

GAMYU



Friday, October 5, 2018

Newsletter of the Hualapai Tribe

Issue #20

Community Meeting

When: Friday, October 5, 2018

Time: 5:30 pm

Where: Hualapai Tribal Gymnasium

Subj: Minor Per Capita Distribution

All concerned parents/guardians are encouraged to attend this meeting.

BBQ will be served



Special points of interest:

- Regular Hualapai Tribal Council Meeting will be held on Saturday, October 6th at 8:01AM in the Hualapai Tribal Chambers.
- TERC Meeting on Wednesday, October 17th at 9:00AM at the Hualapai Cultural Resources Department.
- HTUA Meeting on Thursday, October 18th at 9:00AM at the Hualapai Health Department.
- Transit Advisory Committee (TAC) Meeting on Thursday, October 18th at Hualapai Health Department from 1:00PM-3:00PM (page 11)
- Per Capita Notices: **October 15th Deadline** (page 2)

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Hualapai Business Owner to Participate at Global Business

Submitted by: April Tinhorn | Tinhorn Consulting, LLC.

FOR IMMEDIATE RELEASE

September 19, 2018

Contact: Tinhorn Consulting, LLC

602-430-2282

Hualapai Business Owner First to Participate at Global Business Summit in Mongolia

April Tinhorn of Tinhorn Consulting, LLC participates in International Technology Panel to discuss innovation and connectivity in Indian Country

PHOENIX, AZ – On September 6, 2018 April Tinhorn, owner and Hualapai visionista of Tinhorn Consulting, LLC was invited, as a part of the Native Women Entrepreneurs of Arizona (NWEA), to participate on a panel titled Digital Economies and Building Business as part of the 2018 Global Women’s TRADE Summit hosted by the International Women’s Federation of Commerce and Industry (IWFCI) in Ulaanbaatar, Mongolia. The IWFCI was formed to support the emerging needs of women in business and to recognize the increasing contributions of women in commerce, community and government.



Presenters highlighted the successful digital economy of Mongolia, which despite the vastness of people across rural areas has managed to connect a majority of its citizens. In contrast, Native American people in the United States continue to face unique challenges due to a continuing digital divide, tribal digital sovereignty and issues of trust.

“Despite some of the barriers that exist on tribal lands, I am encouraged to see other Native American entrepreneurs and businesses evolve from what were more village or market-centric commerce to building Indian Country’s digital economy,” Tinhorn said. “The connections between people and businesses has always been there, now with the introduction of devices and data, we are moving into the future of tribal e-commerce. Participating in the summit provided me the opportunity to start the conversation about the evolution of the tribal digital economy and promote working and collaborating with Native American business owners.”

As the sole woman on a global technology panel, she issued a call for more women to be recognized and involved in future global business summits. “Women bring life experience into their work,” Tinhorn said. “We need that

perspective. The next innovations will occur when women are breaking code and coming up with solutions from our experiences as women. The world needs our ideas and solutions.”

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About Tinhorn Consulting, LLC:

Tinhorn Consulting, LLC is a full-service integrated marketing and consulting firm specializing in telling clients' stories in the most powerful way that has a lasting and far-reaching impact. Tinhorn Consulting, LLC, works with clients from a variety of industry sectors including health, government, education, non-profit and business. Tinhorn Consulting, LLC is a 100% Native American, woman-owned business. For additional information, contact info@tinhorn-consulting.com.

HTUA Seeking New Board Member ♥ Submit Letter of Interest by Friday, October 26th

Submitted by: Kevin Davidson | Hualapai Planning Department



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

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

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

At this time, the Tribe is seeking a new candidate to apply for Board membership to maintain this important function of Tribal government. This Board position may be filled by members or non-members of who have not less than ten years' experience in business management of substantial character and have had experience in the management and operation of an electric utility. No employee of the Bureau of Indian Affairs, employee of the HTUA or member of the Tribal Council shall be a member of the Board. The new board member will be appointed for a three-year term.

Please prepare a typed narrative offering your qualifications (resume) and general motivation to be a member of the Hualapai Tribal Utility Authority Board and what you hope to achieve while on the Board. **Please bring or e-mail your letter of interest to the Tribal Office, 941 Hualapai Way, Peach Springs, Arizona, attention Christine Lee, by Friday, October 26, 2018, at 5:00 PM.** Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

Important Per Capita Notice for Minors ♥ Monday, October 15th

Submitted by: April Siewiyumptewa | Hualapai tribal Administration



Per Capita Notice For Minors

For minors who turned 18 years of age after the deadline last year and those who turned or will be turning 18 years old before the October 15, 2018 deadline, please be sure to fill out an address change form before the deadline.

We need to make sure that we have a current address on file for you as you will be new to the system. Address change forms can be found online at the Tribal website, at the Tribal office or in the Gamyu.

Any newly enrolled Tribal members after the October 15, 2018 deadline and for any new enrollees this year, you will need to fill out a Minor Per Capita application.

For any questions please call April at the Tribal office (928)769-2216, ext. 117.

Thank you.

Update Your Minor Per Capita Applications ♥ Deadline: Monday, October 15th
Submitted by: April Siewiyumptewa | Hualapai Tribal Administration



***Please note that the deadline to turn in the change of address form and the Minor Per Capita applications has changed.**

Minor Per Capita applications are now available! You must turn these in before the October 15, 2018 deadline. The form must be completely filled out with no missing Tribal ID numbers, birth dates, or social security numbers. Forms must be complete and include any legal custody documentation if needed. Incomplete applications will result in monies being sent to trust, no exceptions will be made.

Please note that those that do not re-file a new application your designation will stay the same as it was last year. So, if you selected trust or check last year it will be the same this year. You only need to fill out a new application if you missed the deadline last year or you wish to change your designation of where your minor(s) funds will go.

Any address changes must be updated with the Finance Department before October 15, 2018 or we will mail to the last address on file. If you are unsure if you need to fill out a form then please give us a call.

Both of these forms must be notarized or they will not be accepted. The forms are located on the Tribal website, at the Tribal Office or in the Gamyu.

Please contact April at Tribal Office (928)769-2216 for any questions.



HUALAPAI TRIBE

2018 Minor Per Capita Application

NAME OF LEGAL GUARDIAN/PARENT: _____

GUARDIAN SOCIAL SECURITY # (REQUIRED) _____

MAILING ADDRESS: _____

CITY, STATE, ZIP CODE: _____

DAYTIME PHONE: _____

EMAIL ADDRESS: _____

THE CHILDREN LISTED BELOW ARE IN MY LEGAL CUSTODY AND DOCUMENTATION IS ATTACHED:

(FOR EACH CHILD BELOW, PLEASE CHECK THE BOX IF YOU WOULD LIKE TO RECEIVE A CHECK IN THE NAME OF THE LEGAL GUARDIAN ABOVE, OR, IF YOU WOULD LIKE THE FUNDS PUT INTO THE TRUST FUND FOR THE CHILD'S FUTURE BENEFIT.)

CHILD NAME	BIRTH DATE	CHILD SS #	TRIBE ID #	CHECK <small>(PLEASE SELECT ONE BELOW)</small>	TRUST
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

****IMPORTANT**:** If appropriate guardianship documentation is not received before October 15, 2018 the funds will automatically be put into a trust account and will be available to the child when the child turns 18.

I affirm that the information on this form is accurate and complete, including any attachments. I also consent to all information herein being shared with Hualapai Tribal government agencies and entities, on a need to know basis for the purpose of processing the request and the proper administration of the 2018 per capita distribution.

SIGNATURE: X _____ DATE: _____

State of _____

County of _____

Subscribed and affirmed before me on this ___ day of _____, 2018, by _____, proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

In Witness Whereof, I have hereto set my hand and official seal.

Notary Public: _____ Expiration Date: _____

Halloween Crafts & Movie ♥ Friday, October 5th

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



Halloween Movie, Crafts, and Bingo!

Friday, October 5, 2018

3pm-5pm

HEW 488 Hualapai Way

Come make spooky crafts, Bingo, Snacks & a MOVIE!

For more info contact Taylor Johnson 769-2207

Youth Council Meetings & Events ♥ October
Submitted by: Trena Bizardi | Hualapai Health, Education & Wellness

YOUTH COUNCIL MEETINGS & EVENTS

WHEN

Every Monday 6-8pm

WHERE

Health & Wellness Building
(HEW)

Large Conference Room

IF YOU ARE 13-25. FEEL FREE TO COME JOIN US. WE ENCOURAGE YOU.

@HUALAPAIYS



Questions? Call Youth Services

769.2207 Ext 201

10/1

Regular Meeting @ HEW

10/5

Gardening @ Cultural

10/8

Business Meeting @

The Lodge

10/12

Gardening @ Cultural

10/15

Regular Meeting + Life Skills Cooking Class @ Multi

10/19

Recruitment Trip

Northern Arizona University School Visit (5 spots open)

10/22

Regular Meeting-Hualapai

Language Class w/ Jackie

10/26

GCRC Halloween & Fundraising

10/29

No meeting! Staff on Travel

10/30

School Carnival & Fundraising @ Music Mountain

Pottery Making Classes ♥ October 8th—9th
Submitted by: Shanna Salazar | Hualapai Tribal Administration

Pottery Making Classes



HUALAPAI CULTURAL CENTER
OCTOBER 08 – 09, 2018
9:00AM – 4:00PM
Lunch provided

With: RON CARLOS/Maricopa Potter
Salt River Pima – Maricopa Indian Community

Pottery making 101; demonstrate, instruct, fire in Yuman coil pottery making. Learn techniques with paddle and anvil. Only 10 spots available; must sign up for this 2-day class. Fall break

For more information; call 769-2223/2234

Fall Break Activity: Bird Dancing Classes ♥ Monday, Oct. 8th—Thursday, Oct. 11th

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

Bird Dancing Classes



Multi-purpose Building
1p – 3p
October 8-11, 2018
G.O.N.A. Presentation



The bird dancing class is voluntary for community members to come and teach our young girls how to dance.

Music will be provided by youtube videos, recordings and any volunteers that would like to come and sing for our practices.

All young girls who would like the opportunity to learn how to dance is welcomed to come and learn.

Wear comfortable clothes and shoes- no dress necessary as this is practice classes.

We encourage our champion youth dancers to come and teach bird dance with resources available.

This class will provide etiquette of a young ladies role as a dancer and sportsmanship when competing in contests. G.O.N.A Curriculum will be used as guide about traditional practices and culture

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

Hualapai Youth Council: Business Meeting ♥ Monday, October 8th

Submitted by: Christina Watahomigie | Hualapai Health, Education & Wellness

**YOU ARE
INVITED!**

*Hualapai Youth
Council Business
Meeting*

When: October 8 2018

6pm

Hualapai Lodge

Restaurant

Youth Ages 14-25 are welcome to attend. Dinner Provided.



If you should have any questions or need transportation, please contact Trena or Christina at 769-2207 ext. 243

Halloween Reading Event ♥ Wednesday, October 17th

Submitted by: Adeline Crozier | Hualapai Tribal Administration



HALLOWEEN
READING EVENT

17 | **AT MULTI - PURPOSE** | **5:30**
OCT | **BUILDING** | **PM**

AN OPPORTUNITY FOR PARENT-CHILD INTERACTION. HEALTHY SNACKS & DRINKS PROVIDED. ALL FAMILIES IN THE COMMUNITY ARE WELCOME! Questions: contact 928-769-2207.

FIRST THINGS FIRST



Hualapai Transit: Transit Advisory Committee Meeting ♥ Thursday, October 18th

Submitted by: Ernie Wright | Hualapai Transit



Hualapai Transit

PO Box 179
Peach Springs, Arizona 86434
928-769-6384

www.hualapaitransit.org
hualapai.transit@hualapai-nsn.gov

TAC Meeting
Transit Advisory Committee

Thursday October 18, 2018
1-3 PM at HEW Large Conference Room

Come help shape the future of your Transit System

Items that will be discussed:

F/Y 2018 final numbers
ADOT 2019 – 2020 Grants and Awards
Improvement / Adjustment to Existing Routes
Possible New Routes
New Deviated Fixed Route System
Tribal Transit Convention Updates
Questions / Comments / Concerns

Meeting is open to **ALL interested persons!!**

Questions? Call Ernie Wright, Transit Manager @ 928-769-6090

Visitors Hualapai Transit is committed to openness and integrity. Hualapai Transit supports the Hualapai Tribes commitment to support the independence of Hualapai Tribal members & surrounding areas and to be a model for excellence by integrating the local spirit and culture. Mission: Hualapai Transit will provide safe, reliable, friendly and affordable transportation services to meet the mobility needs of the Hualapai Community and surrounding areas while pursuing sustainable development and facilitating the cultural missions of the Peach Springs community.

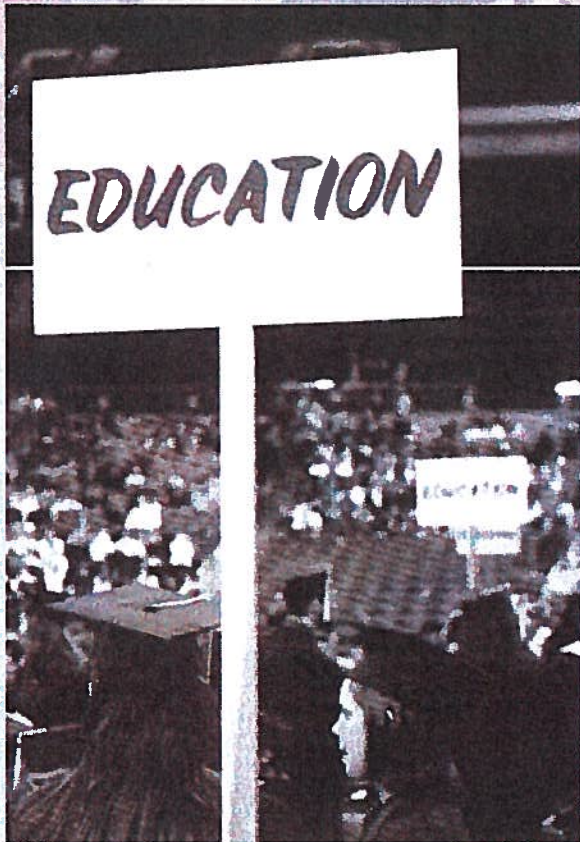
Hualapai Youth Council: Recruitment Trip ♥ October 18th–19th

Submitted by: Christina Watahomigie | Hualapai Youth Services

**Hualapai Youth Council Invites you to a
Recruitment Trip!**

Leaving -Thursday October 18 at 8am

Returning -Friday October 19 at 7pm



**MORNING STAR
LEADERS**

Save the Date!

**2nd Annual Native Youth
Leadership Summit**

*What's your motivation? You set your own limits
It's up to you to make progress in whatever you
choose to do in life.*

**Who: Arizona Native Youth ages
14-24**

When: October 18, 2018

**Where: High Country Conference
Center; NAU in Flagstaff, AZ**

For additional information contact Melody Lewis
at admin@morningstareaders.org

If you are interested in going, Please contact Youth Services

at 769-2207 ext 243

Halloween Safety Tips ♥ Friday, October 19th

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



**Halloween Safety Tips, Crafts, and
It's the Great Pumpkin Charlie Brown!**

Friday, October 19, 2018

HEW 488 Hualapai Way

3pm-5pm



For more info contact Taylor Johnson 769-2207

Genealogy Day at the Cultural Center ♥ Wednesday, October 24th

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources

Please Come & Participate

In

Genealogy Day

At The

Cultural Center



Wednesday

October 24, 2018

1 pm - 7 pm



We will have staff and resources on hand to help you explore your family tree (And we also invite those with knowledge & expertise to assist us, as well!)

We have archival kinship charts for several Hualapai lineages, as well as Census rolls from the late 19th and early 20th Centuries, but there are many gaps. If you have resources (kinship charts, photos, etc.) from your own family that you would be willing to share, please consider bringing your materials to the event.

Soup/Stew & Refreshments Will Be Served

For More Information

Call the Hualapai Department of Cultural Resources at 769-2223

November Partners Meeting ♥ Wednesday, November 14th

Submitted by: Christina Watahomigie | Hualapai Youth Services



November Partners Meeting

November 14, 2018

10-12pm

**Hew Building—Large
Conference Room**

Lunch is Provided!

If you have any questions, please contact Youth Services at 769-2207

EDUCATION & TRAINING INFORMATION

Department of Hualapai Education & Training ♥ Computer Lab Hours

Submitted by: Nikki Raymond | Hualapai Education and Training Department

Department of Hualapai Education & Training

Computer Lab Hours

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-11:30 a.m. -LAB CLOSED-	8:00-11:00 a.m. GED CLASS	8:00-11:00 a.m. GED CLASS	8:00-11:00 a.m. GED CLASS	8:00-11:30 a.m. -LAB CLOSED-
	11:00-1:00 p.m. OPEN LAB	11:00-1:00 p.m. OPEN LAB	11:00-1:00 p.m. OPEN LAB	
1:00-5:00 p.m. OPEN LAB	1:00-5:00 p.m. GED CLASS	1:00-5:00 p.m. GED CLASS	1:00-5:00 p.m. GED CLASS	1:00-5:00 P.M. OPEN LAB
<small>*1-hour time limit for kids</small>				<small>*1-hour time limit for kids</small>

COMPUTER LAB POLICIES

The Hualapai Education and Training Department Computer Lab Policies are as follows:

1. All community members who utilize the labs for educational and job training purposes shall have priority.
2. Adults and unaccompanied children will **NOT** be in any of the computer labs at the same time.
3. Viewing inappropriate or sexually explicit websites will **NOT** be tolerated and could lose all privileges to the computer labs.
4. Absolutely **NO** school aged children are allowed in the computer labs during regular scheduled school hours.
5. Anyone under the influence of alcohol or illegal substances will not be allowed into the computer labs or Training Center Building at any time.
6. The Hualapai Training and Education Staff has full discretion of who may use of the computer labs at all times.

Hualapai Daycare: Calendar of Events ♥ October

Submitted by: Xavier Benson | Hualapai Daycare

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1 	2	3	4	5	6	7
8  Fire Safety Week	9 10am Fire Safety Presentation - HNFDD	10 5:30 Social Dance @ Ramada By Day Care	11	12	13 	14
15	16	17 5:30 Read On Event	18	19	20	21
22 Red Ribbon Week	23	24	25 Day Care Pumpkin Patch 10:00 AM	26 CENTER CLOSED Monthly Closure	27 	28 
29	30	31 Halloween Trick or Treating 10:00 AM (Hualapai Drive Depts ONLY)				

Parents: We encourage you to practice fire safety with your child at home. We have scheduled a fire safety event with the Hualapai Fire Department at the Day Care Center.

- Red Ribbon week - We also would like your child to wear the colors designated for the day during the week.
- Day Care Pumpkin Patch will be for day care families & children, parties will be planned per classroom. Check with your child's classroom staff.
- Take time to check your children's candy after Trick or Treating!!

Theme: Fall, Halloween, Fire Safety
 Madmunk, gwejadi gwe ga va viya,
 • Colors: Black, Orange, Purple
 • Numbers: 1-10 Per Classroom
 • Shape: Triangle
 • Letters: W, X

▲

Peach Springs School: Calendar of Events ♥ October

Submitted by: Jaime Cole, Superintendent | Peach Springs School



2018 *PSUSD Roars: Be Respectful, Take Ownership, Awesome Attitude, Be Responsible, and Be Safe*








Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7 New permission forms are needed for tribal sports</p>	<p>1 After school programs Tues and Wed. 4-5 pm Forms for dental</p>	<p>2 Flu shots permission forms First things first! Noon: ADE visit</p>	<p>3 JOM Awards Assembly & perfect Attendance 1-3 pm Flu shot forms</p>	<p>4 First quarter report cards will be sent home Today w/ students</p>	<p>5 Check out the Halloween Crafts 3-5 pm at HEW</p>	<p>6 Letter went home 9/24 for K-3 parents and MOWR</p>
<p>14 Basketball practice begins Tuesdays-Wednesdays 4-5 pm</p>	<p>15 ALL WEEK Dental checks for grades K, 2, 5 w/ permission</p>	<p>16 Title 1 Parent night and PT conferences 6-8 pm at PSUSD</p>	<p>17 40-day count I.H.S dental Visits this week</p>	<p>18 Youth Group w/ 6-8th graders 3:00-3:30 pm (sub. Prevention)- 2 Thursdays/ month TAP 1 pm HEW</p>	<p>19 Halloween Safety Event 3-5 pm at HEW ADE Title 1 Chinle</p>	<p>20 Questions about PSUSD, call 769-9034</p>
<p>21 Community help needed for carnival prep on Oct. 30th</p>	<p>22 RED RIBBON WEEK Flu shots in library w/form</p>	<p>23 RED RIBBON WEEK Flu shots in library</p>	<p>24 RED RIBBON Presentations from tribal dept.</p>	<p>25 Flu shot POD in library (please use library door: same as voting area) 8-3</p>	<p>26 ADE Indian Ed Committee Meeting</p>	<p>27</p>
<p>28 Seeking tribal dept. to help with a game booth for kids at Music M. gym</p>	<p>29 Setting up booths at Music Mountain HS gym</p>	<p>30 H.S. carnival game night 6-8 pm</p>	<p>31 Class celebrations from 2-4 pm</p>	<p>Youth Group w/ 6-8th graders 3:00-3:30 pm (sub. Prevention)- 2 Thursdays each month</p>	<p>12 Movie night at from 7-10 pm</p>	<p>13 Have a safe break and enjoy</p>

fall break no school At HEW



Valentine Elementary School: Calendar of Events ♥ October

Submitted by: Danielle Bravo | Hualapai Planning Department

October 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 National Bullying Prevention Month</p>	<p>2 Mohandas (Mahatma) Gandhi born, 1869</p>	<p>3 </p>	<p>4</p>	<p>5</p>	<p>6 <i>The Jazz Singer</i>, 1st talking motion picture, 1927</p>	
<p>7</p>	<p>8</p>	<p>9  PICTURE DAY School Board 4:30 pm</p>	<p>10</p>	<p>11 End of 1st Quarter Early Release 2pm</p>	<p>12</p>	<p>13 George Washington lays cornerstone of 1st White House, 1792</p>
<p>14 Chuck Yeager breaks sound barrier, 1947</p>	<p>15 STAND UP for Others Week</p>	<p>16  SNAP ED</p>	<p>17 </p>	<p>18 1st Quarter Report Card</p>	<p>19</p>	<p>20</p>
<p>21 </p>	<p>22 Fly Away Drug Free (Crazy Hair Day)</p>	<p>23 Drug Free Team Road Trip (Sports Team Day)</p>	<p>24 Footloose and Drug Free (Crazy Sock Day)</p>	<p>25 Drug Free True Colors (Blue and Gold Day)</p>	<p>26</p>	<p>27 Theodore Roosevelt born, 1858</p>
<p>28 1st female U.S. Ambassador appointed (Denmark), 1949</p>	<p>29 In the Sun and Drug Free (Hat and Shades Day)</p>	<p>30 Travel Drug Free (Tourist Day)</p>	<p>31  Halloween </p>	<p>Valentine Elementary School 12491 N. Byers St / HC 35 Box 50 Truxton, AZ 86434 phone 928-769-2310 fax 928-769-2389 valentineAZ.net</p>		

2018 Food Handler Card Training ♥ Next Class: Tuesday, October 23rd

Submitted by: Adeline Crozier | Hualapai Tribal Administration

HUALAPAI - PEACH SPRINGS
2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
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

Red Ribbon Week ♥ October 23rd—31st

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

ABOUT US

NFP HISTORY: A PROUD BEGINNING

National Family Partnership, formerly the National Federation of Parents for Drug Free Youth, was established as a grassroots, nonprofit organization in 1980 by a handful of concerned and determined parents who were convinced they should begin to play a leadership role in drug prevention. Nancy Reagan was an Honorary Chair of NFP. Since its founding thirty years ago, NFP has devoted its efforts to the well-being of youth. Today, NFP is a national leader in drug prevention education & advocacy. Our mission is to lead and support our nation’s families and communities in nurturing the full potential of healthy, drug free youth.

NFP PARTNERS: A STRONG NETWORK

National Family Partnership’s work is recognized through its growing network of nearly 100 Partners, consisting on local coalitions, PTO groups, and parent committees. NFP State and Community Partners are organizations in which parents, youth, and other volunteers share and maximize resources, information and ideas. As our network of parents strives to work in local communities, NFP will strive to support and continue to build groups at the grassroots level, serving as a resource and a national voice.

NFP DRUG PREVENTION: WHAT WE DO

- **AWARENESS** – NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign™. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America. In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.
- **ADVOCACY** – NFP is active in bringing the concerns and agenda of America’s parents and families to policy makers on a local, state, and national level. Joining NFP enables parents and coalitions to have direct access to our nation’s leaders and decision makers.
- **RESOURCES** – Our organization acts as a national clearinghouse of prevention literature. NFP has developed a series of prevention brochures to help educate our Partners with all the latest information on our Universal Campaigns such as: Red Ribbon Campaign, Red Ribbon Certified Schools, Lock Your Meds , and Safe Homes / Safe Parties.

NATIONAL RED RIBBON CAMPAIGN™

The National Family Partnership organized the first Nationwide Red Ribbon Campaign. NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign™. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America.

Enrique (Kiki) Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. When he decided to join the US Drug Enforcement Administration, his mother tried to talk him out of it. "I'm only one person", he told her, "but I want to make a difference."

On Feb. 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch. Five men appeared at the agent's side and shoved him in a car. One month later, Camarena's body was found. He had been tortured to death.

In honor of Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena's memory, the red ribbon.

In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families. The National Family Partnership (NFP) and its network of individuals and organizations continue to deliver his message of hope to millions of people every year, through the National Red Ribbon Campaign™.

About Peggy B. Sapp, B.S.



Mrs. Sapp is President of the National Family Partnership, a national network of parenting organizations headquartered in Miami, Florida. She is President and CEO of Informed Families/The Florida Family Partnership, an agency she helped create, developing it from six volunteers into a multi-million dollar agency with statewide and national outreach to families, schools, and communities. The mission of Informed Families is "Helping kids grow up safe, healthy and drug-free." Informed Families trains 4,000-6,000 families annually. Mrs. Sapp is a recognized leader in drug prevention through grassroots involvement and is the recipient of numerous honors and community service awards. She was honored as one of the historic leaders in the field of parenting and prevention with the 1999 National Parents' Day Award, "Lighting the Way to a New Millennium," from the White House Office of National Drug Control Policy and the Center for Substance Abuse Prevention. She serves on the White House Office of National Drug Control Policy Advisory Council, the National Institute of Drug Abuse Advisory Council, Governor Bush's Statewide Drug Policy Advisory Council. Mrs. Sapp developed the National Red Ribbon Campaign™ into an annual national event that is a major force for raising awareness and mobilizing communities in the fight against drugs. Mrs. Sapp attended the University of Maryland and is an honors graduate of Barry University.

Domestic Violence Awareness ♥ What is Domestic Violence?

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



DOMESTIC VIOLENCE ROUNDTABLE



What Is Domestic Violence?

Domestic violence is when one partner in an intimate relationship abuses the other. The abuse can be physical, sexual, emotional or a combination of all three. Physical abuse can include very aggressive acts, such as beatings and forced sexual activity including intercourse, or it can take the form of less severe acts like throwing, shoving and slapping.

In emotional abuse, the abuser constantly humiliates and puts down the victim. The weapons of emotional abuse include verbal insults, threats, control of physical activity, unfounded accusations of infidelity, control of economic decisions and social isolation. Depending on the relationship, the physical or emotional abuse may happen very often or not as often. Either way, **once violence begins, it will usually continue and get worse over time.** No matter how often the abuse happens, the victim of domestic violence suffers constant terror and stress, living in fear of the next episode. While women are most commonly the victims of their male partners, domestic violence can happen between all sorts of people and in all sorts of relationships. It happens between people who are married and between people who aren't living together. It can be abuse by a man against a woman, or by a woman against a man. It can occur in gay or lesbian

relationships.

Domestic violence is a common reality in our society. It occurs in all social classes, ethnic groups, cultures and religions. Most people don't realize how common it is, because very often victims of abuse keep quiet.

- Between 3 million and 4 million adult women in the United States are abused yearly by an intimate partner. About one in four women is likely to be abused by a partner in her lifetime. (Journal of the American Medical Association, 267:3184-3189, 1992)
- A study conducted in emergency rooms and walk-in clinics reported that 54 percent of a sample of women treated in emergency departments had been threatened or physically injured by a partner. (Journal of the American Medical Association, 273:1763-1767, 1995)

You are not responsible for the violence. Nor are you alone. There are alternatives to remaining in a violent situation. These include: shelters, counseling, protective orders, and safety planning. You do not need to stay in an abusive situation. See our domestic violence resources page (<http://www.domesticviolenceroundtable.org/domestic-violence-resources.html>).

National Domestic Violence Awareness Month ♥ October

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

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1-.3 million women and 835,000 men are victims of physical violence by a partner every year.

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women that were murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people that were killed fighting in war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their self-esteem is totally destroyed, and they are made to feel they will never be able to find another person to be with.
- The cycle of abuse, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry, and does love them.
- It's dangerous to leave. Women are 70 times more likely to be killed in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like everything that goes wrong is their fault.
- They share a life. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

HOW TO OBSERVE

Use #DomesticViolenceAwareness to post on social media. Sometimes, people don't know if they are really in an abusive relationship because they're used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you're in an abusive relationship that you need to get out of.

Your partner has hit you, beat you, or strangled you in the past.

Your partner is possessive. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don't do what they say.

Your partner is jealous. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.

Your partner puts you down. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.

Your partner threatens you or your family.

Your partner physically and sexually abuses you. If they EVER push, shove, or hit you, or make you have sex with them when you don't want to, they are abusing you (even if it doesn't happen all the time.)

HISTORY

Domestic Violence Awareness Month evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The "Day of Unity" soon evolved into a week, and in October of 1987, the first National Domestic Violence Awareness Month was observed. In 1989 Congress passed Public Law 101-L12, officially designating October of that year as National Domestic Violence Awareness Month. Such legislation has been passed each year since.

As this month comes to an end, the important discussion it brings to the forefront about domestic violence's horrific repercussions should not.

If you are experiencing domestic abuse, call 911.

October is National Bullying Prevention Month ♥

Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness, <https://www.hydroassoc.org/>

October is National Bullying Prevention Month

"Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems." (stopbullying.gov)

Bullying. We hold on to the 1950s image of the big kid on the playground taunting, name calling, pushing, and intimidating other children. While that image still has validity, bullying is not the exclusive domain of boys nor is it necessarily one child bullying other children, as stories of peer group bullying in the national media have shown. Even the landscape of bullying has changed.

According to DoSomething.org, bullying occurs mostly in schools, on the bus, and in neighborhoods. However, bullying has reached beyond the traditional school grounds and now includes harassing or intimidating someone by text message, e-mail or posts on social media sites like Facebook and Twitter. Nearly 43% of kids have been bullied online. (DoSomething.org) For a child being bullied, it can be an intense and pervasive experience starting from walking to school in the morning and lasting until an electronic device is shut down before bedtime.

October is National Bullying Prevention Month. Tween and teen stars, politicians, school officials, and community leaders are bringing attention to this national problem. They share resources for tweens and teens, stories of bullying experiences, and facts about bullying in this country.

For our community, it is an opportunity for us to listen to our teens and young adults share their unique stories of being bullied because of their hydrocephalus and to give them the proper tools they need to respond effectively. It is also a chance for us to learn, for parents of young children to prepare, and for all of us to support each other.

- More than 160,000 U.S. students stay home from school each day from fear of being bullied. (Pacer Center)
- The most common reason cited for being harassed is a student's appearance or body size. 2 out of 5 teens feel that they are bullied because of the way that they look. (DoSomething.org)

People used to call me a "water head" from the time I was born until elementary school (even after I had my shunt placed at eleven days old). When I was a freshman in high school, the distal catheter in my neck broke. When I came back from having my first shunt revision after Christmas, some of my classmates made jokes about me because they thought that I had cancer, when really I had to have my head shaved due to the shunt revision. After my freshman year, people realized that I was just like any other high school student, but I had lifelong limitations including cerebral palsy, hydrocephalus and visual deficits. Now, I am a freshman in college, and people ask me questions (as they should) instead of bully or stare and make me look like an idiot.

Sara, age 19

- Bullying directly affects a student's ability to learn. Students who are bullied find it difficult to concentrate, show a decline in grades, and lose self-esteem, self-confidence, and self-worth. (Pacer Center)
- Students who are bullied report more physical symptoms, such as headaches or stomachaches, and mental

health issues, such as depression and anxiety, than other students. (Pacer Center)

- Students can be especially effective in bullying intervention. More than 55 percent of bullying situations will stop when a peer intervenes. (Pacer Center)

The situation started when I was talking to one of my friend's about my condition. I told my friend that I have somewhat of a bump on my head due to the shunt. The bully, when hearing this, called me a nobby-headed freak. This name calling continued for several weeks, making me very upset. Then upon talking to my Grandfather about the situation, he gave me the idea of talking to the bully and telling him how hard it is to live with hydrocephalus. After I explained everything, he stopped.

Wyatt, age 17

- 56% of students have personally felt some sort of bullying at school. Between 4th and 8th grade in particular, 90% of students are victims of bullying. (DoSomething.org)
- In some cases, bullying has led to devastating consequences, such as school shootings and suicide. (Pacer Center)

I was first diagnosed with hydrocephalus at the age of 10 and shunted at 11. Prior to heading in for surgery, another student stated, "I hope you die." At such a young age, it was shocking to hear another kid say those words.

Jennifer, age 24

- Bullying is a community wide issue that must no longer be ignored or thought of as a rite of passage. Students, parents, and educators all have a role in addressing bullying situations and changing school culture. (Pacer Center)

It can happen at any age from my experience! And it was due to my having hydrocephalus. Personally I have never told my employers off-the-bat that I had hydrocephalus because in the past I have had several problems with management and co-workers afterwards. I had one manager at a job I worked for flat out mock me and make fun of me in front of co-workers and customers. Right after, I burst out into tears trying to explain to him I had a medical condition. Some people never grow up.

Jasmin, early 20s

One of the best ways to begin to make change is to provide the tools individuals and parents need to address bullying. Below is a list of organizations that provide suggestions, ideas, and advice for victims of bullying. Take a look! If you're a parent, take some time this weekend and visit these sites together. Some of the sites are really interactive and engage kids through videos, petitions, and informational graphics.

General Information and Resources

The American Association of People with Disabilities (AAPD) (<https://www.aapd.com/>)

PACER's National Bullying Prevention Center (<https://www.pacer.org/bullying/>)

30 Seconds: AAPD's Campaign to Stop Bullying (<https://www.aapd.com/30-seconds-aapds-campaign-to-stop-bullying/>)

StopBullying.gov

KidsHealth.org

Support and Resources for Kids

PACER Center's Kids Against Bullying (<https://www.pacerkidsagainstbullying.org/>)

Support and Resources for Teens and Young Adults

PACER Center Teens Against Bullying (<https://www.pacerteensagainstbullying.org/>)

Teens Health (<https://kidshealth.org/en/teens/bullies.html>)

Do Something.org (<https://www.dosomething.org/volunteer/bullying>)

We shared a number of facts throughout the blog. Many of these are graphics that we are posting on Facebook. We encourage you to spread the word on your Facebook page as well as sharing the tips and resources with your loved ones.

Let's put a stop to bullying!

October is National Bullying Prevention Month ♥ Adult Bullying

Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness, <http://www.bullyingstatistics.org/>

ADULT BULLYING

You may not hear a lot about adult bullying, but it is a problem. Read this article to learn more about different types of adult bullies and get some ideas on how to deal with an adult bully. Adult bullying is a serious problem and may require legal action. One would think that as people mature and progress through life, that they would stop behaviors of their youth. Unfortunately, this is not always the case. Sadly, adults can be bullies, just as children and teenagers can be bullies. While adults are more likely to use verbal bullying as opposed to physical bullying, the fact of the matter is that adult bullying exists. The goal of an adult bully is to gain power over another person, and make himself or herself the dominant adult. They try to humiliate victims, and "show them who is boss." There are several different types of adult bullies, and it helps to know how they operate:

1. **Narcissistic Adult Bully.** This type of adult bully is self-centered and does not share empathy with others. Additionally, there is little anxiety about consequences. He or she seems to feel good about him or herself, but in reality has a brittle narcissism that requires putting others down.
2. **Impulsive Adult Bully.** Adult bullies in this category are more spontaneous and plan their bullying out less. Even if consequences are likely, this adult bully has a hard time restraining his or her behavior. In some cases, this type of bullying may be unintentional, resulting in periods of stress, or when the bully is actually upset or concerned about something unconnected with the victim.
3. **Physical Bully.** While adult bullying rarely turns to physical confrontation, there are, nonetheless, bullies that use physicality. In some cases, the adult bully may not actually physically harm the victim, but may use the threat of harm, or physical domination through looming. Additionally, a physical bully may damage or steal a victim's property, rather than physically confronting the victim.
4. **Verbal Adult Bully.** Words can be quite damaging. Adult bullies

who use this type of tactic may start rumors about the victim, or use sarcastic or demeaning language to dominate or humiliate another person. This subtle type of bullying also has the advantage – to the bully – of being difficult to document. However, the emotional and psychological impacts of verbal bullying can be felt quite keenly and can result in reduced job performance and even depression.

5. **Secondary Adult Bully.** This is someone who does not initiate the bullying, but joins in so that he or she does not actually become a victim down the road. Secondary bullies may feel bad about what they are doing, but are more concerned about protecting themselves.

Workplace bullying can make life quite miserable and difficult. Supervisors should be made aware of adult bullies, since they can disrupt productivity, create a hostile work environment (opening the company to the risk of a law suit) and reduce morale.

It is important to note, though, that there is little you can do about an adult bully, other than ignore and try to avoid, after reporting the abuse to a supervisor. This is because adult bullies are often in a set pattern. They are not interested in working things out and they are not interested in compromise. Rather, adult bullies are more interested in power and domination. They want to feel as though they are important and preferred, and they accomplish this by bringing others down. There is very little you can do to change an adult bully, beyond working within the confines of laws and company regulations that are set up. The good news is that, if you can document the bullying, there are legal and civil remedies for harassment, abuse and other forms of bullying. But you have to be able to document the case.

Adult bullies were often either bullies as children, or bullied as children. Understanding this about them may be able to help you cope with the behavior. But there is little you can do about it beyond doing your best to ignore the bully, report his or her behavior to the proper authorities, and document the instances of bullying so that you can take legal action down the road if necessary.

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.



**CELEBRATE
RECOVERY**

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

Pharmacy Announcement ♥ Thursday, November 1st

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

ANNOUNCEMENT

*Peach Springs Health Center
Pharmacy Department*



**BEGINNING NOVEMBER 1, 2018,
THE PHARMACY WILL BE CLOSED
THURSDAYS FROM 8:00-10:00 AM**

HOURS OF OPERATION*

MON	TUE	WED	THU	FRI
8a-12p	8a-12p	8a-12p	10a-12p	8a-12p
1-5p	1-5p	1-5p	1-5p	1-5p

***EXCLUDING FEDERAL HOLIDAYS AND CLOSURES**

October is Official Children's Health Month ♥

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

Good Health & Wellness Program (HEW)
Vondell L. Bender, GHW Educator



October is Official Children's Health Month

Eat Healthy

- ✓ Eat a variety of low-fat-milk and milk products, vegetables, fruits and whole grains every day.
- ✓ Limit foods and drinks high in calories, sugar, salt and fat.
- ✓ Eat a balanced diet to help keep a healthy weight.

Be Active

- ✓ Be active for at least 2 ½ hours a week. Include activities that raise your breathing and heart rate and that strengthen your muscles.
- ✓ Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rate and strengthen their muscles and bones.

www.CDC.gov Family Tips

Tips for Having More Family Meals

Family meals are a great time to ask and share about the day. Establish the tradition of family meal time.

Schedule family meals: Try to choose a time when everyone in the family can be there and work around obstacles as best as possible. And the shared meal doesn't have to always be dinner; if another meal better fits with family schedules, go for it!

Prepare meals ahead of time: Make a shopping list and create time to go to the store. Doing some of the prep work on the week-ends can save time during the week. A meal at home does not have to be complicated. On the nights that you cook, make extra to freeze.

Involve the kids in preparation for the meal: Young kids can set the table. Older kids can help with preparation of the ingredients of the ingredients by washing, measuring and mixing. Teens can cook for the night.

In honor of October being Pizza Month, enjoy a delicious, healthy version of this perennial favorite!

Pita Pizzas

Ingredients:

- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skin less Chicken breast, diced
- 1 cup Broccoli, chopped, cooked
- 2 tablespoons Parmesan cheese, grated
- 1 tablespoon fresh Basil, chopped (1 teaspoon dried)
- 4 whole-wheat Pitas, 6-inch size

Preparation:

1. Preheat oven to 450 degrees.
2. For each pizza, spread ¼ cup tomato sauce on a pita and top w/ ¼ cup chicken, ¼ cup broccoli, ½ tablespoon Parmesan cheese and ¼ table-spoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for 5-8 minutes until golden brown and chicken is heated through. Serve immediately.

For more recipes visit:

healthyeating.org

Exercise for Mobility: Deep Squat

What you do before a workout can have a big impact on what you are able to do during your workout. Mobility exercises stimulate your nervous system, muscles, tendons and joints. Dynamic mobility exercises are designed to warm you up, stretch you out and keep you moving as you make the transition from resting to high-energy activity.

Increase Your Mobility-Try This Deep Squat...

...ideally for 10 minutes. Stand with your feet shoulder-width apart and lower your hips to your ankles, making sure to keep your feet flat on the ground.

Remain in that position for 10 minutes, moving slightly to stimulate circulation. GOOD FOR: Ankles, knees & hips.

www.OutsideOnline.com Flexibility Mobility Exercises

KidsHealth.org ♥ Keeping Portions Under Control

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



KidsHealth.org

The most-visited site devoted to children's health and development

Keeping Portions Under Control

These days, lots of us eat too much and don't realize it because we've become so used to seeing (and eating!) large portions.

The Problems of Eating Too Much

People who often overeat are likely to become overweight. They also risk getting a number of medical problems, including high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, breathing and sleeping problems, and even depression. Adults who are overweight or obese are at greater risk for heart disease, heart failure, and stroke.

It's easy to understand why the food industry tends to serve way more food than is necessary: Customers love to feel like they're getting the best value for their money! But the value meal is no deal when it triples our calories and sets the stage for health problems.

The Truth About Serving Sizes

One reason that people eat too much at meals is that they tend to eat what's on their plate. As portions have increased, so have the calories we eat. So it's helpful to understand the difference between **servicing sizes** and **recommended amounts** of different foods.

Serving sizes. The serving size on a food label is not telling you the amount you should eat. The serving size is a guide to help you see how many calories and nutrients — as well as how much fat, sugar, and salt — are in that quantity of that food.

Sometimes the serving size on the food label will be a lot less than you are used to eating or serving. In some cases, it's perfectly OK (and even a good idea) to eat and serve more than the serving size listed. For example, if you're cooking frozen vegetables and see the serving size is 1 cup, it's no problem to eat more because most vegetables are low in calories and fat, yet high in nutrition.

But when it comes to foods that are high in calories, sugar, or fat, the serving size is a useful guide to alert you that you may be getting more than is healthy. Let's say you buy a 3-ounce bag of cookies and you eat the whole bag. If the label shows the serving size is 1 ounce, not only did you have 3 servings, you also had 3 times the listed calories as well as 3 times the sugar.

Recommended amounts. Serving sizes tell you how much nutrition you're getting from a food but they don't tell you which foods you need to stay healthy — or how much of those foods to eat. That's where the U.S. Department of Agriculture's MyPlate comes in.

MyPlate is based on the Dietary Guidelines for Americans. It can help you get the right mix and amount of food for you and your family.

What to Look for

A great way to think about healthy portion sizes is to use the concept of the "divided plate." Think of a plate divided into four equal sections:

- Use one of the top sections for protein.
- Use the other top section for starch, preferably a whole grain.
- Fill the bottom two sections with veggies (or fruit and veggies).

The foods in each section should not overlap or be piled high. Dividing the plate this way not only will help you keep portions under control, but will help you serve more balanced meals to your family.

Portion-Control Tips

Parents need to take control of our own portion sizes and help kids learn to do the same.

Here are some tips:

- Serve food on smaller plates so meals look larger. A sandwich on a dinner plate looks lost; on an appetizer plate it looks downright hefty.
- When cooking large batches or storing leftovers, separate them into smaller portions before you put them in the fridge or freezer. That way, when your family reaches in, they'll automatically grab a portion that makes sense.
- Don't let kids eat out of bags or containers. Serve individual portions and make it a rule to eat in the kitchen.
- Dish out meals at the counter and avoid bringing the whole pot to the table. Not keeping the food at arm's length can make your family think twice about reaching for seconds. If they do want seconds, offer more veggies or salads.
- Aim for three scheduled healthful meals and one or two healthy snacks throughout the day. Skipping a meal can lead to overeating at the next one.
- Add more salads and fruit to your family's diet, especially at the start of a meal, which can help control hunger and give a sense of fullness while controlling calorie intake.
- Try not to rush through meals. Go slowly and give everyone a chance to feel full before serving more. Family sit-down meals also provide valuable opportunities to reconnect with one another.
- Don't insist that kids clean their plates. Encourage them to stop eating when they feel full.
- When eating out, share meals, order an appetizer as a main dish, or pack up half to take home before you begin to eat. When getting take out, order fewer meals and serve family style. At fast food restaurants, choose kids meals with healthy options (milk, fruit, or carrots).

Getting Kids Involved

Get kids actively involved in figuring out how much to eat.

A serving of rice is about the same size as an ice cream scoop, so let your child use the scoop to serve "rice cream" to the family. A piece of meat should be about the size of a deck of cards, so see how that chicken breast measures up. And why not break out the kitchen scale while you're at it? Weighing or measuring food may not be your idea of fun, but it probably is to your kids — plus it's a great way to reinforce math concepts.

One easy way to size up portions if you don't have any measurements is to use your hand as a guide. Kids have smaller hands than adults, so it serves as a reminder that kids should eat smaller portions:

- A closed fist is about a cup — and a cup is the amount experts recommend for a portion of pasta, rice, cereal, vegetables, and fruit.
- A meat portion should be about as big as your palm.
- Limit the amount of added fats (like butter, mayo, or salad dressing) to the size of the top of your thumb.

And don't forget the good news about portions: they work both ways. You may want to cut back on spaghetti portions, but you can dish out more than one serving of carrots or green beans. This can help make the "five a day" fruit and vegetable goal more doable.

Remember the role you play in showing kids how to size up portions. If you eat two heaping helpings of food each night, that's what your kids will learn too.

As kids grow, their appetites will vary depending on a number of things. They tend to be more hungry during growth spurts or sports seasons when they're more active, and less hungry during downtimes. As their appetites change, keep serving right-sized portions and encourage them to slow down to enjoy their food. Then check in on whether they're full before they go for seconds.

Encourage Kids to Eat Healthy Food ♥

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

Encourage Kids to Eat Healthy Food



When was the last time your child sat down at the dinner table and said, "Gee, thanks for this delicious plate of healthy food! Can I have seconds??" We can't promise these tips will convert your picky eater into a fruit and vegetable fan, but they should make good food choices more attractive for everyone.

1. Get them involved

If you involve kids in planning meals, going grocery shopping, and preparing food, they will become invested in the process and more likely to eat. Even toddlers too young to make grocery lists can help you make choices (pears or nectarines? cheddar or swiss?) along the way. Simple, no-cook recipes like frozen yogurt popsicles or fruit parfaits are an excellent way to get young chefs interested in healthy cooking and eating.

2. Go to the source

Teach kids where their food comes from. Rather than limiting yourself to the weekly supermarket run, take your family to a local farmer's market (or to the farm itself) and meet the people who grow the food. Picking berries from a vine can help nurture a lifelong love of good eating and environmental stewardship. Visiting a dairy farm can teach children where their milk comes from (and why we should care about what goes in it). Planting tomatoes and melons in the garden may tempt a child to try the fruits of her labor.

3. Make healthy snacks available

If you stock the kitchen exclusively with healthy treats, children will eat them. As your children grow, stock good snacks in cabinets and shelves that they can reach without your help.

Some kids eat more when they're in the car than when they're at the table simply because active play isn't a viable alternative when you're strapped in. Make sure you're prepared with nutritious snacks whether you're driving the carpool or going to soccer practice. Good choices include sliced apples, carrot sticks, whole grain crackers, light popcorn, raisins and water bottles.

4. Give them freedom of choice

Like the rest of us, kids want to have it their way. But no parent wants to be a short order cook, making four different meals for four different family members. Instead try the fixings bar approach. Offer a suitable base meal, like rice and beans, whole wheat tortillas or lean ground taco meat. Then let kids (and adults) dress it up with chopped tomatoes, lettuce, cabbage, cheese, salsa, jicama, parsley, peppers and other toppings. You might

also try a pasta bar with a variety of healthy sauces. This approach works especially well when you're serving young guests whose food preferences you may have trouble predicting.

Kids like choices at snack time too, so consider packing an insulated lunch bag full of good snacks so they can make their own smart choices (and you can avoid hearing "I don't want THAT!").

5. Drink to that

Remember that your child doesn't have to just eat five servings of fruits and vegetables a day he can also drink them. Smoothies and mixed fruit drinks like watermelon slush and mango lassi can be a fun way to introduce new fruits.

6. Be a role model

A recent study found that young children's food tastes are significantly related to foods that their mothers liked and disliked. Letting your child see you order a fresh salad rather a burger and fries at the drive-through may encourage her to do the same.

7. Don't give up

Studies show that most children need multiple exposures (between 5 and 10) to try new foods. This isn't to say that showing your child the same papaya or avocado five nights in a row will win her over, but rather to suggest that you shouldn't give up the first time she rejects something.

8. Teach healthy eating habits early

Use meal and snack times as teachable moments to help even the youngest children make wise food choices. You'll find some great tips and strategies for helping babies and toddlers develop healthy eating habits in downloadable booklet online.

Please submit your Gamyu articles by the deadline below to ensure your article will make the publication date. You are more than welcome to email your articles to: dbravo@hualapai-nsn.gov.

The Gamyu newsletter is a bi-weekly newsletter publication and is accessible on-line for your convenience at: <http://hualapai-nsn.gov>



ARTICLE DEADLINE:

Friday, October 12th

Next Publication:

Friday, October 19th

Get Smart About Drugs ♥ Why do Teens Use Drugs?

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

GET SMART ABOUT DRUGS

A DEA RESOURCE FOR PARENTS, EDUCATORS & CAREGIVERS

Why do Teens Use Drugs?

Tip: Parents and caregivers have the opportunity to guide their teen in making positive decisions about drug and alcohol use. Talk to your kids about drugs.

The teen years are often a time to explore and learn more about themselves as they approach adulthood. Often, this involves experimenting and testing their boundaries. The desire to do something new or risky is a normal part of teen development.

Teens who perceive little risk in using drugs are more likely to use drugs. Teens may also use drugs or alcohol to:

- Relieve boredom
- Feel good
- Forget their troubles and relax
- Satisfy their curiosity
- Ease their pain
- Feel grown up
- Show their independence
- Belong to a specific group

What are the Risk Factors and Protective Factors for Drug Use?

Many factors influence a child's likelihood to use illegal substances or develop a substance abuse disorder. Effective drug prevention focuses on reducing the risk factors and strengthening the protective factors that are most closely related to substance abuse.

Risk factors are circumstances or events that increase a child's use and abuse of drugs. The more risk factors present, the more likely a child may be to use drugs and develop problems. Risk factors for drug use include:

- Low grades or failure in school
- Victim of bullying or cyberbullying
- Low self esteem
- Permissive parenting
- Parent or older sibling drug/alcohol use
- Living in a community with a high tolerance for smoking, drinking, or drug use among youth
- Attending a school without strict rules for tobacco, alcohol, or drugs and inconsistent enforcement for breaking those rules
- Belief that there is little risk in using a drug.

Protective Factors

Protective factors are those characteristics that can reduce a person's risk for substance abuse or addiction. Protective factors that may decrease the risk of drug use include:

- Strong bond with a parent or caregiver
- High self esteem
- Parent or caregiver who talks regularly with their child about drugs
- Active in faith-based organizations, school, athletic, or community activities
- Spending time around positive role models
- Living in a community that offers youths activities where drugs and

alcohol are not tolerated

- Attending a school with an effective alcohol and drug education program and a non-tolerance policy for alcohol and drugs
- Belief that using drugs may be harmful or risky

As a parent you can control many of the risk and protective factors in your home. Remember that parents and caregivers are the most important role models in children's lives. For more information see Growing up Drug Free: A Parent's Guide to Prevention.

Source: O'Connell, M.E., Boat, T., & Warner, K.E. (Eds.). (2009) Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities. National Research Council and Institute of Medicine of the National Academies. Washington, D.C.: The National Academies Press.

KidsHealth.org ♥ Stir-Fry Fajita Chicken

Submitted by: Vondell Bender, GHW | HEW



KidsHealth.org

The most-visited site devoted to children's health and development

Stir-Fry Fajita Chicken

Note: Get a grownup's help with this recipe, which requires using the oven/stove and chopping with a knife.

Prep time: 30 minutes

What you need:

- 3 c. brown rice, cooked
- 2 tbsp. canola oil
- 1/2 c. diced onion
- 1 lb. cooked chicken strips
- 1 lb. squash, diced
- 1/2 c. red pepper, diced
- 8 oz. frozen corn
- 4 oz. canned diced green chili pepper
- 4 oz. canned diced tomato (with juice)
- 1/2 tsp. black pepper
- 1/2 tsp. cumin
- 1/2 tsp. garlic powder

What to do:

1. Prepare rice in advance.
2. Add oil to skillet and heat on stovetop. Add onions to skillet and sauté until softened and translucent (you can kind of see through them).
3. Add chicken and squash to onions.
4. Stir-fry mixture until squash is barely tender.
5. Add red pepper, corn, green chili, tomato, and spices.
6. Mix and stir until well combined. Do not boil.
7. Reduce heat and let mixture simmer 2-3 additional minutes. Don't overcook or you'll have stew, not a stir-fry!
8. Serve each portion over 1/2 cup rice.

Nutritional analysis (per serving):

- 360 calories
 - 29g protein
 - 9g fat
 - 1.5g sat. fat
 - 32g carbohydrate
 - 5g fiber
 - 65mg cholesterol
 - 210mg sodium
 - 6g sugars
- Serves: 6
Serving size: 1 fajita

COMMUNITY MESSAGES

Congratulations ♥

Submitted by: Lana Clarke

September 10, 2018

Community Members,

Although I am late, I want to congratulate my grandson, Raven Honga, for getting his Bachelor's Degree in Parks & Recreation Management with a Minor in Forestry. Raven received his degree from NAU on Saturday May 12th.

Raven has worked at the Lodge and at Grand Canyon West for the past 10 years. He worked full time in the summers and part-time when he was at NAU. This shows his determination to get a formal education.

I also want to congratulate Jade Honga on being selected as the Human Resource Director for GCRC. Jade obtained a Master's Degree in Business about two years ago and within this past year, Jade obtained certification from the Society of Human Resources Professionals (SHRM). Jade is the first Hualapai to receive SHRM certification and the only person at GCRC to have SHRM certification. Jade is well qualified to be the HR Director.

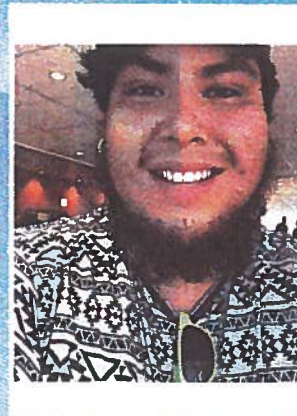
I am thankful for Cheryl, for the wonderful job she did raising her kids. I know it wasn't easy. I know my son would be proud of Raven and Jade's accomplishments. He knew the value of an education. He himself obtained college degrees in education and anthropology.

Lastly, I want everyone to know that Lana takes care of me. She makes sure I have enough to eat, she reminds me to pay my bills, she makes sure I am comfortable at all times. I am very grateful to have her and I hope other elders in our tribe have a loved one to take care of them like Lana takes care of me.

Respectfully,
Peggy Crozier

Headstone Dedication ♥ Saturday, October 13th

Submitted by: Lana Clarke



WE THE FAMILY OF THE LATE

TYRONE A. FIELDING

WOULD LIKE TO INVITE EVERYONE FOR

HEADSTONE DEDICATION AND SOCIAL GATHERING

OCTOBER 13, 2018

3 TO 4 PEACH SPRINGS CEMETERY

4:30 TO 7:30 MULTI FOR SOCIAL GATHERING

Service Area Propane Customers ♥

Submitted by: Ralph Goldenstein | Indian Energy

Service Area Propane Customers



The weather will be cooling off soon. **CHECK YOUR GAUGE!** Don't wait until you run out before you order propane.

When ordering through the tribe, please allow 5 to 10 working days

for the accounting department to process your paperwork. If they get it done sooner, Yee Haw! If not, don't cry around and complain—it's not their fault you ran out. PO's must be in hand before we deliver.

Call (928) 769-2610 for propane orders. Leave a message, talk slow and clear. I have no caller ID, leave a call back number. Please keep tank delivery area clear of cars, pools, fire wood, mean dogs, etc. Be careful while checking your gauge: birds, wasps, and spiders like to build nests or hide under the tank lid. Open slowly!

Thank you,
Indian Energy Management

Birthday Shout-Outs ♥

Submitted by: Ayesha Havatone

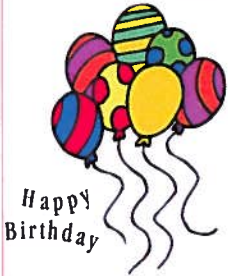
Thinking of You on Your Special Day (09/29)



Although, you are not here in person. I know you always watching over us and here in spirit. I miss you and love you dad! So, today I send a "Happy Birthday" shout out to you in the Heavens above. Love you always Dad.

♥ **Your daughter, Ayesha Havatone**

Happy Birthday! Happy Birthday!



Happy Birthday Omi!
09/28

From your friend—Lou Lou

Happy Birthday Kota!
09/29

From your cousin, Lou Lou

Happy Belated Birthday Mandel Havatone
09/24

From Aunt Lou Lou

Happy Birthday

To my family members who are celebrating their birthdays this October! May you all have "1" spooky birthday blast!



10/1—Felicia
10/3—Juan
10/5—Dennard
10/11—Tino
10/13—Jeremiah
10/17—Eugene, Filiah, Nelly
10/28—Earl

From: Lou Lou

One Morning ♥

Submitted by: Mario Zephier

One Morning

I asked my Creator to help me, to give me a good mind, to clean and make pure my heart. I asked him to make strong and acceptable my spirit, and if he would forgive me for all my sins? "I already gave you these blessings once, now you will have to work for them; work to make them happen again, work to maintain them, work to appreciate and share them and work to learn more and then teach them.

Then I asked my Creator, please lean close and hear my commitment that I may begin the process of healing.

My Creator, I am hurting so bad. Oh, Great Spirit, accept the pact I make with you today. I am a spiritual seed. On my own, I don't know how to grow and be happy. Plant me near you that I may grow under your power and wisdom. Great Spirit, alone I don't know how to do this. Creator, mold and shape me into a Spiritual Warrior. Wankan Tanka please hear me. AHO! This is how I began...

*Mario Red Hawk Zephier
and the Red Road to Wellbriety*

ADOT

Nighttime restrictions on US 93 scheduled to begin Oct. 14 north of Wickenburg

Drivers should plan ahead and allow for extra travel time through November



The Arizona Department of Transportation advises motorists to plan ahead and expect nighttime travel delays of up to 30 minutes for bridge deck construction north of Wickenburg at Big

Jim Wash Bridge (milepost 165.5). The work will require the following restrictions from 7 p.m. to 7 a.m. beginning Sunday, Oct. 14, and continuing through November:

- US 93 will be reduced to one lane in both directions through the work zone, Sundays through Thursdays.

- Flaggers and law enforcement will be assisting with traffic control.

A 12-foot vehicle-width restriction will also be in place.

Construction will include the repair of the deck joints, milling and replacement of the bridge deck, as well as building a scour protection system beneath the bridge.

For more information about the project, please visit www.azdot.gov/US93BigJimBridge

Hualapai Prayer Basics ♥

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

Prayer Basics

Ba miyal guwa/ Nya jida:ja/ Ba gi yova/ - Creator, the great one, highest power

Nya n'gaja- Great grandfather or great uncle

Wi – Rock

Wil – plants

Mađ- ground or earth

Han wasiv – positive / well thoughts

Di ye yu – I am happy

Bam wiwo- help us

Ba mivso- Watch over us

Vonyi:k – to lead, to guide, to be with

Vo:k - walk

Yu' way- heart, chest

'Way yahank – kind/ good heart

Spo'k – to know

Jigwik – to ask

Gavak or ga va:vk – to ask

Gage:k – to be strong

Gamik – to bring

đigavik – to gather around

đake:k – to change

Nya' ji'al- Sunrise

MaFav – North

Nya' ji'alo – East

Guwev – South

Nya dopo – West, Sudul



Using these word- you can create your prayer.

There are many more words to incorporate- for more help on creating your prayer- visit the Cultural Resource Department and request a class to create your Hualapai Prayer.



Hualapai Strategic Prevention

Columbus Day ♥ Indigenous Peoples' Day

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

TIME

Here Are The Cities That Celebrate Indigenous Peoples' Day Instead of Columbus Day

By Jennifer Calfas

Each year, more cities, states and universities opt to celebrate an alternative to Columbus Day: **Indigenous Peoples' Day**. Instead of honoring Christopher Columbus, the Indigenous Peoples' Day recognizes Native Americans, who were the first inhabitants of the land that later became the United States of America. Advocates for the switch to Indigenous Peoples Day argue that Columbus did not "discover" America in 1492 but instead began the colonization of it. For decades, Native American activists have advocated abolishing Columbus Day, which became a federal holiday in 1937.

This year, both Indigenous Peoples' Day and Columbus Day are on Monday, Oct. 9.

While the United Nations declared August 9 as International Day of the World's Indigenous Peoples in late 1994, Berkeley, Calif., had already become the first city in the U.S. to replace Columbus Day itself. The city's decision was influenced by the First Continental Conference on 500 Years of Indian Resistance in Quito, Ecuador, in 1990, which spurred another Northern California conference that discussed similar issues and brought them to the Berkeley City Council, TIME has reported.

With the exception of Santa Cruz, Calif., and the state of South Dakota, which adopted the similar Native American Day in place of Columbus Day in 1990, the cities, states and universities that have chosen to celebrate Indigenous Peoples Day instead have done so only recently, with cities like Minneapolis and Seattle voting to celebrate Indigenous Peoples Day instead in 2014.

Why is Columbus Day so controversial now?

Critics of Columbus Day argue that the holiday does not celebrate the discovery of America, but instead honors the mass genocide and colonization of the people indigenous to the land.

"[Columbus] was one of the first Europeans to get to the American continent, but there was a lot of history that came after that in terms of the wiping out of native people," Loni Hancock, the mayor of Berkeley in 1992 and former California state senator, told TIME in 2014. "It just didn't seem appropriate. It seemed like a reemphasizing of history and recognizing that to be very ethnocentric really diminishes us all."

What cities are considering celebrating Indigenous Peoples' Day instead?

Several other cities are considering an alternative to Columbus Day, replacing celebrations of Columbus with that of indigenous people.

A member of Washington, D.C.'s city council proposed a bill to replace Columbus Day with Indigenous Peoples Day, and New York City Mayor Bill de Blasio created a commission to assess the value of monuments of historical figures in public spaces in the city. That includes the monument honoring the Italian explorer in Columbus Circle near Central Park. Just days before the 2017 holiday, the city council in Austin, Texas, voted to replace Columbus Day with Indigenous Peoples' Day.

The town of Newcastle, Maine, is considering a change to follow the lead of a number of other cities in the state, though members of the town's Board of Selectmen's won't vote on the matter until the 2017 holiday has passed.

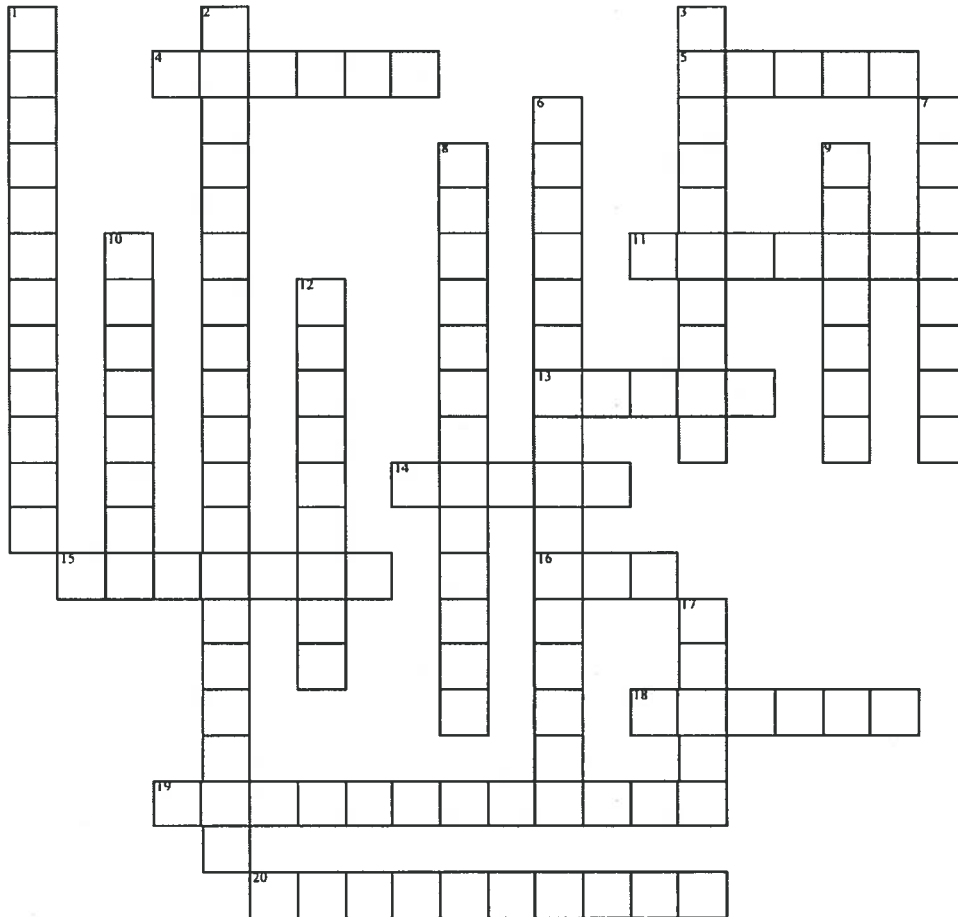
Advocates for the switch have also voiced the desire for the change in Santa Barbara, Calif., Silver City, N.M. and Miami County, Kansas, among other cities.

Crossword Puzzle ♥ Alcohol

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

Name: _____ Date: _____ Period: _____

Alcohol

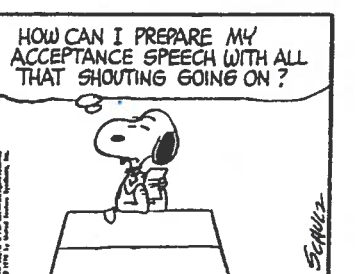
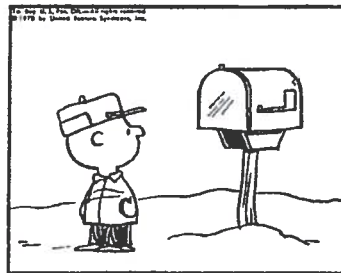
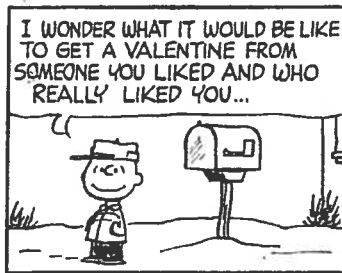
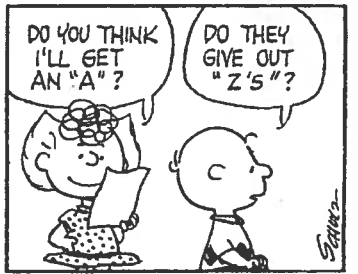
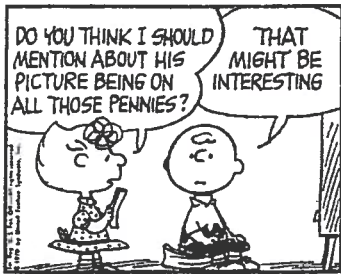
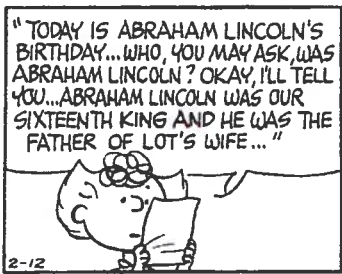
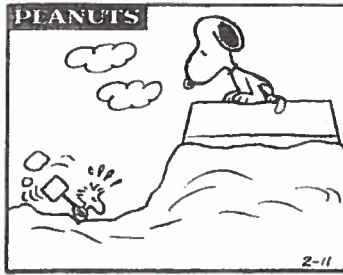


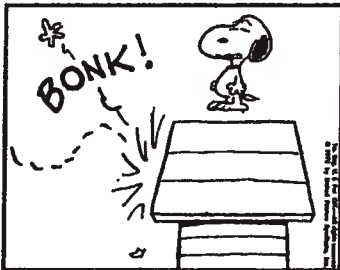
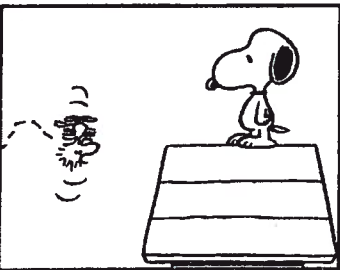
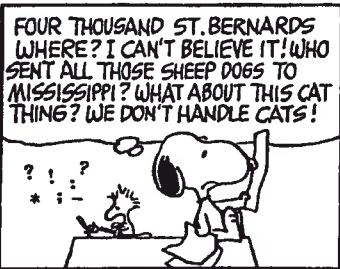
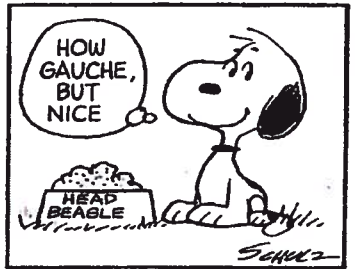
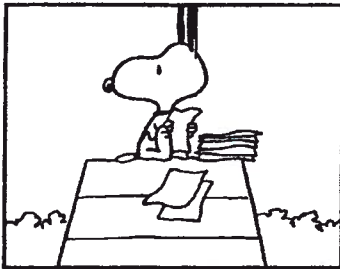
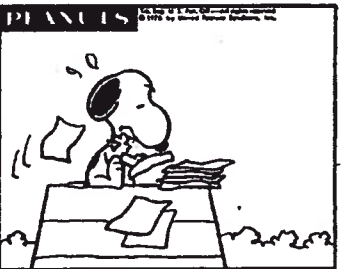
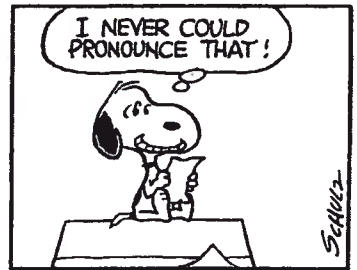
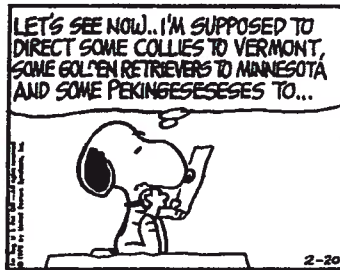
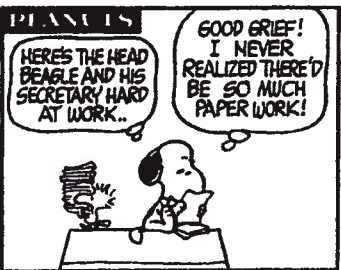
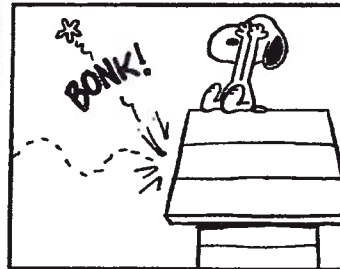
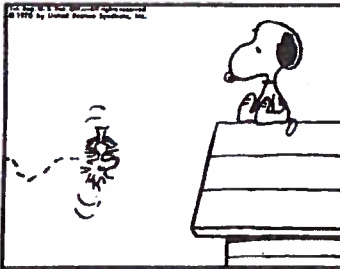
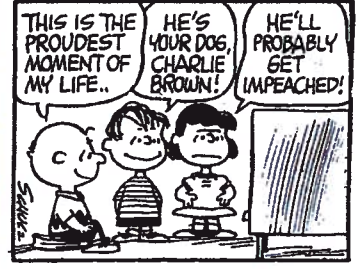
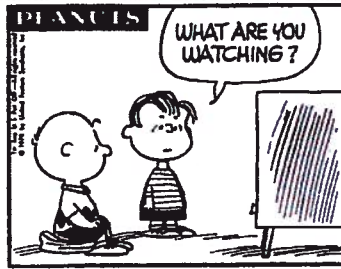
Across

- 4. an organization for the families and friends of alcoholics
- 5. The _____ age to drink in Indiana is 21
- 11. To make, sell, or transport (alcoholic liquor) for sale illegally
- 13. Using alcohol in a way that harms you
- 14. Cirrhosis is a long-term alcohol abuse disease of this organ
- 15. Intoxicating beverages containing ethanol
- 16. Driving under the influence
- 18. non-alcoholic beverage. Cocktails that are made without spirits
- 19. The confidence that some people get from drinking alcohol
- 20. The fact that someone is addicted to a drug or to alcohol

Down

- 1. Driving when you have drunk too much alcohol
- 2. an organization that helps alcoholics
- 3. Medical condition that makes it difficult for you to control the amount to drink
- 6. Someone at a social event who agrees to not drink and drive their friends home
- 7. The feeling of being tired and sick because you drank too much alcohol
- 8. The drinking of large amounts of alcohol in a short period of time in order to get drunk
- 9. "He was clean for 6 months, than he had a _____ and he is drinking again."
- 10. is a mixed drink that contains both alcohol and non-alcoholic mixers.
- 12. a short period of time when drinks in a bar cost less than usual, usually in the early evening
- 17. To add a strong or dangerous substance to a drink






Boys and Girls Club: Calendar of Events ♥ October

Submitted by: Adeline Crozier | Hualapai Tribal Administration

October 2018



BOYS & GIRLS CLUB
OF PEACH SPRINGS

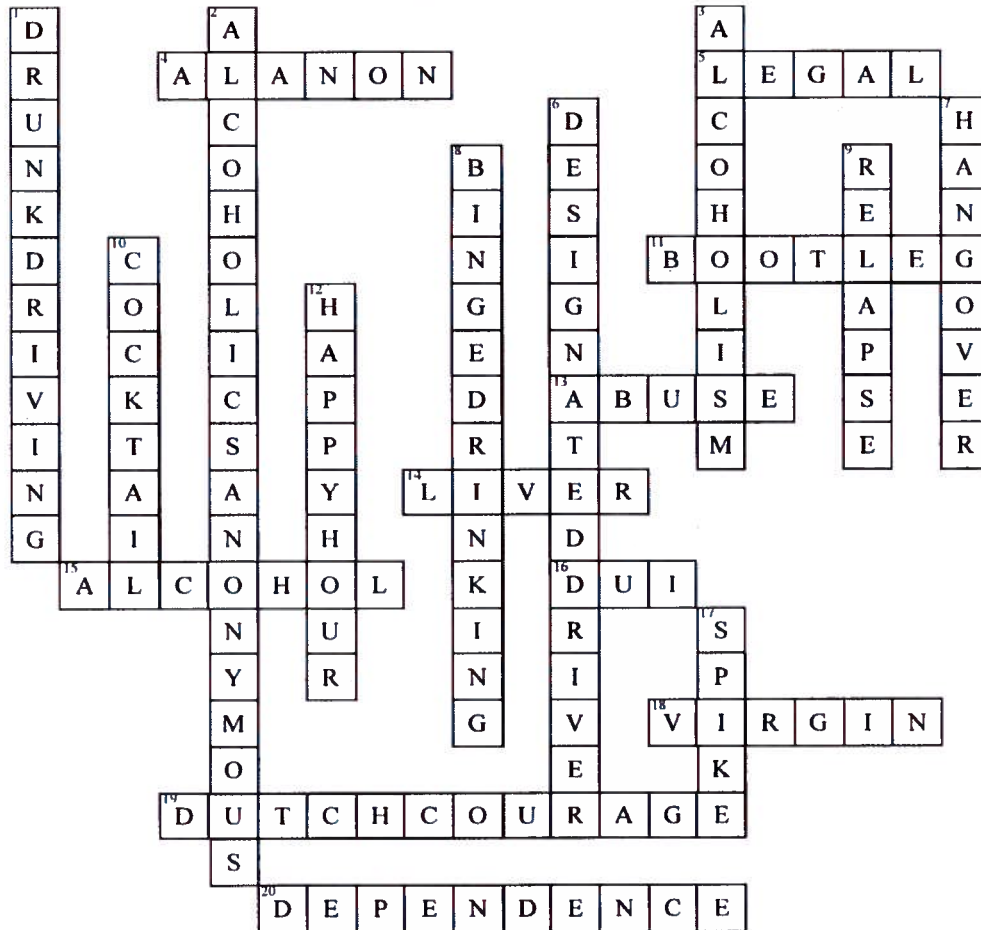
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Club Open From 10am-6pm Kingman Students welcome to come to club at 10am. Power Hour- All Members Smart's Girls Volunteering @ Dance</p>	<p>2 Power Hour- All Members Smart Girls- 8-10 yo</p>	<p>3 Power Hour- All Members National Fine Arts</p>	<p>4 Power Hour- All Members National Fine Arts</p>	<p>5 Movie Fieldtrip Ages: 5-10 year olds Cost: \$6/per member "The House With a Clock in It's Wall" Theme: Focus Focus</p>
<p>6 Club Open From 8:00am-6:00pm Fall Break Theme: Halloween Town Power Hour- All Members Smart's Girls Volunteering @ Dance</p>	<p>9 Power Hour- All Members Smart Girls- 8-10 yo Fall Break Theme: Goosobumps</p>	<p>10 Hualapai Youth Bird Singing & Dancing Social 5:30pm @ Ramada's Pending weather, location may change. Dinner to be served after. Fall Break Theme: Are you afraid of the Dark?</p>	<p>11 Movie Fieldtrip Ages: 5-10 year olds Cost: \$6/per member Small Foot Fall Break Theme: Zombie Apocalypse</p>	<p>12 CLUB CLOSES AT 1:00PM! Please make proper arrangements for pick up. Questions Call the Club 928.769.1801</p>
<p>15 Power Hour- All Members Smart's Girls Volunteering @ Dance</p>	<p>16 AZ HEALTH ZONE PRESENTATION W/DREE 4-5PM</p>	<p>17 Hualapai Read-On Event 5:30pm Multi-purpose Bldg. Power Hour- All Members National Fine Arts</p>	<p>18 Power Hour- All Members National Fine Arts</p>	<p>19 MONSTER WASH DANCE 2:00PM-4:00PM NBA 2K19 TOURNAMENT 7 & Up See Britt for Details</p>
<p>22 Red Ribbon Week "Life is your Journey, Travel Drug Free!" RAJAMA DAY- Put Drugs to Sleep by wearing your PJ's</p>	<p>23 Red Ribbon Week "Life is your Journey, Travel Drug Free!" CRAZY SOCKS DAY- Sock It to Drugs by wearing your crazy socks!</p>	<p>24 Red Ribbon Week "Life is your Journey, Travel Drug Free!" JERSEY DAY- Team Up Against Drugs by wearing your favorite team jersey or shirt!</p>	<p>25 Red Ribbon Week "Life is your Journey, Travel Drug Free!" RED DAY- wear RED to show I Love Me! I Am Drug Free!</p>	<p>26 Red Ribbon Week "Life is your Journey, Travel Drug Free!" BACKWARDS DAY- Turn Your Backs On Drugs by wearing your clothes backwards!</p>
<p>29 Power Hour- All Members Smart's Girls Volunteering @ Dance</p>	<p>30 TEACH SPRINGS SCHOOL HALLOWEEN CARNIVAL Come Check Out Our Booth And if you're not a member Sign Up To Become A Club Member!</p>	<p>31 CLUB COSTUME PARTY 4-6PM </p>	<p>Questions, please feel free to give us a call or send us an email Phone: 928.769.1801 Email: peachsprings@bgs.org</p>	

Crossword Puzzle ♥ Answer Key

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

Name: _____ Date: _____ Period: _____

Alcohol



Across

- 4. an organization for the families and friends of alcoholics
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