

**TERC Seeking New Member • Deadline: Monday, January 28<sup>th</sup>**

Submitted by: Kevin Davidson | Hualapai Planning Department

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -



Hualapai Tribe  
 Department of Planning & Economic Development  
 P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434  
 Phone (928) 769-1310 \* Fax (928) 769-1377

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**The Planning Department is looking for One new TERC Member.**

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) Board of Commissioners. Below is a summary of what TERC is and what their function is.

Under the Hualapai Environmental Review Code (HERC) the Board of Commissioners has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The Board of Commissioners is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any site within Hualapai Tribal lands, in order to ensure that:

- 1) no development activity will be carried out without a permit; and
- 2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If any person is interested, you can pick up an application at the Hualapai Planning Department, fill it out and turn it in to the Department at 887 Hwy 66 (next to 76 fuel station). **The due date for applications is January 28, 2019.** If you have any questions please feel free to contact me at 769-1310.

Respectfully,

Kevin Davidson, Director  
 Planning & Economic Development

**Special points of interest:**

- Regular Tribal Council meeting will be on Saturday, February 2<sup>nd</sup> at 8:01a.m. in the Tribal Chambers.
- Shareholders Meeting on February 15<sup>th</sup> at the Hualapai Tribal Gym.
- TERC meeting will be on Wednesday, February 20<sup>th</sup> at 9:00AM at the Hualapai Cultural Resources Department.
- HTUA Board Meeting will be on Thursday, February 21<sup>st</sup> at 9:00AM at the Hualapai Health Department.

## HTUA Seeking Two (2) New Members • Deadline: Friday, March 1<sup>st</sup>

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, March 1, 2019, at 5:00 PM**. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

## Request for Proposal: Design/Build Services • Deadline: Friday, February 1<sup>st</sup>

Submitted by: Kevin Davidson | Hualapai Planning Department



### Request for Proposal: Design/Build Services

The Hualapai Indian Tribe has been awarded a HUD Indian Community Development Block Grant that includes the design and construction of a hunter's wild game preparation area including facilities for the field dressing of deer, elk and similar wild game animals. Therefore, the Hualapai Indian Tribe is requesting proposals from qualified professionals to provide architectural, engineering and construction services for the design and construction of this element of the Hualapai "Youth Camp", located on the Hualapai Indian Reservation. Proposals will be accepted from both Indian-owned and other firms for this project.

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

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

Proposals shall be submitted to the Project Manager listed and will be accepted by email prior to the deadline of 4:00PM, February 1, 2019.

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

**Request for Bids: Trash Enclosure Construction • Deadline: Friday, February 1<sup>st</sup>**

*Submitted by: Kevin Davidson | Hualapai Planning Department*



**Request for Bids Trash Enclosure Construction**

The Hualapai Indian Tribe has been awarded a HUD Indian Community Development Block Grant that includes construction of a trash enclosure to serve HUD-funded structures at the Tribe’s Youth Camp site. Therefore, the Hualapai Indian Tribe is requesting bids from qualified contractors to construct the trash enclosure. Bids will be accepted from both Indian-owned and other firms for this project.

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

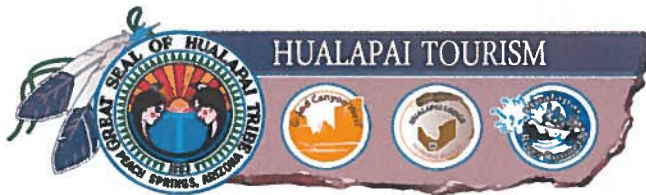
UrbanTech Ltd.  
Phil Entz, Project Manager  
(602) 678-0533  
Email: phil@urbantech-ltd.com

Proposals shall be submitted to the Project Manager listed and will be accepted by email prior to the deadline of 4:00PM, February 1, 2019.

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

**Request for Proposal: Catering • Deadline: Wednesday, February 6<sup>th</sup>**

*Submitted by: Leticia Morgan | Grand Canyon Resort Corporation*



**REQUEST FOR PROPOSAL**  
**“Catering”**

Grand Canyon Resort Corporation is soliciting proposals from qualified organization(s) to ensure high quality standards for lunch, speed of services, and guest satisfaction for the upcoming event listed below. If interested, please provide a full detailed proposal with menu items listed. The selected organization is expected to provide full catering services i.e. prepare meal, prepare plates, serve and wait on our guests as well as ensure quality clean up.

GCRC will provide tableware, utensils, salt, pepper and water.

**QUALIFICATIONS:**

Current Food Handlers Card  
Preference given to Hualapai Tribal members

**Venue: Annual Shareholders Meeting**

GCRC is expecting up to 300-350 guests in attendance  
February 15, 2019, dinner served at 5:00 p.m. – 5:30 p.m.  
Hualapai Tribal Gym, Peach Springs, AZ

**PROPOSAL DUE**

February 6, 2019  
4 PM MST

Prefer to have sealed bid delivered to GCRC Procurement Dept., not mailed  
If mailed, please have the bid postmarked by February 5<sup>th</sup>.

**ADDRESS:**

P.O. Box 359/16500 Hwy 66  
Peach Springs, AZ 86434

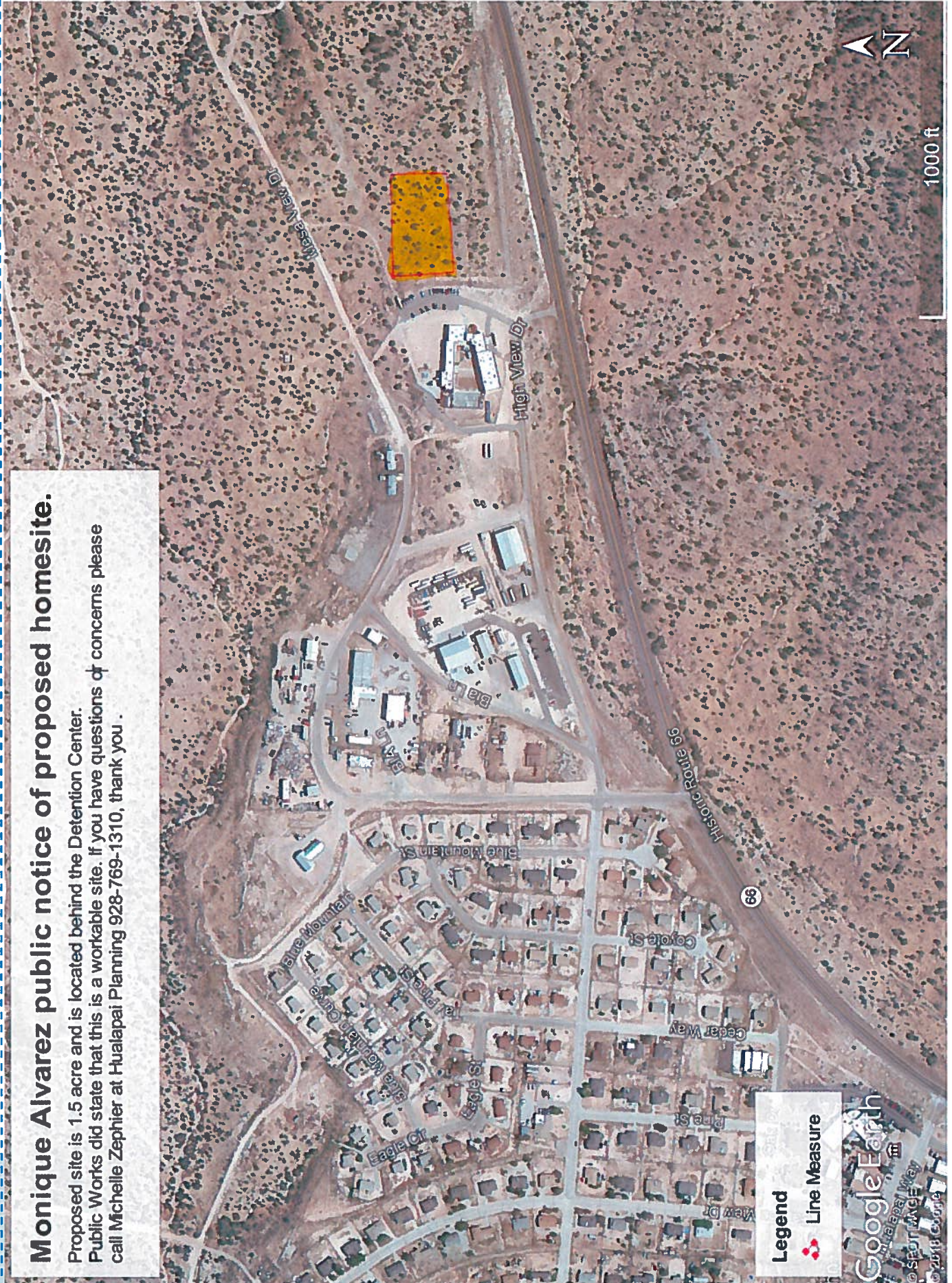
Please call (928) 769-2419 with questions

If sealed bid is to be picked up, please direct calls to Michelle Holmes, Procurement Dept. ext. 194



**Monique Alvarez public notice of proposed homesite.**

Proposed site is 1.5 acre and is located behind the Detention Center. Public Works did state that this is a workable site. If you have questions or concerns please call Michelle Zepher at Hualapai Planning 928-769-1310, thank you .



Legend

Line Measure

Google Earth

© 2018 Google



2019 STANDING COMMITTEE  
FINAL LIST  
JANUARY 05, 2019

**COURT BOARD (5)**

Elson Bender  
Patsy Boney  
Earlene Havatone  
Knesha Madrid  
Andrea Nieto

**GAME & FISH (5)**

Earldine Achee  
Ginger Kathadhe  
Tasha Nez  
Ardis Vigil  
Kimberly Havatone

**MISS HUALAPAI COMMITTEE**

**(5)**

Ginger Kathadhe  
Brenda Martin  
Georgetta Russell  
Leatrice Smith  
Christina Watahomigie

**ENROLLMENT COMMITTEE (5)**

Linda Havatone  
Coleen Mahone  
Brenda Martin  
Selena Siyuja  
Ardis Vigil  
Clara Mahone, exofficio

**\*RECREATION COMMITTEE (5)**

Winkie Crook  
Dewanda Tapija  
Cotton Koyayeva  
Raelene Havatone  
Coleen Mahone  
**REPOST**

**HEALTH BOARD (5)**

Rosemary Sullivan  
Brook Bender  
Delores Honga  
Flora Selena  
Laverne Tsosie

**\*TERO COMMITTEE—5**

**REPOST**

**ELECTION BOARD (5)**

Coleen Mahone  
Brenda Martin  
Georgetta Russell  
Marilyn Vaughn  
Louise Wood

**PERSONNEL COMMITTEE**

Brook Bender  
David Brehmeyer  
Knesha Madrid  
Leatrice Smith  
Ardis Vigil  
Christina Watahomigie  
Louise Wood

**EDUCATION COMMITTEE (7)**

Annette Bravo  
Kimberly Havatone  
Jade Honga  
Ginger Kathadhe  
Rosemary Sullivan  
Ardis Vigil  
Michelle Zephier

**LAW ENFORCEMENT COMMITTEE**

**(5)**

Marla Bradley  
Duane Clarke  
Earlene Havatone  
Raelene Havatone  
Andrea Nieto  
**GCRC BOARD**  
Elise Bradley, Chairwoman  
Jose Luis Sanches, Jr.—Vice  
Barney Enos, Member  
Thomas Lettero, Member  
T. Paul Thomas, Member

**TERC BOARD**

Loretta Jackson-Kelly  
Phillip Wisely  
Lyndee Hornell  
Earlene Havatone  
Annette Bravo  
Calvin Smith

**ADAM WALSH TASK FORCE**

Chief of Police  
Public Defender  
Chief Judge  
Grantswriter  
Prosecutor  
Human Services

**JOM COMMITTEE**

Jackie Marshall, Peach SS  
Chira Walema, Headstart  
Tasha Nez, Seligman  
Annette Bravo, Kingman Schools  
Lisa Chamberlain, Truxton/  
Valentine

**HEADSTART POLICY COUNCIL**

Kesley Powsey  
Christina James  
Doris Butler  
Chira Walema  
Randi Mahone  
Vanessa Siyuja  
Tasha Nez

**PARENT COMMITTEE** w/in

Headstart

**POLICY COUNCIL**

Fawn Mbewe, President  
Salvador Whatoname, Vice  
Cougar Honga, Sec.

**YOUTH COUNCIL**

President - Courtney Beecher  
Vice-President - Cheyenna  
Warbington  
Treasurer - Nina Montana  
Secretary 1 - Anita Lola Montana  
Secretary 2 - Vacant

Members:

Mitchell Beecher  
Melina Montana  
Eileen Gonzales  
Andre Smith  
Clarissa Patrick  
Johnson Whatoname  
Lia Kooyaquaptewa  
Nylia Crook  
Sonwai Wakayuta  
Taylaquay Marshall  
Peter Zephier  
Shino Morgan

**HOUSING BOARD**

Council is Housing Board until  
further notice

\*REPOSTING COMMITTEES - NOT ENOUGH SIGNED UP... another  
list will come out once the other 2 committees are completed.

Recreation Committee is still in effect until new committee is posted.

**THE PREVIOUS ELECTION BOARD IS STILL IN EFFECT TO FINISH OUT THE SPECIAL ELEC-  
TION, AND THE NEW ELECTION BOARD WILL BEGIN WITH NEW ELECTION ISSUES.**

# 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



## 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



**PERFORMERS MEETING**  
**JANUARY 29, 2019**  
**8:30 AM @ CULTURAL**  
**TOPICS OF DISCUSSION**

- SCHEDULING
  - 1 PERFORMING GROUP A DAY (2 SESSIONS)
- PERSONAL CONDUCT
  - EXPECTATION AS DANCER/.SINGER
- INDEPENDENT CONTRACTORS
  - NOT BONDED BY THE CORPORATION
- PERFORMER STANDARDS
  - DEVICES
  - ATTIRE
- OBSERVATIONS

**Hualapai Language Gathering • January 29<sup>th</sup>**  
Submitted by: Danielle Bravo | Hualapai Planning Department

**Open Mic Night • Monday, February 4<sup>th</sup>**  
Submitted by: Christina Watahomigie | Youth Council

**Hwa:lbay Gwa:wja Yi Điga:v'k**  
**Hualapai Language Gathering**  
AT THE  
HUALAPAI CULTURAL DEPARTMENT

EVERY TUESDAY  
**January 8, 15, 22, 29, 2019**  
4:00—6:00 PM



**OPEN**  
**MIC**  
**NIGHT**

With SAGE HONGA

**FEBRUARY 4TH & MARCH 4TH**  
**2019**

**TIME:6PM**  
**MULTI-PURPOSE**  
**BUILDING**



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

QUESTIONS? CALL YOUTH SERVICES AT 769-2207



For more information, please contact  
Lucille J. Watahomigie at the Hualapai Cultural  
Resource Department 928-769-2223.



# 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

## FEBRUARY HEART HEALTHY EVENTS:

**2/1**

### YOUTH COUNCIL RETREAT

- MORNING WORKOUT 8AM
  - LANGUAGE CLASS W/ JACKIE MARSHALL 11-12PM
  - TEAM BUILDING ACTIVITIES
- MEET @ HEW BUILDING 9AM-1PM

**2/4**

OPEN MIC NIGHT  
W/ SAGE HONGA  
@ MULTI 5:30PM

**2/8**

- YOUTH COUNCIL BUSINESS MEETING
- HEW BUILDING 9AM

**2/15-2/18**

MID-YEAR UNITY CONFERENCE  
SCOTTSDALE, AZ

**2/22**

YOUTH COUNCIL HEALTHY FOR THE HEART FOOD SALE  
9AM @HEW BUILDING  
**FUNDRAISER**



# **HUALAPAI TRIBAL SUBSTANCE ABUSE ACTION TEAM MEETING**

**FEBRUARY 21, 2019**

**1:00 PM**

**PEACH SPRINGS SCHOOL- BOARD ROOM**



## **PRESENTATIONS**

**JAMIE COLE- PS ELEMENTARY GROWTH SCORES  
JULIE CRAIG- EFFECTS OF NARCOTICS & MARIJUANA**

**UPDATES FOR SOCIAL INDICATORS & DATA FOR YOUTH SUBSTANCE ABUSE**

### **DROP OUT RATE**

**DATA FOR CHILD ABUSE AND DOMESTIC VIOLENCE**

**DRUG RELATED ARRESTS**

**LACK OF PRO-SOCIAL OPPORTUNITIES**

**LACK OF LIFE SKILLS & SOCIAL COMPETENCE**

**OPEN TO PARENTS AND GUARDIANS**

**STATE, LOCAL, AND TRIBAL AGENCIES IN SUBSTANCE ABUSE**

**ALL ORGANIZATIONS COMMITTED TO REDUCING THE EFFECTS OF SUBSTANCE  
ABUSE ON THE HUALAPAI INDIAN RESERVATION**

FOR MORE INFORMATION ABOUT HUALAPAI TAP:  
JESSICA POWSKEY, STRATEGIC PREVENTION COORDINATOR  
(928) 769-2207

HUALAPAI HEALTH EDUCATION & WELLNESS CENTER



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

*Northorn Drum  
Mixed Company  
Shungopavi, Az*

MC

*Chuck Benson  
Lakota*

HEADMAN DANCER

*Karlle Beard  
Hopiluni*

HEAD GOURD

*Southwest Gourd Society  
Fuscon, Az*

HOST

*Southern Drum  
Head Singer Paul Stewart  
Parke, Az*

ARENA DIRECTOR

*Ryan Runley  
Tohono Oodham Navajo*

HEAD LADY DANCER

*Dawn Beard  
Apache 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.**



Save The Date: Yavapai-Apache Nation Exodus Day • Saturday, February 23<sup>rd</sup>  
Submitted by: Adeline Crozier | Hualapai Tribal Administration



SAVE THE DATE  
FEBRUARY | 23 | 2019



YAVAPAI-APACHE NATION

**EXODUS DAY**

1875-1900



# Yavapai-Apache Nation

## *Exodus Day Commemoration*

### FEBRUARY | 23 | 2019

Commemorative Run  
San Carlos to Camp Verde

Boynton Canyon Blessing Ceremony

Exodus Commemorative March  
Veterans Park to Culture Center

Community Lunch

Cultural Performances



MORE INFORMATION

Office of Public Relations  
(928) 567-1006

*Designed By:*





Now Accepting Applications for Miss Indian World • Deadline: March 20<sup>th</sup>  
Submitted by: Kevin Davidson | Hualapai Planning Department

# MISS INDIAN WORLD CONTESTANTS

**2019 - 2020**  
**APPLICATION NOW AVAILABLE**



**BECOME THE AMBASSADOR FOR INDIGINOUS/NATIVE AMERICA**

**WINNER RECEIVES: CROWN & BANNER  
CASH STIPEND**

**TRAVEL TO SELECTED POWWOWS - CONFERENCES - FESTIVALS - ETC.  
AN OCEAN CRUISE AND MORE!**

**THE CONTEST BEGINS WHEN YOU SEND IN YOUR APPLICATION**

**APPLY ON LINE - DEADLINE IS MARCH 20, 2019  
WWW.GATHERINGOFNATIONS.COM**



# EMPLOYMENT OPPORTUNITIES

Soaring Eagles Home Care • Applicants Wanted  
Submitted by: Patsy Boney | Soaring Eagles Home Care

## Soaring Eagles Home Care

3208 N. 16<sup>TH</sup> 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/1<sup>st</sup> 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

Soaring Eagles  
Home Care  
602-274-7030

Soaring Eagles  
Home Care  
602-274-7030

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Soaring Eagles  
Home Care  
602-274-7030



# Hualapai Tribe • Current Job Positions

Submitted by: Coleen Mahone | Hualapai Tribe



## 2019 Current Job posting for the Hualapai Tribe *OPEN COMPETITIVE*

	Job Title	Pay Rate	Opening Date	Closing Date
Adult Detention	Correctional Officers I, II and III (3)	\$16.00 - \$18.00/Hr.	January 16, 2019	Open Until Filled
Tribal IT Department	IT Technician	D.O.Q.	January 09, 2019	Open Until Filled
Cultural Resources	Senior Archaeologist	D.O.E.	December 13, 2018	Open Until Filled
Day Care	Floater	D.O.E.	January 09, 2019	January 23, 2019
Forestry Department	Geographical Information System (GIS) Coordinator	D.O.E.	January 09, 2019	January 23, 2019
	Forestry Program Manager	Negotiable	January 22, 2019	February 01, 2019
Health Department	Community Health Representative	\$ 12.50 - \$ 15.00/Hour	November 19, 2018	Open Until Filled
	Media Specialist	\$ 12.50 per hour	September 20, 2018	Open Until Filled
	Health Educator, Employee Working 4 Health	Negotiable	January 22, 2019	February 01, 2019
	Suicide Prevention Paraprofessional	D.O.E.	November 26, 2018	Open Until Filled
	Wellness Liaison Specialist (Traditional and Contemporary)	D.O.Q.	December 20, 2018	Open Until Filled
Human Resources	Director	D.O.Q.	January 09, 2019	February 01, 2019
Human Services	Shelter Advocate	D.O.Q.	December 10, 2018	Open Until Filled
	Case Worker	D.O.Q.	December 10, 2018	Open Until Filled
	Security	D.O.Q.	December 10, 2018	Open Until Filled
	Domestic Violence Manager	D.O.Q.	December 10, 2018	Open Until Filled
Juvenile Det. Center	Correction Officer I, II, and III	\$16.00 - \$ 18.00/Hr.	October 31, 2017	Open Until Filled
	Food Service Worker	\$11.00 - \$14.00/Hr.	January 16, 2019	January 30, 2019
Natural Resources	Range Specialist	Negotiable	January 14, 2019	January 25, 2019
	Agriculture Program Manager	D.O.E.	January 14, 2019	January 25, 2019
Police Department	Domestic Violence/Sexual Assault Investigator	\$45,000/Yr. to \$50,000/Yr.	December 06, 2018	Open Until Filled
	Police Officer	\$39,520/Yr. to \$47,840/Yr.	December 06, 2018	Open Until Filled
	Chief of Police	D.O.Q.	January 17, 2019	February 06, 2019
Public Services	Building Trades Apprentice	\$12.00/Hr.	January 16, 2019	January 23, 2019
	Groundskeeper Worker (2)	\$12.00/Hr.	January 17, 2019	January 23, 2019
Training Center	Teacher/Tutor	D.O.Q.	December 17, 2018	Open Until Filled

### INTERNAL ONLY (For Current Tribal Employees Only)

**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 qualification requirements for your Application to be sent to the Department for the job you are applying for.**

#### 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 01/22/2019



**Hualapai Education & Training Center  
 Workforce Innovation & Opportunity Act  
 (WIOA) Program**

# IN-SCHOOL & OUT-OF-SCHOOL YOUTH TRAINING ANNOUNCEMENT

The WIOA Program is accepting applications for In-School and Out-of-School ages: 16-24 years of age. Funding sources require the following documents be submitted before determining your eligibility.

- Birth Certificate
- Household Verification
- Income Verification  
 Check stubs, direct deposit slips, payroll history, etc. (For all household members over the age of 18)
- Income Verification of Public Assistance  
 Award letter for TANF, Food Stamps, Social Security Benefits, and/or General Assistance, etc.
- Meal Application (Free & Reduced) copy from child's school
- School Status  
 School transcripts, attendance record, report card from recent semester, drop-out letter, diploma, GED certificate, or letter from the school stating school status.
- Selective Service Card (For males over the age of 18)
- Social Security Card
- Tribal Affiliation (CIB/Enrollment Card)

NOTE: Eligibility does not guarantee selection for the program; each applicant is selected for services based on ability to benefit and other selection criteria.

**Applications available  
 at the Training Center  
 PICK UP TODAY**

Documents should be presented to the Receptionist and copies will be made and attached to your application.

WIOA staff will contact the participant by mail within 45 days

"An Equal Opportunity Employer/Training Program"

Auxiliary aides and services are available upon request to individuals with disabilities.

TTY/TDD: 711

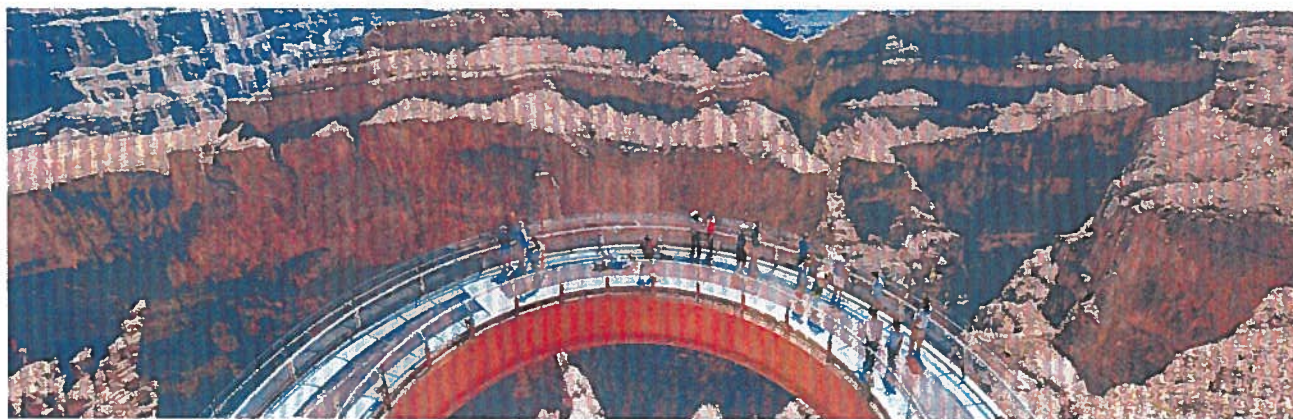




## Grand Canyon Resort Corporation 2019 Summer Youth Program

This is notice for all requirements to apply and be considered for the 2019 GCRC Summer Youth Employment Program.

**Accepting Applications May 1<sup>st</sup>**



### Program Guidelines

- Must be an enrolled student
- Must submit a GCRC Summer Youth Application- submit either to the GCRC Human Resources Office or online. **Applications will be available starting May 1<sup>st</sup>.**
- Provide Transcripts of the current school year
- Ages 14 and 15 years of age are eligible to work in Peach Springs ONLY
- Ages 16 and 17 years of age are eligible to work out at GCW
- Must be an enrolled Hualapai Tribal member
- Must pass a Drug Screen
- Parent/Legal Guardian **MUST** be present during New Hire Processing
- Youth will be placed into departments, not all departments will be available, and schedules will be determined
- Pay rate will be based on years in the Summer Youth Program

**#GCRCYouthWorker**

Any questions or concerns please contact Heather Nieto- Sr.HR Specialist/Summer Youth Program Supervisor  
(928) 769-2419 ext. 173 or (928) 769-6575.



# EDUCATION & TRAINING INFORMATION

**Barrett Summer Scholars 2019 Summer Program • Now Accepting Applications**  
 Submitted by: Lucille J. Watahomigie | Hualapai Department of Cultural Resources

## Barrett Summer Scholars



Dear Lucille,

Applications are now being accepted for Barrett Summer Scholars.

BSS provides students with the opportunity to experience college while preparing for enrollment and success at Arizona State University and Barrett, the Honors College. The residential program invites academically-talented and motivated students entering the 8th, 9th, and 10th grade in fall 2019 to live on campus, engage in college-level coursework, and participate in a community of peers from across the state.

Below are the 2019 program dates and locations:

**10th Grade Program – \$1,400**

June 2 – 14, 2019

Tempe campus

June 16 – 28, 2019

Downtown Phoenix campus

**9th Grade Program – \$700**

June 2 – 7, 2019

Polytechnic campus

June 9 – 14, 2019

Polytechnic campus

**8th Grade Program – \$700**

June 16 – 21, 2019

ASU's West Campus

If you are interested in hosting an information session for parents and students at your school or organization please request an information session at the link below.

Thank you,  
 Barrett Summer Scholars Program Staff  
 480-727-7786

**REQUEST INFO SESSION**  
<https://eoss.asu.edu/bss/infosession>

**BSS WEBSITE**  
<https://eoss.asu.edu/bss>





# AIANTA

American Indian Alaska Native  
Tourism Association

## American Indian Alaska Native Tourism Association Scholarship Applications Available

### Interested in a career in the hospitality and tourism industry?

Apply for AIANTA's Hospitality and Tourism Scholarship Program. AIANTA, as part of our mission, established the Scholarship Program to provide American Indian, Alaska Native, and Native Hawaiian students with financial assistance to earn a degree or certificate in the hospitality, tourism, recreation, culinary arts or related fields.

AIANTA awards three scholarships to American Indian, Alaska Native and/or Native Hawaiian students in a competitive review process. AIANTA encourages Indigenous students to develop careers in the cultural tourism industry to help sustain and strengthen your tribe's cultural legacy.

#### Application Criteria:

- Must be of American Indian, Alaska Native, or Native Hawaiian heritage (student must show documentation)
- Attending or enrolled in an accredited 2 or 4-year college/university or technical/vocational institution
- Must be attending and enrolled as a part-time or full-time student with an expressed interest in pursuing a career in tourism or tourism related field
- GPA must be 2.5 or above (ALL current or future undergraduate/graduate college students are encouraged to apply)
- Scholarships are available for certificate and associate programs, undergraduate and graduate programs - online colleges are applicable
- Scholarships are only to be used for books and/or tuition

#### Award Amount:

\$1000 per academic year (FALL/SPRING semester only), \$500 per semester

#### Deadlines:

Postmarked by **July 27, 2019** for the Fall Semester

Postmarked by **December 7, 2019** for the Spring Semester

**GO TO <https://www.ainta.org/scholarships/> TO APPLY**

#### For More Information:

Contact Sherrie L. Bowman  
American Indian Alaska Native Tourism Association (AIANTA)  
2401 12th St NW  
Albuquerque, NM 87104  
(505) 724-3592 or [sbowman@ainta.org](mailto:sbowman@ainta.org)



Nicole Russell, Echota Cherokee,  
AIANTA Scholarship Recipient



For more information about AIANTA, visit our websites, [www.ainta.org](http://www.ainta.org) and [NativeAmerica.travel](http://NativeAmerica.travel)



THE UNIVERSITY OF ARIZONA

# NATIVE AMERICAN SCIENCE & ENGINEERING PROGRAM



Start your application for the  
2019-2020 NASEP cohort today!

*Help us spread the word!*

**APPLY NOW**

<https://nasep.arizona.edu/apply>

The Native American Science & Engineering Program (NASEP) is a **FREE** year-long program (*week-long summer program with year-long support*) designed to provide Native American, Alaskan Native, and Hawaiian Native high school students with the necessary resources to enroll in college and pursue a career in Science, Technology, Engineering, and Mathematics (STEM).

Using Dr. Shawn Secatero's "American Indian Well-Being Model in Higher Education," NASEP provides activities aimed at developing students in a holistic manner. Program highlights have included an excursion to Biosphere II, networking with indigenous professionals from IBM and Raytheon, and building a computer "from scratch."

- **Program dates:** June 9-16, 2019
- **Priority Deadline:** February 15, 2019
  - Late applications will be accepted through March 15, 2019. Admission to late applicants will be considered on available space, so we urge individuals to apply by the priority deadline to be the most competitive.
- **Eligibility:** NASEP is open to upcoming juniors (class of 2021) and seniors (class of 2020) that are: enrolled members of an American Indian or Alaskan Native tribe or of Native Hawaiian, Alaskan Native, or American Indian descent; on track to completing physics, chemistry, and pre-calculus by graduation with a "C" or better; able to attend the summer dates of June 9-15, 2019; and willing to make an effort to attend NASEP events throughout the year.

**Watch the Recap of our 2018 week-long residential stay at the University of Arizona**  
<https://www.youtube.com/watch?v=Sfb9MX9FSEI&feature=youtu.be>

Applications are available at [nasep.arizona.edu](https://nasep.arizona.edu).  
 Please contact us at [nasep@email.arizona.edu](mailto:nasep@email.arizona.edu) with any questions. Share widely. Thank you!



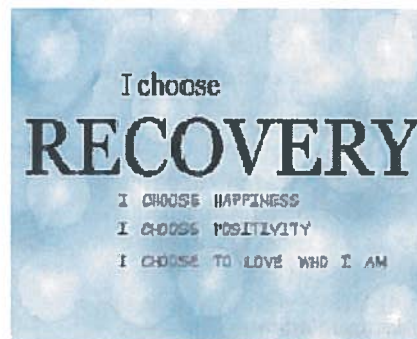
# HEALTH & SAFETY INFORMATION

Hualapai Health & Wellness Department • Community Self Help Meetings  
 Submitted by: Adeline Crozier | Hualapai Tribal Administration

## Community Self Help Meetings

January 2, 2019

Monday	Time	Location
Recovery	6:00 - 7:00 PM	HEW *Small Conf. Room
Tuesday	Time	Location
Wellbriety	3:00 - 5:00 PM	HEW *Lg. Conf. Room
Batters Intervention	6:00 - 8:00 PM	HEW *Lg. Conf. Room
Wednesday	Time	Location
Talking Circle	9:00 - 11:00 AM	Old Clinic
Parenting	12:00 - 1:30 PM	HEW
AA	2:00 - 4:00 PM	Old Clinic
Thursday	Time	Location
Wellbriety	10:00 - 12:00 PM	HEW *Small Conf. Room
Women's Support Group	5:30 - 7:00 PM	Social Services
Friday	Time	Location
Youth Council	9:00 - 12:00 PM	HEW *Lg. Conf. Room
AA	1:00 - 2:00 PM	Old Clinic



## Overcoming Drug Addiction

### How to Stop Abusing Drugs, Find Treatment and Begin Recovery

Full PDF version at: <https://www.helpguide.org/articles/addictions/overcoming-drug-addiction.htm?pdf=12396>



Developing a drug addiction isn't a character flaw or a sign of weakness, and it takes more than willpower to overcome the problem. Abusing illegal or certain prescription drugs can create changes in the brain, causing powerful cravings and a compulsion to use that makes sobriety seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your situation seems. With the right treatment and support, change is possible. Don't give up—even if you've tried and failed before. The road to recovery often involves bumps, pitfalls, and setbacks. But by examining the problem and thinking about change, you're already well on your way.

#### Overcoming drug addiction: Decide to make a change

For many people struggling with addiction, the toughest step toward recovery is the very first one: recognizing that you have a problem and deciding to make a change. It's normal to feel uncertain about whether you're ready to make a change, or if you have what it takes to quit. If you're addicted to a prescription drug, you may be concerned about how you're going to find an alternate way to treat a medical condition. It's okay to feel torn. Committing to sobriety involves changing many things, including:

- the way you deal with stress
- who you allow in your life
- what you do in your free time
- how you think about yourself
- the prescription and over-the-counter medications you take

It's also normal to feel conflicted about giving up your drug of choice, even when you know it's causing problems in your life. Recovery requires time, motivation, and support, but by making a commitment to change, you can overcome your addiction and regain control of your life.

#### Preparing for change: 5 key steps to addiction recovery

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at recovery, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a start date or limits on your drug use.
4. Remove reminders of your addiction from your home, workplace, and other places you frequent.
5. Tell friends and family that you're committing to recovery, and ask for their support.

#### Explore your addiction treatment options

Once you've committed to recovery, it's time to explore your treatment choices. While addiction treatment can vary according to the specific drug, a successful program often includes different elements, such as:

- **Detoxification.** Usually the first step is to purge your body of drugs and manage withdrawal symptoms.

toms.

- **Behavioral counseling.** Individual, group, and/or family therapy can help you identify the root causes of your drug use, repair your relationships, and learn healthier coping skills.
- **Medication** may be used to manage withdrawal symptoms, prevent relapse, or treat any co-occurring mental health condition such as depression or anxiety.
- **Long-term follow-up** can help to prevent relapse and maintain sobriety. This may include attending regular in-person support groups or online meetings to help keep your recovery on track.

#### TYPES OF DRUG TREATMENT PROGRAMS

**Residential treatment** – Residential treatment involves living at a facility and getting away from work, school, family, friends, and addiction triggers while undergoing intensive treatment. Residential treatment can last from a few days to several months.

**Day treatment/Partial hospitalization** – Partial hospitalization is for people who require ongoing medical monitoring but wish to still live at home and have a stable living environment. These treatment programs usually meet at a treatment center for 7 to 8 hours during the day, then you return home at night.

**Outpatient treatment** – Not a live-in treatment program, these outpatient programs can be scheduled around work or school. You're treated during the day or evening but don't stay overnight. The major focus is relapse prevention.

**Sober living communities** – Living in a sober house normally follows an intensive treatment program such as residential treatment. You live with other recovering addicts in a safe, supportive, and drug-free environment. Sober living facilities are useful if you have nowhere to go or you're worried that returning home too soon will lead to relapse.

#### Find support for your addiction recovery

Don't try to go it alone—reach out for support. Whatever treatment approach you choose, having positive influences and a solid support system is essential. The more people you can turn to for encouragement, guidance, and a listening ear, the better your chances for recovery.

- **Lean on close friends and family.**
- **Build a sober social network.**
- **Consider moving into a sober living home.**
- **Make meetings a priority.**

#### Learn healthy ways to cope with stress

After addressing your immediate problems with addiction and starting treatment, you'll still have to face the problems that led to your drug abuse. Did you start using to numb painful emotions, calm yourself after an argument, unwind after a bad day, or forget about your problems?

Once you're sober, the negative feelings that you dampened with drugs will resurface. For treatment to be suc-



cessful, you'll first need to resolve your underlying issues.

Once you have resolved your underlying issues, you will, at times, continue to experience stress, loneliness, frustration, anger, shame, anxiety, and hopelessness. These emotions are all a normal part of life. Finding ways to address these feelings as they arise is an essential component to your treatment and recovery.

There are healthier ways to keep your stress level in check. You can learn to manage your problems without falling back on your addiction. When you're confident in your ability to quickly de-stress, facing strong feelings isn't as intimidating or overwhelming.

### Quickly relieve stress without drugs

Different quick stress relief strategies work better for some people than others. The key is to find the one that works best for you.

- Movement.
- Step outside and savor the warm sun and fresh air.
- Play with your dog or cat.
- Experiment with your sense of smell.
- Close your eyes and picture a peaceful place.
- Pamper yourself.

### Keep drug triggers and cravings in check

Your recovery doesn't end at getting sober. Your brain still needs time to recover and rebuild connections that changed while you were addicted. During this rebuild, drug cravings can be intense. You can support your continued recovery by avoiding people, places, and situations that trigger your urge to use:

- Step away from your friends who use.
- Avoid bars and clubs.
- Be upfront about your history of drug use when seeking medical treatment.
- Use caution with prescription drugs.

### Coping with drug cravings

Sometimes craving cannot be avoided, and it is necessary to find a way to cope:

- Get involved in a distracting activity.
- Talk it through.
- Challenge and change your thoughts.
- Urge surf.

### The three basic steps of urge surfing:

- **Take an inventory of how you experience the craving.** Do this by sitting in a comfortable chair with your feet flat on the floor and your hands in a comfortable position. Take a few deep breaths and focus your attention inward. Allow your attention to wander through your body. Notice where in your body you experience the craving and what the sensations are like. Notice each area where you experience the urge, and tell yourself what you are experiencing. For example, "My craving is in my mouth and nose and in my stomach."
- **Focus on one area where you are experiencing the urge.** Notice the exact sensations in that area. For example, do you feel hot, cold, tingly, or numb? Are your muscles tense or relaxed? How large an area is involved? Notice the sensations and describe them to yourself. Notice the changes that occur in the sensation. "My mouth feels dry and parched. There is tension in my lips and tongue. I keep swallowing. As I exhale, I

can imagine the tingle of using."

- **Repeat the focusing with each part of your body that experiences the craving.** Describe to yourself the changes that occur in the sensations. Notice how the urge comes and goes. Many people, when they urge surf, notice that after a few minutes the craving has vanished. The purpose of this exercise, however, is not to make the craving go away but to experience the craving in a new way. If you practice urge surfing, you will become familiar with your cravings and learn how to ride them out until they go away naturally.

*Source: The National Institute on Alcohol Abuse and Alcoholism*

### Build a meaningful drug-free life

You can support your drug treatment and protect yourself from relapse by having activities and interests that provide meaning to your life. It's important to be involved in things that you enjoy, that make you feel needed, and add meaning to your life. When your life is filled with rewarding activities and a sense of purpose, your addiction will lose its appeal.

- Pick up an old hobby or try a new one.
- Adopt a pet.
- Spend time in nature.
- Enjoy the arts.
- Get involved in your community.
- Set meaningful goals.
- Look after your health.

### Don't let relapse keep you down

Relapse is a common part of the recovery process from drug addiction. While relapse is frustrating and discouraging, it can be an opportunity to learn from your mistakes, identify additional triggers, and correct your treatment course.

### What causes relapse?

Various "triggers" can put people at risk of relapsing into old patterns of substance use. Causes of relapse can differ for each person. Some common ones include:

- negative emotional states (such as anger, sadness, trauma or stress)
- physical discomfort (such as withdrawal symptoms or physical pain)
- positive emotional states (wanting to feel even better)
- testing personal control ("I can have just one pill")
- strong temptations or urges (cravings to use)
- conflict with others (such as an argument with a spouse or partner)
- social pressures to use (situations where it seems as though everyone else is using drugs)
- good times with others (such as having fun with friends or family)

*Source: Centre for Addiction and Mental Health*

The important thing to remember is that relapse doesn't mean drug treatment failure. Don't give up. Call your sponsor, talk to your therapist, go to a meeting, or schedule an appointment with your doctor. When you're sober again and out of danger, look at what triggered the relapse, what went wrong, and what you could have done differently. You can choose to get back on the path to recovery and use the experience to strengthen your commitment.

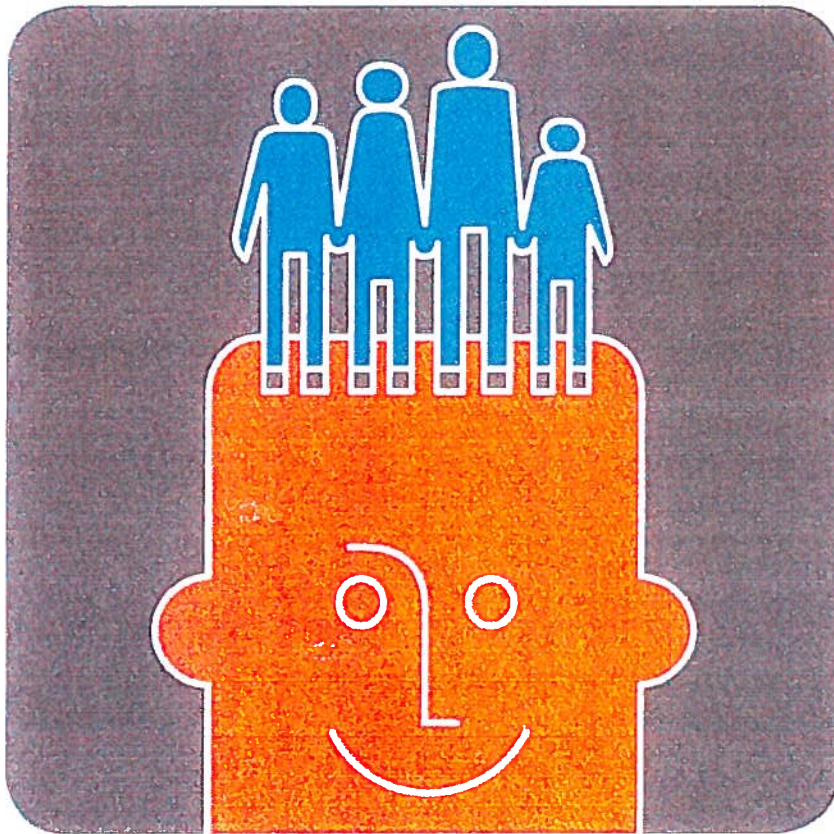
### Professional help for drug treatment and recovery

Call the SAMHSA helpline at 1-800-662-4357 or call the Partnership for Drug-Free Kids helpline at 1-855-378-4373.

# The Happy Family— Healthy Brain Connection



**Strengthening Families  
Program** by Dr. Karol Kumpfer



## FAMILY GOALS:

1. Stomp the ANTs and practice positive self-talk. Believe in your ability to create a strong, loving family using these lessons.
2. Eat family dinner (or any meal) together 3–5 times a week using a Conversation Jar.
3. Have 10–15 minutes of one-on-one time every day with each child using the “My Time” concept. Allow the child to choose the activity; praise as you play.
4. \*Choose a set day and time for the coming weeks to watch all ten DVD lessons together and practice the skills you’ve learned using pretend situations. (For example, every Monday evening.)

## FAMILY FUN:

Make a family Conversation Jar using the handout. While eating together, share what you like about each other or nice things you have done and discuss a topic from the jar.

## \*Day & time we will watch:

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## POWER PHRASE:

**“Bonding through daily one-on-one play called ‘My Time’ and having pleasant family dinners help build strong and loving family relationships.”**

- Stomp the ANTs (Automatic Negative Talk) and believe in your ability to create a strong, loving family
- Eat family dinner (or any meal) together 3–5 times a week
- Spend 10–15 minutes of one-on-one play time with each child



# Keeping Your Family Safe and Happy

## Bonding, boundaries, and monitoring help keep kids safe and healthy



Below are bonding, boundaries, and monitoring strategies that help protect kids from alcohol, tobacco, drugs, and risky behavior. Put an "X" by the ones you already do; circle the ones you'd like to work on. Make a plan and start out small. Add new ones as the old ones become a habit.

### BONDING: Creating Warm, Loving Relationships

- We tell our children we love them and make a point to look for and compliment the good in each family member. We avoid harsh criticism.
- We spend 10-15 minutes of one-on-one "My Time" with each child almost every day.
- We eat a meal together as a family at least three times a week, and make our time together pleasant.
- We hold a weekly family meeting.
- We spend time together as a family laughing and doing fun things.
- We talk often to our children about their dreams and goals, and ask how we can be supportive.
- We have positive family customs and traditions.
- We try to go to school activities such as games and performances as a family.

### BOUNDARIES: Setting Clear, Firm Rules

- We have clear, firm family rules that are fair and consistently enforced.
- We talk about our rules on no alcohol, tobacco, or drug use; if alcohol or drugs show up at a party, kids are to call us and come home.
- We encourage and support school work; and we have set times for kids to do homework.
- We divide household chores among family members.
- We have rules (curfew) for each kid about what time to be home.
- We encourage our kids to participate in activities that promote a positive sense of self.
- We help our children develop skills in goal-setting, communication, decision-making, and conflict resolution.

### MONITORING: Knowing where your kids are, who they are with, and what they are doing

- We find out where our children are going, who they'll be with, what they'll be doing, and when they'll be home before they leave.
- We get to know our kids' friends' parents and share our rules about no alcohol, tobacco, or other drugs.
- We see that our kids stay in an alcohol- and drug-free social environment.
- We make sure our children don't have access to our alcohol, tobacco, or prescription drugs.
- We promote fun, positive alternative activities to teen alcohol and drug use.

# Family Conversation Jar

Encourage family talks with this fun and insightful activity



Having conversations with your kids is an effective way to help prevent underage drinking. The following activity can help. Cut out the questions found below, place in a jar, and put it in the center of the dinner table. During the family meal, take turns drawing questions from the jar. Some questions are specifically for parents to answer (marked on the side with a "P"), but make sure everyone gets a chance to answer each of the other questions.



**Family Fun:** Have your kids decorate a jar. The following items can be helpful:

- Colored paper, cloth, or paint
- Family photos
- Pictures cut out from magazines
- Ribbon, string, raffia, straw, cotton balls, etc.
- Glue, tape, scissors, markers

**Questions for Parents:**

- What beliefs give you strength?
- What was your first job? Did you like it?
- Did you have any pets growing up? If so, tell me about them.
- What was one thing your parents made you do that you hated?
- What kind of food did you hate as a kid but love now?
- Why is being honest so important to building a stable society?
- What was your least favorite subject in school? What was your favorite?
- When you were my age, what did you want to be when you grew up?
- What was one thing you did when you were a kid that made you the happiest?
- What was one thing you did when you were a kid that made your parents proud of you?
- Did you take family vacations when you were a kid? Where did you go? How did you get there?
- Who was your best friend growing up? Tell us one of your favorite stories about things you did together.

**Questions for Everyone:**

- If you could have anything for dinner, what would you have?
- What is your favorite place in the world and why?
- If you could be on any television show, what would it be?
- What is the best present you've ever received?
- If you could live anywhere in the world, where would you live and why?
- If you had three wishes, what would they be?
- What would you do if you were President?
- If you won a million dollars, what would you do with it?
- If you could have any job, what job would it be and why do you think you would like it?
- If you could invite three famous people (present or past) to dinner, who would they be and why?
- What is the one thing you think should be invented to make your life easier or more enjoyable?
- If you could go anywhere for your next vacation, where would you go and what would you do?

- What do you like best about life?
- Tell us about your favorite memory.
- Tell us one thing that is really important to you.
- Tell us one thing that is nice about yourself.
- Tell us about something that makes you laugh.
- Tell us whom you admire most and why.
- What was the hardest choice you ever made?
- Tell us one way you want to improve your life.
- What holds you back from doing what you really want to do?
- What is one thing you could do to help our family?
- Tell us what things make you feel loved.
- (Fill in the blank) When I feel sad, I need....

- Who is your best friend and why?
- What could you do to make the world a better place?
- If you could have any animal as a pet, what would it be?
- If you could pick a new first name, what would it be?
- What was the very best thing that happened to you today?
- If you could add one item to your bedroom, what would it be?
- If you could visit any city, where would you visit?
- Why is driving drunk so costly and harmful to society?
- If you could be any animal, what animal would you be?
- If you had to leave the earth on a space ship and take 4 friends with you, who would you take?
- If you were allowed to stop doing one chore around the house, what would it be?
- How can using drugs or alcohol underage limit your possibilities?



# Planning for Family Dinners

## Make mealtime fun, healthy, and easy



Pleasant family dinners are a good way to share values and help kids bond with family. A little advanced planning will make dinner time easy. Fill out this menu with favorite, brain-healthy meals and repeat them every 30 days. Pre-teach table manners and make mealtime pleasant by complimenting those who use them; don't allow criticism at the dinner table. Use a Conversation Jar, and share kind deeds you've done.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
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Issue #02

### FOODS THAT PROMOTE BRAIN HEALTH

This list of food will help your family have healthy bodies and brain. Watch out for common food allergies, such as eggs, dairy, gluten, nuts, etc. The brain must have healthy, nutritious food with plenty of vitamins, minerals, and micro-nutrients found in whole foods to operate properly. Plus, there are millions of microbes in our guts that help us process food. They need good nutrition to survive.

- Eat whole grains, not refined flours
- Eat leafy green vegetables every day
- Use frozen vegetables, if fresh is too expensive
- Eat fresh fruit every day (oranges, apples, bananas, blueberries, etc.)
- Eat low-fat cottage cheese as a good source of protein
- Eat eggs often (good for all meals)
- Eat all kinds of beans (dry is cheaper)
- Eat fish weekly (tuna is cheap) or take fish oil capsules
- Drink water or fat-free milk, not soda
- Use healthy spices: cinnamon, curry, garlic, sage, and turmeric
- Eat all kinds of nuts
- Eat red or white potatoes with the skins on, or sweet potatoes





# Stomping the ANTs

## Getting rid of pesky Automatic Negative Thoughts



Automatic Negative Thoughts or “ANTs” as Dr. Daniel Amen calls them, often tell you lies like: “You’re no good,” “Nobody likes you,” or “These kids are driving me crazy!” This negative self-talk can dramatically affect your mood. Here’s why: Whenever you think a thought, your brain releases neurochemicals that create feelings. Positive thoughts release positive chemicals and you feel happier. Negative thoughts release chemicals that make you feel angry, sad, or stressed.

You can stomp the ANTs by re-stating negative thoughts in a more truthful way. Instead of thinking “I never do anything right,” replace it with: “I may make some mistakes but I have a lot to offer.” Or when you’re feeling overwhelmed think, “I can do this!” You can change your self-talk to be more hopeful, positive, and accurate. You’ll feel happier and more confident.

*\*For more information, read The Anxiety and Phobia Workbook by Edmund Bourne.*

Below are 10 “species” of ANTs that creep into our thoughts and ruin our day. Put a check next to the type of A.N.T. that bothers you and write an example in the blank space. Then stomp them by writing a more hopeful, accurate, and positive way of viewing each situation.

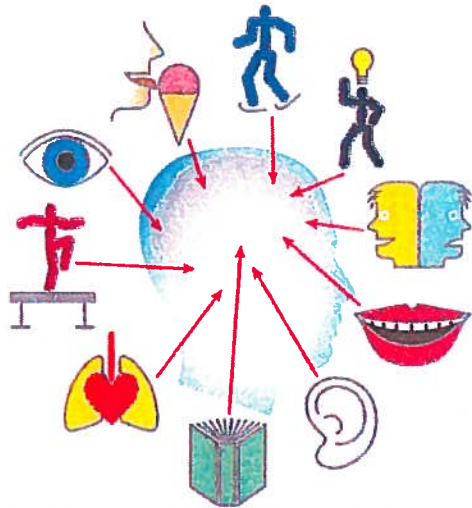
SPECIES	A.N.T.	SQUASH ANTs WITH TRUTH
<input type="checkbox"/> 1. All or Nothing Thinking	“There’s nothing to do.”	“There are probably lots of things to do if I think about it.”
<input type="checkbox"/> 2. Always Thinking	“No one ever plays with me.”	“That’s silly. I have played with lots of kids.”
<input type="checkbox"/> 3. Mind Reading	“The teacher doesn’t like me.”	“I don’t know that. Maybe she is just having a hard day.”
<input type="checkbox"/> 4. Fortune Telling	“The whole class will laugh at me.”	“I don’t know that. Maybe they will like my speech.”
<input type="checkbox"/> 5. Labeling	“I am stupid.”	“Sometimes I make mistakes but I am not stupid.”
<input type="checkbox"/> 6. Focusing on the Negative	“My whole party was ruined by his teasing.”	“My party was fun except for the few minutes he was teasing.”
<input type="checkbox"/> 7. Thinking with Your Feelings	“I feel like such a loser. How can anyone like me?”	“I may need to change a few things but I’m a good person.”
<input type="checkbox"/> 8. Magnifying and Minimizing	“I got a terrible report card.”	“I may have gotten one ‘C’ but my other grades were good.”
<input type="checkbox"/> 9. Blame	“It’s the teacher’s fault.”	“I need to look at my part of the problem.”
<input type="checkbox"/> 10. Guilt Beatings	“It is all my fault and I’m a horrible person.”	“It was just an accident and I can do things to make it better.”

**THE PENNY GAME**

To become more aware of your ANTs, use this kid’s game by Richard Brozovich, Ph.D. and Linda Chase in *Say Goodbye to Being Shy*. Put ten pennies in your pocket every morning for a month. Every time you think a positive thought about yourself, move a penny to your “good” pocket. If you give mind-space to any ANTs, move a penny back to the holding pocket. Try to get all ten pennies in your “good” pocket each day. Note of how many you got each night. At the end of the month, reward yourself according to how well you met your goal.

# Understanding Brain Development


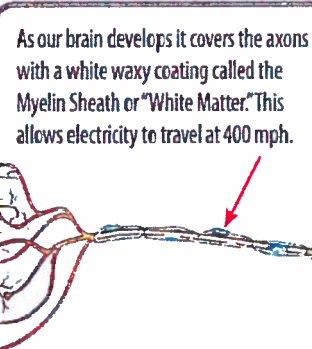
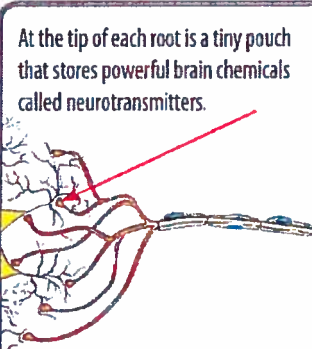
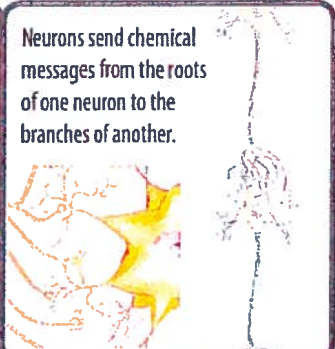
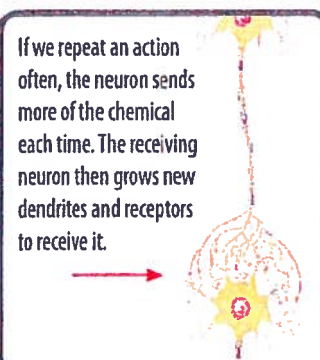
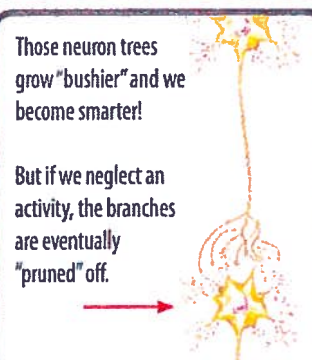
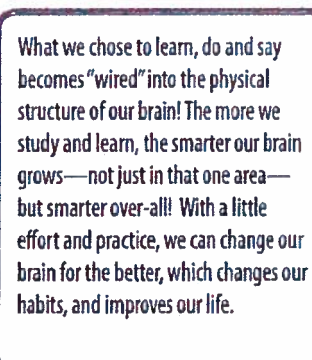
How the choices we make change our brain and make us who we are



Our brain is the most amazing “computer” that has ever been created. It has billions of neurons that make connections and control hundreds of body functions—including everything we think, feel, say, or do—all at the same time! Forty percent of our neurons are “wired” or connected at birth. The other 60 percent are waiting to be wired by our learning and experiences. Everything we think, say, or do causes new neural growth which changes our brain structure. This means that teens can direct the development of their own brains. The ages between 12–25 is a critical time of brain development. Important connections are being made that link brain areas together, helping us become smarter and make better decisions. Alcohol suppresses brain activity, harming its development. It is essential to protect it from alcohol and drugs during this critical “wiring” period.

**“Teens, through their choices and actions, have the power to direct the development of their own brains....[They are] laying the neural foundations that will serve them for the rest of their lives.”**

-Dr. Jay Giedd, MD, Chief of Brain Imaging, National Institutes of Mental Health (NIMH)

<p>Your amazing brain has over 100 billion neurons that communicate with each other—and the rest of your body!</p> 	<p>A neuron looks a little like a tree, with branches, a trunk, and roots.</p> <p>Hi! I'm a neuron.</p> 	<p>The branches, called Dendrites, are covered with receptors that receive chemical messages.</p> 	<p>They surround the Soma, a tiny power-plant that generates and stores electricity.</p> 
<p>The Axon, or trunk, carries electrical signals from the power-plant to the roots. The electricity travels 200 mph!</p> 	<p>As our brain develops it covers the axons with a white waxy coating called the Myelin Sheath or “White Matter.” This allows electricity to travel at 400 mph.</p> 	<p>At the tip of each root is a tiny pouch that stores powerful brain chemicals called neurotransmitters.</p> 	<p>Neurons send chemical messages from the roots of one neuron to the branches of another.</p> 
<p>If we repeat an action often, the neuron sends more of the chemical each time. The receiving neuron then grows new dendrites and receptors to receive it.</p> 	<p>Those neuron trees grow “bushier” and we become smarter!</p> <p>But if we neglect an activity, the branches are eventually “pruned” off.</p> 	<p>What we chose to learn, do and say becomes “wired” into the physical structure of our brain! The more we study and learn, the smarter our brain grows—not just in that one area—but smarter over-all! With a little effort and practice, we can change our brain for the better, which changes our habits, and improves our life.</p> 	<p>Alcohol before age 21 slows down brain development. It damages White Matter, and can quickly create addiction.</p> 



# How to Have a Healthy Brain

## 7 brain-healthy tips to be smarter and feel better



Your brain is the most important organ of your body and directs everything you think, say, or do. It makes you who you are! If your brain works well, you're happier and more successful. If it doesn't, you'll have a hard time in life. So follow these tips to have a healthy, happy brain!

**1. Protect your brain** from neurotoxic chemicals like **alcohol**, **drugs** (even marijuana), **nicotine**, excessive **caffeine**, and breathing toxic fumes, which can damage brain function.

Protect your brain from falls, injuries, big bumps: Always wear a seat belt; use a helmet when you blade, board, bike, or do contact sports. Your brain is like soft butter; your skull has hard ridges.

**4. Engage in aerobic exercise** that gets your heart pumping (sports, dance, brisk walks, etc.) at least 5 times a week. It improves learning and memory by increasing blood flow to the brain, and it generates an essential brain growth hormone called BDNF in the hippocampus. Exercise helps protect brain cells against stress and increases feel-good chemicals that improves mood. For a quick mental boost, stand and rise quickly up and down on your toes 20 times.

**6. Use Mindfulness** to correct the Automatic Negative Thoughts (ANTs) that put your brain at risk for anxiety, depression, relationship problems, etc. (See Intro handout #7.) When you feel angry, sad, or anxious, write down the thoughts going through your head. If they are negative, question and replace them with a more hopeful way of thinking.\*

**2. Eat brain-healthy food** like **whole grains**, including oats; **fruits and vegetables** such as dark green lettuces, berries (especially blueberries), broccoli, apples, oranges, bananas, pumpkin, spinach, and tomatoes; **nuts and legumes** such as walnuts, almonds, peanut butter, black beans, and soy bean products; and **healthy, low-fat protein** found in food like Greek yogurt, non-fat cottage cheese, eggs, fish, and poultry.

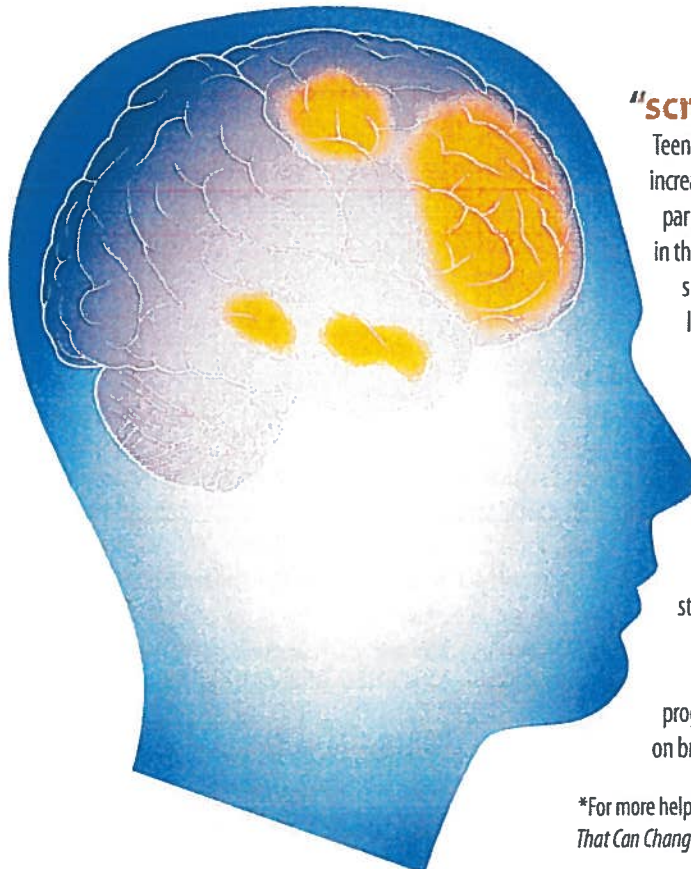
**Avoid** junk food, sugary drinks and cereals, drinks with caffeine, highly processed foods with artificial ingredients, foods high in sugars and syrups, and foods that have hydrogenated oils. Begin each day with a glass of water to hydrate your brain, a healthy breakfast with low-fat protein, and a multi-vitamin. Studies show children learn better when they take multi-vitamins.

*For more information on healthy eating, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov)*

**3. Get enough sleep** each night. Getting less than seven hours of sleep at night decreases blood flow to the brain. It also contributes to depression and suicidal thoughts. In one study, teens who slept five hours or less a night were 71 percent more likely to suffer depression and 48 percent more at risk of becoming suicidal.

**5. De-stress your brain.** Chronic stress reduces brain cell growth, affecting memory and mood. Take a few moments several times a day to breathe slowly and deeply through your nose, tense and relax your muscles, and clear your mind with a peaceful thought.

**7. Avoid too much "screen time"** and junk culture. Teens who play violent video games show increased activity in the emotional arousal part of the brain and decreased response in the area governing self-control. Studies show multitasking on the Internet can limit your ability to read human emotions. Students who spent ten hours a day online developed less gray matter in the thinking part of the brain, compared to those who spent less than two hours a day online. Be mindful about what you watch on TV. Choose programs that stimulate thought and learning, which causes new connections in the brain. Too many hours watching mindless programming can have a negative effect on brain function and pro-social behavior.



\*For more help, read "Loving What Is—Four Questions That Can Change Your Life" by Byron Katie.

# Four Family Fun

## Four areas to have fun as a family



Sometimes families can get bogged down in stress and contention. Often what is needed is some humor and light-hearted family fun. Take a few moments as a family to list what the kids find fun and write it on this sheet. Make sure everyone is represented, including you as parents. Then make sure to schedule specific times every week to have fun.



1

**FUN**

**THAT'S FREE**

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2

**FUN**

**OUTSIDE**

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3

**FUN**

**INSIDE**

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4

**FUN**

**THAT COSTS**

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**A fun family activity we will do next week:**

**Ideas for family fun with exercise:**

**1. Bean Bag Tag:** One person is "it" and has a small bean bag. On the count of three, family members scatter and the person "it" runs after them, throwing the bean bag to try to hit someone. When a person is hit, he or she is the next one "it." (Make a bean bag by putting dried beans into the toe of a sock and tying the end with a double knot.)

**2. Simon Says Dance:** Play some fun dance music and take turns being "Simon the Leader." Whenever the dance leader calls out "Simon says. . ." and does a move, family members have to imitate that move. If "Simon" only demonstrates but doesn't call it out loud, whoever imitates the dance move is the next "Simon."

**3. Find-a-Ball:** The goal is to collect newspaper "balls" and be the first to place them in a circle drawn on the floor. Each family member wads 1/2 sheets of newspaper into five "balls" and puts a piece of tape on each ball with his/her name on it. The person who is "it" puts the balls around the house in different rooms. At the count of three all players race to find and gather their balls and be the first one to put all five balls in the circle.

**4. Capture the Towel:** Unroll three (joined) sheets of a paper towel. Cut it into four long strips forming "tails." Each person tucks the end of the paper towel strip in the back waist of his or her pants or belt. At a given signal, family members run, with each trying to capture the towel of another while trying to keep his or her's safe. Blow a whistle at the end of three minutes. The person with the most towels wins.



# Mindfulness

## Page 1—Brain exercises to increase focus, reduce stress, and improve relationships



### WHAT IS MINDFULNESS?

Mindfulness is the skill of training your brain to pay keen attention—in a calm, compassionate, and curious way—to what is currently happening to and around you, so you can focus on the present moment instead of being distracted by disturbing thoughts, regrets over the past, or worries about the future.

Mindfulness helps you become more aware of your thoughts, feelings, and actions—and the effect they have on others—so you can react wisely and peacefully in every situation.

You can train your brain to be mindful by doing a few simple exercises every day to improve your mental focus. Even kids can learn to do them! The most important exercise is the “Breath Awareness”, also called the “Mindful Breathing,” exercise. Each time your mind wanders from what you’re thinking about, gently bring your attention back to the thing you were focusing on.

Mindfulness is developed through a few formal exercises you can do each day, but it can also be practiced informally during the day whenever you want. Take a breath and focus your attention on what is currently happening before you respond to something or someone. Practice each new skill separately at first; then use them all together to become mindful.

### BENEFITS OF MINDFULNESS

Practicing Mindfulness has been shown to

- Decrease the body’s stress response
- Lower blood pressure
- Reduce anxiety
- Slow down the aging process
- Increase ability to regulate emotions
- Increase feelings of peacefulness, enjoyment, and well-being
- Increase density in the good judgment part of the brain

### WHY MINDFULNESS WORKS

When you take deep breaths, the air passes over nitric oxide cells in your nasal passage, which triggers the release of nitric oxide. The nitric oxide relaxes your blood vessels, increasing blood flow to the brain. As you fill your lungs with air, your diaphragm causes your belly to rise, which puts pressure on the vegas nerve, which runs from your brain down your spine. This pressure triggers a release of serotonin, a chemical that helps to calm your body.

#### 1. Breath Awareness Exercise

**Each Mindfulness exercise begins with this Breath Awareness exercise. Begin by doing the 5 Ss:**

1. Sit up straight. *(Unless you’re doing a body scan.)*
2. Sit still. *(Unless it is a Mindfulness Walking exercise.)*
3. Sit silent.
4. Shut your eyes. *(Unless it is a Mindfulness Walking exercise.)*
5. Shush your brain chatter. *(Take a big, deep breath through your nose, and while you exhale, say “Shhhh. . .” to yourself as you draw an imaginary line from your forehead to your chest.)*

**Next, breathe deeply:** Focus your attention on the feeling of the air as it enters your nose, fills your lungs, and then exits your nose or mouth. Count five breaths, and then start counting to five again. Continue counting breaths for two minutes. When your attention wanders (and it will), gently bring your attention back to your breathing. Increase the time until you can do it for 10-20 minutes.

#### 2. Advanced Mindful Breathing

While you are doing the Breath Awareness exercise, visualize a quiet inner center in your chest. As you exhale, feel the peace at that quiet spot. Feeling into this center can help you sense your true worth and find comfort in difficult times.

Some people call this area an “inner center of wisdom.” When they have to make a decision, they “feel within” to sense what their intuition, or “gut” feeling, says about the right path to take.

This process may work because the heart and gut are surrounded with millions of neurons that connect with the brain. That’s why your brain can send a feeling of “butterflies” to your stomach if you are nervous, or send a sense of “love” to your chest. Further, your eye sends more messages to your brain than you consciously recognize. These are recorded in your brain and may form a source of intuition that helps you recognize what would be helpful or harmful if you mindfully “feel within.”

# Mindfulness

## Page 2—Brain exercises to increase focus, reduce stress, and improve relationships



### 3. Observe & Dismiss Negative Thoughts

Mindfulness includes the ability to mentally stand back, observe your thoughts, and dismiss negative ones without dwelling on them. This includes learning to accept things in the past that you can't change. Once you have made amends and asked for forgiveness, recognize that you can now at least act wisely and kindly to make a better future.

When troubling, negative thoughts arise, take a deep breath and repeat a coping phrase, such as "It is what it is." Use this exercise to label and dismiss negative thoughts that are troubling or limiting:

1. Write down recurring negative thoughts on your "Automatic Negative Thoughts" handout from this lesson. Beside each negative thought, write a more hopeful statement.
2. Sit quietly and begin a Breath Awareness exercise.
3. If a troubling thought or emotion comes to mind, imagine yourself sitting by an open window watching small, puffy white clouds drift by. Then mentally place your troubling thought on a bit of imaginary cloud—and let the cloud drift out of view.
4. Return your focus to your mindful breathing.

### 5. Mindfully Observe Your Amazing Body

Pretend you are seeing your body as an amazing, biochemical machine for the first time. Focus on its abilities with a childlike awe.

1. Lie down in a quiet, comfortable place, knees slightly bent. Close your eyes and take three deep, mindful breaths.
2. Focus your attention on your body, beginning with the toes of your right foot. Think about each part of that side of your body, moving up to your neck. Then focus attention on the left side of your body, beginning with your toes and moving up to your head.
3. As you focus on each part of your body, tense and relax it, and imagine your breath flowing to that part. Think about the wonderful things each part can do. Then imagine you can see beneath the skin to see how the muscles and bones work together.
4. When your mind wanders, gently refocus on your body.
5. When you reach your head, take a deep, mindful breath, feel a sense of awe and gratitude for your amazing body, and open your eyes.

### 4. Think Compassion, Not Criticism

An essential part of Mindfulness is the ability to view yourself and others with a compassionate, kind eye. When we view others with a critical, judgmental eye, we filter reality through our own prejudices, which prevents us from seeing reality. Recognize that all people suffer hardships, and all people deserve compassion. Let it begin with you, knowing that what you give out will return to you multiplied.

1. Decide that you will stop looking at others with a critical eye, and choose to feel compassion instead.
2. Close your eyes and begin a Breath Awareness exercise. As you breathe in, repeat: "May I feel compassion towards myself and others." As you breathe out, repeat: "May my critical eye depart."
3. As you breathe, visualize your body becoming filled with a gentle compassion for humanity, and the negative, critical part leaving your body. Repeat daily.
4. Track your progress. Carry a note card and put a mark each time you think a critical thought. Immediately follow those critical thoughts with the words, "... Just like me." Or, smile and silently say, "I wish you well."

Note: You can feel compassion for yourself while still acknowledging the need for change. Also, compassion never means you tolerate abuse.

### 6. Mindfully Delight Your 5 Senses

Each day for five days, mindfully focus your attention on a different aspect of your senses. Observe each experience with deep gratitude:

1. **TASTE:** Pick up a small piece of food. Notice how it looks and smells before putting it in your mouth. Then put down your fork and chew slowly as you observe and savor the taste and texture.
2. **SMELL:** During a meal, pause and close your eyes and smell the different foods before you eat. If weather permits, sit near a garden to smell the flowers or grass.
3. **TOUCH:** Feel the warmth of the water on your body as you take a bath or shower. Listen to the sound of the water. Feel the texture of the wet bar of soap in your hand. Be fully present and experience the delight of the feeling of the water. Then touch other textures like trees, grass, etc.
4. **HEAR:** At night, sit by an open window for a few minutes, close your eyes, and carefully listen to and try to identify every sound.
5. **SEE:** Take a walk in nature, or even just around your neighborhood. Try to see it with new eyes. Notice every detail about the place and the people. Be thankful for your sight.



# Mindfulness

## Page 3—Brain exercises to increase focus, reduce stress, and improve relationships



### 7. Become a Mindful Parent

One goal of Mindfulness is to become a sensitive, nurturing parent. A long-term study showed that children who had nurturing parents who paid sensitive attention to them were much more secure and successful as adults than those who lacked nurturing parents.

1. Cultivate a non-judgmental attitude toward both your children and yourself, while still providing clear standards for behavior.
2. While your child is sleeping, reading, or quietly playing, look at his or her face. Notice with delight the features, the shape of the head, and the color and texture of the hair. Smile with gratitude.
3. Imagine you can see his or her heart. How is it feeling? Does it feel happy or sad or fearful? Imagine you are saying kind or loving things to your child. How does his or her heart react to your words?
4. Recall your last interaction. How did your child's heart feel in the situation? Resolve to use kind, loving, and peaceful words with your child. Do a "loving-kindness meditation" for each child. (See step 12 of these Mindfulness exercises.)
5. Listen with your full attention when your child talks to you. Put away your electronics. Seek to understand their feelings and needs. Be kind and present. Remind yourself to practice Mindfulness when dealing with your children.
6. Notice and name your emotions during difficult interactions. Help your children notice their emotions as well. Example: "It seems like you might be feeling frustrated."
7. When you are annoyed or stressed, take a deep breath and choose the best response by saying to yourself: "Stop. Be calm. Be mindful."
8. Learn and practice each of the seven key skills in the Strengthening Families Program (see handout 10-7).

### 8. Mindfully Perform Tasks

Training your brain to focus with intense interest on daily activities that you usually do without much thought increases your ability to be aware. This exercise takes no extra time, as you're doing the tasks already.

1. Make a list of the tasks you do daily that you could focus on, like getting dressed, brushing your teeth, washing dishes, working in the garden, walking to school or work, etc.
2. Begin each Mindful Task exercise with three slow, deep breaths. Then Mindfully focus fully on each aspect of the activity. Notice all the little details you usually take for granted. Example: As you brush your teeth, notice how the toothbrush feels in your hand, how the toothpaste tastes, and envision each tooth as you brush it.
3. If any distracting thoughts arise while you are doing the activity, dismiss them from your mind without thinking on them. Stay focused on the activity.
4. End each with a deep, mindful breath.

### 9. Be Mindful of Interactions with Others

One of the main goals of Mindfulness is to become calmly aware of your thoughts and feelings during interactions with others, and to manage them well so you can listen objectively and speak and act deliberately, compassionately, and effectively. This will help you get along better with others and have a happier life.

The moment you begin to feel a "Fight, Flight, or Freeze" response in a stressful situation, use the acronym "BOLDT" as a reminder to be Mindful:

1. **B=Breathe**—Take a deep, calming breath and engage your quiet center during crisis or conflict.
2. **O=Observe and question your thoughts**—don't assume they are right. (They are often incorrect.)
3. **L=Let go of judgment**. Calmly, curiously, and compassionately ask questions to understand how they feel about the situation.
4. **D=Defuse the situation by validating their concerns**. Say you see their point of view, even if you disagree.
5. **T=Take a break**—If things get hot, thank the person for listening, tell them you need to think about things, and you will get back to them soon.

# Mindfulness

## Page 4—Brain exercises to increase focus, reduce stress, and improve relationships



### 10. Mindful Walking Exercise

The first time you do this walking exercise, choose a place where you can enjoy walking quietly. After that, practice the skill of focusing your attention for a few minutes whenever you walk anywhere.

1. While walking mindfully, breathe deeply and focus on each sensation of the movements of your body as you take each step.
2. Notice how your knees and ankles bend and your legs move.
3. Notice the way your foot feels as you pick it up and place it on the ground. Notice the sound it makes as you step on the pavement.
4. Take a deep, cleansing breath and feel delight and be grateful for your body.

### 11. Overcome Obstacles

1. Take a deep breath and identify the obstacles that keep you from a daily Mindfulness practice.
2. As you breathe, bring each obstacle as a word into your mental focus. Ask yourself: "What can I learn from it?" and "How can I successfully deal with it?" Make a note of your answers to these questions.
3. Visualize the word clearly written across sliding glass doors that open as you approach them.
4. See yourself walking confidently towards those doors. As you approach, the doors part, and you see yourself walking through.
5. Each time you feel blocked by an obstacle, visualize the doors opening and see yourself walking through them.

### 12. Loving-Kindness Meditation

A loving-kindness meditation involves Mindful Breathing while you focus on a few positive outcomes you desire for yourself and others. As you breathe in and out, use positive thoughts to direct those good things to yourself and others. Those who practice it report increased positive emotions, reduced stress, an increase sense of purpose, and a stronger social support.

1. Sit quietly, eyes closed, back straight, hands open on your lap with palms up, and your mouth in a soft smile.
2. Take several slow, deep breaths through your nose and exhale slowly, focusing all your attention on the sensations of breathing.
3. Then focus your thoughts on a desire to be happy and well. Imagine happiness and vitality coming to you. As you breathe, repeat three phrases like, "May I be healthy and strong." "May I be happy." "May I be peaceful."
4. As you inhale, visualize your body filling with wellness, happiness, and goodness. As you exhale, visualize distress, suffering, and negativity leaving. If your mind wanders, gently bring it back to your breathing.

5. Focus on a person that you feel thankful for and send vitality to him or her. As you exhale, visualize sending this person happiness, vitality, and goodness. If he or she is having difficulty, imagine he or she is becoming well or full of joy.
6. Focus on a neutral person, or someone with whom you are having difficulty.\* Send them wellness and goodness.
7. Focus on the suffering in the world. As you exhale, visualize sending happiness and goodness into the world. Say something like, "May all beings be kind and full of goodness."

\*If it is hard to offer loving kindness to a difficult person, realize that it benefits you as well, for you become more compassionate and loving.

Think on this quote from Soren Kierkegaard:

"To cheat oneself out of love is the most terrible deception; it is an eternal loss for which there is no reparation, either in time or in eternity."



# COMMUNITY MESSAGES



## Buck-n-Doe 4-H Club Bingo Schedule



**TUESDAYS from 6:00PM - 9:00PM  
at 4-H/AG Facility**

February 12 <sup>th</sup>	June 11 <sup>th</sup>
March 12 <sup>th</sup>	July 9 <sup>th</sup>
April 9 <sup>th</sup>	August 13 <sup>th</sup>
May 14 <sup>th</sup>	September 5 <sup>th</sup>

*\*Watch for upcoming notices in the community!  
\*Menu items are subject to change*

### Short and Sweet Message Submitted by: Keshia Crozier

Wishing my love, Tiny, my siblings, all my nieces and nephews a wonderful belated safe and warm Christmas and New Year! I can't wait to see you all very soon! I love and miss you all!  
**Love your #1 sister and auntie Shia** 😊♥

## Inspirational Corner Submitted by: Ms. Josie Powsey

### Inspirational Corner

#### 12 Points to Perpetual Happiness

1. Understand that being happy is an emotional decision.
2. Always associate with people who will lift you up.
3. Meet everybody on friendly terms.
4. You become what you think about and tell yourself all day.
5. Keep yourself too busy to scope around.
6. Be involved in big projects.
7. Cultivate humor always by cynicism never.
8. Read 15 minutes worth of inspirational material before noon every day.
9. Memorize words of upbeat songs and inspirational quotes.
10. Opinions change—facts remain the same.
11. Don't worry about things you have no control over.
12. Keep your faith in God and on the big pictures.

*Each point we will get into it more, deeper in the next Gamyu! God Bless and keep you safe.*

### Sobriety & Recovery Quote

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

#### Native American Prayer

I give you this one thought to keep -  
I am with you still - I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am sunlight on ripened grain,  
I am the gentle autumn rain.  
When you awake in the morning's hush  
I am the swift, uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not think of me as gone -  
I am with you still - in each new dawn.



# WE LOVE OUR VOLUNTEERS

"The Peach."



*The Hualapai Nation's Live and Local Radio Station*

*Proudly Announces and Congratulate*

*2018 Volunteer of the Year*

*Wanda Quasula, aka Wanda J*



*Wanda J deserves KWLP lifetime achievement award. She hosts the longest running show on the station. Wanda J haves every one of her noon hours with "The Peach" and KWLP listeners. She has been doing this with dedication for over 4 1/2 YEARS! She works very hard to bring meaningful and interesting content from Indian Country to the PSA Wanda J style as well as shares ALL KINDS of native music with her lunch time fans! Wanda J has represented KWLP as media at the MFR Rodeo in Las Vegas, where she has become a welcome and expected media presence, representing KWLP and sharing her passion for Indian Rodeos with listeners. Native Noon Hour is currently sponsored by All One Chiropractic and Sixkiller's House of Karate. If there is a chance you haven't heard her show yet, be sure to check it out every week day at noon. It is AWESOME!!!!*

*Wanda J will receive incentive gifts valued at over \$500.00 for being Volunteer of the Year.*

*If you might be interested in joining our great team of Peach Volunteers, please stop by the station or give us a call at (928) 769-1110. KWLP Volunteer of the Month is sponsored in part by:*





**If you need wood that is already split for those freezing nights  
or mornings**

**Tribal Forestry has bundles of split wood FOR SALE**



**1 BUNDLE- \$5.00**

**5 BUNDLES- \$20.00**

**We only accept Money Orders.**

**Feel Free to call (928) 769-2267 for more information.**

**Limited of bundles available.**



Hualapai Employees Working for Health presents

# STEP AEROBICS AND STRETCHING

## CLASS



**WHEN: WED 1/9/19 @HEW DEPT 530PM-645PM**

**WED. 1/16/, 1/23, & TUES. 1/29 AT**

**PEACH SPRINGS MULTI BUILDING**

**@ 530PM-645PM**



**FOR MORE INFO CONTACT: ELIJAH OR ATHENA AT FITNESS CENTER - 7692644**

**Step Aerobics & Stretching Class • Next Class: Tuesday, January 29<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*