

**Special points of interest:**

- TERC Meeting will be on Wednesday, December 19<sup>th</sup> at 9:00AM at the Hualapai Cultural Resources Department
- HTUA Board Meeting will be on Thursday, December 20<sup>th</sup> at 9:07AM at the Hualapai Health, Education & Wellness Department.
- Hualapai Tribal Departments Holiday Closure Schedule (pg. 11)

Issue #25

Friday, December 14, 2018

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**Merry Christmas 2018**

*Submitted by: Dr. Damon Clarke | Chairman of the Hualapai Tribe*

**Merry Christmas 2018**

To All Our Hualapai People and All Our Readers of the Gum YU:

Foremost at this time, the Hualapai Tribal Council wants to offer their condolences to all the families who have lost a loved one for the past couple of months. The loss of a loved one prior to Thanksgiving and Christmas is never easy to experience. This is very hard to comprehend and to deal with as we have entered the holidays. Please find time to grieve and visit our local Health Department for any counseling that you and your family may need. (Way im ja mak ja)

We are entering into the special season of Christmas for the 2018 Year closure. Children will be home enjoying time off from their studies and having some time with family. Weather is another issue as it has been very cold and chilly. Take time to visit relatives to see if they are doing well with things such as their health, safety, and well-being.

As you and your family travel, cook, make fire, and gather; take time to thank the Lord as this is the time of the Birth of Christ. It is the greatest gift to all of us and take the time to work on what Christmas really means.

The community members have done a great job in decorating their homes and the annual lighting of our tree at the Park was attended well. You and we have countless blessings of families and friends to fill our hearts with the gatherings that are forthcoming. During this time, let's not forget those who might not have time to be with family, who are away at school; the men and women in the military; to those who are in the hospital, and the many people who are less fortunate.

On behalf of the Hualapai Tribal Council to your family and relatives, may this Christmas Day and Break bring you Happiness and Peace!

Christmas is like a thunderstorm  
 That comes every year to remind us  
 The love of God and his willingness  
 to save us from our sins.  
 Joy and peace fills in the hearts of those  
 who believes in the miracle of Christmas  
 Wishing you a Merry Christmas filled with  
 Happiness, fun and Joy  
 May the sweet magic of holiday season  
 Not only fills in your heart and soul  
 But also spreads to your dears and nears  
 Wishing you a holiday filled with fun and joy.



Happy Holidays and Merry Christmas!

*Chairman Clarke; Vice-Chairman Watahomigie; Council Members B. Watahomigie; C. Bravo; J. Marshall; J. Tapija; S. Crozier; R. Powskey; and S. Havatone*

Newsletter of the Hualapai Tribe



**Now Accepting HIP Applications • Due by Friday, December 28<sup>th</sup>**  
*Submitted by: Michelle Zephier | Hualapai Planning Department*



## United States Department of the Interior

OFFICE OF THE SECRETARY  
Washington, DC 20240

OCT 31 2018

Dear Tribal Leader:

The purpose of this letter is to provide information regarding the Bureau of Indian Affairs (BIA) National Housing Improvement Program (HIP) Funding Distribution Methodology for Fiscal Year (FY) 2019 and call for the 2019 Tribal Work Plan as outlined in the Indian Affairs Manual Part 70 Chapter 7. For a copy of the chapter please visit:

<https://www.bia.gov/sites/bia.gov/files/assets/bia/ois/raca/pdf/idcl-026679.pdf>

The HIP offers Native Americans and Alaska Natives the opportunity to live in safe and sanitary housing conditions. The BIA's policy on providing HIP funding is consistent with the National Housing Policy (42 U.S.C. Section 1441), which declares that every American family should have the opportunity for a decent home and a suitable living environment. The distribution of FY 2019 HIP funding is contingent upon congressional appropriations.

The information below summarizes the responsibility of each Tribe for Tribal Data Collection and for submission of its Annual Tribal Work Plan.

### **Tribal Data Collection**

Each Tribe is responsible for the collection of eligible applicant data using the approved Housing Assistance Application Form, BIA Form 6407. Tribal members interested in HIP must complete the application through their local Tribal HIP office or Tribal Designated Housing Entity (TDHE). The Tribe or TDHE is responsible for working with applicants and determining eligibility for HIP based on the information each applicant provides on the application and in accordance with 25 C.F.R. Section 256.14. Eligibility does not guarantee funding for services.

### **Tribal Work Plan (Tribal Annual Performance Report)**

Annually, each Tribe is responsible for compiling all eligible Tribal application data into a single Tribal Work Plan. The Tribal Work Plan summarizes all applicant data into a priority list, from high to low, based on the scoring factors from the application. A Tribe is permitted to include FY 2018 applicant data in its FY 2019 summary of eligible applicant data, but must update the applicant eligibility criteria requirements pursuant to 25 C.F.R. Section 256.16. The Tribal Work Plan must be submitted for a Tribe to be considered in the distribution of HIP funding for FY 2019. The Tribal Work Plan for FY 2019 is due to the Regional Office by close of business December 31, 2018.

The Housing Assistance Application Form, BIA Form 6407, and the FY 2019 HIP Tribal Work Plan (Tribal Annual Performance Report) may be downloaded from the BIA Website. To download the HIP forms, please visit:

<https://www.bia.gov/bia/ois/dhs/housing-improvement-program>

Tribes are invited to contact their local agency, regional, or self-governance representative for more information. Should you have any questions, you may contact Mr. Les Jensen, Housing Program Officer, Division of Human Services, at (907) 586-7397.

Sincerely,



Tara Sweeney  
Assistant Secretary Indian Affairs

### Housing Improvement Program (HIP) • Information

Submitted by: Michelle Zephier | Hualapai Planning Department

#### HURRY TO GET YOUR HOUSING IMPROVEMENT PROGRAM (HIP) FILE COMPLETED—THERE'S A TIME LIMIT!

There will ONLY be certain time frames to schedule an appointment with Michelle Zephier the Housing Improvement Program coordinator for the Hualapai Tribe, she will help you to complete your application and make sure all your information is submitted accurately. You may call any day or come in to make an appointment, the dates available are from December 19-29. There WILL NOT BE ANY EXTENSIONS GIVEN, because of the HIP worksheet due date that must be submitted to the Bureau of Indian Affairs Office in Phoenix. Thank you for your understanding.

Michelle Zephier, Planner 1/Realty Specialist located next to the Walapai Market at 928-769-1310 or 928-607-6413.

### Now Accepting HIP Applications • Due by Friday, December 28<sup>th</sup>

Submitted by: Michelle Zephier | Hualapai Planning Department



## \*\*\*\*ATTENTION\*\*\*\*

### Now Accepting Housing Improvement Program (HIP) Applications



The Housing Improvement Program is a home repair, renovation and replacement grant program administered by the Bureau of Indian Affairs (BIA) and federally-recognized Indian Tribes for American Indians and Alaska Native individuals and families who have no immediate resource for standard housing. To be eligible for HIP assistance, you must be a member of a federally recognized American Indian tribe or be an Alaska Native; live in an approved tribal service area; have an income that does not exceed 125% of the U.S. Department of Health and Human Services Poverty Guidelines; have present housing that is substandard, as defined in the regulations 25 CFR, Part 256; have no other resource for housing assistance; have not received HIP assistance after October 1, 1986 for repairs, renovation, replacement or housing, or down payment assistance; and have not acquired your present housing through a federally sponsored housing program that includes such housing assistance. Interested applicants should contact – Michelle Zephier for an Application Package containing the application, guidelines, and required supporting documentation necessary in order to qualify for eligibility. Complete applications and all supporting documentation is due by **December 28, 2018**.

#### Contact Persons:

Michelle Zephier, Hualapai Planning Dept.  
Western Region (BIA) - Nancy Jones,

Office Phone: 928-769-1310  
Office Phone: (602) 379-3083

Fax: 928-769-1377  
Fax: (602) 379-4006

**UNITED STATES DEPARTMENT OF THE INTERIOR  
BUREAU OF INDIAN AFFAIRS**

**HOUSING ASSISTANCE APPLICATION**

**GENERAL INSTRUCTIONS**

This application is for the Housing Improvement Program (HIP) of the Bureau of Indian Affairs (BIA).

The HIP is a grant program that addresses the housing needs of those Indians who cannot qualify for housing assistance from any other source. It involves the repair and renovation of existing housing or the construction of a new unit. Individual Federally-recognized Indian tribe's participation is mandatory and their direct administration of the HIP is encouraged. The selection of eligible families or individuals for HIP services is done through a screening process by assigning points to specific ranking factors documented in the application.

Individuals wishing to apply for HIP assistance must complete this application and submit it to either their local BIA Agency office or designated Tribal HIP office, if operated under P.L. 93-638 contract or P.L. 103-413 Self-Governance compact.

**PRIVACY ACT NOTICE:** Pursuant to Section 3(e) (3) of the Privacy Act of 1975 (P.L. 93-579), individuals furnishing information on this application form are hereby advised:

1. The authority for solicitation of the information is 25 U. S. C. 13 and the Bureau of Indian Affairs HIP regulation at 25 CFR Part 256.
2. The information collected will be used to determine an applicant's eligibility and to set priority ranking for assistance under the HIP regulations.
3. The disclosure of this information is voluntary. Failure to provide the information required to support the verification process will result in the denial of the application. Incomplete applications will not be considered. The information provided in this application may be made available to authorized sources for verification purposes upon request.

**USE OF SOCIAL SECURITY NUMBER:** The disclosure of your Social Security Number is required in the completion of this application because other people may have the same name and birth date. The Social Security Number is used, if necessary, to verify income and to avoid duplication of housing assistance.

**CERTIFICATION:** Certification is made with the knowledge that the information will be used to determine eligibility to receive housing assistance. Anyone who knowingly makes a false or fraudulent statement in this application is subject to the penalties provided by law (U.S. Code, Title 18, Section 1001).

If you need information regarding the conditions and terms under which housing assistance is provided to American Indians or Alaska Natives, you may obtain a copy of the HIP regulations (25 CFR Part 256) from your Tribe or nearest BIA Agency Office.

**(Instructions – Page 1 of 3)**

PLEASE DETACH THESE INSTRUCTIONS BEFORE SUBMITTING YOUR HIP APPLICATION  
PLEASE SUBMIT YOUR COMPLETED APPLICATION TO YOUR TRIBAL SERVICING HOUSING OFFICE

**INSTRUCTIONS RELATING TO SPECIFIC ITEMS IN THE APPLICATION**

**ITEM C - Income Information:** Enter the total annual household income of all family members, including all earned and unearned income as defined in 25 CFR Part 20, Subpart C – Direct Assistance. The sections that are applicable to this application are: 20.307, 20.308, 20.309 and 20.310.

The following detailed definition of income is from the Bureau of Indian Affairs' Financial Assistance and Social Services Program Regulations, 25 CFR Part 20 Subpart C - Direct Assistance shall be applied to HIP applications.

- (A) **Resources.** In determining eligibility..., the Bureau shall consider all types of income and other liquid assets available for support and maintenance unless... *or specifically excluded by Federal statute.* All earned or unearned income will be counted as income in the month received and as a resource thereafter, except certain income from the sale of real personal property as provided in Section 20.309(d). Resources are considered available when they are converted to cash.

*Only adjustment or exclusion to income is in accordance with 25 U.S.C. 1408, Section 8, as amended, which provides that: "..., and up to \$2,000 per year of income received by individual Indians that is derived from interests (trust or restricted lands) shall not be considered income..." Income from Indian gaming is not considered part of this statutory exclusion.*

- (1) "Earned income" is cash or any in-kind payment earned in the form of wages, salary, commissions, or profit from activities by an employee or self-employed individual. Earned income includes:

- (a) Any one-time payment to an individual for activities which were sustained over a period of time (for examples, the sale of farm crops, livestock or professional artists producing act work);
- (b) With regard to self-employment, total profit from business enterprise (i.e., gross receipts less expenses incurred in producing the goods and services). Business expenses do not include depreciation, personal business and entertainment expenses, personal transportation, capital equipment purchases, or principal payments on loans for capital assets or durable goods.

- (2) "Unearned income" includes, but is not limited to:

- (a) Income from interest; oil and gas and other mineral royalties; gaming income per capita distributions; rental property; cash contributions, such as child support and alimony, gaming winnings; retirement benefits;
- (b) Annuities, veteran's disability, unemployment benefits, federal and state tax refunds;
- (c) Per capita payments not excluded by federal statute;
- (d) Income from sale of trust land and real or personal property that is set aside for reinvestment in trust land or a primary residence, but has not been reinvested in trust land or a primary residence at the end of one year from the date the income was received;
- (e) In-kind contributions providing shelter at no cost to the individual or household, this must equal the amount for shelter included in the state standard, or 25 percent of the state standard, whichever is less; and

**(Instructions – Page 2 of 3)**

(f) Financial assistance provided by a state, tribal, county, local or other federal agency.

(3) The Bureau shall prorate:

- (a) Recurring income received by individuals over a 12-month period for less than a full year's employment (for example, income earned by teachers who are not employed for a full year);
- (b) Income received by individuals employed on a contractual basis over the term of a contract; and
- (c) Intermittent income received quarterly, semiannually or yearly over the period covered by the income.

**ITEM D - Housing Assistance:** Housing assistance in the form of repairs to bring a housing unit to a standard condition is for the applicant(s) who are living in their own home. The applicant must sign a written agreement that if he/she sells the house within five years following the date of completion of the repairs, the full amount of the assistance must be repaid to the BIA at the time of settlement. [25 CFR Part 256.9(d)]

The applicant needing construction of a new standard house must have ownership of the land on which the house is to be built. In the case of a leasehold interest, it must be for not less than 25 years. The applicant must sign a written agreement that if he/she sells the house within the first ten years from the date of ownership, the grant is voided and the full amount of the HIP grant will be repaid to the BIA at the time of settlement. [25 CFR Part 256.10]

**ITEM E - Land Information:** Check the appropriate box to indicate the status of the land. The following are brief descriptions of types of land identified in the application:

Individual Trust	Land or any interest therein held in trust status by the United States for the benefit of an individual.
Tribal Trust	Land or any interest therein held in trust status by the United States for the benefit of an Indian Tribe.
Individually Restricted	Land or any interest therein, title to which is held by the individual Indian subject to Federal restriction against alienation, encumbrance, or taxation.
Tribally Restricted	Land owned by an Indian tribe with the Federal restrictions of alienation and encumbrances.
Tribally Fee Simple	Land owned by an Indian tribe free of any restriction
Fee Patented	Individual owned land where a patent has been issued which conveys an absolute or fee simple estate. The owner is entitled to the entire property with unconditional power to dispose.

**(Instructions – Page 3 of 3)**

PLEASE DETACH THESE INSTRUCTIONS BEFORE SUBMITTING YOUR HIP APPLICATION  
PLEASE SUBMIT YOUR COMPLETED APPLICATION TO YOUR TRIBAL SERVICING HOUSING OFFICE

**UNITED STATES DEPARTMENT OF THE INTERIOR  
BUREAU OF INDIAN AFFAIRS  
HOUSING ASSISTANCE APPLICATION**

- All questions in this application must be answered. The requested information is self-explanatory.
- This application is subject to the Privacy Act of 1974, Pub. L. 93-579

**A. APPLICANT INFORMATION** \_\_\_\_\_

1. Name: \_\_\_\_\_  
Last
First
MI
Maiden Name (if any)
2. Current Address: \_\_\_\_\_  
Street Address
P.O. Box # (if any)
- \_\_\_\_\_ City State Zip Code
3. Telephone Number: (\_\_\_\_) \_\_\_\_\_
4. Date of Birth: \_\_\_\_\_ 5. Social Security Number: \_\_\_\_\_
6. Tribe: \_\_\_\_\_ Roll Number: \_\_\_\_\_
- Reservation/Rancheria: \_\_\_\_\_
7. Marital Status: \_\_\_\_ Married \_\_\_\_ Singled \_\_\_\_ Widowed \_\_\_\_ Other  
 If you checked "Other", please explain. \_\_\_\_\_
8. Are you Homeless? \_\_\_\_ No \_\_\_\_ Yes 9. Are you or spouse a Veteran? \_\_\_\_ No \_\_\_\_ Yes

**Information About Spouse:** \_\_\_\_\_

10. Name: \_\_\_\_\_  
Last
First
MI
Maiden Name (if any)
11. Date of Birth: \_\_\_\_\_ 12. Social Security Number: \_\_\_\_\_
13. Tribe: \_\_\_\_\_ Roll Number: \_\_\_\_\_

**B. FAMILY INFORMATION** \_\_\_\_\_

List all other persons living in household on a permanent basis. Start with the oldest and provide Name, Date of Birth, Social Security Number, Relationship to Applicant, and Tribe/Roll Number.

Name	Date of Birth	Social Security #	Relationship to Applicant	Tribe/Roll Number

If you need more space, use a blank sheet of paper.

Date of this application: \_\_\_\_\_

**C. INCOME INFORMATION** \_\_\_\_\_

14. **Earned Income:** Start with applicant, then list all permanent family members, including all who are listed under Parts A and B and have earned income. Provide signed copy of SF-1040 (income tax return), W-2 forms, wage stubs, etc. for verification.

Name	Annual Earned Income	Source of Income

Total annual earned income: \$ \_\_\_\_\_

15. **Unearned Income:** Start with applicant, then list all permanent family members, including all who are listed under Parts A and B and have unearned income such as social security, retirement, disability and unemployment benefits, child support and alimony, royalties, per capita payments, interest, etc. Provide check stubs, statements, individual Indian Money (IIM) ledgers, etc. for verification.

Name	Annual Unearned Income	Source of Income

Total annual unearned income: \$ \_\_\_\_\_

16. **TOTAL COMBINED ANNUAL HOUSEHOLD INCOME** (earned + unearned): \$ \_\_\_\_\_

**D. HOUSING INFORMATION** \_\_\_\_\_

17.	Location of the house to be repaired, renovated or constructed. (Give address and detailed directions to this house). <b>**DRAW MAP ON BACK OF THIS PAGE**</b>
18.	Provide a brief description of the problems you are experiencing with your house or the type of housing assistance for which you are applying.
19.	If repair assistance is needed, do you own _____ or rent _____ this house?
	If renting, is the owner Indian?    No            Yes If yes, provide name of owner(s):
20.	Are you living in Overcrowded Conditions?    No            Yes
21.	Is the condition of the home in a dilapidated state?    ___ No    ___ Yes

Date of this application: \_\_\_\_\_



**HOUSING INFORMATION, continued.**

22.	Is electricity available? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, provide name of electric company: _____					
23.	Type of Sewer system:	<input type="checkbox"/> City Sewer	<input type="checkbox"/> Septic Tank	<input type="checkbox"/> Chemical Toilet	<input type="checkbox"/> Outhouse	
	Water Source:	<input type="checkbox"/> City Water	<input type="checkbox"/> Private Well	<input type="checkbox"/> Community Water Tank		
Other (Please describe): _____						
24.	No. of Bedrooms _____					
25.	House Size:	(Square Feet)	[ LENGTH	ft/in]	[ WIDTH	ft/in]
26.	Bathroom facilities in existing house:		Facility	Yes	No	
			Flush toilet			
			Bathtub			
			Sink/lavatory			

**E. LAND INFORMATION** \_\_\_\_\_

27.	Do you own the land on which you wish to renovate or build this home? <input type="checkbox"/> Yes <input type="checkbox"/> No			
If no, can you provide proof that you can obtain land? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Provide the name of the owner(s): _____				
28.	What is the current status of the land?	Fee	Tribal Fee	Native/Restricted
		Individual trust land	Tribal trust land	Public Domain
		Individually restricted	Tribally restricted	Other:
29.	If you do not own the land, do you have: <input type="checkbox"/> Leasehold interest? <input type="checkbox"/> Use permit? <input type="checkbox"/> Indefinite assignment or joint ownership? If so, please explain: _____			

**F. GENERAL INFORMATION** \_\_\_\_\_

		Yes	No
30.	Have you or anyone in your household ever received Housing Improvement Program assistance?		
If yes, give amount received \$ _____; the year it was received: 19__ __; and the location of the house: _____			
31.	Do you own any other house not occupied by your family?		
If yes, state where the house is located: _____ and who occupies it: _____			
32.	Do you live in a house built with Housing and Urban Development (HUD) funds?		
33.	Is the HUD project still under operation of an Indian Housing Authority?		
34.	Are you seeking Down Payment Assistance?		
If yes, have you applied with USDA Rural Development or other lending institution? Please provide a copy of the credit letter.			
35.	If you are requesting assistance for a new housing unit, have you applied for assistance from:		
	• Indian Housing Authority?	If yes, provide date of application: _____	
	• Tribal Credit Program?	If yes, provide date of application: _____	
	• Other? From who: _____	If yes, provide date of application: _____	
36.	Does anyone in your family, who is a permanent resident listed under Parts A and B of this application, have a severe health problem, handicap or permanent disability?		
	If yes, provide name of family member _____ and brief description of condition. (Your servicing housing office will advise you if you must provide a statement of condition from one source, which may include a physician's certification, Social Security or Veterans Affairs determination, or similar determination).		

Date of this application: \_\_\_\_\_

**G. APPLICANT CERTIFICATION**

(Read this certification carefully before you sign and date your application. Sign in ink).

I certify that all the answers given are true, complete and correct to the best of my knowledge and belief, and they are made in good faith. This certification is made with the knowledge that the information will be used to determine eligibility to receive financial assistance, and that false or misleading statements may constitute a violation of 18 U.S.C. 1001.

This application contains material covered by the Privacy Act. No record will be communicated to anyone or any agency unless requested in writing, by the applicant, or unless an officer or employee of the housing program or other Federal agency requires it in the performance of their duties.

Applicant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Spouse's Signature (if appropriate) \_\_\_\_\_

Date: \_\_\_\_\_

PRIVACY ACT STATEMENT

25 CFR 265 and 25 U.S.C. 13 authorize the collection of this information. This information is covered by the system of record notice "Indian Housing Improvement Program, Interior, BIA-10." The primary use of this information is to determine eligibility for assistance under the Housing Improvement Program. The records contained therein may only be disclosed in accordance with the routine uses and may not otherwise be disclosed by any means of communication to any person, or to another agency, except pursuant to a written request by, or with prior written consent of the individual to whom the record pertains. If the BIA uses the information furnished on this form for purposes other than those indicated above, it may provide you with an additional statement reflecting those purposes. Executive Order 9397 authorizes the collection of your Social Security number. Furnishing the information is voluntary but failure to do so may result in disapproval of your application.

PAPERWORK REDUCTION ACT STATEMENT

This information is being collected to select eligible families or individuals to participate in the Housing Improvement Program. Response to this request is required to obtain a benefit in accordance with 25 CFR 256. You are not required to respond to this collection of information unless it displays a currently valid OMB control number. This information will be used to determine the eligibility and the ranking of the applicant. Public reporting burden for this form is estimated to average 1 hour per response, including the time for reviewing instructions, gathering and maintaining data, and completing and reviewing the form. Direct comments regarding the burden estimate or any other aspect of this form to Information Collection Clearance Officer – Indian Affairs, 1849 C Street, NW, MS-4141, Washington, DC 20240.

Date of this application: \_\_\_\_\_

**HTUA) Seeking Two New Board Members***Submitted by: Kevin Davidson | Hualapai Planning Department***Seeking Two New Board Members 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 two new candidates to apply for Board membership to maintain this important function of Tribal government.

- ◆ The first Board position may be filled by a member of the Community who has sufficient education, experience, and sound judgment to learn basic utility business practices and procedures.
- ◆ The second Board position may be filled by a member or non-member of the Community who has not less than ten years' experience in business management of substantial character and has had experience in the management and operation of an electric utility.

The new board member will be appointed for a three-year term. 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.

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, December 28, 2018, at 5:00 PM. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

**Diamond Creek Restaurant • Holiday Hours***Submitted by: Shawna Havatone***HOLIDAY HOURS**

Tuesday, December 25, 2018

5pm-9pm

Christmas Buffet Only

Wednesday, December 26, 2018

8am-9pm

**ATTENTION—PEACH SPRINGS COMMUNITY**

Please note the following dates and times that the Tribal Departments will be closed for business due to the Holidays.

**Friday, December 21, 2018**

1:00PM - 5:00PM

**Monday, December 24, 2018**

8:00AM - 5:00PM

**Tuesday, December 25, 2018**

8:00AM - 5:00PM

**Friday, December 28, 2018**

1:00PM - 5:00PM

**Monday, December 31, 2018**

8:00AM - 5:00PM

**Tuesday, January 1, 2019**

8:00AM - 5:00PM

**Holiday Deadlines**

Due to the upcoming Holiday schedule, please note the deadline for Gamyu newsletter articles. Also, if you are looking for any past Gamyu newsletters or other community information, check the tribal website at: <http://hualapai-nsn.gov>

**ARTICLE DEADLINE:**

**FRIDAY, December 21<sup>st</sup> by 1:00PM**  
(Due to Christmas & New Years Holiday)

**Next Publication:**Friday, December 28<sup>th</sup>

**Grand Canyon Resort Corporation • Vehicle Auction**  
 Submitted by: *Nicholas Cabrera* | Grand Canyon Resort Corporation

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



**Vehicle Bid #1811**

Auction Opens:

Nov. 27, 2018

Auction Closes:

Dec. 27, 2018

Announcement:

Dec. 29, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Dec 27, 2018

**SUBMITTING YOUR BID:**  
 Please submit your bid, along with the following information:

- Vehicle Bid #1811
- Full Name
- Contact Number
- Amount of bid, no less than \$100

**2011 Ford E350 Van**

- Mileage 229,470
- AS IS Condition
- NO A/C
- Starts/Runs
- Needs Jump start
- Possible bad battery

**Bids may be mailed to:**  
 Grand Canyon Resort Corporation  
 Attn: Procurement Department  
 PO BOX 359  
 Peach Springs, AZ 86434



**Vehicle Bid #1812**

Auction Opens:

Nov. 27, 2018

Auction Closes:

Dec. 27, 2018

Announcement:

Dec. 29, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Dec 27, 2018

**SUBMITTING YOUR BID:**  
 Please submit your bid, along with the following information:

- Vehicle Bid #1812
- Full Name
- Contact Number
- Amount of bid, no less than \$100

**2008 Ford F250 4x4 Reg Cab**

- Mileage 211,190
- AS IS Condition
- Starts/Runs
- Idles Roughly
- Check Engine light on
- Power Steering Issues

**Or hand delivered to:**  
 Administrative office - Procurement Dept in  
 Peach Springs.  
 Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext.166

**GCRC Management and Administrative Staff are not eligible to bid.**

**Boys & Girls Club • Building Maintenance Notice & Calendar***Submitted by: Amelia Walema | Boys and Girls Club*

Thursday, November 29, 2018

Dear Parents/Guardians and Community Members,

The Boys & Girls Club of Peach Springs will be closed for a duration of 2 weeks beginning Monday, December 10 through Friday, December 21, 2018 for building maintenance of the interior and exterior of the building. This has been a long awaited process and we apologize for any inconveniences this closure may cause.

During the closure no staff will be present but you may reach us via email at [peachsprings@bgcs.org](mailto:peachsprings@bgcs.org) or by emailing me at [amelia.walema@bgcs.org](mailto:amelia.walema@bgcs.org).

Our building will also be closed for the Christmas Holiday

Christmas Eve- Monday, December 24, 2018 and Christmas Day- Tuesday December 25, 2018.

We will re-open our doors to club members starting on Wednesday, December 26, 2018 after the Christmas Holiday, our hours during this week will be from 7:45am-5:15pm.

Our building will be closed again for the New Year Holiday

New Year's Eve- Monday, December 31, 2018 and New Year's Day- January 01, 2019.

We will re-open our doors to club members starting on Wednesday, January 02, 2019 after the New Year's Holiday, our hours during this week will be from 7:45am-5:15pm.

We would like to thank you in advance for your patience during this time and are excited to have an updated facility to bring into the New Year which will allow us to better service the children of the community. On behalf of the Boys & Girls Club staff we wish your families a safe and blessed holiday.

Sincerely,

A handwritten signature in cursive script that reads "Amelia Walema".

Amelia Walema  
Branch Director

Boys & Girls Club of Peach Springs  
479 Diamond Creek Rd  
P.O Box 395  
Peach Springs, AZ 86434

Phone: 928.769.1801  
Fax: 928.769.1803  
E-mail address:  
[peachsprings@bgcs.org](mailto:peachsprings@bgcs.org)

# DECEMBER 2018



BOYS & GIRLS CLUB  
OF PEACH SPRINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Do You Wanna Build A Snowman?</p>	<p>4 AZ Health Zone w/ Broe and Chris 4:30pm-5:00 pm</p>	<p>5 Guess That Christmas Carol</p>	<p>6 You're A Mean One Mr. Grinch</p>	<p>7 Thoms: Ugly Sweater Day Holiday Walk w/ EW4H Starting at 11am</p>
10	11	12	13	14
<b>Club Closed for Building Maintenance</b>				
17	18	19	20	21
<b>Club Closed for Building Maintenance</b>				
<p>24 Club Closed for Holidays Merry Christmas</p>	<p>25 Club Closed for Holidays Christmas</p>	<p>26 MINDY</p>	<p>27 Movie Fieldtrip Spiderman Into the Spiderverse Ages: 5-10 year olds</p>	<p>28 Just Dance 2019 with Getta from KWL 100.9</p>
31	<p>Club Closed for Holidays HAPPY NEW YEAR</p>	<p>2 Time Capsules</p>	<p>3 Bowling Fieldtrip Ages 10 &amp; UP</p>	<p>4 Dare Challenge</p>

Questions please call 928.769.1801 or email [peachsprings@bgcs.org](mailto:peachsprings@bgcs.org)

Hear from 2019 Hualapai Tribal Youth Council Candidates • Monday, December 17<sup>th</sup>  
Submitted by: Christina Watahomigie | Hualapai Youth Services

# Calling All Elders!!!

**55+**

**December 17, 2018**

**6pm-730pm**

**Elderly Center.**



**I WANT YOU  
TO VOTE!**

Please come out and vote for the

**2019 Hualapai Tribal Youth Council.**

If you would like to hear from the candidates that are running, Please be there at 5pm



**“The Youth Is The Hope Of Our Future”**

**-Jose Rizal**



Call Youth Services for more info 769-2207 ext 243

## Hualapai Youth Council President Candidate



Gamyu, my name is Courtney Beecher. I'm a proud Hualapai member part of the Pine Springs Band from Peach Springs, Arizona. I am running for Youth Council President as my aspirations consist of being leader for the Hualapai community. I am a credible leader as I've held previous official positions such as Junior and Senior class President. Being away from my community for five years and returning to my home inspired me to improve our community in various ways. For example: becoming environmentally conscious, more culturally involved and educated in who we are as Native Americans. I'd like to make a commitment to fulfill any duties and demonstrate how my community participation can lead to bigger opportunities. Hankyu.

Elders 55+ can vote for new Youth Council officers

## Hualapai Youth Council President Candidate



Gam'yu. My name is Mitchel Beecher. I'm running for president. I'm 14 years old and my band is the tall pines. I'm in 8th grade at Valentine Elementary. The reason why I want to run for President is to help around the community and to better my tribe. I want to encourage other youth to join youth council. They can help us make the tribe better too. It will teach us how to come out of our comfort zone. We can stop drug abuse together.



## Hualapai Youth Council Vice President Candidate



Gam'yu. My name is Eileen Gonzales. I am a Hualapai tribal member. I come from the Pine Springs and Big Sandy band(s). I am a sophomore at Kingman High school. I am running for Hualapai Youth Council Vice President. If I am selected as the Vice President my platform will be to “Connect the youth with the elders to help preserve culture and language”.

## Hualapai Youth Council Vice President Candidate



Gam'yu! My name is Cheyenna Warbington. The position, I am running for is vice president. I am Hualapai from the Chloride and Pine Springs band. I attend Kingman High School. I am in the 10th grade. I'm running for vice president, because my main goal is to focus on decreasing substance and alcohol abuse by having different activities such as awareness workshops for the community.

Thank you.

## Hualapai Youth Council Treasurer Candidate



Hello. I'm Chenoa Morgan and I'm running for Treasure of the Hualapai Youth Council. I am an enrolled Hualapai Tribal member and have been living on the Hualapai Reservation in Peach Springs since I was a child. I am getting involved in the Hualapai Youth council to serve my community in positive new ways. I am hoping to learn more about the Hualapai culture, language and leadership. I hope that you support my candidacy for Hualapai Youth Council Treasure and vote for me, because I believe I am up to the task of learning and serving all young people. Thank you.

## Hualapai Youth Council Treasurer Candidate



Hi, my name is Nina Montana. I'm 15 years old. I'm enrolled in the Hualapai Tribe. I'm running for the treasurer position for Hualapai youth council. I enjoy working with numbers. I help my family with budgets for special events. I love math. I have been learning more about my people of the Tall Pines and how to speak the Hualapai language. I really enjoy learning about my culture and being involved in youth council. I want to encourage others youth to join. Please vote for me for Hualapai Youth Council Treasurer.

# Hualapai Youth Council Secretary 1 Candidate



Hello! My name is Anita Lola Montana. I'm 14 years old. I'm enrolled in the Hualapai Tribe and from a family of 8. I enjoy writing. I like to journal my thoughts. I've been involved in the Hualapai youth council and have been consistently attending meetings. Youth council has been a great experience for me. Please vote for me for Hualapai Youth Council Secretary 1. I would love your support. I hope you consider me for this position and thank you.

-Anita Montana

**Christmas Craft Night • Tuesday, December 18<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

*Christmas craft night*

*@ tribal gym tuesday*

*Dec. 18, 2018.*

*activities will start @ 6pm.*

*hot cocoa and cookies will be served.*

*for more info call the recreation Dept. @ 769-2652*



**3rd Annual "It's a Charlie Brown Christmas" • Wednesday, December 19th**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



**3rd Annual,  
It's a Charlie  
Brown Christmas!**

Come for a reading, craft  
and yummy treats!

One copy of the book will  
be given to the first

**Wednesday, December 19th**

**5:30PM @**

**Health Education and Wellness**

Parents are to accompany their children to this fun event!

SUPPORTED BY

**FIRST THINGS FIRST**

**Christmas Talent Show & Contest • Thursday, December 20th**

*Submitted by: Connie Hunter | Hualapai Prosecutors Office*

**THE HUALAPAI TRIBE  
CORDIALLY INVITES YOU TO  
PARTICIPATE IN OUR**

**CHRISTMAS  
TALENT SHOW & CONTEST**

**1ST PRIZE - \$100.00, 2ND PRIZE \$75.00, 3RD PRIZE \$50.00  
WALMART GIFT CARDS**

**Date: December 20th, 2018**

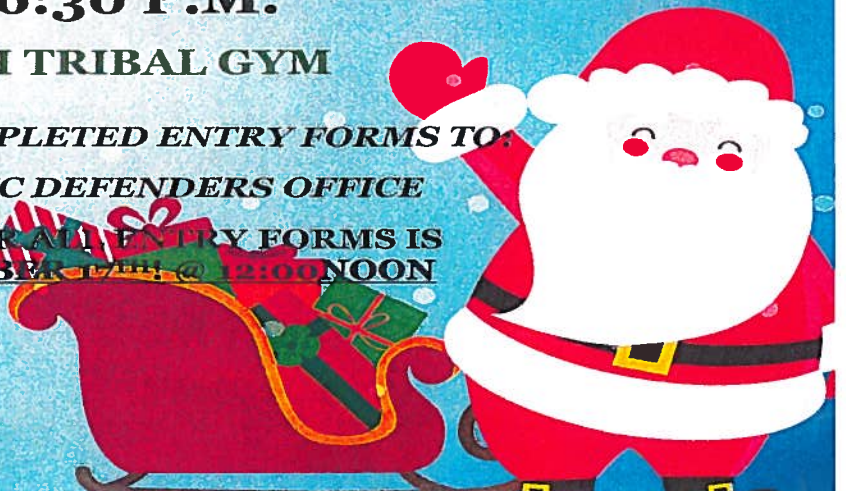
**Time: 6:30 P.M.**

**HUALAPAI TRIBAL GYM**

**PLEASE TURN IN COMPLETED ENTRY FORMS TO:**

**HUALAPAI PUBLIC DEFENDERS OFFICE**

**CLOSING DATE FOR ALL ENTRY FORMS IS  
MONDAY, DECEMBER 17th @ 12:00NOON**



# Hualapai Talent Show

ENTRY FORM - due on Monday, December 17<sup>th</sup> - 12:00 noon

Completed Entry forms **MUST** be submitted to the Hualapai Public Defenders Office

525 Oak Street, Peach Springs, Arizona

1<sup>ST</sup> PRIZE - \$100.00 GIFT CERTIFICATE, 2<sup>ND</sup> PRIZE - \$75.00. 3<sup>RD</sup> PRIZE \$50.00 (GIFT CARDS)

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

Phone Number: \_\_\_\_\_ (Elder, Adult, Teenager, child)

TALENT: \_\_\_\_\_

Please circle your response:

SINGLE ACT

GROUP ACT

*You are responsible for your own music, props, CD's, costumes - we will have a sound system available*

Rules Only one entry per person or group

Judges can stop an act if it is inappropriate

HAVE FUN ENJOY YOURSELF!



**Hualapai Tribal Substance Abuse Action Team Meeting • Thursday, December 20<sup>th</sup>**  
*Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness*

# Hualapai Tribal Substance Abuse Action Team Meeting (TAP)

- **Review of the Tribal Action Plan**
  - **Community Events**
- **Tribal Coordinating Committee**

**Open to-**

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

**Thursday, December 20, 2018**  
**1:00 pm**  
**Health Education and Wellness**  
**488 Hualapai Way**  
**Peach Springs, AZ 86434**

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

**GCRC Community Christmas Party • Friday, December 21<sup>st</sup>**

*Submitted by: Danielle Bravo | Hualapai Planning Department*

GCRC COMMUNITY  
*Christmas*  
•PARTY•

*Friday*  
**DECEMBER 21<sup>ST</sup>**  
**9 AM - 3 PM**  
AT THE TRIBAL GYM

HELICOPTER  
RIDES

9 AM - 3 PM

CHRISTMAS  
DINNER

12 PM - 1:30 PM

**FUN  
ACTIVITIES**

9 AM - 12 PM

- Cookie Decorating
- Arts & Crafts
- Magician
- Face Painting *(with Courtney)*
- Raffle Prizes for adults
- Bingo

*(GCRC employees are not eligible for  
Bingo or Raffle prizes)*

**Ho Ho Ho!**  
*Come get your  
photo with me!*

**SANTA'S SLEIGH**  
**1:30 PM - 3 PM**

**Photo Opportunity with Santa and Sleigh  
& Christmas Presents (in tent)**

**NOTE: Parents/Guardians must accompany children for Helicopter Rides, Face Painting, and to receive Christmas Presents.**

**Diamond Creek Restaurant: Christmas Dinner • Tuesday, December 25<sup>th</sup>**

Submitted by: *Shawna Havatone* | Diamond Creek Restaurant

*Christmas*  
**• DINNER •**  
DECEMBER 25TH

5PM - 9PM



**\$24.99**  
ADULTS

**\$18.99**  
KIDS 6-12

**FREE**  
KIDS 5 & UNDER

- *Prime rib*
- *Stuffing*
- *Baked potato*
- *Dinner roll & salad*
- *Vegetable*
- *Strawberry shortcake*

*\*Beverage included*



**Gathering of Native Americans • January 4<sup>th</sup>-5<sup>th</sup>**  
*Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness*

# Gathering of Native Americans

**Winter Conference**

**JANUARY 4-5, 2019**

To strengthen our Community

**You Are The Solution**



Gathering Of Native Americans (GONA) is a safe place to share, heal, and plan for action

Youth 12-25 years of age

Peach Springs, Arizona  
Hualapai Tribal Gymnasium

Free childcare  
Door prizes  
(\*Must be present to win)

Transportation available  
RSVP at (928) 769-2207 ext 203

**January 4, 2019**

8:00 AM  
2mi/5K Run Walk  
136<sup>th</sup> Celebration of Hualapai Reservation Establishment Day  
10:00 AM to 7:00 PM  
Welcome blessing followed by inspiring stories and activities

**January 5, 2019**

10:00 AM to 7:00 PM  
Welcome blessing followed by inspiring stories and activities

# Gathering of Native Americans

**Winter conference**

**January 4-5, 2019**

**Pre-Registration**

**Due December 27, 2018**

**(Return to Hualapai Health Education and Wellness Center- front desk)**

**Name:** \_\_\_\_\_ **Birth date:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**For youth under 18 years of age:**

**Parent/Guardian Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

## **Participant Agreement**

**I will fully participate in all activities**

**I will respect my peers, presenters and myself by following norms**

**I agree to be recorded, photographed or video taped to encourage healthy activity promotions for my community**

\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Date**

## **Parent/Guardian**

**My child has permission to participate in January 4 Hualapai Reservation Establishment Day walk/Run.**

**My child has permission to participate in this event. I will not hold the Tribal Practices for Wellness in Indian Country, the Hualapai Health Education and Wellness Center, The Hualapai Tribe or any of the facilitators responsible for any injury, illness, or death of my child while participating in this event**

**I also give permission to the Tribal Practices for Wellness in Indian Country to photograph, record, video, or print name of my child while participating in this event. I understand that any images, recordings and printing is to promote future non-profit/educational events.**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

**Gathering Of Native Americans (GONA) is a safe place to share, heal, and plan for action**

Sponsored by Tribal Practices for Wellness in Indian Country (TPWIC)

**18<sup>th</sup> Annual Ira H. Hayes Veterans Social Pow-Wow • February 22<sup>nd</sup>-23<sup>rd</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

*18<sup>th</sup> Annual*



**IRA H. HAYES  
VETERANS SOCIAL POW -WOW 2019  
FEBRUARY 22 & 23, 2019  
SACATON FAIR GOUNDS**

**HOST**

*Northhorn Drum  
Mixed Company  
Shungopavi, Az*

**MC**

*Chuck Benson  
Lakota*

**HEADMAN DANCER**

*Karlle Beard  
Hopil Zuni*

**HEAD GOURD**

*Southwest Gourd Society  
Tucson, Az*

**HOST**

*Southern Drum  
Head-Singer Paul Stewart  
Parkers Az*

**ARENA DIRECTOR**

*Ryan Rumley  
Tohono O'odham Navajo*

**HEAD LADY DANCER**

*Dawn Beard  
Apachel Navajo*

**FRIDAY, 2-22-19**

**GOURD DANCE: 5:00 pm - 7:00 pm**  
**GRAND ENTRY: 7:00 PM**

**SATURDAY, 2-23-19**

**GOURD DANCE: 1:00 pm - 5:00 pm**  
**GRAND ENTRY: 6:30 pm**

**SUPPER BREAK: 5:00 PM - 6:30 PM**



**INFO: Marcus Sekayouma 520-610-9411**

**VENDORS: Brenda Byres 602-973-4328**

**FOOD VENDORS: Marie Tapia, 520-705-3554**

**FOOD VENDOR DEADLINE - FEBRUARY 15, 2019**

**ABSOLUTELY NO DRUGS, ALCOHOL OR FIREARM PERMITTED THE POW WOW COMMITTEE IS NOT RESPONSIBLE FOR ACCIDENTS, THEFT, AND TRAVELING EXPENSES.**

# EMPLOYMENT OPPORTUNITIES

**Soaring Eagles Home Care • East Side**  
 Submitted by: Adeline Crozier | Hualapai Tribal Administration

Soaring Eagles Home Care “Honoring Those We Serve” has Personal Care Attendant jobs available in the Peach Springs area. Contact: (602) 274-7030

**Hualapai Tribe • Current Job Postings**  
 Submitted by: Coleen Mahone | Hualapai Human Resources



## 2018 Current Job posting for the Hualapai Tribe

### OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
<b>Cultural Resources</b>	Hualapai Language Program Assistant	D.O.E.	November 27, 2018	Open Until Filled
<b>Health Department</b>	Resident Advocate <small>(Alternative to Incarceration program)</small>	\$12-\$15/Hr D.O.E.	October 10, 2018	Open Until Filled
	Media Specialist	\$12.50 per Hour	September 20, 2018	Open Until Filled
	Wellness Liaison Specialist <small>(Traditional and Contemporary)</small>	D.O.Q.	October 02, 2018	Open Until Filled
	CHR - Driver/Data	\$10.00 - \$14.00/Hour	November 01, 2018	Open Until Filled
	Community Health Representative	\$12.50 - \$15.00/Hour	November 19, 2018	Open Until Filled
	Suicide Prevention Paraprofessional	D.O.E.	November 26, 2018	Open Until Filled
<b>Housing Department</b>	Security Guard	D.O.E.	December 07, 2018	December 21, 2018
<b>Juvenile Det. Center</b>	Correctional Officer I, II, III	\$16.00 - \$18.00 / Hr.	October 31, 2017	Open Until Filled
	Food Service Worker	\$11.00 - \$14.00/Hr.	November 29, 2018	December 12, 2018
<b>Police Department</b>	Chief of Police	D.O.Q.	November 09, 2018	December 10, 2018
	Police Officer	\$39,520.00/Yr. to \$47,840/Yr.	December 06, 2018	Open Until Filled
	Domestic Violence/Sexual Assault Investigator	\$45,000/Yr. to \$50,000/Yr.	December 06, 2018	Open Until Filled
<b>Tribal Court</b>	Wellness Court Clerk/Coordinator	\$16.82/Hr., D.O.Q.	December 06, 2018	Open Until Filled
<b>Tribal IT Department</b>	Network/Server Administrator	D.O.Q.	November 29, 2018	Open Until Filled
<b>INTERNAL ONLY (For Current Tribal Employees Only)</b>				
<b>Adult Detention</b>	Sergeant	\$19.00-\$22.00/Hr.	December 06, 2018	December 12, 2018

**FOR A COMPLETE JOB ANNOUNCEMENT PLEASE PICK UP AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT [HUALAPAI-NSN.GOV](http://HUALAPAI-NSN.GOV)**

**To Apply - Employment with the Hualapai Tribe begins by filling out an Employment Application.**

**To work for the Hualapai Tribe, you minimally need to have the following:**

- A High School Diploma or GED
- A Valid Driver's License
- Must submit to and pass a pre-employment drug/alcohol screening

**Please see Job Announcements for more details, you must meet all minimum qualifications requirements.**

**Preference**

All applicants are considered without regard to age, sex, race, national origin, religion, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and Public Law 93-638, Section 78.

**THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM**

Auxiliary aids and services available upon request to individuals with disabilities

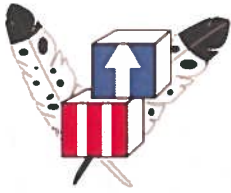
**Contact Us** Human Resources  
 POB 179 / 941 Hualapai Way  
 Peach Springs, Az. 86434-0179

Phone: 928-769-2216  
 Toll Free number: 1-888-769-2221  
 Fax: 928-769-1191

Revised on 12/07/2018

## Hualapai Head Start • Vacant Positions

Submitted by: April Keller | Hualapai 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 is looking to fill the following positions:

Vacant Position as of 10/15/18. Open until filled

### Administrative Assistant (Vacant 11/30/18)

This position is responsible for the human resources activities of the program including personnel files, ensuring orientation and tracking of staff. This position is responsible for the smooth operations of an office and other duties related to administration including answering phones, filing, etc. Performs all duties as required by the Program Director and other duties as assigned relating to the administrative component including, policy and procedure updates, typing, word processing, faxing, acting as receptionist and other clerical duties. This position performs all duties as required to ensure accurate and timely processing of accounts payable, accounts receivable, payroll and other duties relating to fiscal operations. Position is responsible for monitoring program expenses, tracking activity in program budget lines and communicating any issues or overspending concerns. Minimum requirements are a high school diploma or GED with some relevant experience in human resources and two years direct experience working with purchasing, accounts payable, accounts receivable and payroll. Must possess a basic understanding of accounting systems and have at least one year of direct experience working with an accounting system general ledger and budget. AA degree or higher in a related field preferred. The individual must possess a sound working knowledge of Microsoft Excel. The position must have the ability to manage numerous tasks, possess good organizational skills, communicate effectively with co-workers and the public, and work collaboratively in a team environment.

### 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-On Call

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 \$14.77/D.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.

### Cook On-Call

This position is one role in a large system of services provided to children and families. A strong food service program is important to supporting the goals of the program. This position is responsible the ordering, preparing, serving and documenting of meals and snacks. It includes following menus and all phases of kitchen operations including inventory control. The position may prepare foods for and/or preschool children following the USDA/CACFP standards. Position may involve reassignment to various kitchens/centers as deemed necessary for program operations. Hourly pay \$10.78. *This is an On Call position.*

For questions or copies of job descriptions and applications contact:

Jeanine Coursey - Admin Assistant email: [jcoursey@hualapai-nsn.gov](mailto:jcoursey@hualapai-nsn.gov) .Phone: 928-769-2522. FAX: 928-769-2457

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

Hualapai Head Start is an Equal Opportunity Employer.

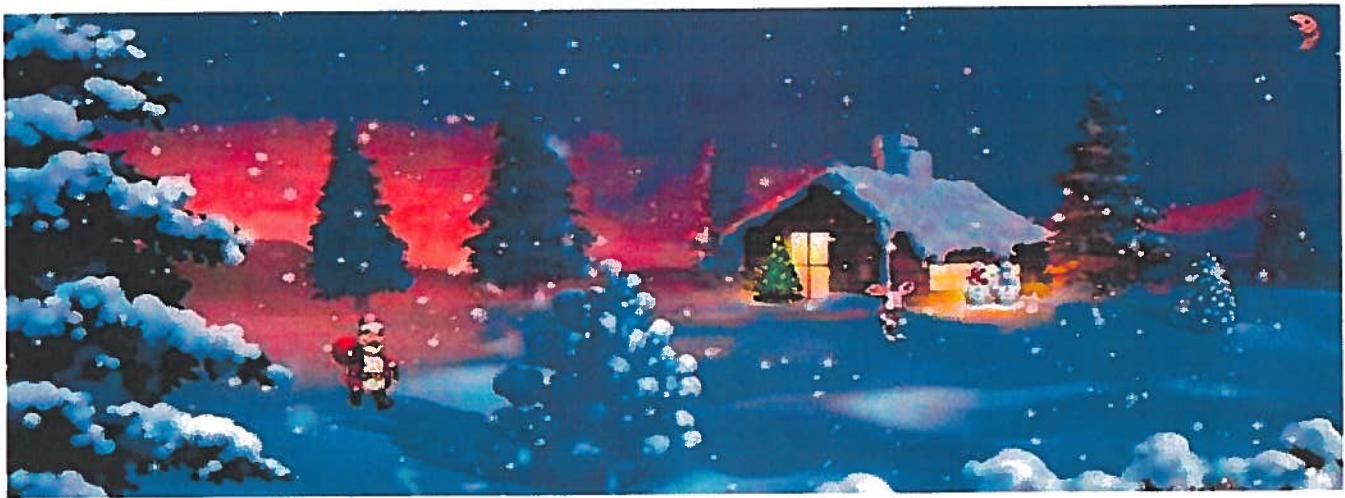
# EDUCATION & TRAINING INFORMATION

## Hualapai Head Start - Calendar of the Events • December

Submitted by: Danielle Bravo | Hualapai Planning Department

# December 2018

## Hualapai Head Start Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 --Parents are invited to come make Elf Hats & Feet Dec 3rd-6th	3	4	5 School Picture Day 10am	6 OHS Governance training (Policy & Tribal Council)	7 OHS Governance training (Staff)	8
9	10 CR # 3 Gym Field Trip 9-10a	11 Dental Screening	12 Dental Screening	13 Dental Screening	14	15
16 **Head Start Spirit Week**	17  **Wear Red or Green Day**	18 Parent Meeting: Gingerbread Cookie Making 5-7  **Wear Ugly Sweater Day**	19 Winter Songs performed at Tribal Depts  **Wear Elf Hat & Feet**	20   **Holiday Pajama & Spirit of Giving Day**	21	22
23 ** No school for students from 12/21-1/4**	24 No school Center Closed	25 No school Center Closed	26 No school	27 No school	28 No school	29
30	31 No school					

**Peach Springs Elementary School - Calendar of Events • December**  
 Submitted by: Jaime Cole, Superintendent | Peach Springs Elementary School



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

# December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Still seeking bus driver applicants	3 Mahave Health 3rd-5th grade at 1pm 8th grade meeting at 5:30 pm library	4 After school tutoring/events 4-5 pm Tuesdays and Wednesdays	5 DIBELS and Galileo testing beginning Dec. 4	6 DIBELS testing for K-3 grades	7 Holiday WALK in the community & ADE Indian Ed. meeting	8 After school events Tuesday and Wednesday 4-5 pm
9 Mid YEAR TESTING	10 Check out the monthly newsletter	11 Parent Night	12 Gingerbread	13 3:30 Strategic Planning Meeting	14 MMHS—Elderly Winter games in the gym Thur./Fri.	15 Invite your family to attend Dec. 18 winter program
16	17 GALILEO Testing results will be sent home 8th grade meeting at 5:30 pm library	18 1:30 Winter program all welcome to Attend PSUSD	19 PSUSD Quarterly AWARDS and presentations 1-3 pm	20 Class Celebrations from 2-4 pm REPORT CARDS sent home	21 Dec. 20 Community DINNER and Talent Show	22 Toys for TOTS & Winter Break
	24 Happy Holidays and enjoy your friends & family	25 Christmas Winter Break for school	26 Boys and Girls club open Winter Break for school	27 Boys and Girls club open Winter Break for school	28 Boys and Girls club open Culture center activities	29 Break Dec. 24-January 3, 2019




# WINTER BREAK





**Valentine Elementary School - Calendar of Events & Eagle Eyes Newsletter • December**  
 Submitted by: Danielle Bravo | Hualapai Planning Department

DECEMBER 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**VALENTINE ELEMENTARY SCHOOL**  
 12491 N. BYERS ST / HC 35 BOX 50  
 TRUXTON, AZ 86434  
 PHONE 928-769-2310 / FAX 928-769-2389  
[WWW.VALENTINEAZ.NET](http://WWW.VALENTINEAZ.NET)











# EAGLE EYES

Vol. 4, No. 5

www.valentineaz.net

November 29, 2018



## Indian Education Committee

Our annual Indian Education Committee meeting is where the community has an opportunity to communicate any questions, concerns, and suggestions regarding our students' education at Valentine Elementary School. It will be held on **Monday, December 10, 2018, beginning at 5pm.** At the meeting, a family member will be selected to represent the Committee at the December and January school board meetings.



## Elks Hoop Shoot

Congratulations to our school Hoop Shoot winners! All are invited to watch them compete at the Kingman Hoop Shoot on Saturday at Kingman Academy High School at 1:00 pm.

Girls 10-11	Gabrialia Whatoname
Girls 12-13	Stephanie Navarro
Boys 8-9	Delson Walema
Boys 10-11	Kellen Sinyella
Boys 12-13	Vernon Havatone

## WINTER CARNIVAL

Our annual winter program is taking on a bit of a new look this year. There will still be performances by some of the classes. In addition, each class will be operating a winter carnival booth with a game or activity. The Boys and Girls Club will also be hosting an activity, as will our AZ Health Zone representative. There will be face painting and a holiday coloring station and possibly a jolly visitor. The event begins at 6:00 pm and ends at 7:30 on December 19.

Anyone who is interested in volunteering at the winter carnival can contact Mrs. Clouse at the school. We will need many hands to make this event a success. We hope you can join us for this family-friendly holiday event.

## SPELLING BEE

Our school spelling bee will be held on December 18, in preparation for the Mohave County Spelling Bee on January 18.



The Boys & Girls Club asked to use this space to remind families that they will be closed from December 10-21 for maintenance.



## HOW CAN I HELP MY STUDENT?

- Have your student at school – As you can see from the calendar, we only have 12 days of school in December. Every one of them is important. When students miss even a few hours, they can miss a lot of valuable instruction time—time that is difficult to replace. Students then have to work extra hard to catch-up and often have a very difficult time recovering from the instruction they have missed.
- Discuss appropriate behavior at school – the number of students in the office for misbehavior has seen a sharp upturn—including classroom disruptions, disrespect toward the staff, kicking other students, etc.
- Stay in contact with your student's teacher – Often, we may see your student during more waking hours of the day than you do. Make sure and keep your contact information updated so that the lines of communication remain open.

## FOOD DRIVE



Our annual food drive is once again in full swing. Students can bring in non-perishable food items, which we will divide between the Peach Springs and Kingman Food Banks in December.

## AZ TAX CREDIT



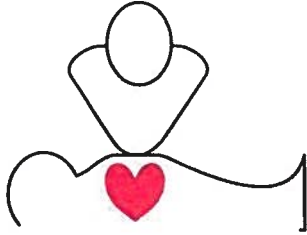
Valentine Elementary can accept donations in any amount. The dollar-for-dollar credit can be taken on an Arizona tax return up to certain limits, while any amount donated can be taken as a charitable contribution deduction.

Our school is once again collecting Box Tops for Education and Labels for Education. Look for the logos below and send them in.



# HEALTH & SAFETY INFORMATION

**Train to Become CPR/First Aid Certified • Monday, December 17<sup>th</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



## First Aid and CPR

# CPR Training!!

*Get Certified. Save a Life*

Anyone interested in becoming CPR /First Aid Certified, please call Amy Siyuja @ 928.769.2207 or Email: [ASiyuja@hualapai-nsn.gov](mailto:ASiyuja@hualapai-nsn.gov)

### Class Schedule:

December 17, 2018      8am-5pm  
January 14, 2019      8am-5pm

**Hualapai Health Education and Wellness • Staff Phone Extensions**  
*Submitted by: Flora Hunter | Hualapai Health, Education & Wellness*



## HUALAPAI HEALTH-EDUCATION AND WELLNESS

BA WAS' SI:V JIK (BECAUSE WE CARE)  
P.O. BOX 397, PEACH SPRINGS, ARIZONA 86434  
(928)769-2207

The Hualapai Health Education and Wellness strives to provide quality services to the community. We heard Santa say, the community would appreciate a list of staff extensions. If we are not available to take your call promptly, you can dial an extension and if you don't get a person on the other end, we strongly encourage you to leave a detailed message and a good phone number, so we are able to call you back.

*Happy Holidays and a Joyous New Year.*

Hualapai Health and Wellness Department  
488 Hualapai Way  
P.O. Box 397  
Office Phone: (928)769-2207

<b>HEW Extension List</b>					
<b>ADMIN STAFF</b>			<b>MIECHV</b>		
226	Sandra	Irwin	239	Madelena	Cesspooch
232	David	Brehmeyer	242	Yanley	Medrano
214	Flora	Hunter	<b>MSPI/SUICIDE PREVENTION</b>		
213	Amy	Siyuja	231	Danna	Peterson
200	Philana	Gene	236	Aneloy	Dashee
			227	Michelle	Miller
<b>BEHAVIORAL HEALTH</b>			<b>Prevention/GHW/TAP</b>		
230	Mike	Kufeld	203	Jessica	Powskey
229	Herman	Schildt	209	Vondell	Bender
237	Staci	Delaney	205	Taylor	Johnson
215	Vonda	Beecher	<b>Radio Station/ 928-769-1110</b>		
238	Kara	Walker	251	Teresa	Hutchens
222	Laverne	Tsosie	254	Daniel	Ondrejka
233	Mary	Hall	255	Georgetta	Russell
218	Claudette	Walker	250	Cherise	Jackson
<b>CHR</b>			<b>TRANSPORTATION</b>		
211	Brook	Bender	225	Philbert	Watahomigie Jr.
220	Vacant		225	Kristina	Shongo
216	Ernestine	Crozier	204	Doris	Butler
240	Vacant		224	Louise	Wood
<b>EW4H</b>			224	Viola	Gala
271	Rosemary	Sullivan	224	Eliza	Querta
272	Athena	Crozier	224	Darnell	Wilder
275	Nikki	Teufelshone	224	Joel	Querta
769-2644	Emma	Tapija	<b>Women/Infant and Children</b>		
769-2644	Elijah	Lee	202	Cassandra	Moore
769-2644	Damen	Romo			
<b>FTF</b>			<b>Youth Services</b>		
210	Carmella	Fuentes	201	Trena	Bizardi
206	Vacant		243	Christina	Watahomigie
<b>ALTERNATIVE TO INCARCERATION - 769-1070</b>					
	Elson	Bender			
	Joseph	Querta		Erva	Crozier
	Sheilah	Navarro		Tinisha	Pickayviett
<b>PROGRAM FAXES/CONFERENCE ROOM &amp; PAGING</b>					
	928-769-5487	Admin (Front Office)		844-680-9840	DES
	928-769-4823	Behavioral Health		EXT. 208	Sm. Conf. RM
	928-769-2881	Transportation		EXT 219	Lg. Conf. RM
	928-769-2701	I.H.S		298	PAGE

\*Update 11/6/18

## Tips for a Substance-Free Holiday

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

### Tips for a Substance-Free Holiday

The holidays can be a difficult time for people recovering from addiction. Stress, visiting with family members and alcohol-fueled holiday parties can add triggers that may not be present during the rest of the year. If you or someone you love struggles with addiction, these tips can help you have a substance-free holiday this year.

#### Know Your Triggers

One of the most important aspects of staying sober is knowing what triggers can make you crave certain substances. Loneliness, stress, and negative personal relationships can often provide triggers for people struggling with addiction. Knowing what your personal triggers are and trying to avoid them can help put you out of harms way during the holidays.

#### Plan Your Responses Ahead of Time

During the holidays it can help to have responses prepared ahead of time. When you are offered a substance that could interfere with your recovery, having a prepared response ready will make it easier to say 'no'. By practicing saying no ahead of time, you will find that a simple "No thanks" or change in subject can be an easy response to help you stay on track. Letting family members and friends know ahead of time that you'd like to stay sober during festivities can also help others participate in helping you achieve your goals.

#### Remember Your Long-Term Goals

During the holidays it is easy to get caught up in the joy and festivity of the season. When you are busy with travel and spending time with families it can be more difficult to keep your goals for sobriety in the forefront of your mind. Taking intentional steps to remember that sobriety is important for your long-term health, family, and career goals can make maintaining those goals during the holidays much easier. Setting regular reminders for yourself about your sobriety can make the path to recovery easier. If necessary, seeking out support from a rehabilitation center with professional resources to help deal with specific substance abuse issues can be the lifeline that is needed during the holidays. With the big picture in mind it can be easier to stay substance free during the holidays.

#### Stay Accountable

Having someone who will keep you accountable to your goals for sobriety can provide a support system to lean on during the holidays. The encouragement of someone else who understands your struggles and can keep your best interests in mind can be helpful when triggers appear. Attending holiday parties with someone who is holding you to your goals can ease the stress of handling temptation on your own. You may find that it is more difficult to slip backwards in your path to sobriety when there is someone who is holding you accountable to your success.

#### Stay Healthy

The holidays can be a stressful time of year. Sleep deprivation, hectic schedules, and financial worries can all take their toll on your physical and mental health. Stress can often be a trigger that can contribute to relapse. By making a conscious decision to concentrate on your health and well-being this holiday season you can get out in front of a potential relapse. Concentrating on making sure that you get enough sleep, eat well, and get a little exercise can go a long way. If you find that your schedule is becoming packed with events, don't feel guilty about saying no to additional obligations. Putting your long-term health at the top of your priority list will make the temptation of attending holiday parties seem less important.

#### Ask for Support

It can be very difficult to recover from addiction alone, and recovery is an ongoing process. If you find yourself struggling, don't hesitate to reach out to family and friends who support your recovery. Talking through your feelings can be therapeutic and allow for those who care for you to offer support. If you are supporting a family member who is trying to stay sober, be sure to let them know that you are available if they need you, even if it's only to lend an ear.

Sobriety is a challenge, especially during the holidays. If you're in recovery, be proactive about having a substance-free holiday season by remembering your long-term sobriety goals, knowing how you'll deal with temptation, and seeking out emotional support to support you during the holiday months. If you're supporting a family member or friend in their recovery, help them stay sober this holiday season by being engaged and available for support.

Happy  
Holidays!

**CDC's 5 Healthy Eating Tips for the Holidays**  
 Submitted by: *Rebecca Rice, Public Health Education | Indian Health Service*

# CDC's 5 Healthy Eating Tips for the Holidays

**Your recipe for staying on track no matter what's cooking.**

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks. How do you stick to your diabetes meal plan when everyone around you seems to be splurging?

Here are 5 tips that can help

## 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats.

Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish
  - If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
  - Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.

**If you slip up, get right back to healthy eating with your next meal.**

## 2. OUTSMART THE BUFFET

When you face a spread of delicious holiday food, make healthy choices easier:

Have a small plate of the foods you like best and then move away from the buffet table.

- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.



# CDC's 5 Healthy Eating Tips for the Holidays

## 3. FIT IN FAVORITES

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

## 4. KEEP MOVING

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal

## 5. GET YOUR ZZZ'S

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

## HOLIDAY HACKS

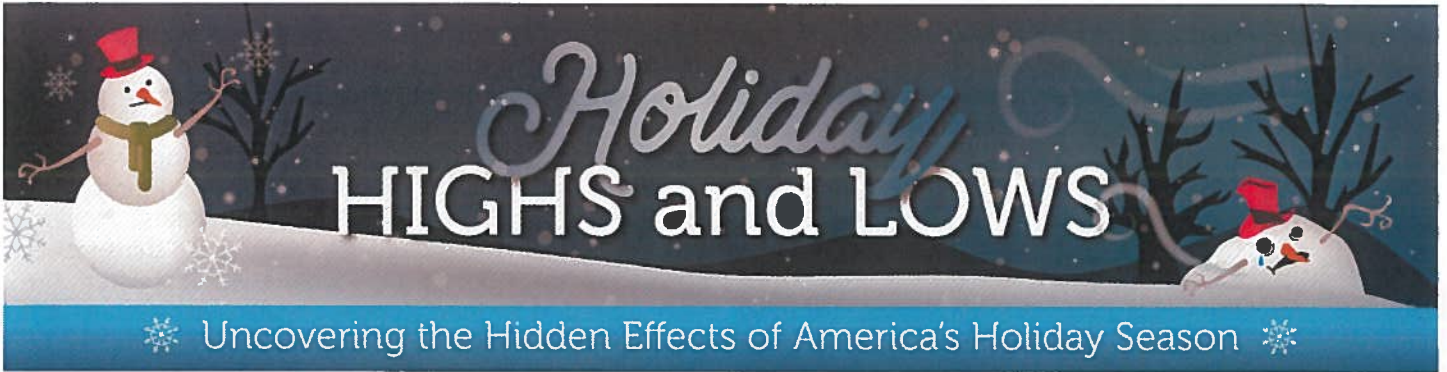
- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day.

Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.



## Holiday Highs and Lows

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

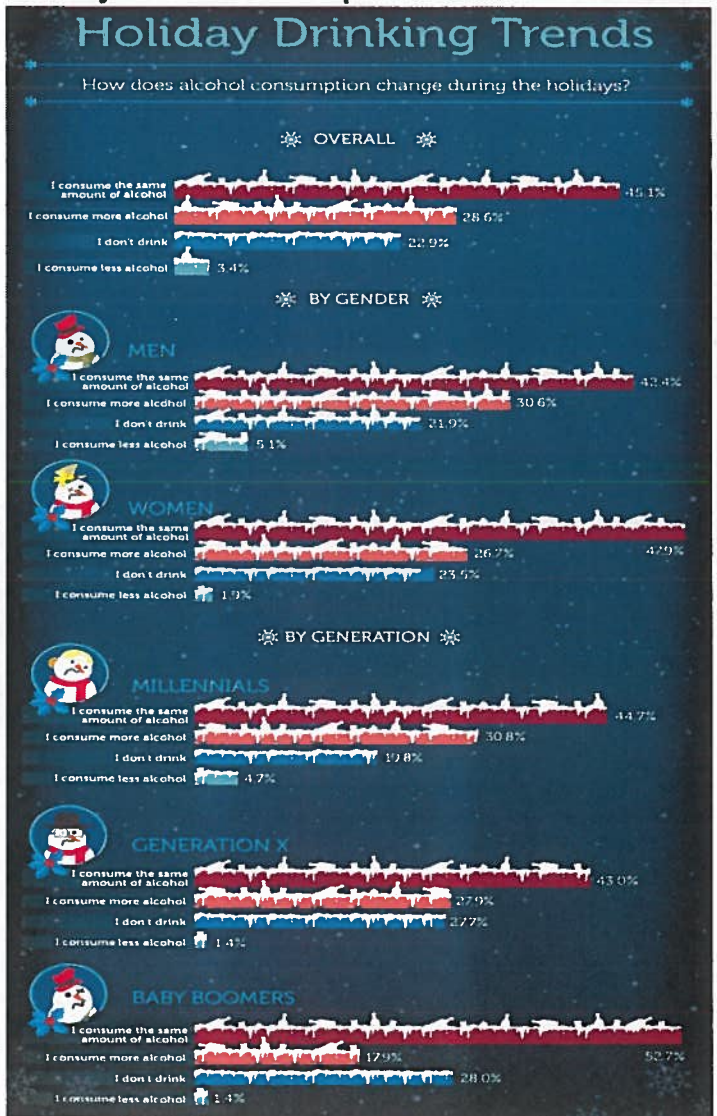


For many Americans, the end of the year brings images of happy families gathered around a Christmas tree, big dinners of turkey and stuffing, holiday music, and cozy fires. For others, the holidays can be a much darker and more difficult time – a time of family conflict, financial strain, loneliness, grief, and seasonal affective disorder. If you find the holidays to be an emotionally difficult time, you are certainly not alone. A Google search for "grief and the holidays" shows nearly 2.2 million results. Seasonal affective disorder (also known as SAD and seasonal depression) affects 6 percent of Americans. Another 14 percent experience a lesser form of seasonal mood change known as the winter blues. The emotional strains of the holidays and winter weather take a grave toll – during the holiday months of December and January, the CDC reports that alcohol-and-drug-induced deaths spike. To better understand the emotional toll of the holiday season and how it affects those who are struggling with drug or alcohol dependency, we surveyed more than 2,000 people about their emotional state during the holidays. Our results indicate that the majority of Americans are either overwhelmingly or moderately stressed during the holidays. For someone struggling with drug or alcohol addiction, the holidays can be an especially trying time to maintain sobriety.

According to the CDC, the most dangerous times of the year for drug-and-alcohol-related deaths are December, January, and March. Nearly 91,000 deaths have been reported for the month of December since 1999. What is causing this uptick in drug and alcohol-related deaths? We asked our survey respondents about their holiday drinking habits to better understand the seasonal trends reported by the CDC.

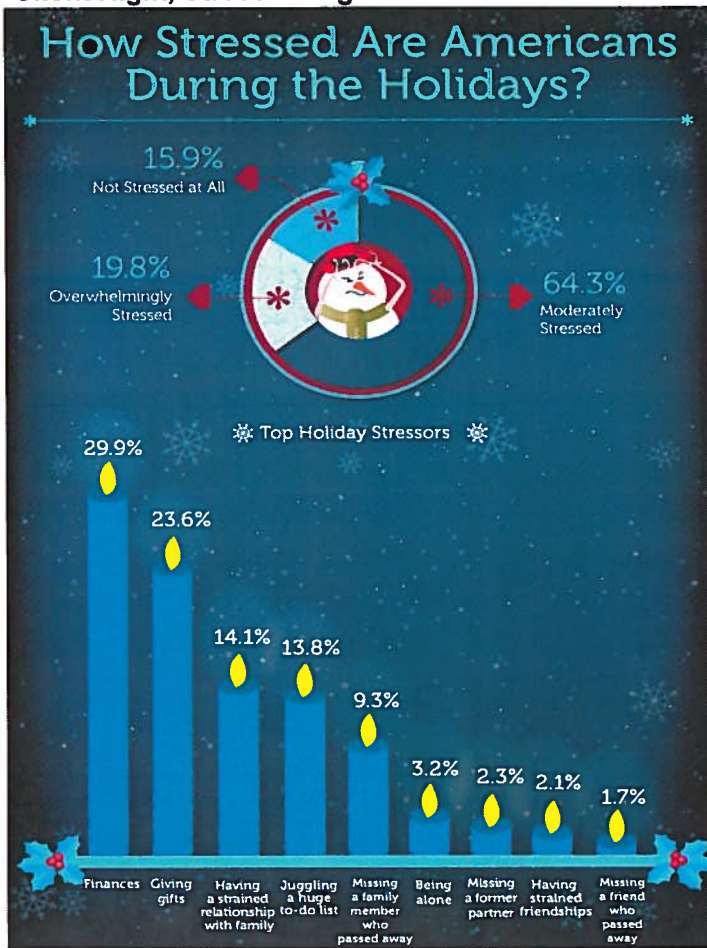
### Holiday Alcohol Consumption

### The Most Dangerous Time of the Year



Our survey data reveals that Americans drink more during the holidays. When asked how the holidays impacted their drinking behavior, nearly half of our male and female survey respondents said they consumed the same amount of alcohol. However, about 29 percent said they drink more during the holidays. While holiday drinking may be brought on by celebration, our survey data also indicates that holiday stressors may play a role in over-consumption and the resulting spike in drug and alcohol-related deaths.

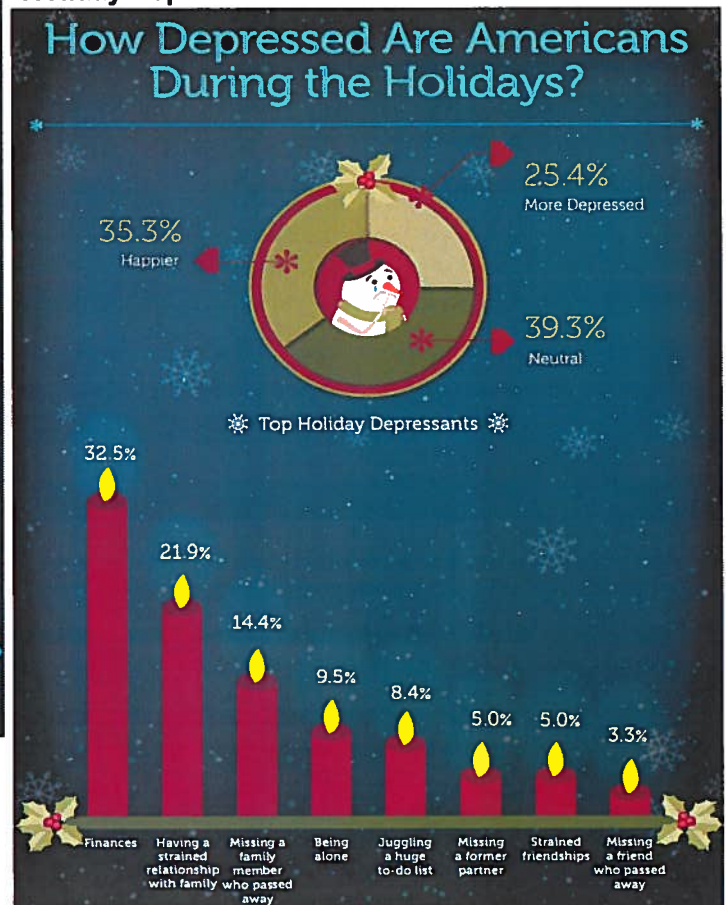
**Silent Night, Stressful Night**



Our survey data reveal most of our respondents – more than 84 percent – were moderately to overwhelmingly stressed during the holidays. Does increased stress lead to more alcohol consumption? The answer is complex. The theory that people drink to reduce tension – and that life’s stressors cause increased drinking – has been around for a long time. It has also been somewhat difficult to prove. Some individuals experience high amounts of chronic or temporary stress but choose not to drink. They may blow off steam in other ways, such as exercise. Others turn to alcohol when they become stressed. For those that relieve stress with alcohol, the effects can be detrimental. A 2011 study found that stress can reduce the intoxicating effects of alcohol – therefore individuals who drink to reduce stress actually need to drink more to feel the relaxing effects of intoxication, which may result in over-consumption. So what

is causing all the holiday stress? Our survey revealed general finances and gift-giving topped holiday stress lists. Are they linked? The average American will spend over \$750 on gifts in 2016. Parents – especially those with more than one child – are often hard pressed to make their children’s holiday wishes come true. Many even go into debt to make their little ones happy. The financial pressure of gift-giving extends beyond children or even family. Gift exchanges take place among co-workers, friends, and even service providers. Having strained family relationships was the third-most-common stressor during the holidays. Adult children are often expected to travel home for the holidays, which can reignite old negative family dynamics; children of divorced parents must often divide their time between parents. Meanwhile, those without close and loving family relationships may feel lonely.

**Holiday Depression**

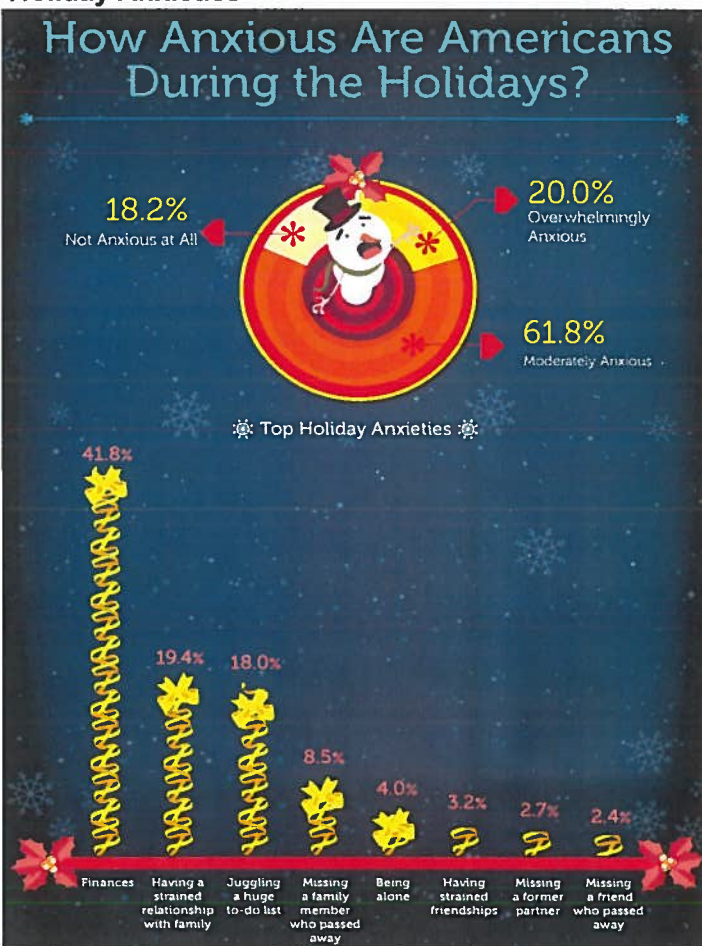


Seasonal stressors only paint part of the dark holiday portrait. Depression also takes hold during the holiday months. While about 35 percent of those surveyed said the holidays made them happier, 25 percent reported higher levels of depression. The most common reasons for seasonal sadness were finances, strained family relationships, missing a family member who passed away, and being alone. The effects of depression can be detrimental on many levels, and may be a contributing factor to the rise in alcohol and drug-related deaths during the holiday season. Research has found that there is a strong link between the overconsumption



of alcohol and depression. Chronic, heavy alcohol use affects brain chemistry – more specifically, it decreases serotonin, a chemical that researchers say regulates mood, hunger, memory, sleep and many other important functions. Using alcohol to dampen feelings of depression typically results in the opposite effect – a deeper spiral into sadness. Many individuals are caught in a cycle of depression and drinking that can be difficult to escape.

### Holiday Anxieties

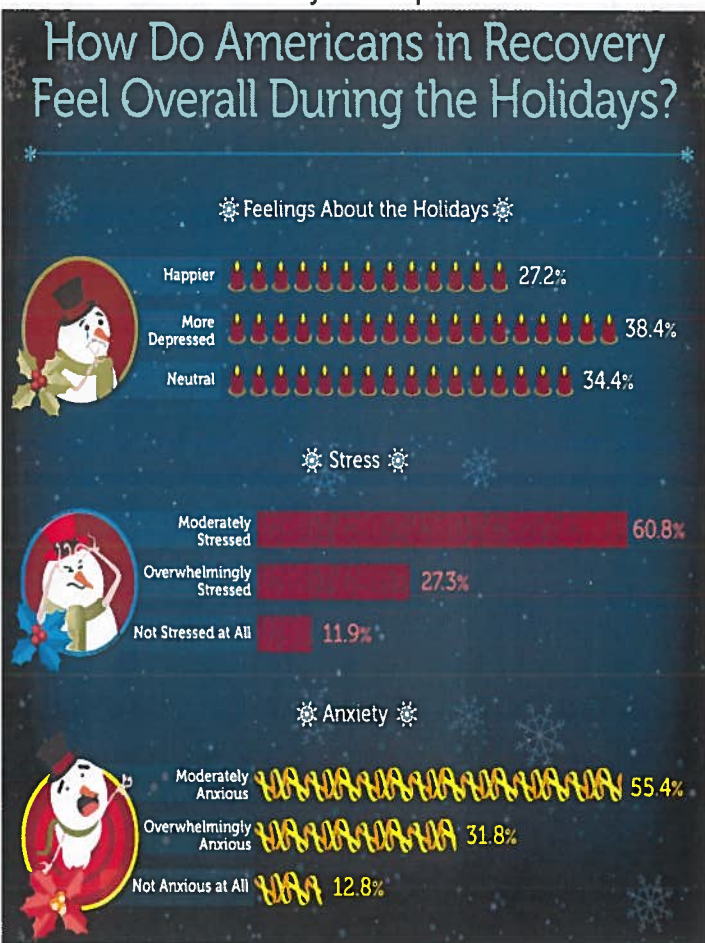


Feelings of anxiety frequently accompany depression. When asked about anxiety during the holidays, almost 62 percent of respondents reported being moderately anxious – with only 18 percent saying they had no anxiety at all. Anxiety disorders are the most common mental illness in America, and our survey respondents revealed that anxiety does not dissipate with the joy of the holidays. When asked what contributed to their anxiety, participants overwhelmingly pointed to finances again. Strained family relationships and a huge holiday to-do list were the next most common issues.

### Holidays in Recovery

Our survey responses reveal that depression, anxiety and stress are all heightened around the holidays. For an individual facing recovery, the weight of depression, anxiety and stress seems to be heavier — ninety-four percent of our respondents in recovery reported feeling overwhelmingly or moderately stressed during the holidays. It's no surprise that holiday stress, depression,

and anxiety are all heightened for those facing addiction or recovery. Studies have revealed that seasonal affective disorder is linked to addiction. Other co-occurring conditions (called dual diagnosis) include mental health disorders such as anxiety and depression.



### Staying Sober During the Holidays

Our research demonstrates that the holiday season presents special challenges for those in recovery. For an individual facing recovery or for family members and loved ones supporting someone in recovery, it may be helpful to understand how individuals have maintained sobriety in the face of stress, anxiety and depression brought on by the holidays. Our survey respondents indicated that working out regularly and eating healthy were helpful methods in maintaining sobriety during the holidays. Researchers in the field support these sobriety tactics and studies have confirmed that establishing and maintaining healthy habits can be a key component of a successful recovery from drugs or alcohol. Prioritizing sleep, spending time with family and friends, meditating, and being strict with a budget were also helpful tactics cited by survey respondents.

### Take Care of Yourself This Holiday Season

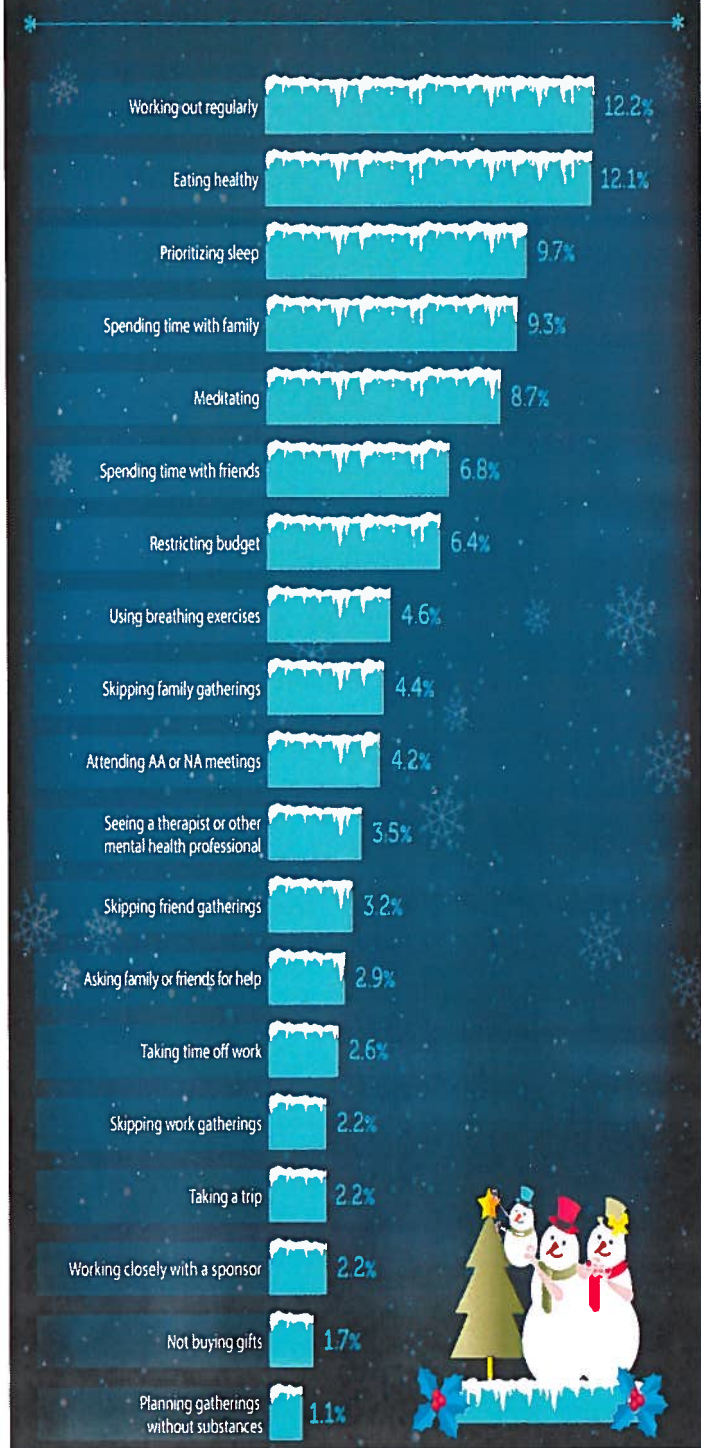
As the data shows, holidays can be stressful, difficult, and even dangerous, especially when it comes to drug and alcohol use. For a safe and happy holiday, it's important to be aware of the dangers, triggers, and strategies needed to keep anxiety, depression, stress, and addiction under control. If it all gets to be too much, don't be afraid to reach out and ask for help. Visit us

at [DrugAbuse.com](http://DrugAbuse.com) to find support and resources.

**Methodology**

We surveyed 2,015 Americans about their stress, anxiety levels, and depression around the holidays. All data about deaths related to drugs and alcohol came from <http://wonder.cdc.gov/>. We looked at all deaths from drugs and alcohol for each month from 1999 to 2014 to calculate the deadliest months.

**Americans' Top Methods for Staying Sober During the Holidays**



**COMMUNITY MESSAGES**

**Inspirational Corner • A More Difficult Life**

*Submitted by: Mrs. Josie Powsey*

When trials and hardships are tossed in your path and challenges clutter the way. When people despise you for what you believe and hate you for things that you say, when the world is unkind and nothing seems fair. When people desert you and don't seem to care. You're required to do so much than your share. Grow up a bit, climb out of your pit and think what the Lord had to bear!

-AND-

I would like to wish everyone a very Merry Christmas and Happy New Year!

**Hualapai Cultural Resource Department**

For more info, you may call HDCR @ 928-769-2234

**C.A.L. Class  
Make-Up Day**

**For Participants to finish up their Art Projects**

**When:  
Wednesday, December 19<sup>th</sup> &  
Thursday, December 20<sup>th</sup>**

**Time:  
9:00am—4:00pm  
\*Lunch Provided\***

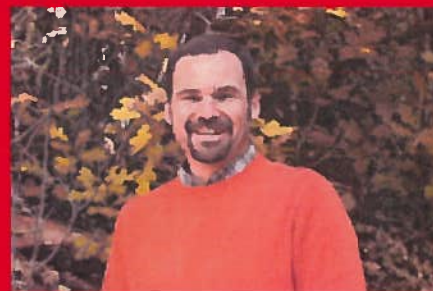
## KWLP's November Volunteer of the Month • Steve DeFord AKA Pastor Steve

Submitted by: Terri Hutchens | KWLP 100.9FM

# WE LOVE OUR VOLUNTEERS

*"The Peach."*

*The Hualapai Nation's Live and Local Radio Station  
Proudly Announces and Congratulates  
November 2018, Volunteer of the Month:  
Steve Deford, aka Pastor Steve*



*Steve Deford is well known in the PSA as Pastor Steve at the Hualapai Baptist Church on historic Route 66, as well as the butcher at the Walapai Market. Pastor Steve expands his ministry to the airwaves every Wednesday evening at 6:00 p.m., which is rebroadcast every Sunday morning at 10:00 a.m., with some "good words from the Good Book" and some great gospel music, including Native American Christian artist recordings.*

*Pastor Steve always puts together an enjoyable yet informative show for his listeners. This year his wife, Sherry DeFord adds to the show with a segment "Sharing the Truth with Ms. Sherry. Steve also acts as station liaison with the Market and feeds our volunteers. If you can't make it to church, remember you can tune in to KWLP. Thanks Pastor Steve for all you do for The Peach!*

*Pastor Steve will receive @ \$100.00 in incentives for being Volunteer of the Month and is eligible to be Volunteer of the Year!*

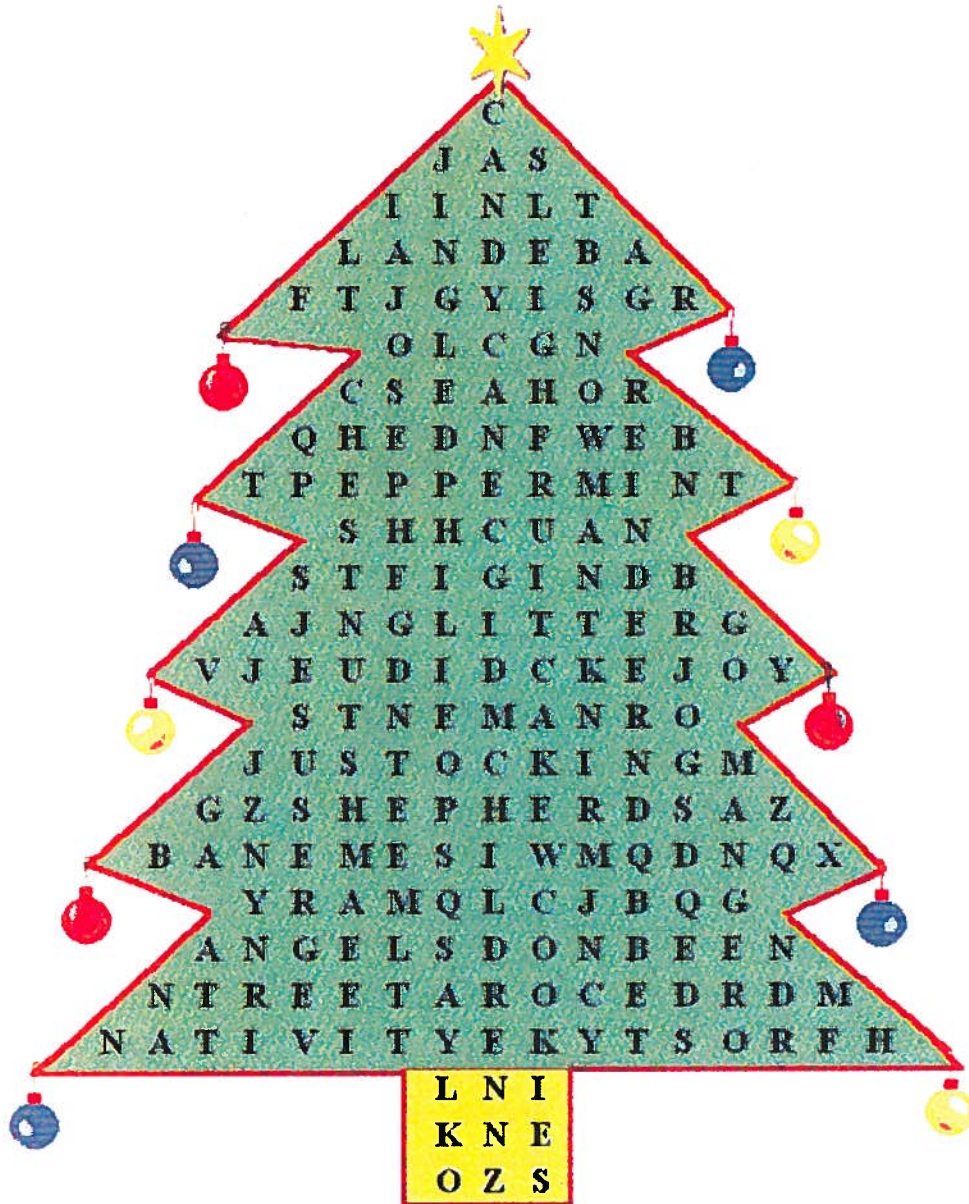
*If you'd like to join the Peach volunteers: Call 769-1110. KWLP Volunteers sponsored in part by:*



**Christmas Word Search**

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

# Christmas Search



Angels  
Candy cane  
Chestnuts  
Children  
Cookies  
December  
Decorate  
Frosty

Fruitcake  
Gifts  
Glitter  
Jesus  
Jingle  
Joseph  
Manger  
Mary

Nativity  
Noel  
Ornaments  
Peppermint  
Reindeer  
Shepherds  
Sleigh  
Snow

Snowman  
Star  
Stocking  
Tree  
Wisemen