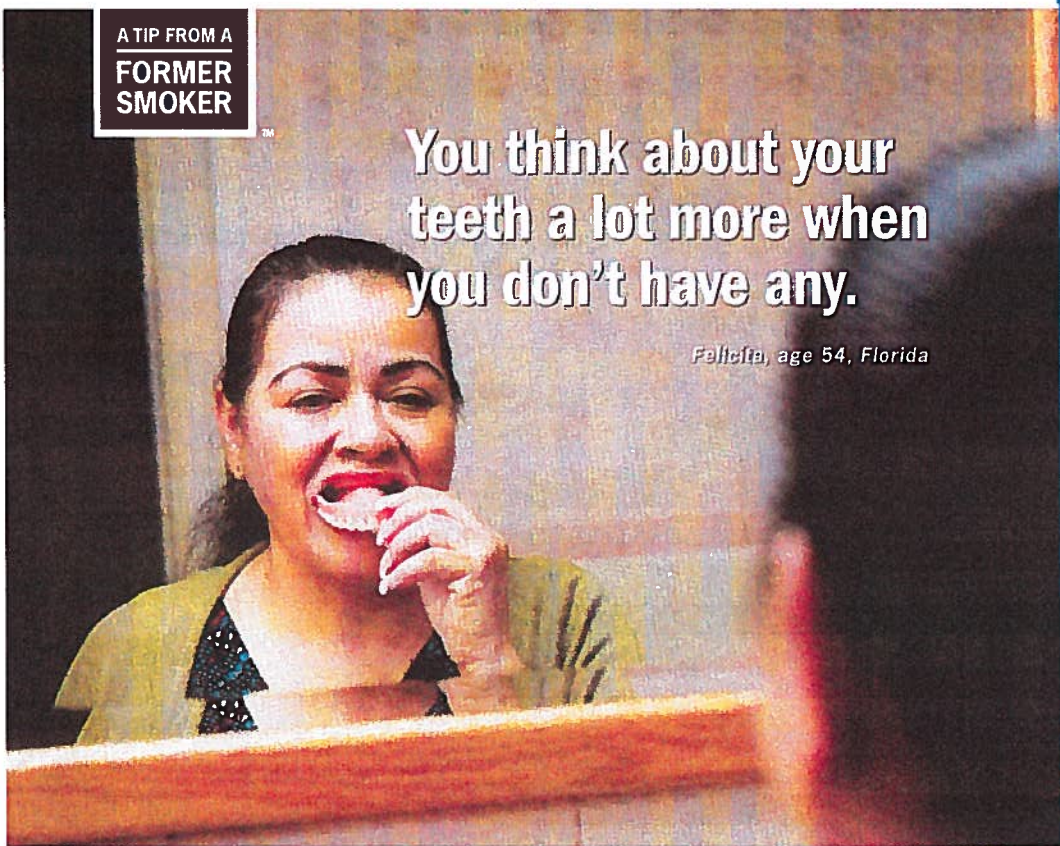
Felicity wanted to quit for many years, and when she was 45, she did it. But she smoked for more than 30 years and now had bad gum disease. The bleeding got worse, leaving stains on her pillow at night. One day at a work luncheon, a coworker whispered, "You're bleeding," with a look of disgust. Felicity hurried to the dentist, who said that all her teeth were damaged beyond repair and had to be pulled out.

Today, at age 54, Felicity loves being a nonsmoker. She can now keep up with her children on walks and takes dance classes. "I feel much better. I feel like I came back to life," Felicity says. But she doesn't like to eat out, where people sometimes stare at the way she slurps her food—and there's a chance that her ill-fitting dentures could fall into her soup. She misses biting into pizza, corn, peanuts, apples, and the traditional pork dishes served at family gatherings. Felicity hopes that her story will help other people quit smoking.

A TIP FROM A
**FORMER
SMOKER**

You think about your
teeth a lot more when
you don't have any.

Felicity, age 54, Florida



If you smoke, you could get gum disease that can lead to tooth loss. Like Felicity did. She had to have 23 teeth removed at once. The physical pain has gotten a little better over time. Her emotional pain? That's something she still deals with every day. You can quit.

CALL 1-800-QUIT-NOW.



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

#CDCTips



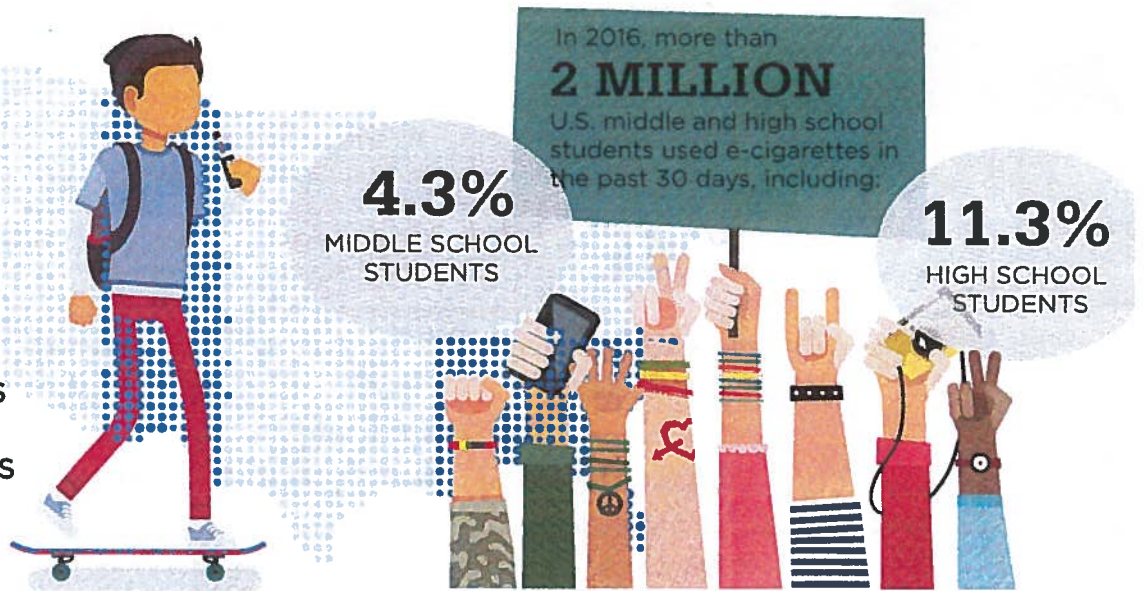
Who is Using E-Cigarettes?

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

WHO IS USING E-CIGARETTES?

E-CIGARETTES ARE NOW THE MOST COMMONLY USED TOBACCO PRODUCT AMONG U.S. YOUTH.

IN THE U.S., YOUTH ARE MORE LIKELY THAN ADULTS TO USE E-CIGARETTES



AMONG CURRENT E-CIGARETTE USERS AGED 18-24 YEARS, **40.0%** had NEVER BEEN cigarette smokers

ADULTS

IN 2015, AMONG ADULT E-CIGARETTE USERS OVERALL:

29.8% were former regular smokers

11.4% had never been regular cigarette smokers



58.8% were current regular cigarette smokers

In 2016, **3.2%** of U.S. adults were current e-cigarette users



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

Vegetables • Eating More and Introducing New Ones*Submitted by: Rosemary Sullivan, EW4H Nurse Case Manager | Hualapai Health, Education & Wellness***Vegetables!**

Eating more and introducing new ones

Vegetables are high in:

- Fiber to aid digestion
- Vitamins to support healthy tissue growth and maintenance
 - Vitamin A found in yellow and orange vegetables, builds healthy eye development and can prevent night blindness
 - Vitamin C found in broccoli, cabbage, brussels sprouts, dark leafy vegetables and peppers builds immune efficiency and wound healing
 - Vitamin B-2 found in cabbage, broccoli, brussels sprouts and spinach maintains healthy brain and nervous function
 - Vitamin K found in dark green vegetables, assures blood coagulation (clotting) and calcium absorption in bones



Eating at least 3 vegetables servings a day is linked to:

- Body weight maintenance and loss
- Healthy glucose level
- Healthy muscle development
- Maintenance of nerve and brain function

So step up, make a conscious effort to eat more vegetables!

If you don't plan, chances are you will slip into old patterns of eating fried potatoes or corn as a side dish. Remember: Corn is not a vegetable!

Ideas for eating more vegetable

- Eat the vegetables you like more frequently

- Try new low fat ways to eat your favorites - steamed, raw and main meal dishes such as spaghetti sauce, meatloaf and lasagna
- Try raw vegetables with hummus and low fat salad dressing NOT regular Ranch dressing
- Try new vegetables hidden in favorite foods, such as zucchini and beets in corn muffins, spinach in salads with lettuce, and cooked, mashed cauliflower in mashed potatoes
- Get kids involved in making corn-veggie muffins, vegetable kabobs or salads with vegetables such as purple cabbage, radishes and spinach

Lunch and Learn 7/31/18

Recipes • Mini Vegetable Cakes and Healthy Homemade Spaghetti Sauce

Submitted by: Rosemary Sullivan, EW4H Nurse Case Manager | Hualapai Health, Education & Wellness

Mini Vegetable Cakes

Zucchini and beets are baked into corn muffins to make a great side dish for chili, soups, or beef roast.



from Parents Magazine

Servings: 4 Prep 20 mins Total Time 20 mins

Ingredients

- 1 - 8 ½ ounce package corn-muffin mix
- 1 egg white
- 3 tablespoons water
- ¾ cup shredded zucchini
- ½ cup chopped canned beets
- 2 tablespoons canola oil

Make It

Combine half corn-muffin mix with egg white and water. Stir in shredded zucchini and beets. Heat canola oil over medium heat in a large skillet. Drop batter by the tablespoon in hot canola oil. Cook 2 minutes; turn and cook 1 to 2 minutes more, until browned.

Nutrition Facts

Servings Per Recipe: 4; Amount Per Serving: cal. (kcal): 195, Fat, total (g): 10, chol. (mg): , sat. fat (g): 1, carb. (g): 23, Monounsaturated fat (g): 4, Polyunsaturated fat (g): 2, Trans fatty acid (g): , fiber (g): 1, sugar (g): 2, pro. (g): 3, vit. A (IU): 47, vit. C (mg): 5, Thiamin (mg): , Riboflavin (mg): , Niacin (mg): 1, Pyridoxine (Vit. B6) (mg): , Folate (µg): 12, Cobalamin (Vit. B12) (µg): , sodium (mg): 267, Potassium (mg): 100, calcium (mg): 7, iron (mg): 1, Percent Daily Values are based on a 2,000 calorie diet.

Healthy Homemade Spaghetti Sauce



Healthy Homemade Spaghetti Sauce recipe has no added sugar! It's meaty, thick, full of Italian flavor and great served over traditional pasta or spaghetti squash for a low-carb meal.

Prep Time: 15 mins
Cook Time: 50 mins
Total Time: 1 hr 5 mins

Servings: 15 servings | Calories: 163 kcal

Ingredients

- 1 ½ pounds ground beef
- 3 teaspoons minced garlic
- 2 cans tomato puree 29 ounces each
- 2 cans diced tomatoes, with juice 14.5 ounces each
- 2 teaspoons salt
- 2 teaspoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon thyme
- 1 teaspoon crushed red pepper

Instructions

1. In a large saucepan, brown the ground beef along with the garlic. Drain.
2. Add in the rest of the ingredients and bring to a low boil, stirring often.
3. Once the sauce is heated through and at a low boil, reduce the burner temperature to low and simmer uncovered for 45 minutes.
4. Serve immediately or allow the sauce to cool, then package it in freezer-safe containers for easy storage.

Nutrition Facts	
Healthy Homemade Spaghetti Sauce	
Amount Per Serving	
Calories 163	Calories from Fat 99
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Cholesterol 32mg	11%
Sodium 439mg	18%
Potassium 475mg	14%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 9g	18%
Vitamin A	7.9%
Vitamin C	14%
Calcium	4%
Iron	14.2%

* Percent Daily Values are based on a 2000 calorie diet.

Recipes • Rainbow Veggie Salad

Submitted by: Rosemary Sullivan, EW4H Nurse Case Manager | Hualapai Health, Education & Wellness



RAINBOW
VEGGIE SALAD

FAST FIX

RAINBOW VEGGIE SALAD

Every salad should be colorful and crunchy like this one with its bright tomatoes, carrots, peppers and sassy spring mix. Toss with your best dressing.

—LIZ BELLVILLE JACKSONVILLE, NC

START TO FINISH: 25 MIN.

MAKES: 8 SERVINGS

- ½ English cucumber, cut lengthwise in half and sliced
- 2 medium carrots, thinly sliced
- 1 cup each red and yellow cherry tomatoes, halved
- ¾ cup pitted ripe olives, halved
- 1 celery rib, thinly sliced
- ¼ cup each chopped sweet yellow, orange and red pepper
- ¼ cup thinly sliced red onion
- ½ teaspoon garlic salt
- Dash coarsely ground pepper
- 1 package (5 ounces) spring mix salad greens
- ¾ cup reduced-fat buttermilk ranch salad dressing

1. Place cucumber, carrots, tomatoes, olives, celery, sweet peppers, onion, garlic salt and pepper in a large bowl; toss to combine.

2. Just before serving, add salad greens. Drizzle with dressing and toss gently to combine.

Per 1 cup: 64 cal., 3g fat (1g sat. fat), 0 chol., 232mg sod., 7g carb. (3g sugars, 2g fiber), 2g pro.

Diabetic Exchanges: 1 vegetable, ½ fat.

Recipes • Spinach Balls

Submitted by: Rosemary Sullivan, EW4H Nurse Case Manager | Hualapai Health, Education & Wellness

Spinach Balls

These Easy Spinach Balls are a perfect party appetizer. Prep the recipe ahead of time for easy entertaining or serve them as a kid-friendly vegetable option at dinner!

Prep Time: 5 minutes | **Cook Time:** 15 minutes | **Total Time:** 20 minutes | **Yield:** 15 balls

INGREDIENTS

- 1- 10 oz package of chopped, frozen spinach
- 1 egg
- ¾ cup breadcrumbs
- ½ cup grated parmesan cheese
- 2 Tbsp melted butter
- 2 Tbsp plain yogurt
- 2 Tbsp green onion, thinly sliced
- ½ tsp pepper
- ½ tsp paprika

INSTRUCTIONS

1. Defrost spinach and wring well in a towel to remove excess moisture.
2. Combine all ingredients in a bowl and mix well to combine.
3. Form into balls with your hands, squeezing tightly.
4. Bake at 350 degrees for 13-15 minutes, turning once.



DID YOU MAKE THIS RECIPE?

Tag @theleangreenbean on Instagram

Find it online: <https://www.theleangreenbean.com/easy-spinach-balls/>

Peach Springs Veterans

Indian Health Services is hosting the Northern AZ Veterans Rural Health Program Manager Rod Sepulveda Come get your questions answered on 8/16/2018 from 1-4 in the lobby if IHS

You served with honor.
Now let VA serve you.

In gratitude for your service to the nation, VA provides benefits to help you buy, retain, or modify a home; earn a degree; start a career; stay healthy; and do so much more in life after the military. Our mission is to serve you.

Explore Your Benefits

As you make important choices about your family, finances, education, career, and health care, spend a few moments to explore VA benefits.



Receive compensation for your service-connected disability. If you have a disability caused by or aggravated during active military service—no matter when or where you served—you may be eligible to receive tax-free monthly benefits. **Filing a Fully Developed Claim is the fastest way to get a claim decision.**



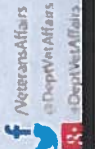
Invest in your education. VA provides education and training support for eligible Veterans and, in some cases, their spouses, dependents, and survivors. The Post-9/11 GI Bill®, Montgomery GI Bill®, and other programs help cover the cost of tuition, training, housing, books, and fees. **Use GI Bill benefits to attend college, go to trade school, learn a technical skill, or get on-the-job training.**



Jump-start your career. VA offers numerous benefits, resources, and services to help you transition from service to civilian employment and enhance your education, skills, and career. VA provides vocational and employment counseling, job-seeking tools, and other assistance. VA also offers services if you're unable to work due to a service-connected disability. **If you have a service-connected disability or are a transitioning Servicemember, you may receive assistance to overcome employment challenges and advance your career, including training, tuition, books, and fees.**



Care for your health. VA provides world-class health care to eligible Veterans. The Veterans Health Administration is America's largest integrated health care system, with more than 1,700 sites of care, and it is consistently ranked among the nation's top health care providers. Our goal is to provide Veterans and their families with personalized, proactive, and patient-centered care. **More than 6 million Veterans choose VA health care and meet the Affordable Care Act health coverage requirement.**



Veterans Affairs
@DeptVetAffairs
#ExploreVA



U.S. Department
of Veterans Affairs



Finance or improve a home. With VA's home loan guaranty programs, eligible Veterans of any age may access a low-interest home loan, draw cash from their home equity by refinancing, or reduce their current interest rate. VA adaptive housing grants can also help Veterans with certain service-connected disabilities live more independently. **You can reuse VA home loan benefits multiple times.**



Secure your family's future. VA offers a variety of life insurance options that accommodate many circumstances. With Veterans Group Life Insurance (VGLI), you can get up to \$400,000 in coverage. You must apply for VGLI within 1 year and 120 days from separation from the military. You will not need to answer any health questions if you apply within 240 days after separation. Your spouse, if covered under Family Servicemembers' Group Life Insurance before you separated from service, may also obtain VA life insurance from participating private insurers by applying within 120 days after your separation. **Additional insurance is available to disabled Veterans with service-connected conditions, even those rated at 0 percent.**



Rest in peace. VA provides burial and memorial services to Veterans at no charge to honor their service to the nation. Spouses and children may receive these services, too. Benefits may include burial in one of VA's 131 national cemeteries, including the opening and closing of the grave site, inscribed headstones or markers, a burial flag, and a Presidential Memorial Certificate. **VA provides burial and memorial services for eligible Veterans free of charge.**



Supplement your income. A VA pension can provide extra monthly income to help make life a little easier. It is tax-free, supplemental income for certain low-income disabled or elderly wartime Veterans or their surviving spouses. **More than 500,000 Veterans and survivors receive VA pensions.**



Protect your loved ones. Spouses, dependents, and survivors of Veterans and Servicemembers may be eligible for many types of VA benefits. Loved ones of those who have died or were seriously injured in the line of duty may also receive VA assistance. Benefits may be used to advance in a career, get an education, or provide supplementary income. Surviving spouses may benefit from VA-guaranteed home loans too. **In a recent one-year period, one-quarter of those receiving VA Post-9/11 GI Bill benefits were spouses and children of Veterans using transferred entitlement.**



Find Out How You Can Benefit

Eligibility and application processes vary by benefit and applicant. Some applications can be completed online; others are submitted by mail or in person through your nearest VA facility or regional office. Explore benefit highlights, eligibility rules, how to apply, and more at Explore.VA.gov.



U.S. Department
of Veterans Affairs

The Road to Wellbriety • It's Up to You

Submitted by: Jessica Powskey, Strategic Prevention/Tribal Practices | Hualapai Health, Education & Wellness

It's Up To You



It's Up To You

*Our culture has a lot of lessons to teach, and the land does, too.
When we get rid of alcohol and drugs, the culture really starts to teach.*

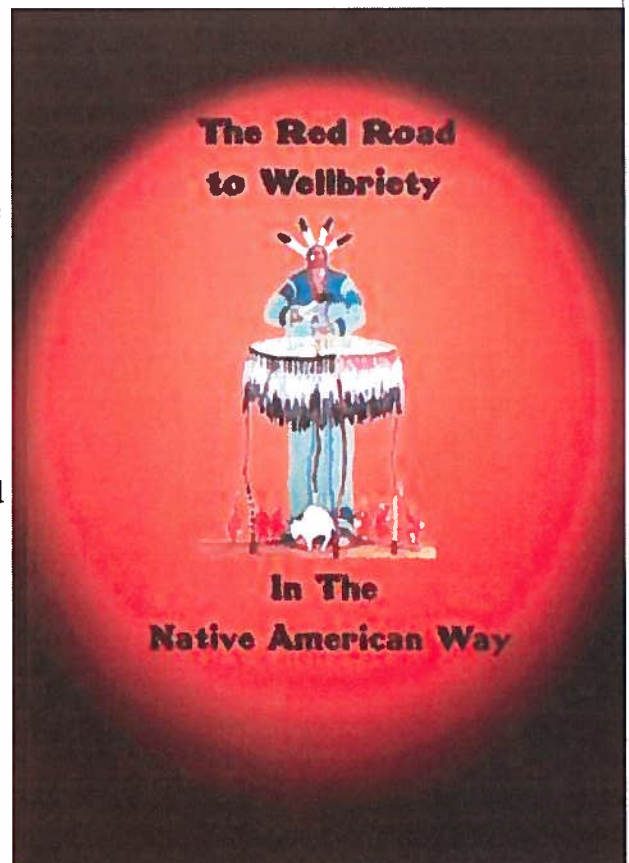
Our culture has started coming back in recent years and this is how we're dealing with our alcoholism. Sweat lodges, drums, the Sundance, and other traditional ways—that's what it's going to take for us to become sober and really prosper.

Our culture was almost destroyed. For example, we enjoyed watching western movies, like when John Wayne passes around the peace pipe and goes through Indian country. Peace pipe my foot, there is no such thing. There is the sacred pipe, but never a peace pipe where I come from. We watched these movies and saw what they were doing to our kids. We brought in a cowboys and Indians movie to our remote community once and paid attention to our kids as they watched it. When it looked like the Indians were starting to war; the Cavalry came riding over the hill and saved the wagon train. All our little Indian kids started to cheer. we decided we had better to teach our kids which side they are on.

There are four directions and four colors. The white, the red, the yellow, and the black are living right here on mother earth. How come they can't live in harmony? We're saying we are Native people, so let's straighten out one another like we believe. When we go out in the bush we don't see the cottonwood tree kicking over the fir tree. You don't see the spruce pushing over the willow and telling it to get out of there. They live in harmony with one another. We are supposed to be the smartest species on mother earth so how come we can't do that?

Our learning comes from our culture. Forgiveness is part of our traditions. One day when I was going out the door late for work, I stumbled over a dog that was lying right on the doormat. I kicked him out of the way. I went back into the house to get the keys to my truck and that dog was sitting there wagging his tail, looking up at me. He was telling me, "I forgive you for what you did to me." Some of us carry a grudge around for years and years. We forget that these little things that teach us are always right here. But we don't see what's behind everything. We don't see the teaching behind the little things.

Like water. That water is our life. It runs everyday. It's like time. That river. That river is you. If you go down there and try to make it go backwards, it's like stopping time. If you dam it up, is it going to go backwards the other way? Are you going to say, "I'm 23, and I'm going to stay here forever?" No way. You're going to get older. That river is the same way. If you put a dam there, that becomes a problem. Every one of us has



a problem almost every day. But we find a way around them. That river does the same thing. It keeps going and it finds a way around the dam. It will keep going. That water is you. That water is your life. The trees, the willows, and everything else in your life have been like that.

We've been called savages for hundreds of years. But how about our kids who are starting to drink? When our kids pick up that bottle, then they become that savage. I think we ought to start telling them to look at their lives. They aren't savages. Let's not make that same mistake Columbus made when he landed on this island. He called us pagans. But he didn't study how we prayed. Now there are wars because of religion. Our drums and our past were burned because they believed we were pagans and savages. But they who drum came back and we enjoy listening to the songs. There's nothing wrong with it. It's a teaching. It's a learning experience.

In their wars, one religion wants to be right. But if you ask them who they are praying to, they'll tell you, the Creator. Everybody is praying to the same one, maybe with a different name, but it's still the Creator. And yet there's wars going on because of that.



Throughout my alcoholic years I had hatred for where I went to school, which was a residential school in Canada. On my first day there I hated the priests, the brothers, and the nuns. I walked in there, a child proud of my culture. They grabbed me and put me on a high chair and clipped off my braids. They wrapped my braids in my buckskin vest, dragged me downstairs, threw it in the furnace and made me watch it burn. When I talk about that today I can still smell it burning. I hated those guys for a long time, and I drank because of it. Forgiveness came really hard. But today I can learn forgiveness from a dog-but it took thirty years to learn that. Our traditional cultures taught us that and that's where we can find learning.

Our marriages and our people who are now getting drunk need all the help they can get. Sometimes the people we fear the most are waiting for us to tell them that one word-"hey, why don't you stop? Talk to me." This happens in my community. Sometimes all a person needs is one word. "Help yourself and I'll help you.." It's always been that way. Alcohol can be a powerful medicine for other cultures, but to us it isn't.

Sometimes we talk to couples. We know a couple which has been sober for a long time, but they are always fighting. They said to us, "Grant, you and Lori have been married for a long time. How the hell can you do it?" I said I guess its luck. They said, no it has got to be more than that. How do you do it? I didn't know what to tell them. So one day in April they were riding in my truck and along came a learning experience. I didn't expect anything and had no idea what to tell this couple that was riding with me.

I stopped at a barn and near a log fence where two bluebirds were making a nest. I told the couple, just watch those two birds. Pretty soon everything started coming together. The female bird took a piece of grass to the nest and flew away. The male came and put his piece of grass in. We watched those bluebirds for a long time and my friends were quiet. We noticed if the female put her grass in the wrong way, the male didn't come and beat her up. They were working in harmony with one another. To me that is first-class marriage counseling right there.

We talked about what would happen next. The female would lay the eggs. And so I said, "When the eggs hatch, does the male go out and get drunk and beat the hell out of her?" No. They work in harmony, protect and feed the young, and they live together. When the young ones fly away, then they go their separate ways. My friends had children at home. I asked them what they were doing. They got real quiet and maybe something happened. They gave each other a hug and got in my truck and we went home.

We see symbols when we start looking, but we are usually looking in the wrong places. I think if we do our counseling in a willow grove or out in the high grasses you can probably learn a lot. We forget that all our teachings and all the things we talk about as Native people are out there in the land. We can also learn from our kids. If six-year-old kids can sit in their talking circles at school, pass around the talking rock and cry on each other's shoulders, and share all their hurts, then why can't adults do that same thing?

Our culture is something to be proud of. Our religion is something to be proud of. In our culture we didn't drink, we didn't abuse. Our language barrier is starting to break. In my age group we can talk our language and understand it. In the next age group down, from 45 to 25, that group can only pick up words here and there. The group after that can't understand anything. But the group that is still in high school is starting to learn our language again. They can read and write it. our language expresses our culture and our understand-

ing. The biggest mistake we made is not teaching our children our languages and our Native tongue. Because to us it's sacred and it always will be.

Alcohol and drugs are getting in our way and they have to come out first. The leadership has to understand that. We need sober Tribal Councils. Up in Canada where I live people are not getting elected if they are drinking. In my community, if somebody saw you in a bar, when election time comes around-forget it! Don't even campaign because you're not going to get in. That's how powerful it can get. If somebody is going to be negotiating for me somewhere, for something of importance, I want them to have that clear mind. All the chiefs in the past from Sitting Bull all the way down, would tell you the same thing if they were sitting here today.

We'll change when we begin to understand that alcohol is the problem. That drugs are the problem. It's not us individually. It's the alcohol and the drugs that do it. It's time for us to learn where our problems come from. To begin to realize that we are Native people and we believe in the culture. We believe in something and we have a life of our own. And that life is yours. Begin to believe in our Native culture, and when you do believe, things will happen. If you are not positive about it you are never going to move. It's easy to be positive. Doing the Sundance is positive. The sweat is positive. Each of you has traditional ways from your Nations. Do it. It's up to you.

COMMUNITY MESSAGES

"Caverns Tripper Route"

The "Caverns Tripper Route" is a route from Peach Springs to the Grand Canyon Caverns. The pick up times are:

- 6:05AM:** Buck & Doe Housing
- 6:10AM:** Box Canyon
- 6:17AM:** Peach Springs Elementary School
- 6:20AM:** Tribal Office
- 6:25AM:** Housing
- 6:40AM:** Arrive at Caverns

The cost to ride the bus are:

- Round Trip: Seniors/Under 18 - **\$3.00**
- Ages 18-50 - **\$4.00**
- One Way: Seniors/Under 18 - **\$2.00**
- Ages 18-50 - **\$2.50**
- Monthly (30 Day) Passes are:
- \$40.00** for Seniors & Passengers under 18
- (**\$20.00** for additional passes)
- \$45.00** for Passengers 18YOA - 50YOA
- (**\$30.00** for additional passes)

Come Ride the Hualapai Transit!!

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 cbegay@gcncr.com or call (505) 870.5847.



Clarenda Begay
Native American Affairs Coordinator

P.O. Box 5111
Window Rock, AZ 86515

Tel: 505.870.5847
cbegay@gcncr.com

GRAND CANYON LODGE

N O R T H R I M

Quilt Block – “The Grand Canyon” Create utilizing your cultural identity and tribal stories to feature the Grand Canyon Story Quilt. To be accepting work from the Hualapai, Havasupai, Hopi, Navajo, White Mountain Apache & Zuni Tribal Quilters.

Unfinished block of 12 1/2” x 12 1/2”, must be of 100% cotton on white background. To be prewashed, treated to prevent bleeding and pressed. Unfinished quilt square to be completed and submitted on February 1, 2020. The finished queen size quilt wall hanging to measure height 92” x width 90” to be displayed in May 2020.

One entry per quilter. A quilt will be constructed of the unfinished blocks. The completed quilt to be property of Forever Resorts, to be displayed at the Grand Canyon North Rim to celebrate tribal Peoples life ways pertaining to a Seven Wonder of the World.

Quilters submitting quilt blocks will be asked to share their bio and talk about their quilt square at a Guest Artist Quilters Show & Tell at the Grand Canyon North Rim. Dates to be announced.

Please complete the information in the box below to reserve your quilt block to be purchased by Forever Resorts for \$50.00. **Only 30 Quilt blocks will be Accepted.**

“The Grand Canyon” – First Come, First Serve.

Quilter’s Name:

Quilter’s Group:

Town/Area:

Tribal Affiliation & Clan Groups:

Age:

Address:

Email Address:

Telephone:

Thoughts for your creation: (one paragraph explaining your planned ideas).

Submit Information to Clarenda Begay, Native American Affairs Coordinator.

(M) 505.728.0006 or by email at cbegay@gcncr.com

KWLP "The Peach" Volunteer of the Month" - July • Jessica Orozco AKA "DJ Bloom"

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

July, 2018 Volunteer of the Month:

Jessica Orozco, aka DJ Bloom



Dj Bloom, aka Jessica Orozco, is an employee with the Hualapai Tribe Natural Resources Department. She shares her passion for plants and alternative Music, as well as services, activities and events going on in the community involving natural resources, with Peach listeners every Tuesday at 3:00pm during Alternative Oasis. When Jessica joined the Peach crew of volunteer DJs she promised staff she would be our "DJ extraordinaire" and she has kept her promise, and then some! She is always prepared, puts on a great show with her music picks, shares interesting information during her talk segments and brings fascinating guests in for interviews. She does everything staff asks her to do and more. We really appreciate her participation! You definitely want to check out Alternative Oasis! We know you'll appreciate her too! Jessica will receive incentives valued at \$100 for being Volunteer of the month and be eligible to be Volunteer of the Year!

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

KWLP Volunteers sponsored in part by:



Back to School Word Search

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



Back to School Word Search

O	D	T	N	K	D	O	S	L	O	H	C	S	F	
I	F	E	G	G	N	I	D	A	E	R	F	I	Q	G
S	G	A	H	H	G	Y	R	A	R	B	I	L	P	H
R	H	C	C	P	T	P	H	R	G	P	H	E	O	J
E	J	H	L	O	J	A	J	E	H	O	J	A	G	L
T	B	E	A	I	K	O	M	W	J	I	K	R	N	A
U	K	R	S	R	E	P	A	P	S	W	E	N	I	P
P	L	S	S	Y	P	D	S	Q	D	Y	P	I	T	I
M	N	Q	E	T	I	T	N	Q	O	T	I	N	I	C
O	P	A	S	R	N	I	P	A	P	R	C	G	R	N
C	J	Z	E	E	D	U	C	A	T	I	O	N	W	I
N	L	Z	D	W	R	N	L	Z	L	W	R	L	Q	R
M	U	U	K	Q	E	M	T	C	K	Q	S	K	A	P
A	T	B	S	E	D	A	R	G	D	U	W	L	S	S
S	Y	V	L	S	S	S	Y	V	B	O	O	K	S	T

- 1. STUDENTS
- 2. SCHOOLS
- 3. BOOKS
- 4. COMPUTERS
- 5. LEARNING
- 6. NEWSPAPERS
- 7. BUS
- 8. TEACHERS
- 9. GRADES
- 10. PRINCIPAL
- 11. EDUCATION
- 12. CLASSES
- 13. READING
- 14. WRITING
- 15. MATH
- 16. LIBRARY

*NOTE: Complete and return back to Good Health & Wellness to receive a backpack with school supplies. (Limited to 10 youth)

More Information Contact: Vondell Bender, GHW Educator @ H.E.W (928) 769-2207 ext. 209

Daily Strips from the 1970s (Peanuts)

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

