

GAMYU

NEWSLETTER OF THE HUALAPAI TRIBE



Open Meeting Law Training • Friday, January 11th
Submitted by: Michelle Zephier | Hualapai Planning Department

Open Meeting Law Training

Presented by the Arizona Ombudsman Citizens' Aide Office

WHEN

**Friday January 11, 2019
11:30 a.m.**

WHERE

**Room #508
Mohave Community College
Bullhead City Campus
3400 Highway 95, Bullhead City**

Also available via interactive video conferencing at:
Room #508 Neal Campus Kingman, 1971 E. Jagerson Ave.
Room #508 Lake Havasu Campus, 1977 Acoma Blvd. W
Room #403 North Mohave Campus, 480 S. Central

Open to the public. Questions can be directed to Amy Curley,
acurley@mohave.edu or 928-757-0801

**Hosted by
MCC**

Core Concepts

Why do we have an Open Meeting Law?

What constitutes a meeting?

Who must comply with Open Meeting Law?

Open Meeting Law In-Depth

1. Notice
2. Agenda
3. Public Rights
4. Calls to the Public
5. Executive Session
6. Minutes
7. Where to turn for help?

Special Points of Interest:

- The next Regular Hualapai Tribal Council meeting will be on Saturday, January 5th at 8:01AM in the Hualapai Tribal Chambers
- TERC meeting will be on Wednesday, January 16th at 9:00AM at the Hualapai Cultural Resources Department.
- HTUA Board Meeting will be on Thursday, January 17th at 9:00AM at the Hualapai Health, Education & Wellness Department.

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MCC Mohave Community College

1.866.664.2832
www.mohave.edu

Attention Tribal Members - We Need You! • Become a School Board Member

Submitted by: Michelle Zephier | Hualapai Planning Department

Dear Peach Springs Community,

I feel it's important to inform the community so we can have more tribal members on the School Board, there are two more openings so please tribal members write a letter and email to: Michael File <Michael.File@mohavecounty.us>

So you can be interviewed and chosen, I will not run again for the School Board but feel it's extremely important that there be Tribal Members on the School Board: This is why I stayed on the board this time to make sure our community is heard. So please I would love to see the last two seats filled by our own people so we can make sure the people are heard. This is your time to run for the better of our school and student's education.



BECOME A BOARD MEMBER

Effective January 1, 2019; we will have the following board members begin as PSUSD board members

- Juanita Cooper (new board member)
- Jody Donohue (new board member)
- Michelle Zephier (prior member, term ended 12/31/2018 but will begin new 2-year term as board member during our next meeting and will then begin immediately so we have quorum)
- 2 Vacant seats
- The three board members will interview and select additional two board members but may take some time for the following process. I will post announcement, accept letters, and share information with the board members for upcoming interviews during formal board meeting agenda item. After the three board members make a determination, I will forward your recommendation to Mike File for official appointment. Until then, we will continue board process as 3 board member until two others are appointed. We must have all 3 members to have a quorum.

Currently, regular monthly board meetings are scheduled the first Tuesday of each month at 6 pm. Due to Ms. Donohue not being available from January 8 until the third week of January, we will not be able to schedule regular meeting during our scheduled board meeting.

As we do not have assigned board president (this will need to be item for first meeting for board members to determine), I will send my recommendation to all board members.

- ******(For Council and Community so please come and attend)** January 29, 2019 at 6pm- TRUST board training meeting on procedures, board & superintendent roles, process following school board meeting policies, community input during board meetings, questions and answers. (TRAINING will be OPEN to the public as there has been some question from tribal council members about AZ public school board meetings compared to tribal council meetings. This is good opportunity for community and tribal representation to hear from TRUST on the Arizona School Board procedures. The more community members and tribal council members the better to build confidence and clarify that we are following the correct protocol as public school board members and school administrators. There has been some misinformation provided to tribal council members and this meeting would be perfect to clear the misunderstanding and clarify roles.
- February 5, 2019 at 6 pm – Regular board meeting after new board members have received training, sample board meeting protocol, so everyone is comfortable moving forward. This is ensuring we have a positive start and move the district forward in a positive, proactive direction for the best interest of KIDS-FIRST.

Michelle Zephier

Peach Springs Elementary School • Survey Input
Submitted by: Michelle Zephier | Hualapai Planning Department

Hualapai Tribal Members,

We would like to take this opportunity to reach out to you to gain your feedback on the following attachments:

- Survey input on possible mission/vision statements (please circle 1 mission/vision or create your own idea)
- Survey input on Hualapai cultural values (please circle 5 top values to you as a member working on/with Hualapai tribe or identify another Hualapai values not listed)- we will collect data and present as part of community, student, staff, parent, and Hualapai Tribal Council input for our belief statements
- All information will be shared after collected and data analysis to determine strengths and goals with the areas of need with tribal consultation and input

Attention: Peach Springs School K-8 Parents, community, staff, and students PSUSD #8 is requesting your participation in the revision and update of school Mission and Vision Statement using students, staff, community, and Hualapai Nation input.

- **STEP ONE** - planning PLCs (professional learning committees) with PSUSD **Staff** to get input and ideas from various grade level representation 11/2018
- **STEP TWO** - meetings with PAC (**Parent Advisory Committee**) to gain ideas from parents on what they want for students and gain feedback on how to include **Hualapai values and culture** into the school for the purpose of making learning meaningful.



At last meeting 12/12/2018 parents agreed on common feedback, including a goal to establish a safe educational environment where students demonstrate Hualapai value "kindness". Parents also suggested another goal where there is "more parental involvement" to ensure parents feel cultural value is welcome at the school and is part of their child's educational process. Parents suggested continuing the parent night but to also to invite tribal departments to participate monthly using themes such as a "safety night" with presentations in different rooms for parents to gain resources from the Tribal Dept. as well as services to the school.

The PAC meeting forum will gather "additional feedback" in January for additional themes with more parental input. PSUSD supports and urges open PAC (Parent Advisory Committee) meetings and invites all parents to each meeting monthly, (1st Monday of every month at 6 pm in the board room).

Next meeting is January 7 at 6 pm - **please come join us.** PSUSD8 will use the PAC meetings as a high value "Tribal Consultation" feedback and embrace ideas on how some "Impact Aid" money is spent. There was agreement among the parents to use some of the funding for "positive class behavior incentives" such as educational field trips and enrichment for students. The PSUSD superintendent reviewed some of the needed critical school repair projects that were completed using Impact Aid funding including the 3rd-8th grade new roof stop rain leaks; upcoming school improvements benefiting students were also

identified.

- **STEP THREE** - send out sample Mission Statement surveys for parents, students, staff, and community members (INPUT NEEDED). PSUSD8 will also include additional surveys to compare results from 2015, 2016, & 2017 to determine strengths and areas of need for short-term/long term future goals. 12/17/2018, 12/18/2018.
- **STEP FOUR** - invite and meet with Hualapai tribal council members and gain cultural educational ideas and input in the form of consultation 12/17/2018- met with Mr. Bravo and Mr. Watahomigie.
- **STEP FIVE** - invite and meet with interested community tribal team members to gather additional input from tribal departments to determine common goals that align with KIDS-FIRST goals to update partnerships beyond MOU/MOA agreements but that include common action plan goals.
- **STEP SIX** - gather consultation ideas with our PSUSD PLCs staff members to finalize recommendations.
- **STEP SEVEN** - present recommendations to the PSUSD school board.
- **STEP EIGHT** - focus on rebranding PSUSD8 with refined Mission and Vision statements and to identify PSUSD prize items for students for incentives (working with JOM, Impact Aid, and Title ADE (Arizona Department of Education) grant projects

Stakeholders Form - Please circle choice or create your own suggestion for PSUSD/PAC committee as we revise our mission statement.

Circle your choice or use the following guidelines for your suggestion-----

1. PSUSD8 believes in providing a KIDS-FIRST holistic education rooted in the traditional values of Hualapai Tribe including being responsible, taking ownership of challenges, having a positive attitude, being respectful, and exercising safety always in partnership with all families and Hualapai Tribe.
2. PSUSD promotes a KIDS-FIRST philosophy, which includes supporting a positive educational environment focusing on being responsible, using the school and community resources wisely, nurturing kindness and respect in students, creating a safe and supportive environment where students can learn and maximize fully develop potential as individuals.
3. PSUSD in partnership with caring parents and the Hualapai Tribal programs continually commits itself to provide KIDS-FIRST education to empower students to become positive, to grow in kindness, to see a better future and a better life deeply rooted in Hualapai values.

4. _____

 _____ (suggest your own..)

VISION SAMPLES (circle your vote or provide suggestion)

1. To empower students to acquire valuable global knowledge and skills rooted in strong Hualapai tribal traditional values and to develop lifelong learning skills that will contribute to a community that values respect, safety, and acceptance.
2. To empower students to develop strong academic skills having thoughtful discipline, strong

critical thinking abilities, highly respectful to Hualapai traditions and to value the cultural values as future Hualapai leaders and community members.

3. To empower students to become life-long learners that become citizens always practicing ROARS lifestyles meaning being Responsible, taking Ownership, maintaining an awesome Attitude, being Respectful and always demonstrating Safety.

4. _____

 _____ (Suggestion)

Sample Belief Statement:

Peach Springs School's staff, parents, and community are dedicated to the intellectual, personal, social, and physical growth of students. Our certified staff recognizes the value of class management and to be ready for every class with extensively prepared engaging lessons that rigorously challenge our students. Our preparedness goes beyond compensated teaching practices. Lessons are both reflective and responsive to the needs of our students. Through diversified class experiences, our students discover their potential, achieve readiness for future educational opportunities, and succeed in a safe and caring environment.

PSUSD8 and HUALAPAI CORE VALUES

The PSUSD8 strives for the following values:

- Always Responsible - We are prepared, accountable for our actions, make choices and actions to achieve our educational goals.
- Ownership - We take ownership and account for our own thoughts, feelings, behaviors, and actions.
- Awesome Attitude - We foster kindness, generosity, and positivity in our dealings with other people within or outside the school community.
- Respectful - We agree that everyone is different and unique and everyone should be treated with the utmost regard, gentleness, and kindness in the same way we want to be treated by others.
- Safe - We foster safe school and community as we maintain thoughtful actions to ensure students learn in a positive, conducive and safe environment.

**TELL US WHAT
YOU THINK**

Survey: Hualapai Tribal Values - Circle top five most important values in the school or add Hualapai cultural value not on the list

- | | | | |
|--------------------|---------------|---------------|--------------------|
| Appreciation | Organization | Compassion | Courage |
| Concern | Contentment | Creative | Co-operation |
| Courtesy | Caring | Detachment | Distinction |
| Dedication | Discipline | Education | Family |
| Forbearance | Friendliness | Giving | Good Conduct |
| Honesty | Happiness | Humility | Helping |
| Hardwork | Humorous | Healthy | Hospitality |
| Joyful | Justice | Knowledge | Kindness |
| Liberty | Love | Obedience | Patience |
| Peaceful | Polite | Respectful | Respect for others |
| Respect for family | Righteousness | Safe | Sharing |
| Self-respect | Service | Sincerity | Tribe |
| Thoughtful | Tranquility | Trust | Truthfulness |
| Trustworthiness | Wisdom | Understanding | Unity |

Hualapai Tribal Utility Authority • 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, January 4, 2019**, at 5:00 PM. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

Hualapai Tribal Departments • Holiday Closure

Submitted by: Danielle Bravo | Hualapai Planning Department

ATTENTION—PEACH SPRINGS COMMUNITY

Please note the following dates and times that the Tribal Departments will be closed for business due to the New Year's holiday.

Friday, December 28, 2018 —1:00PM - 5:00PM

Monday, December 31, 2018—8:00AM - 5:00PM

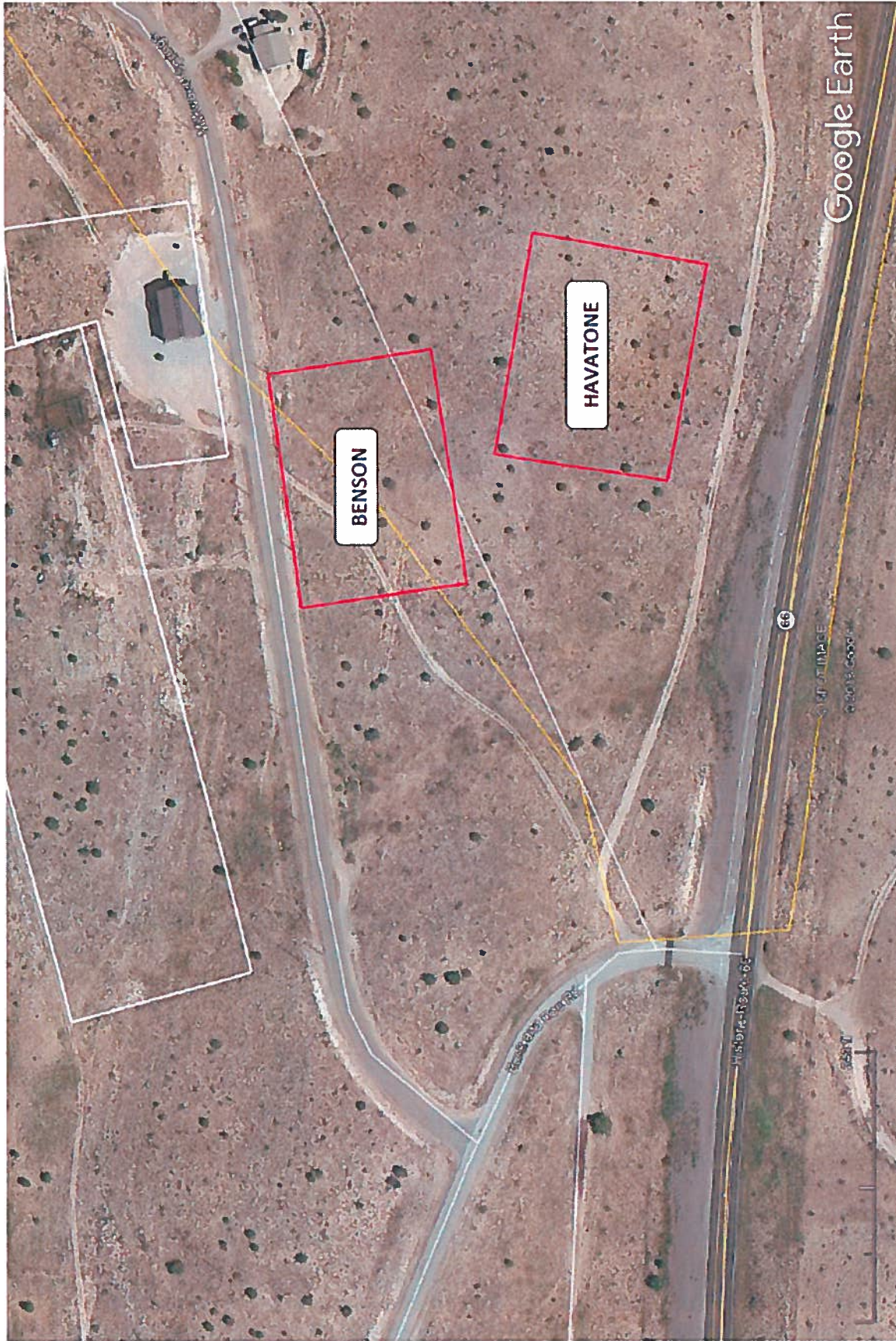
Tuesday, January 1, 2019—8:00AM - 5:00PM



Public Notice of Proposed Homesite off Milkweed Springs Road • Earlene Havatone

Submitted by: Michelle Zephier | Hualapai Planning Department

EARLENE HAVATONE PROPOSED HOMESITE 1.5 ACRES LOCATED BEHIND ZAVIER BENSON JUST OFF MILKWEED SPRINGS ROAD-PUBLIC NOTICE



UTM: 12 S 0275976	12 S 0276055	12 S 0276056	12 S 0275985
3933994	3933976	3934053	3934058

Hualapai Tribal Youth Council Meetings & Events • First Meeting: Wednesday, January 2nd
Submitted by: Christina Watahomigie | Hualapai Youth Services

YOUTH COUNCIL MEETINGS & EVENTS

WHEN

Every Friday 9-12am

WHERE

Health & Wellness Building (HEW)
Large Conference Room

YOUTH AGES 13-24 ARE MORE THEN WELCOME TO JOIN. IF YOU ARE 13, YOU MUST BE TURNING 14 IN 6 MONTHS. COME LET YOUR VOICE BE HEARD!

@HUALAPAIYS



Questions? Call Youth Services

769.2207 Ext 201

EVENTS:

1/2

YOUTH COUNCIL ELECTIONS
11:30-12:30 @HUALAPAI
ELDERLY CENTER

1/4-1/5

GONA- 10am-7pm @Multi
Lunch Provided!

1/7

OPEN MIC NIGHT
w/ Sage Honga .
6pm @Multi

1/11

Youth Council Business Meeting.
9am @HEW Building

1/18

Youth Council Meeting
9am @HEW Building

1/25

Officer Retreat
9-3pm Location-TBA

Calling All Elders! Hear from Tribal Youth Council • Wednesday, January 2nd

Submitted by: Christina Watahomigie | Hualapai Youth Services

Calling All Elders!!!

55+

January 2, 2019

11:30-12:30pm

Elderly Center.



**I WANT YOU
TO VOTE!**

REVISED!

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 11am



“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



**VOTE
FOR ME**

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

Open Mic Night • Monday, January 7th
Submitted by: Christina Watahomigie | Hualapai Youth Services



OPEN MIC NIGHT

With SAGE HONGA

01/07/2019

TIME: 5PM

**MULTI-PURPOSE
BUILDING**

SINGING, ACTING, COMEDY, POETRY, SHORT-STORY, TRADITIONAL, INSTRUMENT

QUESTIONS? CALL YOUTH SERVICES AT 769-2207



SUBMIT
YOUR
ARTICLES



Please note the article deadline for the next upcoming issue of the Gamyu.

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, January 4th by 5:00PM

NEXT PUBLICATION:
Friday, January 11th

Gathering of Native Americans • January 4th - 5th

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

136th 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)

Youth Services Partners Meeting • Wednesday, January 16th

Submitted by: Christina Watahomigie | Hualapai Youth Services

Community Member

Welcome To Attend!

**H A P P Y
January
Youth Services Partners
Meeting**

All tribal programs and community organizations are you interested in partnering with other tribal programs that serve youth and families or are you looking to support community youth and programs, or want to get the word out on your services and activities, or want to learn what is going on the community? Attend this meeting to hear projects and calendar of activities from tribal programs and how you can be a part of it. Or, come and share a project the Partners can be a part of from your tribal program/department.

Wednesday January 16, 2019 10am-12pm

Health & Wellness Department-Large Conf. Rm

488 Hualapai Way Peach Springs, AZ 86434

Hualapai Youth Services 769-2207 Ext. 201

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

18th Annual



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

HOST

*Northorn Drum
Mixed Company
Shungopavi, Az*

MC

*Chuck Benson
Lakota*

HEADMAN DANCER

*Karlle Beard
Kopil Luni*

HOST

*Southern Drum
Head Singer Paul Stewart
Parker, Az*

ARENA DIRECTOR

*Ryan Rumley
Tohono Oodham Navajo*

HEAD LADY DANCER

*Dawn Beard
Apache Navajo*

HEAD GOURD

*Southwest Gourd Society
Tucson, Az*

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

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
Cultural Resources	Hualapai Language Program Assistant	D.O.E.	November 27, 2018	Open Until Filled
Health Department	Resident Advocate (Alternative to Incarceration program)	\$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 (Traditional and Contemporary)	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
Housing Department	Security Guard	D.O.E.	December 07, 2018	December 21, 2018
Juvenile Det. Center	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
Police Department	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
Tribal Court	Wellness Court Clerk/Coordinator	\$16.82/Hr., D.O.Q.	December 06, 2018	Open Until Filled
Tribal IT Department	Network/Server Administrator	D.O.Q.	November 29, 2018	Open Until Filled

INTERNAL ONLY (For Current Tribal Employees Only)

Adult Detention	Sergeant	\$19.00-\$22.00/Hr.	December 06, 2018	December 12, 2018
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FOR A COMPLETE JOB ANNOUNCEMENT PLEASE PICK UP AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT 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 7B.

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 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.

Soaring Eagles Home Care • Applicants Wanted

Submitted by: Patsy Boney | Soaring Eagles Home Care

Soaring Eagles Home Care

3208 N. 16TH Street
Phoenix, AZ 85016
602-274-7030



“Honoring Those We Serve”

Now Hiring Personal Care Attendants

- Must pass criminal background study or provide Valid Fingerprint Clearance Card
- Able to pass negative TB skin test
- Have Caregiving experience

Ideal Applicant Qualifications:

- have own transportation preferred, but not required
- Native Bi-lingual speaking preferred, but not required
- Able to obtain CPR/1st Aid training

What are PCA's?

Personal Care Attendants (PCA) are individuals who are hired and trained by the agency to perform services that enable consumers with disabilities to participate more fully in their homes and community, to be more independent with activities of daily living for the consumer.

**JOBS
AVAILABLE
IN YOUR AREA!**

*******CAREGIVERS WANTED*******

We seek honest, reliable, hard-working individuals, who have a caring attitude.

If you or someone you know would like a career in the caregiving industry, please apply at our Phoenix location

Soaring Eagles
Home Care
602-274-7030

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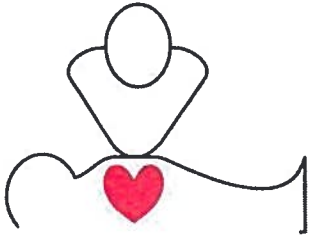
Soaring Eagles
Home Care
602-274-7030

Soaring Eagles
Home Care
602-274-7030

HEALTH & SAFETY INFORMATION

Train to Become a CPR/First Aid Certified • Monday, January 14th

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

Class Schedule:

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

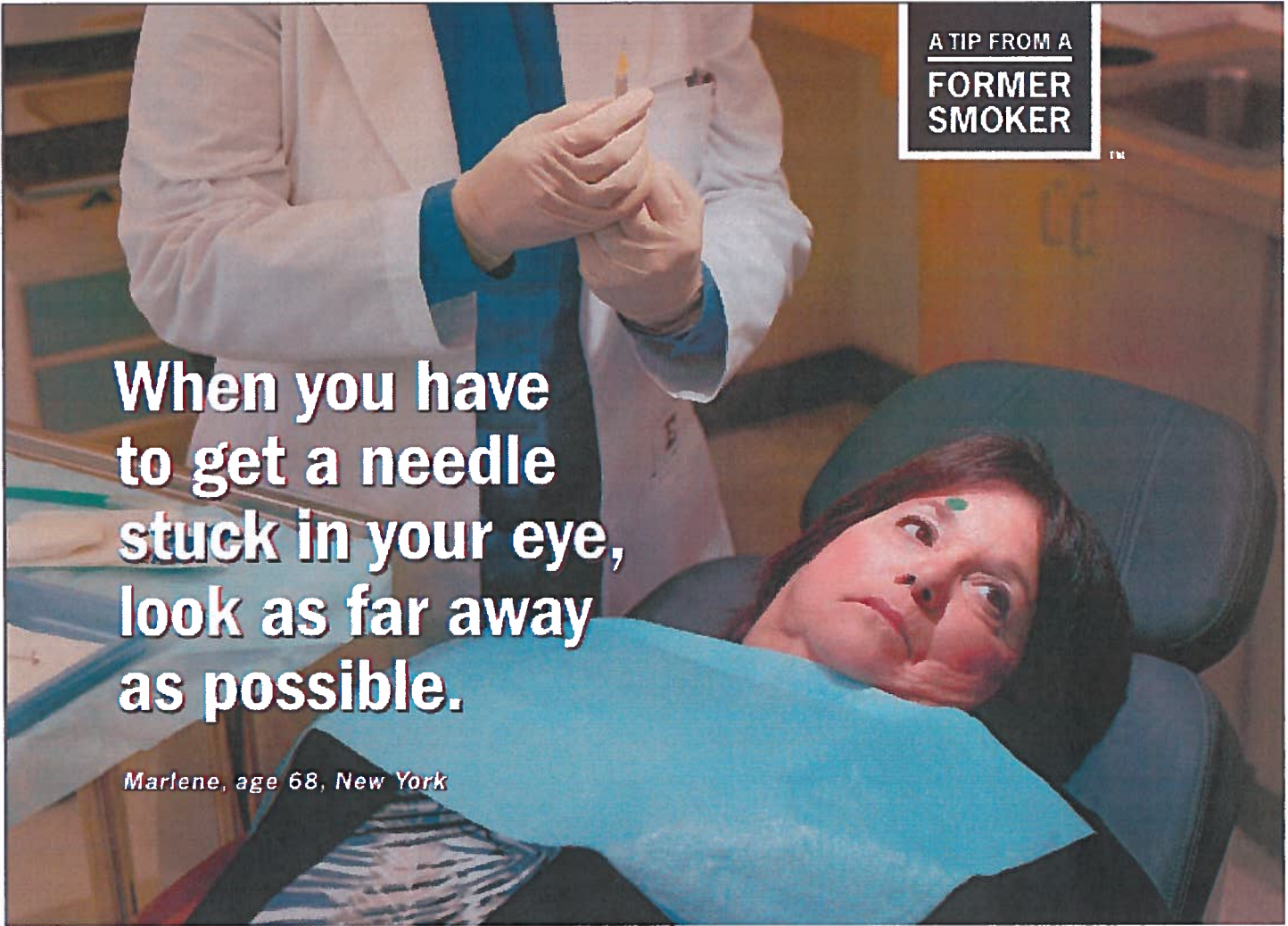
HEW Extension List

ADMIN STAFF			MIECHV		
226	Sandra	Irwin	239	Madelena	Cesspooch
232	David	Brehmeyer	242	Yanley	Medrano
214	Flora	Hunter	MSPI/SUICIDE PREVENTION		
213	Amy	Siyuja	231	Danna	Peterson
200	Philana	Gene	236	Aneloy	Dashee
			227	Michelle	Miller
BEHAVIORAL HEALTH			Prevention/GHW/TAP		
230	Mike	Kufeld	203	Jessica	Powskey
229	Herman	Schildt	209	Vondell	Bender
237	Staci	Delaney	205	Taylor	Johnson
215	Vonda	Beecher	Radio Station/ 928-769-1110		
238	Kara	Walker	251	Teresa	Hutchens
222	Laverne	Tsosie	254	Daniel	Ondrejka
233	Mary	Hall	255	Georgetta	Russell
218	Claudette	Walker	250	Cherise	Jackson
CHR			TRANSPORTATION		
211	Brook	Bender	225	Philbert	Watahomigie Jr.
220	Vacant		225	Kristina	Shongo
216	Ernestine	Crozier	204	Doris	Butler
240	Vacant		224	Louise	Wood
EW4H			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	Women/Infant and Children		
769-2644	Elijah	Lee	202	Cassandra	Moore
769-2644	Damen	Romo			
FTF			Youth Services		
210	Carmella	Fuentes	201	Trena	Bizardi
206	Vacant		243	Christina	Watahomigie
ALTERNATIVE TO INCARCERATION - 769-1070					
	Elson	Bender			
	Joseph	Querta		Erva	Crozier
	Sheilah	Navarro		Tinisha	Pickayviatt
PROGRAM FAXES/CONFERENCE ROOM & PAGING					
	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

A Tip from a Former Smoker • Marlene's Story

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



A TIP FROM A
**FORMER
SMOKER**

**When you have
to get a needle
stuck in your eye,
look as far away
as possible.**

Marlene, age 68, New York

Macular degeneration is a leading cause of blindness. And smoking doubles your chances of getting it. That's what happened to Marlene. To save her vision, she has to have eye injections every month.

You can quit smoking.

CALL 1-800-QUIT-NOW.



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



A Tip from a Former Smoker • Marlene's Biography

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



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People™

Marlene's Biography

What's it like to lose your eyesight? For Marlene, it started with small, cloudy spots in her vision. TV shows looked blurry, and she had no way to sharpen the focus. In the kitchen, she mistook her finger for a carrot on the cutting board. Marlene noticed these frightening changes to her sight at age 56, after many years of smoking. She went from one eye specialist to another, searching for answers. She was eventually diagnosed with age-related macular degeneration (AMD)—an eye disease that gets worse over time and has no cure. AMD can destroy the central vision you need to read, drive, and recognize the faces of your loved ones.

Marlene developed a type of AMD, called "wet AMD," which is unusual in someone so young. Smoking doubles the risk for AMD. But like many people, Marlene had no idea that cigarettes could contribute to a disease that could cause her to lose her eyesight.

"If I had a crystal ball many years ago, I would never, ever have put that first cigarette in my mouth," she said.

The best chance for slowing her vision loss was a drug that must be injected through a needle into each eye. Marlene was afraid of needles, but even more afraid of going blind, so she started monthly injections. To date, she's had dozens of shots in each eye. "And this may go on for the rest of my life," said Marlene. "I want to see the sun. I want to see the water," she said. "I want to see life the way it is, not with black clouds blocking my vision!"

Vision loss never entered Marlene's mind when she started smoking early in high school. She snuck cigarettes from her mother's pack, and a neighbor taught her how to inhale. Within a year, Marlene craved a cigarette first thing every morning. She was addicted.

Marlene tried to quit several times as she and her husband raised three children, but each time she relapsed. "Smoking was my crutch, my gold star, my friend I wanted to share in the good and the bad," said Marlene. "Cigarettes were my good friend who couldn't say anything back to me."

Soon after being diagnosed with eye disease, Marlene quit smoking for good. She wanted to do everything in her power to help save her vision. "When I found out my daughter was expecting our first grandchild and that smoking could cause macular degeneration, there was no reason to continue smoking. I wanted my health!"

Today, Marlene's vision is stable. She can read recipes with a magnifying glass, but she doesn't read much else, preferring to listen to audio books or watch a big-screen TV. Marlene hopes sharing her story will inspire others to quit smoking as soon as possible. "My advice to anyone who smokes is to quit. Do whatever it takes to quit smoking."

And while her eye treatments are not something Marlene looks forward to every month, she says, "I'm happy and grateful that I'm able to get treatments—that there are treatments. Years ago, there was no help, and people with macular degeneration just lost their central vision. If you notice a change in your vision, don't be frightened to say anything. Go and get help before it's too late!"



Marlene, 68, New York; started losing her vision at 56

Top 15+ Energy Drink Dangers

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



Top 15+ Energy Drink Dangers

The dangers associated with energy drinks are getting a lot of bad press because of the sheer volume of energy stimulating products in the marketplace and the ease of access to these by minors.

While most energy drinks don't have as much caffeine as a Starbucks' coffee, they are heavily sweetened, have a host of other ingredients, and are easy to drink which appeals more to the younger demographic.

Therefore, we are seeing increased incidents of those 18 and younger having dangerous side effects from consuming too many energy drinks at one time. We are also seeing health ramifications from consuming too many energy drinks daily over an extended period of time.

15 Possible Dangers of Consuming Energy Drinks

1. **Cardiac Arrest:** While our Caffeine Calculator can show people how many energy drinks at one time would be lethal, this formula doesn't apply to everyone. Those with underlying heart conditions have gone into cardiac arrest after just a few energy drinks. Before drinking energy drinks or caffeine, be sure to know your heart's health. A new study showed that energy drinks cause more forceful heart contractions, which could be harmful to some with certain heart conditions. One study showed that between 2009 and 2011 there were 4854 calls to poison control centers regarding energy drinks. 51% of these calls were involving children. Another study shows the link between energy drinks and cardiac events among teens. This study recommends that teens consume no more than one 250 ml energy drink per day and not before or during sports or exercise. Study link. A 2016 study showed that 18-40-year-olds who drank energy drinks had a significant increase in their QTc interval, which is a marker of abnormal heart rhythm risk.

Research in 2018 showed that just 90 minutes after consuming a 24-oz energy drink, the inner diameter of arteries was halved. It's thought that the high level of sugar and caffeine were to blame (more).

2. **Headaches and Migraines:** Too many energy drinks can lead to severe headaches from the

caffeine withdrawal symptoms. Changing the amount of caffeine you ingest daily can cause more frequent headaches.

3. **Increased Anxiety:** Those with 2 different genetic variations in their adenosine receptors are prone to feeling increased anxiety when consuming caffeinated beverages such as energy drinks. Larger doses of caffeine can even spur on full-blown panic attacks.
4. **Insomnia:** Energy drinks do a good job of keeping people awake, but when abused, they can cause some people to miss sleep altogether. This lack of sleep causes impaired functioning and can be dangerous to drive or perform other concentration heavy tasks.
5. **Type 2 Diabetes:** Because many energy drinks are also very high in sugar, they can eventually wear out the insulin-producing cells of the pancreas, which leads to type 2 diabetes.
6. **Drug Interaction:** Some of the ingredients in energy drinks can interact with prescription medications especially medications taken for depression.
7. **Addiction:** People can become addicted to caffeine and energy drinks. This can lead to a lack of functioning when unable to have the energy drink or a financial stress from having to buy several energy drinks daily.
8. **Risky behavior:** There was a study published in The Journal of American College Health which showed that teens are more likely to take dangerous risks when high on caffeine. This could result in injury or legal trouble.
9. **Jitters and Nervousness:** Too much caffeine from energy drinks causes some people to shake and be anxious. This can interfere with performing needed tasks or cause emotional issues. This study shows how caffeine can elicit anxiety.
10. **Vomiting:** Too many energy drinks can lead to vomiting. This causes dehydration and acid erosion of teeth and esophagus if frequent.
11. **Allergic Reactions:** Because of the many ingredients in energy drinks reactions could occur, from minor itching to airway constriction.
12. **High Blood Pressure:** Caffeinated products like energy drinks can elevate a person's blood pressure. For those with normal blood pressure, this isn't concerning, but those with already elevated blood pressure could be placing themselves at risk of stroke and other health problems related to hypertension if they consume too many energy drinks in a short period of time. The research. A more recent study conducted by The Mayo Clinic found that Rockstar Energy Drink (240 mg version) significantly raised the blood pressure of study participants compared to the placebo drink. Overall, there was a 6.4% increase in average blood pressure.

More about the study here. A newer study published by the American Heart Association showed that energy drinks have a greater negative effect on blood pressure than drinks that contain caffeine alone as the active ingredient. They believe the combination of ingredients in energy drinks are why these beverages pose a greater risk of heart-related problems than drinks like coffee or tea.

13. **Niacin Overdose:** Niacin (Vitamin B3) is placed in most energy drinks at levels that cause no harm and can even be therapeutic. However, if a person is taking additional supplements containing Niacin, overdosing on the vitamin is possible when consuming energy drinks in addition to those supplements. Symptoms include; Skin flushing, dizziness, rapid heart rate, vomiting, itching, gout, and diarrhea. The British Journal of Medicine recently published a case study of a man who experienced nonviral hepatitis from B3 toxicity believed to have been from consum-

ing too many energy drinks during a period of three weeks.

14. **Stress Hormone Release:** A study conducted by The Mayo Clinic found that a 240 mg version of Rockstar Energy Drink caused an increase in stress hormone release. The average norepinephrine level of the participants increased by 74% while the placebo only caused a 31% increase. The study
15. **Mental Health Problems, Aggression, and Fatigue.** A recent study conducted by the US Military found that soldiers who drink 2+ energy drinks a day are more likely to exhibit mental health issues, aggression, and fatigue.

Despite these serious dangers, quitting caffeine is often easier said than done.

Due to the addictive nature of caffeine exacerbated by anxiety and lack of sleep, actually quitting caffeine can be a nightmare.

Healthy Turkey Tortilla Soup

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

HEALTHY TURKEY TORTILLA SOUP

PREP TIME: 5M | COOK TIME: 16M | TOTAL TIME: 21M | SERVES: 8 GLUTEN FREE

<http://ahealthylifeforme.com/healthy-turkey-tortilla-soup/>

Healthy Turkey Tortilla Soup is a spicy, flavorful recipe that is perfect for an easy dinner tonight. Use up that leftover turkey to make the perfect easy comforting bowl of soup.

Healthy Turkey Tortilla Soup is a spicy, flavorful recipe that is perfect for an easy dinner tonight. Use up that leftover turkey to make the perfect easy comforting bowl of soup.

INGREDIENTS

- 4 cups shredded turkey (mostly white, but add a bit of dark meat for flavor)
- 2-15 ounce cans black beans, drained and rinsed
- 2-16 ounce jars salsa (I used Frontera Jalapeno Cilantro)
- 1 14.5 ounce can petite diced tomatoes with green chilies
- 5 cups low sodium organic chicken broth
- 2 heads of broccoli, broken into small florets (about 1 1/2 cup)
- 1 avocado, peeled, pitted and mashed
- 1/2 lime, juiced
- Light sour cream {optional}
- Gluten Free Tortilla chips (optional)



INSTRUCTIONS

- Add broth, beans, salsa, tomatoes, broccoli to large stock pot and bring to a low simmer, about 5-8 minutes.
- Add in turkey and cook on low an additional 5-8 minutes.
- Add lime juice to mashed avocado and combine
- Once soup is warm add to bowl.
- Add a dollop of avocado and sour cream to top
- Server with tortilla chips on side or crumbled on top.

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

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.

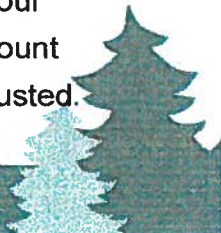
If you slip up, get right back to healthy eating with your next meal.

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.



COMMUNITY MESSAGES

Happy Birthday Charlotte

Submitted by: Fawn Mbewe

Words can not describe how much we love and adore you. You bring us so much joy! You are officially a year old. Happy Birthday Charlotte Sevana-Rae.

From: Mama, Dada, Zaharia, Tae and LJ.



Mohave Memorial Funeral & Cremation Services

Submitted by: Kent Whatoname



*Mohave Memorial
Funeral and Cremation Services*

Jerome Miratsky

Licensed Funeral Director

Licensed Cremationist

4764 N. Stockton Hill Rd.
Kingman, AZ 86409

928-529-5058

www.mohavememorial.com

Try to Lord Chorus

Submitted by: Mario Zephier

INTERLUDE:

There's no need to worry and there's no need to cry.

Because there's someone there for you,

Just open your heart and give God a try.

CHORUS I:

You ought to try, try, try, try, try the Lord.

You ought to try, try, try, try, try the Lord.

Cause when your burdens get too heavy

You ought to try, try, try, try, try the Lord.

VERSE I:

I once was sick in a very bad way I called on Jesus and I began to pray.

The Lord lifted me up that's why I'm singing God's praises to you.

CHORUS II:

VERSE II:

I once was alone; I didn't have a friend.

I had no home and no one would take me in.

I called on the Father ooh to help me on my way,

I found a home and friend IN Jesus the very same day.

CHORUS: Again and end!

-by Mario Zephier

Going Green and Environmental Wellness

Submitted by: Mario Zephier

Going Green and Environmental wellness is an idea all should implant in their everyday lives. I am Native American, raised with the idea and life that it is our duty to respect and protect Mother Earth. Recycling is a good way to keep our Mother Earth clean, from the recycling bins to the recycling centers. To taking responsibility for one's litter and keeping one's own yard and neighborhood free of trash fulfilling our responsibility as those who live and respect Mother Earth

Mario Zephier

Boldness Poem

Submitted by: Mario Zephier

UNTIL ONE IS COMMITTED THERE IS HESITANCY, THE CHANCE TO DRAW BACK ALWAYS IN EFFECTIVENESS CONCERNING ALL ACTS OF INITIATIVE AND CREATION THERE IS BUT ONE ELEMENTARY TRUTH THE IGNORANCE OF WHICH KILLS COUNTLESS IDEAS AND SPLENDID PLANS THAT THE MOMENT ONE DEFINITELY COM-MITS ONESELF, THE PROVIDENCE MOVES TOO-ALL SORTS OF THINGS OCCUR TO HELP ONE THAT OTHERWISE WOULD HAVE NEVER OCCURRED. SO WHATEVER YOU CAN DO OR DREAM YOU CAN, BEGIN IT, BECAUSE BOLD-NESS HAS GENIUS, POWER AND MAGIC IN IT.

THIS POEM, I HEARD AT AN N.A. MEETING.

MARIO ZEPHIER

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."

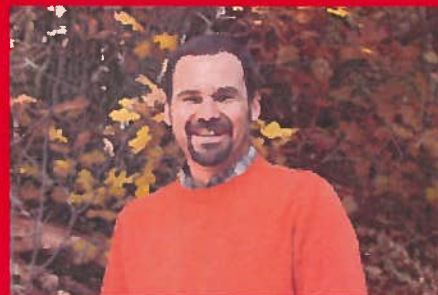
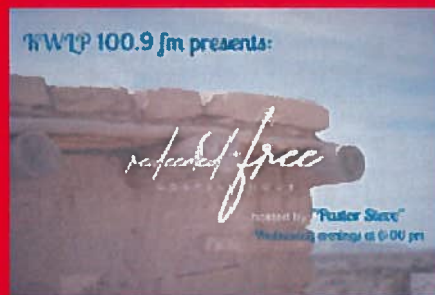


The Hualapai Nation's Live and Local Radio Station

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:

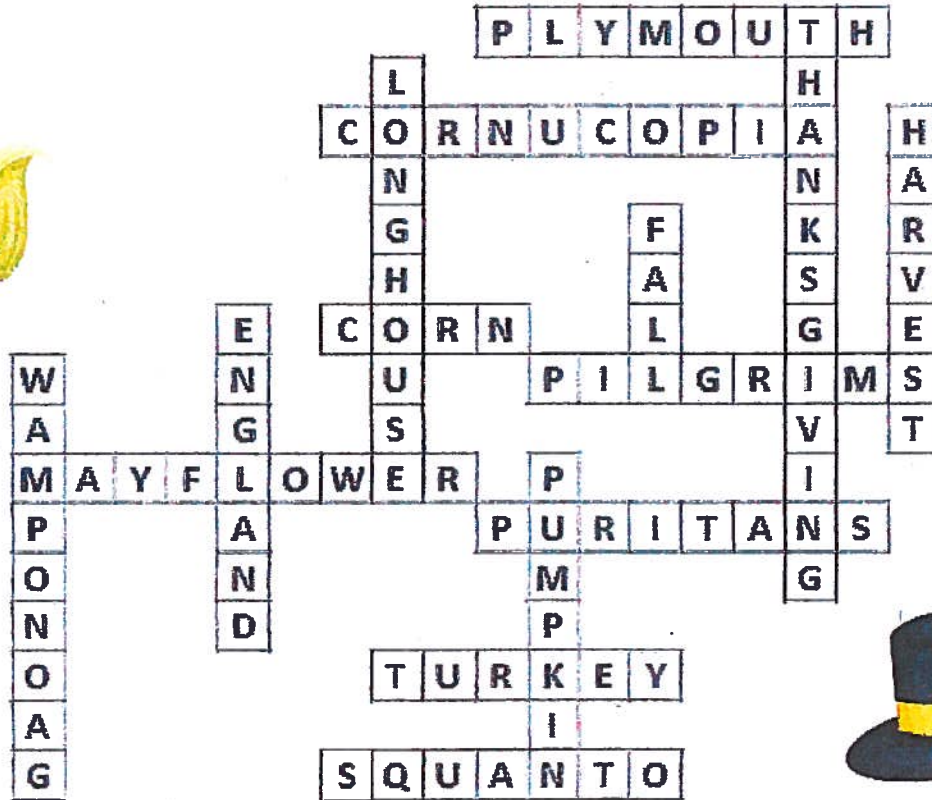


Thanksgiving Crossword • Answer Key

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

Thanksgiving Crossword

ANSWER KEY FROM ISSUE #23



Across

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. Indian who taught the Pilgrims many things

Down

- 2. 4th Thursday of November
- 3. A traditional Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indian tribe that was present at the first Thanksgiving
- 12. Bright orange squash used to make pie

Grinch • Work Search

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

GRINCH Word Search

GRINCH
CINDY LOU WHO
WHOVILLE
ROAST BEAST
JINGTLINGLERS
MEAN ONE
MAX

HEART
HOOBAS
PUZZLER
RIBBONS
TAGS
STINK
STANK

STUNK
VILE
WHO HASH
NOISE
CHRISTMAS
FLOOFLOOBERS
ROTTEN

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

Daily Strips from the 1970s • Peanuts

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

