



# GAMYU

**Shareholders Meeting ✧ Friday, February 15<sup>th</sup>**  
 Submitted by: Audrennia Felker | Grand Canyon Resort Corporation



**GRAND CANYON RESORT CORPORATION**

**SHAREHOLDERS  
MEETING**

**2019 GCRC REVIEW**

**Friday, February 15<sup>th</sup>**  
 Hualapai Tribal Gymnasium

**Starting at 5:00 PM**  
*Doors Open at 4:30 PM*

- Dinner will be served
- Gift bags for 18 & older  
*(While supplies last)*
- Door Prize Raffle  
*(Must be Present to Win)*

*\*GCRC Employees are excluded from Raffles*



**Inside this issue:**

General Info & Events	2
Employment	18
Education & Training	22
Health & Safety	34
Community Messages	48

**Special points of interest:**

- **TERC Meeting** will be on Wednesday, February 20<sup>th</sup> at 9:00AM at the Cultural Resources Department.
- **HTUA Board Meeting** will be on Thursday, February 21<sup>st</sup> at 9:00AM at the Health & Wellness Department.
- **Public Scoping Meeting** for Proposed Park and Playground (pg. 2)
- **PSUSD #8 Mission Statement and Core Values** (pg. 23)

HUALAPAI PLANNING DEPARTMENT

# Scoping Meeting for Proposed Park & Playground

*The meeting will be held at the Multi-Purpose Building on Tuesday, February 26, 2019 at 5:30-7:00pm. This meeting is open to the public and all are welcome. Please come and give your input on the park & playground proposed north of the Elder Group Home on Juniper Street. Your comments and suggestions will be considered by the Tribal Environmental Review Commission as part of the Environmental*



*Assessment. Refreshments will be served.*

*If you have any questions please call Kevin Davidson, Planning Director or Michelle Zephier, Planer I at the Hualapai Planning Department. at 928-769-1310, 887 Highway 66, Peach Springs*

**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.

Please note the articles deadline for the upcoming issue and remember to attach the **Information Sheet** with your articles. No ANONYMOUS submissions.

**ARTICLE DEADLINE:**  
Friday, February 15<sup>TH</sup>

**NEXT PUBLICATION:**  
Friday, February 22<sup>ND</sup>

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



**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

**Buck-N-Doe 4-H Club—BINGO** ✦ **Tuesday, February 12<sup>th</sup>**  
*Submitted by: Danielle Bravo | Hualapai Planning Department*

BUCK-N-DOE  4-H CLUB

**BINGO!**

**TUESDAY, FEBRUARY 12<sup>TH</sup>**

**4H/AGRICULTURE FACILITY**

**6:00 P.M. - 9:00 P.M.**

• **GAMES** • **FUN** • **FOOD** • **PRIZES**

*What's on the Menu?* • Indian tacos • Frybread with beans, ground beef & cheese • Frybread with beans and cheese • Plain frybread • 6-pack of soft tacos • Pickles • Soda • Water • Plus other goodies.

*Thank you for your  
dedicated support!*

*—The Buck-N-Doe 4H Families*



Pay with



Valentine's Giveaway ♦ Thursday, February 14<sup>th</sup>  
Submitted by: Terri Hutchens | KWLP 100.9FM

**KWLP 100.9 FM**

**Listen To Win**

**GIFT BASKET VALUED AT \$100.00**

*Valentines*  
**Giveaway**

**FEB. 14th**



**All your favorite DJ's will be giving away raffle tickets**

**Jan. 30- Feb. 13, 2017**

**Winning ticket will be drawn during:**

**Native Noon Hour on Feb. 14, 2017**

**(928) 769-1090**



[www.kwlp100.9.com](http://www.kwlp100.9.com)

**Sponsored in by part BKC, Walapai Market, & Diamond Creek Restaurant**



# *Free Valentine's Day Wedding's*

**February 14, 2019**

**Hualapai Tribal Court**

**8:00 a.m. - 5:00 p.m.**

**You will need:**

- 2 witnesses names
- Request to view schedule times for the ceremony  
(weddings will be held in 1/2 hour increments)
- Inform the court if you will or will not be exchanging rings and vows

**\* Applications are available in the court lobby \***

**If you have any questions please call the  
Hualapai Tribal Court @ 769-2338**



# 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**

# La Paz Planning Meeting

**Tuesday, February 19th 2019**

**9am HEW Building**

**Large Conf. Rm**

**We encourage ALL community  
members and Tribal Departments  
to come out and help plan this  
years run!**

**Have questions? Call 928-769-2207 Ext 207**

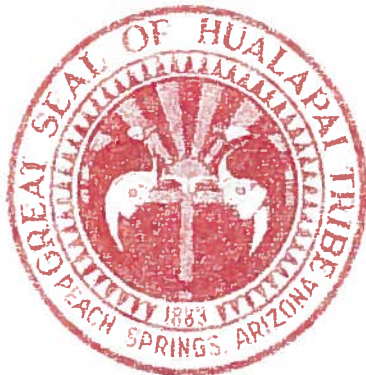


# **HUALAPAI TRIBAL SUBSTANCE ABUSE ACTION TEAM MEETING**

**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**

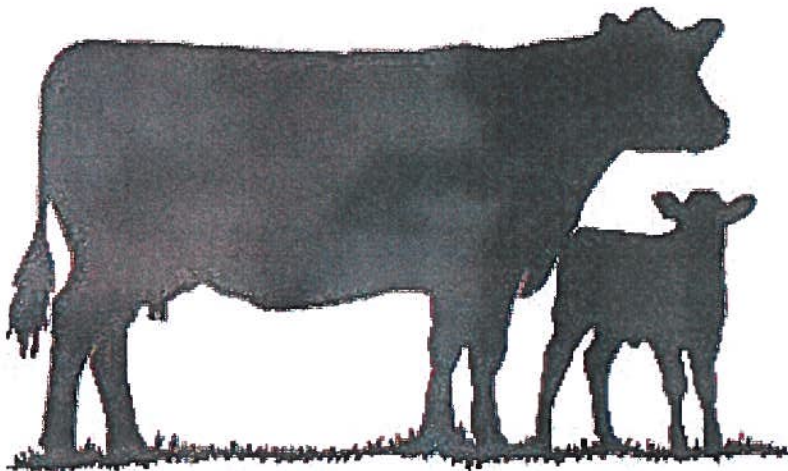
FOR MORE INFORMATION ABOUT HUALAPAI TAP:  
JESSICA POWSKEY, STRATEGIC PREVENTION COORDINATOR  
(928) 769-2207  
HUALAPAI HEALTH EDUCATION & WELLNESS CENTER

# **HUALAPAI ANNUAL LIVESTOCK MEETING**

## **February 22, 2019**

### **8:30 am – 3:00 pm**

### **@ the 4H Facility**



## **TOPICS:**

**SOIL HEALTH  
CONSIDERATIONS  
FOR RANCHING**

**RAIN SIMULATOR  
DEMONSTRATION**

**TRIBAL SUCCESS  
STORY & FOOD  
SOVEREIGNTY**

**DROUGHT  
MITIGATION**

**HDNR UPDATES**

**LUNCH  
PROVIDED**

**DOOR PRIZES**



**(928)769-2254 [www.hualapai.org](http://www.hualapai.org)**

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

*Charlie Beard  
Kopil Zuni*

HEAD GOURD

*Southwest Gourd Society  
Tucson, Az*

HOST

*Southern Drum  
Head-Singer Paul Stewart  
Parker, Az*

ARENA DIRECTOR

*Ryan Rumley  
Tohono O'odham 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:*



39<sup>th</sup> Annual Early Spring Celebrations Pow wow ✦ March 8<sup>th</sup>-10<sup>th</sup>  
Submitted by: Danielle Bravo | Hualapai Planning Department

## STRONG HEARTS NATIVE SOCIETY

OF THE SAN PASQUAL VALLEY UNIFIED SCHOOL DISTRICT  
IN COLLABORATION WITH THE QUECHAN NATION INVITE ALL TO THEM

# 39<sup>th</sup> Annual Early Spring Celebration POW WOV

*"Honoring the past as we prepare for the future."*

## March 8, 9 & 10, 2019

Located at San Pasqual Valley High School adjacent to the Ft. Yuma  
Quechan Reservation, 2 Miles North of Yuma, Arizona in Winterhaven, California

### Head Staff 2019

Black Lodge Singers – White Swan, WA  
Black Eagle Singers – Jemez Pueblo, NM  
Cozad Singers – Denver, CO  
Buck Wild Singers – Chinle, AZ

### Honored Female Elder

Geneva Emhoolah, Kiowa, Denver, CO

### Honored Male Elder

Fred Murphy, Diné, Window Rock, AZ

### Honored Female Dancer

Miss Hé Sapa Win Wacipi Princess  
Uriah Little Hoop, Lakota & Diné, Alliance, NE

### Head Man Dancer

Bryson Paul Sanchez, Dakota/Pueblo, Bernalillo, NM

### Honored Young Man Dancer

Dawee Howell, Northern Ute, Ft. Duchesne, UT

### Honored Young Lady Dancer

Tamara Toya, Kiowa/Pueblo, Gallup, NM

### Arena Director

Mike Salabye, Diné, Gallup, NM

### Head Judge

Victor Bob, Diné, Ya Ta Hey, NM

### Head Gourd Dancer

John Emhoolah Jr., Kiowa, Denver, CO

### Master of Ceremonies

Taite Honidick, Mohave, Parker, AZ

Pow Wow Info Contact: Faron Owl 760-572-0222 ext. 2231

San Pasqual Valley Unified School District  
Rt. 1, 576 Baseline Rd., Winterhaven, CA 92283

Arts & Crafts Info Contact: Sarah Jeffers 760-572-0222 ext. 2232

sjeffers@spvUSD.org  
www.spvUSD.org

## POW WOV SPECIALS

### GOLDEN AGE - \$1,000 Prize

(70 & Over)  
Sponsored by Michael Roberts & Family

### MEN'S FANCY SPECIAL - \$1,000 Prize

Sponsored by Mike Salabye & Victor Bob

### TEEN BOYS TRADITIONAL (Ages 13-17)

Sponsored by Dawee Howell & Family

### TEEN GIRLS JINGLE SPECIAL

Sponsored by Miss Native San Pasqual -  
Keja Kolaen

### JUNIOR GIRLS FANCY SPECIAL

Sponsored by Miss Native San Pasqual  
Middle School - Keya Palone

### TINY TOTS SPECIAL

Sponsored by Miss Native San Pasqual  
Elementary - Chloe Short



HOST HOTEL: QUECHAN CASINO ♠ RESORT  
CALL: 1-877-783-2426 AND ASK FOR THE POW WOV RATE!

**MARCH  
8-10  
2019**



**2<sup>ND</sup> ANNUAL**

**MARCH MADNESS**  
 BATTLE OF THE NATIVES

**\$3,000.00**  
 BASKETBALL TOURNAMENT

**\$350** ENTRY FEE  
 FIRST 24 TEAMS

**MEMORIAL HALL  
 WHITERIVER, AZ**

- **\$50 FOR ALL TOURNEYS**
- **2 ALL TOURNEY FOR ALL PLACED TEAMS**
- **\$100 FOR MVP'S**

**ADMISSION**

**\$5**

**ALL PLAYERS FREE**

**CHAMPIONSHIP**  
**\$3,000, JACKETS, 6<sup>FT</sup> TROPHY**  
**2 MVPS & 2 ALL TOURNEY**

**RUNNER-UP**  
**PULLOVERS, 5<sup>FT</sup> TROPHY**  
**2 ALL TOURNEY**

**SECONDARY**  
**SWEATERS, 4<sup>FT</sup> TROPHY**  
**2 ALL TOURNEY**

**CONSOLATION**  
**LONG SLEEVE, 3<sup>FT</sup> TROPHY**  
**2 ALL TOURNEY**

**\$50 TECHNICALS**

FOR MORE INFORMATION

SIS: 480.570.1363  
 BIG JOHN: 480.522.4079

NOT RESPONSIBLE FOR ANY LOST OR  
 STOLEN ITEMS, INJURIES ON OR NEAR EVENT

Mega Throw XVI ✦ March 15<sup>th</sup> - 16<sup>th</sup>  
Submitted by: Danielle Bravo | Hualapai Planning Department

COLORADO RIVER INDIAN TRIBES PRESENTS



# MEGA THROW XVI!

March 15 & 16, 2019

AhaKhav Tribal Preserve

Colorado River Indian Reservation, Parker Arizona

## Traditional Bird Singing & Dancing Competition & Social

### March 15 - Friday

4pm Welcome, AseS'maav

6:00 pm 7-17 Boys Singing Contest, Must Register

7:30pm Social Dancing

### March 16- Saturday

7:30am Mega Run

11am Welcome & Registration Opens & Closes at 3 pm!

1pm Horse Shoe Tourn. \$25 Buy-in

3:15pm Dance Contests begin!

7pm Social Dancing

Close - AseS'maav



SINGERS PLEASE CHECK IN WITH REGISTRATION TO ENSURE ROTATION PLACEMENT, THANK YOU!

Vending Fees: Food \$75, Business License Required + Food Handlers Cards + Onsite Inspection before opening; Arts/Crafts \$40 valued item for raffle. All spaces designated & LIMITED. **Need approval prior to set-up.**

BlueWater Resort 1-888-243-3360 Kofa 928-669-2101

Info: rezmouse@hotmail.com for Val or Joanna 928-669-1220

joanna.laffoon@crit-nsn.gov

**ABSOLUTELY NO ALCOHOL/DRUGS**



"MEGA THROW"





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

**Boys & Girls Club of Peach Springs** ✦ **NOW HIRING**

*Submitted by: Amelia Walema | Boys & Girls Club of Peach Springs*



# NOW

# HIRING

## JOIN THE TEAM

*Attention creative & inspiring go-getters who have a heart for kids. We have several job openings here at our Peach Springs Branch!*

## OPEN POSITION

**1 Full Time- Youth Development Supervisor**  
Starting salary: \$37,500

**1 Full Time- Teen Development Specialist**  
Starting salary: \$34,000

**1 Part-Time- Front Desk Assistant**  
Pay rate: \$11 to \$12 per hour

**1 Part-Time- Youth Activities Leader**  
Pay rate: \$11 to \$12 per hour



FOR MORE INFORMATION PLEASE VISIT

**BGCS.ORG/JOBS**

BGC Staff is available to assist with questions and how to submit an application call 928.769.1801 or stop on by at 479 Diamond Creek Road Peach Springs, AZ

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



**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
Forestry Department	Geographical Information System (GIS) Coordinator	D.O.E.	January 25, 2019	February 06, 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
	Resident Advocate	\$10-\$15/Hr. ; D.O.E.	January 22, 2019	Open Until Filled
	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 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
	Intake Specialist/Receptionist	D.O.Q.	January 23, 2019	February 05, 2019
	Social Services Director	D.O.Q.	January 24, 2019	February 15, 2019
	Project Manager/Counselor	D.O.Q.	January 30, 2019	February 12, 2019
	Assistant	D.O.Q.	January 30, 2019	February 12, 2019
Juvenile Det. Center	Correction Officer I, II, and III	\$16.00 - \$ 18.00/Hr.	October 31, 2017	Open Until Filled
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 25, 2019	February 07, 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)**

For Employment with the Hualapai Tribe, please fill out an Employment Application and return to the Human Resources office.

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

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

**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.**

Revised on 02/01/2019

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

**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

Hualapai Daycare—Calendar of Events ♦ February  
 Submitted by: Danielle Bravo | Hualapai Planning Department



HUALAPAI DAY CARE CENTER  
 (928) 769-1515



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

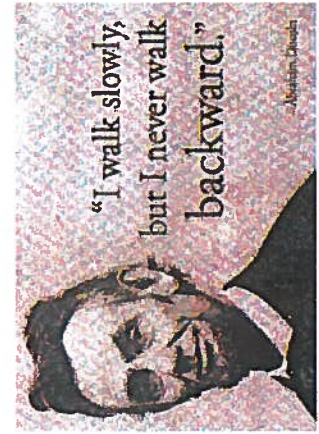


Happy Valentine's Day

Valentine Cookie Decorating @5:30 pm

President's Day  
 Day Care Closed

Monthly  
 Closure



February ( Muway buk hia: ) Theme: Friendship, Love & Valentine's Day  
 Hualapai: gwalsey, gwalsey hwad & hwad  
 Hualapai: Yway

Colors: Pink, Purple & Red  
 Shape: Heart  
 Letters: E & F  
 Numbers: 1-10



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

**Use the following guidelines for your suggestions-----**

1. PSUSD8 believes in providing a KIDS-FIRST holistic education services 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 promoting Hualapai Tribal cultural goals.
2. PSUSD promotes a KIDS-FIRST philosophy, which includes supporting a positive educational environment focusing on being responsible, to use the school and community resources wisely, to nurture kindness and respect in students, create 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**

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 tolerance.
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 when becoming Hualapai leaders and professionals.
3. To empower students to become life-long learners that become citizens always practicing ROARS lifestyles meaning being Responsible, taking Ownership, maintain an awesome Attitude, being Respectful and always being Safe.
4. (Suggestion)

**Sample Mission 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 college and careers, and succeed in a safe and caring environment.

**PSUSD8 and HUALAPAI CORE VALUES**

**The PSUSD8 strives for the following values:**

Always Responsible - We are accountable for our actions and we make choices and we take actions which will give us the means 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 are a safe school and community and we maintains thoughtful actions and we ensure that students learn in a conducive and safe environment.

### Attn: Peach Springs School K-8 Parents, community, staff, and students

**PSUSD8 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
- 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 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 all 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, (1<sup>st</sup> 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 3<sup>rd</sup>-8<sup>th</sup> 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
- 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
- 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 package 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





**PSUSD Values: ROARS (Be Respectful, Take Ownership, Awesome Attitude, BE Responsible, Be Safe)**

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Perfect attendance weekly and demonstrating ROARS earns weekly incentive	4 AZELLA testing for EL student (English Learners)	5 First Things First Meeting on site in board room noon	6 Hearing and Vision testing from I.H.S. in the library and board room	7 Strategic Planning with Jessica Boys and Girls Powskey 6th-8th graders 3:30 pm	8 Check out Boys and Girls Club w/ Culture dept. events	9 Have a safe and relaxing weekend
10 Parents and families invited 2/13/2019 staff PD film Cognitive Coaching at 4-5	11 ADE sped site visit Staff meeting PLCs 4-5 pm	12 Parent night activities 6-7:30 pm (check out flyer for details)	13 Conscientious Discipline training for everyone Interested 4-5	14 Valentine's Day Class Celebrations 3-4 pm (check out visitor handbook and guide-lines for snacks)	15 Check out Boys and Girls Club w/ Culture dept. events	16 Have a safe and relaxing weekend
17 Have a safe and relaxing weekend	18 Presidents' Day Holiday—no school today	19 Student reports sent home today	20 Conscientious Discipline training for everyone Interested 4-5	21 TAP 1 pm Strategic Planning with Jessica Powskey 6th-8th graders 3:30 pm	22 Check out Boys and Girls Club w/ Culture dept. events	23 Have a safe and relaxing weekend
24 On-going surveys are provided to get two-way feedback from parents	25 100th Day Count	26 Re-survey Students for after school program Interests for March 2019	27 Conscientious Discipline training for everyone Interested 4-5	28 Perfect attendance weekly and demonstrating ROARS earns weekly incentive	March 1 Check out Boys and Girls Club w/ Culture dept. events	2 Parent and community input and voice is critical to Celebrate what's working and make improvements for kids

Peach Springs  
Elementary  
School

# PSUSD8 February 2019 Newsletter

February 2019

[www.psusd8.org](http://www.psusd8.org)



### February Newsletter Highlights

- Community partnerships this year
- Survey results from Jan. 24, 2019
- Successes and next steps

• Every  
Decision  
made at  
PSUSD is  
for the best  
interest of  
KIDS-First

Team work between the Peach Springs School and parents is critical for student success as students learn expectations from home and school partnerships. Some recent questions include:

Question: Can parents bring food during lunch or during instructional time for the classrooms?

- Answer: To keep free breakfast and lunch with ADE for students, we cannot have competing foods for the classes. That is agreement we have signed with Arizona Dept. of Ed. (GRANT). Therefore, we cannot allow other food beyond our food for the classes for GRANT.
- All snacks provided during prearranged, prescheduled, preapproved events must be store bought, sealed according to state requirements and Wellness Policy. This prevents any allergy notices, health questions, food handler's permit compliance, and is in compliance with state requirements for HEALTHY snacks options after lunch.



## Community and Tribal Partnerships



Tribal & educational use of MMHS gym October 2019



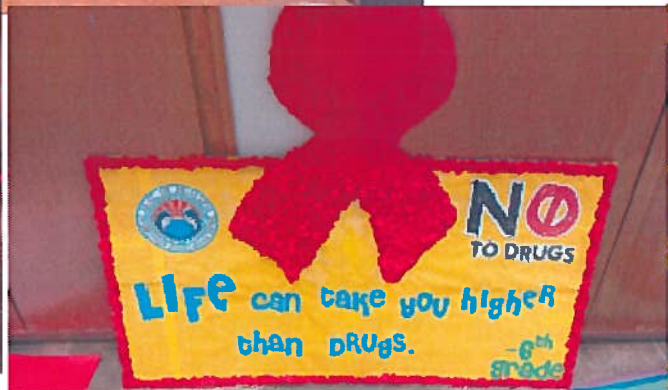
**Tribal Partnerships**

Community invite for quarterly AWARDS and JOM was provided Student list of honors, perfect Attendance and ROARS behaviors





### Tribal Police and Fire Dept. Drug AWARENESS Week



Hualapai Tribal  
 Partnership with Fire  
 Department, Tribal Police  
 Department, Health and  
 Wellness, Healthy Heart,  
 Fitness, and Tribal  
 Counseling as HEW  
 Department coordinated  
 Walk AWARENESS  
 during Red Ribbon Week  
 with parent permission  
 slips to leave campus.



**PSUSD**

PO Box 360  
Peach Springs, AZ 86434  
928-769-9034  
colej@psusd8.org

**PEACH SPRINGS SCHOOL**

www.psusd8.org

**We are on the web too!**



**Goal: Increase two-way communication**


- December 2018, school provided 160 parent surveys home to seek two way community input on what is working and what is not. We also provided over 200 surveys sent to Hualapai Tribal Departments seeking two way community input on revised mission/vision statements with Hualapai cultural values and two way communication.
- January 24, 2019. School conducted student surveys (same survey questions as prior years to compare results) and found that K-7th grades demonstrated improvements from K-7th grade student feedback.
- 93%-100% of kindergarten –7th grade students like school and their current teacher as of 1/24/2019.
- 93-100% of K-7th students feel safe at school and feel welcome, comfortable with front office staff members
- K-7th students reported having friends at school and feeling safe to and from home to school (back and forth)
- Areas of need: 5th-8th grade students would like more input on school breakfast and lunch food options so we have challenged 8th graders to research ADE approved HEALTHLY options that align with USDA requirements for MARCH 2019 menu input for breakfast and lunch as a service project that connects to ELA, math, science, health state standards.
- To address few parental concerns regarding student behaviors in middle school, immediate action was taken to add class monitors for corrective action. Be assured discipline policies are followed regarding all write ups. Thank you for your support for kids!!!

**Peach Springs Curriculum Schedule 2018-2019**

**Peach Springs Elementary School Semester Schedule 2018-2019**

Middle school is required 1000 instructional hours each year and we sign agreement to follow instructional schedule provided to ADE.

**Peach Springs Elementary School ✦ February Lunch**  
 Submitted by: Jaime Cole, Superintendent | Peach Springs Elementary School

Peach Springs School Lunch for FEBRUARY 2019			
MON 4	TUE 5	WED 6	THU 7
Grilled cheese Pinto Beans  Fruit Milk	Nachos Refried Beans  Fruit Milk	Macaroni and cheese Broccoli  Fruit Milk	Pizza Salad  Fruit Milk
MON 11	TUE 12	WED 13	THU 14
Chicken & Rice Soup Crackers  Fruit Milk	Spaghetti & meatsauce Garlic bread Salad Fruit Milk	BBQ Chicken Baked beans Wheat roll Fruit Milk	Ham and cheese sandwich Salad Cookies Fruit Milk
MON 18	TUE 19	WED 20	THU 21
 PRESIDENTS DAY	Tacos Refried beans  Fruit Milk	Chicken nuggets Crinkle Fries  Fruit Milk	Pork Ribs w/ sauce Rice Beans Fruit Milk
MON 25	TUE 26	WED 27	THU 28
Sloppy Joe Pinto Beans  Fruit Milk	Lasagne Garlic bread sticks Salad Fruit Milk	Chicken sandwich Potato wedges  Fruit Milk	Chicken strips Rice Broccoli Fruit Milk



"This institution is an equal opportunity provider."

**Department of Hualapai Education & Training ✦ Friday School**  
 Submitted by: Nikki Raymond | Hualapai Department of Education & Training

**Friday School: Hosted by  
 Department of Hualapai Education and Training**

Friday, February 1, 2019  
 9:00am - 1:00pm

Friday, March 1, 2019  
 9:00am - 1:00pm

Friday, April 26, 2019  
 9:00am - 1:00pm

Friday, February 15, 2019  
 9:00am - 1:00pm

Friday, April 12, 2019  
 9:00am - 1:00pm

Friday, May 10, 2019  
 9:00am - 1:00pm

**March 11-14, 2019 Intersession**  
 9:00am - 1:00pm

Work to improve your grades by attending Friday School!! No excuses for not knowing the dates. Check your grades, get missing work and plan to come—there will be a KHS teacher available to help you with any questions. Don't let this opportunity pass you by!! Get those grades UPII





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!

## AIANTA Scholarship Program ✦ Now Accepting Applications

Submitted by: Lucille J. Watahomigie | Hualapai Department of Cultural Resources



# 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



Nicole Russell, Echota Cherokee,  
AIANTA Scholarship Recipient

#### 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.aianta.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@aianta.org](mailto:sbowman@aianta.org)



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



# 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)

<https://eoss.asu.edu/bss/infosession>

[BSS WEBSITE](https://eoss.asu.edu/bss)

<https://eoss.asu.edu/bss>

## Application Open for the American Indian College Fund Full Circle Scholarship

by Native News Online Staff | Published January 25, 2019



**AMERICAN INDIAN  
COLLEGE FUND**  
EDUCATION IS THE ANSWER

DENVER, Colo. — As the American Indian College Fund celebrates its 30th year, the application for its signature scholarship program - The Full Circle Scholarship - has opened to support Native American college students during the 2019-2020 school year.

Every year, the College Fund distributes millions of dollars to thousands of Native students seeking degrees in higher education. Students who are members or descendants of federally and state recognized tribes can apply for support until the application deadline of May 31, 2019. There are no financial need requirements, and students can learn more about the application guidelines and apply at [www.collegefund.org/scholarships](http://www.collegefund.org/scholarships).

Only one percent college students are American Indian, and they attain bachelor's degrees at less than half the rate of the general population. However, they experience poverty at almost double the rate of the same group. Full Circle Scholarship funds, and other student support programs, are crucial components in helping Native students attain a college degree and achieve their education and career goals.

# HEALTH & SAFETY INFORMATION

**Always Wear a Helmet and Reflective Safety Gear**

*Submitted by: Ester Corbett | ITCA*

## PROTECT THE ONES YOU LOVE

Always wear  
a helmet and  
reflective  
safety gear

**Be Safe, Be Seen**

**Wear red and white lights so  
vehicle drivers will see you.**

from the Hualapai Nation Police  
Department



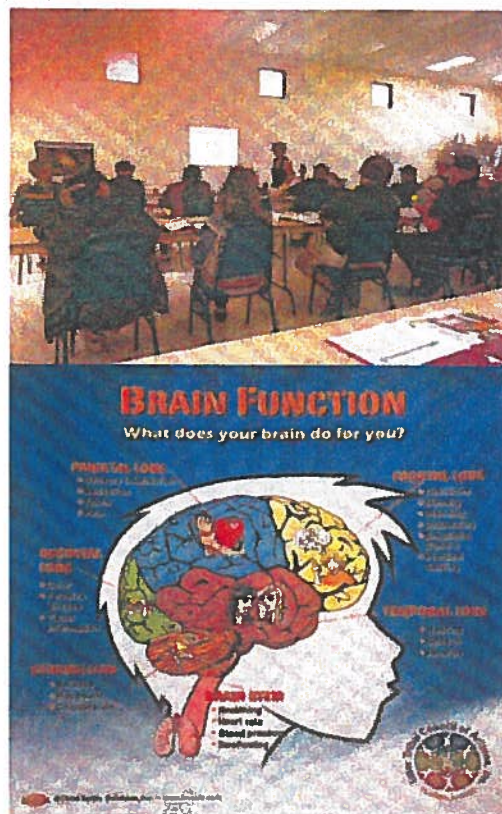
## ITCA and Hualapai Tribe ♦ Traumatic Brain Injury Prevention

Submitted by: Ester Corbett | ITCA

During 2018-2019, the Inter Tribal Council of Arizona, Inc. (ITCA) and the Hualapai Tribe are working on the Traumatic Brain Injury Prevention Project, funded through the Tribal Injury Prevention Cooperative Agreement Program with the Indian Health Service. Traumatic brain injury is a blow or bump to the head that upsets how the brain functions. The effect may be mild to life-threatening. A head concussion is a mild brain injury that is described as “seeing stars” or a “ding to the head”. Most brain injuries for American Indians in Arizona have been consistently caused by: motor vehicle crashes, falls, and assaults or being struck by.

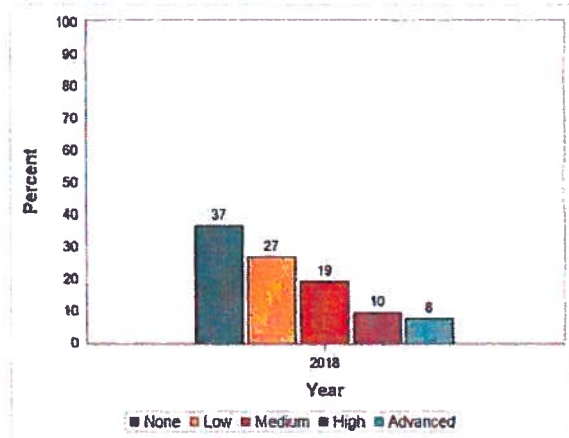
The main goal of the Traumatic Brain Injury Prevention Project is to promote safety and to prevent brain injury among bicyclists and pedestrians. The four safety strategies being planned and implemented are: visibility, bike traffic skill building, a bike helmet ordinance and traumatic brain injury awareness.

- To avoid pedestrian or bicycle -motor vehicle crashes, visibility gear, such as red and white lights and reflective slap bracelets are being distributed at community events.
- To counter bicycle-motor vehicle crashes, police officers are conducting street observations of young bicyclists to see if helmets, bike lights and reflectors are being used. During September 2018, bikes were repaired, helmets were distributed and bike traffic safety skills were taught to community members by the Hualapai Nation Police Department with assistance from the Hualapai Emergency Medical Services and Hualapai Juvenile Detention Center.
- To prevent head trauma/injuries, a helmet ordinance will be proposed.
- To increase awareness of traumatic brain injury, Dr. Sue Wolf with the Empowerment Research LLC, delivered the *School of Hard Knocks: Mild Brain Injury* training. With funding from the Centers for Disease Control and Prevention, and in partnership with the Arizona Department of Health Services and Arizona Governor’s Council on Spinal and Head Injuries, she customized three sessions for the employees of the Hualapai Health Education and Wellness, Hualapai Nation Police Department, Hualapai Juvenile Detention Center, and Hualapai Emergency Medical Services. Assisting with the advertisement and recruitment was Taylor Johnson, a Tribal Substance Abuse Strategic Prevention Assistant with the Hualapai Health Education and Wellness. The trainings aimed to give participants an understanding of brain injury and how it impacts multiple health and social concerns, such as falls, illness, substance abuse, violence, and other outcomes in survivors and their family members.

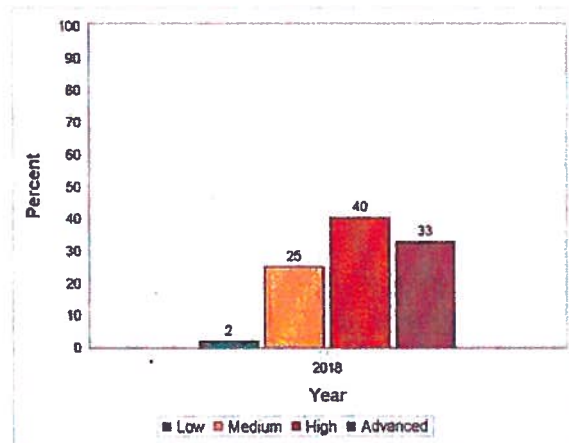


Survey responses show that staff felt they learned more about traumatic brain injury from the *School of Hard Knocks: Mild Brain Injury* trainings.

My entry level knowledge of this topic was:



My exit level knowledge of this topic was:



The trainings were a success, with 58 people attending. More importantly, the participants felt they learned valuable information that would help keep themselves, their families, and the Hualapai members safe. In response to a participant survey, one staff shared, "I would not have known the recovery time and long term effects of head injury, if I didn't come to this event on brain injury. This is something I'll use for a lifetime, especially with children." Esther Corbett, ITCA manager of the Traumatic Brain Injury Prevention Project, reflected on the importance of preventing traumatic brain injury in tribal communities. "The dangerous thing about traumatic brain injury, especially in children younger than 15 years of age, is that it can lead to problems you wouldn't expect—heart disease and diabetes risks are elevated by head injuries and these are long term consequences that Tribal people may already be at risk for."

Pedestrians and bicyclists are encouraged to be visible on every walk and ride by using reflective gear. Helmet usage is the best way to protect the head while biking. If a head injury does occur, the person needs to be checked out by Emergency Medical Services or clinic staff. For additional information on brain injury, the *Brain Injury Alliance Arizona* is a community information and referral resource that can be contacted at 1-888-500-9165.

## February is Teen Dating Violence Awareness Month

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

### February Is Teen Dating Violence Awareness Month



February is a time best known for Valentine's Day and romance. In 2010, the month of February was also officially designated by Congress as Teen Dating Violence Awareness Month. As a result, discussions about the rising epidemic of teen dating violence are not only encouraged, but embraced. These discussions focus on the physical, sexual, and psychological abuses that are present in relationships between teenagers across the country. If you are the parent of a teenager, take the initiative this February to speak with your teen about teen dating violence. If you suspect that your teen is committing teen dating

violence, make sure you discuss the criminal consequences of such actions with them.

#### Teen Dating Violence

Teen dating violence is defined to include physical abuse, sexual abuse, and emotional/psychological abuse between teenage dating partners.

#### Physical Violence in Teen Dating Relationships

Violence and physical abuse in romantic teenage relationships is a rising problem in America. Each year, approximately one out of every 10 high school students, or 1.5 million teenagers, is physically abused by a boyfriend or girlfriend. Physical abuse can include hitting, smacking, striking, kicking, hair pulling, and strangling.

It is important to talk to teenagers about teen dating violence and physical abuse. Physical abuse at a young age is often a

GAMYU

precursor for intimate violence between adult partners. Teens who abuse their dating partners are more likely to grow up and evolve into adult domestic abusers. This can put families and children at increased risk of harm and land abusers in serious legal trouble. Domestic violence is taken very seriously and can result in criminal consequences, loss of custody, and serious civil damages.

**Sexual Abuse in Teen Dating Relationships**

Teens on the cusp of their sexual awakening are more likely to experiment sexually and engage in sexual conduct. This can be fine when both teenage partners are willing and consenting participants. When teens are in a romantic relationship, which tend to be short-lived and fraught with complex emotions, there may be pressures to engage in sexual activity. These pressures may come from the dating partner or even expectations from peers. One in ten teenagers involved in a romantic relationship report being “kissed, touched, or physically forced” to have sex against their will by a boyfriend or girlfriend.

**Emotional Abuse in Teen Dating Relationship**

Not all forms of abuse are physical. Emotional and psychological abuse are common and can cause victims to suffer irreparable harms. Examples of behaviors that may be considered emotionally abusive include:

- Name calling,
- Belittling,
- Stalking,
- Preventing a dating partner from having contact with others,
- Body shaming, and
- Controlling social media and communication.

**Teen Dating Violence Awareness Month**

Victims of teenage dating violence are more likely to engage in self-destructive behaviors in an effort to cope

with the abuse. Victims of teen dating violence are more likely to:

- Do poorly in school,
- Engage in sexually promiscuous behavior,
- Begin smoking,
- Turn to illicit drugs to escape reality,
- Drink heavily,
- Get into physical fights, and
- Attempt suicide.

In order to combat teen dating violence and reduce the prevalence of these self-destructive behaviors, Congress declared the month of February as Teen Dating Violence Awareness Month. Why February? The decision came on the heels of the reauthorization of the Violence Against Women Act in 2005. Both houses of Congress supported the measure and, in an effort to extend the conversation and protection to teens, declared the first week of February to be Teen Dating Violence Awareness Week. By 2010, the epidemic of dating violence amongst teens had not subsided, so Congress decided to commit the entire month of February to the cause.

**Talk To Your Kids During Teen Dating Violence Awareness Month**

Talking to your kids about sensitive issues in their lives can be difficult, especially when the conversation moves to their romantic relationships. However, the consequences of teen dating violence can be serious and pose a risk to the health, safety, and well-being of your child. Victims of abuse are more likely to engage in self-destructive behaviors, and abusers are more likely to hurt others in the future. You can help to prevent teen dating violence by engaging in meaningful conversations with your kids. Take a few moments this February to talk about these important issues with your teens, listen for signs that they may be affected by teen dating violence, and let them know that you are there for them.

**Recognizing Type 2 Diabetes in Children and Adolescents**

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

**Recognizing Type 2 Diabetes in Children and Adolescents**

By Laura Hieronymus, <https://www.diabetesselfmanagement.com/>



Type 2 diabetes in youth is on the rise, largely influenced by the obesity epidemic. While the majority of children and adolescents with diabetes have Type 1 diabetes

— a condition in which the body makes very little to no insulin — more and more kids have been diagnosed with Type 2 in the last two decades. In Type 2 diabetes, the body produces some insulin; however, not enough to overcome the insulin resistance that occurs with the disorder. Experts estimate that about 5,000 children and adolescents in the U.S. are diagnosed with Type 2 diabetes

annually. In fact, new cases of Type 2 diabetes in youth (less than 20 years old) are predicted to quadruple in the next 40 years.

**Risk for Type 2 diabetes:**

The ratio of Type 1 versus Type 2 diabetes in kids differs among ethnic groups. While non-Hispanic white children and adolescents are usually diagnosed with Type 1, Type 2 accounts for about 55 percent of new cases of diabetes among African-American adolescents over 10 years old. If you are wondering if your child is at risk for prediabetes (a condition in which blood glucose is higher than normal but not high enough for a diagnosis of diabetes) and subsequently Type 2 diabetes, answer these questions honestly:

- 1) Is my child sedentary?
- 2) Does my child weigh too much?
- 3) Do we have a family history of Type 2 diabetes (a primary or secondary family member)?
- 4) Is my child’s blood pressure high?
- 5) Does my child’s ethnicity include African-American,

Hispanic-American, American Indian, or Asian-American descent?

- 6) Does my child have “acanthosis nigricans,” a brownish-black discoloration of the skin usually found in body folds such as the neck, armpits, or groin?
- 7) Does my adolescent daughter have unexplained recurrent yeast infections?

If you answer yes to any or all of these questions, have a discussion with your child’s pediatrician or family-care provider to learn more.

### Symptoms

About 40 percent of youth with prediabetes or Type 2 diabetes have no symptoms, which is why it is important to be proactive about your child’s care. If symptoms do occur, your child may have a combination of the following:

- Increase in urination as the kidneys attempt to filter glucose out of the bloodstream.
- Increase in thirst due to dehydration caused by the increase in urination.
- Tiredness related to the body’s inability to use glucose from the blood for energy.
- Blurry vision with an inability to focus.
- Sores and/or skin infections that heal slowly.

At onset of Type 2 diabetes, about 6 percent of youth between 10 and 19 years old present with diabetic ketoacidosis (DKA) and diabetes-associated autoantibodies (which is a typical occurrence when Type 1 is diagnosed). DKA is a dangerous complication that occurs when the body produces high levels of ketones (blood acids) due to a lack of insulin. Therefore, it is best that children with diabetes are followed by a pediatric provider who specializes in diabetes to ensure an accurate diagnosis.

### Your child’s health

If you recognize that your child is at risk for Type 2 diabetes, be sure to get any questions you have answered

during visits with your child’s health-care provider. Ask for blood testing to determine if your child has prediabetes/Type 2 diabetes. Why not go ahead and start with lifestyle modification for the whole family before your child develops prediabetes/Type 2 diabetes? In the adult population, data support healthy eating, reducing total body weight by 5–10 percent in those who are overweight, and 150 minutes of physical activity per week as a method to prevent or delay Type 2 diabetes. Children should be encouraged to eat a balanced diet limited in added sugar. Avoiding an excess in caloric intake and including fresh fruits and vegetables, whole grains, and lean protein is essential. Kids aged 5–17 years should get at least 60 minutes of moderate or vigorous physical activity every day. Playing outside, engaging in sports activities, and cutting back on screen time can improve physical activity status.

Compared to Type 2 diabetes in the adult population, Type 2 diabetes is generally more aggressive in youth. Insulin is often used sooner because of this, as well as due to the fact that the only approved diabetes medications for kids with Type 2 diabetes are metformin and insulin. Furthermore, these treatments may not work as well in youth. Similar to adults with Type 2 diabetes, youth with Type 2 may also have high blood pressure and lipid (blood fat) disorders, which puts them at risk for heart attack and stroke. Similar to kids with Type 1, those with Type 2 should be screened for complications such as eye and kidney disease.

### Conclusion

Prediabetes and Type 2 diabetes in youth is a real health-care issue to the medical community. Because of that, the future for youth with Type 2 diabetes is uncertain. Stay aware of the research that is being done in the area to learn more about these two conditions and how children and adolescents are affected now and as they become adults. If you have a family history of Type 2 diabetes, so do your blood relatives, which include your kids. Stay aware of your child’s health risks and ask your health-care provider questions to understand if your child is at risk for prediabetes and Type 2 diabetes. Be familiar with the genetics of the disease and reduce the risks for the whole family.

## The Health Benefits of Walking

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

### The Health Benefits of Walking

By JoAnn Stevelos



Hippocrates said, “Walking is man’s best medicine.” Thich Nhat Hanh says, “While you are walking, smile and be in the here and now, and you will transform that place into paradise.” Let these words of wisdom inspire you to begin walking the walk to a happier and healthier you. Getting inspired to walk every day can yield health benefits without overexerting you to the point of exhaustion. In addition to increasing your fitness level, walking can help you recover from an injury or surgery, promote weight loss, increase heart health, and improve your mental health. And for some it may enhance their spir-

ituality and deepen their connection to nature. Maybe you have heard the saying “sitting is the new smoking,” which is based on the research that a sedentary life is just as unhealthy as smoking cigarettes. Many people are trying to walk more and sit less but sometimes it is difficult to find the time and motivation to walk. Unlike other more aerobic exercise, walking takes a bit more time and planning throughout the day. If you can’t go for one long walk you can always take frequent shorter walks to get the same health benefits. The Centers for Disease Control and Prevention recommend that adults ages 19 to 24 aim for at least 150 minutes of moderate aerobic exercise each week. In addition to being a low-impact way to meet the physical activity guidelines, walking requires no special clothing or gear and costs nothing. While brisk walking is best, there are benefits from walking at a regular pace as well, such as lowering your risk of high blood pressure, heart disease,

and diabetes. Walking strengthens your bones and muscles and may help you maintain a healthy weight. According to a recent Harvard study, walking even counteracts the effects of weight-promoting genes. Researchers studied 32 obesity-promoting genes in more than 12,000 people to determine how much those genes contribute to a person's weight. They discovered that the participants in the study who took a brisk walk for one hour a day cut the effects of the genes in half. The researchers also noticed that even a 15-minute walk can curb the cravings for sugar. So next time you want to eat that chocolate bar or open a soda, going for a short walk could help ease that craving.

Another noteworthy effect of walking is important to women. With 1 in 3 women at risk for breast cancer, an American Cancer Society study found that women who walked seven or more hours a week had a 14 percent lower risk of breast cancer than those who walked three hours or fewer per week. If you are suffering from arthritis-related pain, walking just 5 to 6 miles per week can help protect your joints. Walking lubricates your joints and strengthens the muscles that support them. Walking is especially good for fighting off sickness. A recent study of more than 1,000 men and women showed that a 20-minute daily walk on at least five days a week resulted in 43 percent fewer sick days than for those who exercised only once a week. The study participants who did get sick also experienced milder symptoms for a shorter period of time.

Thich Nhat Hanh, a Vietnamese Buddhist monk and peace activist, teaches that wherever we walk, we can practice meditation. He asks that when we walk, we look around and see the beauty that surrounds us. Take a long look at the trees, the billowy clouds, the flowers, and the grass. With each step he suggests that you say to yourself the following: breathing in, "I have arrived"; breathing out, "I am home"; breathing in, "In the here"; breathing out, "In the now"; breathing in, "I am solid"; breathing out, "I am free"; breathing in, "In the ultimate"; breathing out, "I dwell."

These experts shared their thoughts about how walking can help you get in touch with your deeper purpose in life. There are different ways of walking that can improve your mood, self-esteem, and ability to meditate or to help develop a deeper spiritual bond with others or nature. Kate Link, MEd, CPCC, ACC, and Marijne van den Kieboom, MA, ACC, who share a love for walking, launched an innovative program called Leadership 'N Motion. At Leadership 'N Motion (L'NM), they believe that without movement there is no growth. Walking is a primary tool to help move things forward in one's life. L'NM's unique approach connects what neuroscience tells us about how physical movement/walking, mindfulness and being in nature to advanced personal and professional leadership. "Walking can be an antidote or respite from the fast pace of our lives and the sense of feeling overloaded," said Link. "Walking helps us slow down and increase our opportunities for reflection. Extended walks, especially, can help us practice more in-the-moment awareness and greater detachment from all that otherwise demands our attention. As we walk, we thin the boundary between ourselves and the environment and between ourselves and others. Through walking, we give ourselves time to rediscover — or meet anew — our true

selves. We listen more closely to the inner voice and when it too quiets, we get a sense of what else might be heard and felt." For city dwellers, walking is part of your daily routine, but access to parks and other natural settings may be limited. Does the setting matter?

"Neuroscience confirms that walking promotes brain connectivity and boosts mood and creativity regardless of where we walk," according to Link and van den Kieboom. "Research indicates that walking, even a short amble, increases communication between the hemispheres of the brain. Done outdoors, the effects of walking on the brain increase. There is a therapeutic effect of nature (ecotherapy). Being in nature encourages a heightened sensory experience, however, even images of nature can have a calming effect. So for city and suburban dwellers — or even those walking on a treadmill — walking is still very beneficial."

Link and van den Kieboom also shared thoughts about those who cannot walk — even temporarily. "Not everyone is physically able to walk. Even those able to walk find themselves in situations [in which] they are more temporarily immobilized. Still, there is much we can glean from walking — even if we can't walk. Neuroscience finds that action-related metaphors and similes have corresponding motor representation in the brain. Connecting a physical action to metaphoric language (versus actually engaging in the action) elicits a neural response. Using the language of walking may actually impact neural circuitry as the brain doesn't always differentiate between the literal and metaphorical."

To take Link and van den Kieboom's ideas a step further — envision yourself walking toward something you want in life. Actually picture yourself moving forward. Visualizing the movement of walking activates the motor cortex and can give you the brain power to figure out what to do and how to achieve it. Link adds, "When we create visual pictures in our mind that involve stepping up, walking towards or away from something, being on a path will keep your brain active and may contribute to taking the strides you wish to make in your life." The benefits of walking, or even thinking about walking, can provide a foundation for increased physical and mental well-being and perhaps help you discover something new about yourself and the world.

### Maple and Sage Pork Chops

<https://www.diabetesselfmanagement.com/recipes/main-dishes/maple-sage-pork-chops/>

#### Ingredients

- 2 tbsps finely chopped fresh sage, additional for garnish
- 2 tbsps olive oil
- 1/2 tsp salt
- 4 boneless pork chops (about 4 oz. each)
- 2 tsps maple syrup

#### Directions

Combine 2 tablespoons sage, oil and salt in small bowl. Rub mixture evenly over pork chops. Place on rimmed baking sheet.

Broil pork chops 4 minutes. Turn over; brush evenly with syrup. Broil 4 minutes or until pork chops are browned and barely pink in center. Garnish with additional sage.

*Serving suggestion: this delicious dish is perfect for a cold day. Serve it with fresh roasted vegetables to combine the unique flavors of fall with the delightful flavor of the tender pork. Yield: 4 servings*

## A Tip From a Former Smoker ✦ Bill's Biography

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



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People™

### Bill's Biography

Bill was born and raised in Michigan and was diagnosed with diabetes when he was an infant. He was angry with himself that he ever accepted that first cigarette from a teenage friend and that he waited so long to quit smoking. "When I was 15, I started smoking. It was stupid—one of the things I still regret doing. I thought I was going to be cool like my buddies."

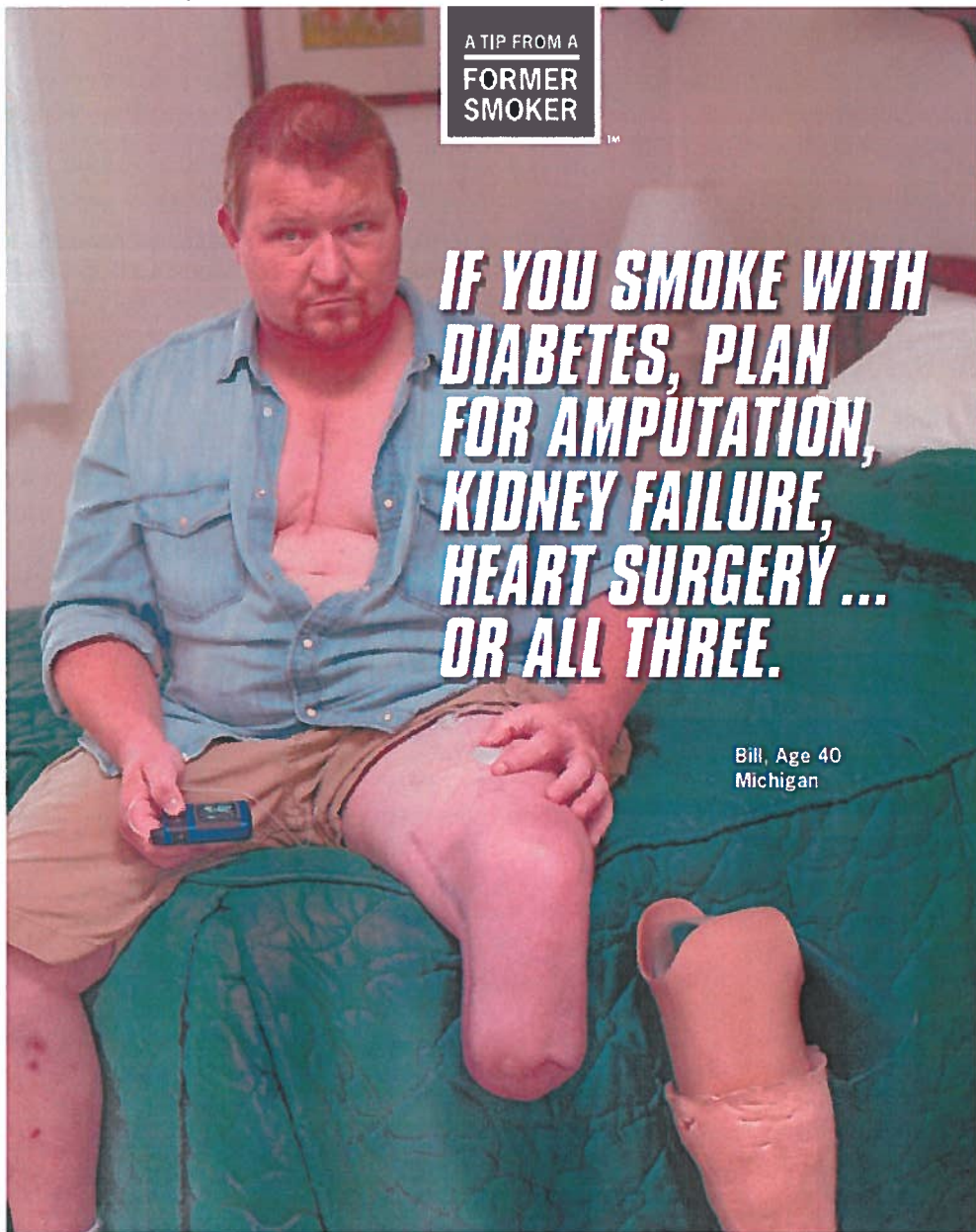
Bill learned the hard way that smoking makes diabetes harder to control. "Doctors always told me to quit smoking. I didn't listen." At 37, Bill had kidney failure. After that, he needed dialysis treatments 12 hours every week to filter his blood the way his kidneys used to—before they stopped working properly. Smoking cigarettes contributed to Bill's kidney problems and other health problems to come.

"Then they took my leg," Bill said. In 2011, at the age of 39, he had his leg amputated due to poor circulation—made worse from smoking. "That's the scariest thing—to wake up after surgery, to reach down to feel for your leg, and there's nothing there." That was the day Bill quit smoking.

Bill's life changed dramatically. Although he was still very active, he said it was difficult to climb stairs, play sports, and do some activities with his wife and four children.

By age 40, Bill was also blind in one eye and had gone through open-heart surgery. Summing up his serious health problems, Bill said, "I am the reason people shouldn't smoke." Bill's own health struggles made him passionate about helping other people stop smoking. And he urged young people to never start smoking. "If I was young again, I would never smoke," he said. "It's not good for your health or your pocketbook. It doesn't make you look cool, and it doesn't help you in any way!" He also regretted the example he set for his children. "It's embarrassing when your 5-year-old asks you why you don't quit smoking. Yes, my children saw me smoke. I'm glad they saw me quit!"

Bill died in August 2014 from heart disease. He was 42.



A TIP FROM A  
FORMER  
SMOKER

**IF YOU SMOKE WITH  
DIABETES, PLAN  
FOR AMPUTATION,  
KIDNEY FAILURE,  
HEART SURGERY ...  
OR ALL THREE.**

Bill, Age 40  
Michigan

Smoking makes diabetes much worse. You can quit.  
For free help, call 1-800-QUIT-NOW.

#CDCTips



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



# Native Americans with diabetes

## Better diabetes care can decrease kidney failure

Native Americans (American Indians and Alaska Natives) have a greater chance of having diabetes than any other US racial group. Diabetes is the leading cause of kidney failure, a costly condition that requires dialysis or kidney transplant for survival. Kidney failure can be delayed or prevented by controlling blood pressure and blood sugar and by taking medicines that protect the kidneys. Good diabetes care includes regular kidney testing and education about kidney disease and treatment. Kidney failure from diabetes among Native Americans was the highest of any race. However, this has declined the fastest since the Indian Health Service (IHS) began using population health and team-based approaches to diabetes and kidney care, a potential model for other populations.

### Health care systems can:

- Use population health approaches to diabetes care.**  
 Assess long-term outcomes and address disparities. Promote wellness of the entire community and connect people to local resources, including healthy food, transportation, housing, and mental health care.
- Develop a coordinated team approach to diabetes care.**  
 Team based-care should include patient education, community outreach, care coordination, tracking of health outcomes, and access to healthcare providers, nutritionists, diabetes educators, pharmacists, community health workers, and behavioral health clinicians.
- Integrate kidney disease prevention and education into routine diabetes care.** Screen people with diabetes for kidney disease and make sure that kidney disease is routinely addressed as part of diabetes care.

**Want to learn more?** [www.cdc.gov/vitalsigns/aian-diabetes](http://www.cdc.gov/vitalsigns/aian-diabetes)

**2X**

Native Americans are twice as likely as whites to have diabetes.

**2 in 3**

In about 2 out of 3 Native Americans with kidney failure, diabetes is the cause.

**54%**

Kidney failure from diabetes dropped by 54% in Native Americans between 1996 and 2013.



# Problem:



## Kidney failure from diabetes was highest among Native Americans.

### Native Americans are more likely to have diabetes.

- Native Americans are twice as likely as whites to have been diagnosed with diabetes.

### Native Americans were more likely to have kidney failure from diabetes than other races until recently.

- Native Americans were nearly 5 times more likely than whites to have kidney failure from diabetes in 1996.
- Reasons include: high blood sugar, high blood pressure, and significant barriers to health care.

### Diabetes-related kidney failure among Native Americans decreased by 54% from 1996 to 2013.

- The Indian Health Service uses population health and team-based approaches to diabetes and kidney care.

- Native Americans with diabetes have had important improvements:

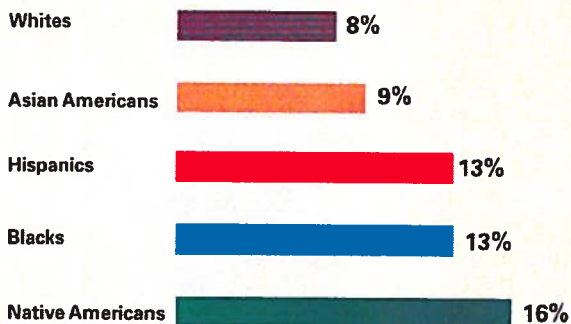
- Use of medicines to protect kidneys increased from 42% to 74% in 5 years.
- Average blood pressure in those with hypertension was well-controlled (133/76 mmHg).
- Blood sugar control improved by 10%.
- Kidney testing in those 65 and older was 50% higher compared to the Medicare diabetes population.

### Kidney failure is a disabling and expensive complication of diabetes throughout the US.

- Medical costs for kidney failure from diabetes were about \$82,000 per person in 2013.
- Medicare spent \$14 billion to treat people with kidney failure from diabetes in 2013.

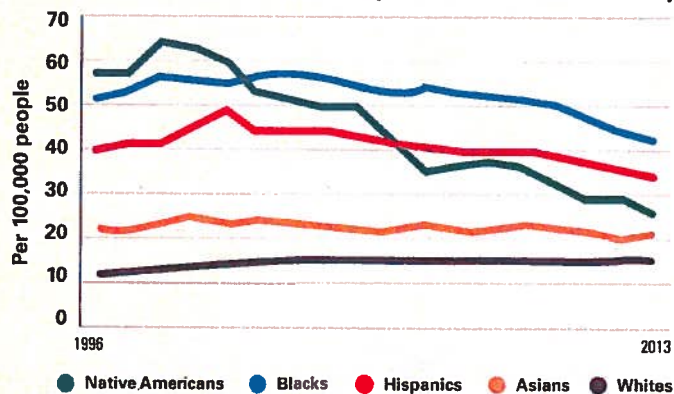
Team-based and population approaches reduce kidney failure from diabetes in Native Americans: can be a model for other groups.

### Native American adults have more diabetes than any other race or ethnicity.



SOURCE: National Health Interview Survey and Indian Health Service, 2010-2012.

### Kidney failure from diabetes in Native Americans has dropped more than any other race or ethnicity.



SOURCE: United States Renal Data System (USRDS), 1996-2013, adults 18 and older.

# A Model for Diabetes Care

## Public health and population management:

- Assess communities for poverty, access to healthy food, housing, jobs, transportation, and places to exercise.
  - Work with local government and other organizations to make improvements.
- Care managers use clinical data to identify people who need to be linked to health care.

1

Joe is 58 years old with diabetes and kidney disease.



2

Care manager calls Joe because of missed doctor appointments.

3

Joe has no sick leave at work or transportation to make it to appointments or pick up his medicine. He also has trouble getting healthy food.



4

During a home visit, nurse brings Joe his medicine, checks his blood pressure, and draws blood for lab tests.



5

Nurse connects Joe to community food and transportation resources. She schedules a clinic visit for his next day off.

6

At the clinic, Joe's doctor adjusts his medicine. Joe meets with a nutritionist and diabetes educator.



7

Pharmacist helps make sure Joe gets his medicine on time and is taking it correctly.



8

Over time, Joe's blood pressure and blood sugar are controlled and his kidney function remains okay.



## Team-based Patient Care

The diabetes care team helps patients avoid kidney failure by:

- Controlling blood pressure and blood sugar.
- Using medicines to protect kidneys.
- Checking kidney lab tests regularly.

# What Can Be Done?



## The Federal government is:

- Funding diabetes treatment and prevention services in Native American communities through the Special Diabetes Program for Indians.  
<https://www.ihs.gov/sdpi>
- Improving diabetes outcomes for populations who receive direct health care from federal agencies, including Native Americans, veterans, and others.  
<http://bit.ly/2hw2WIV>
- Assisting community health centers throughout the US to provide comprehensive diabetes care.
- Developing a comprehensive system for tracking chronic kidney disease (CKD).  
<https://nccd.cdc.gov/CKD/default.aspx>

## Health care systems can:

- **Use population health approaches to diabetes care.** Assess long-term outcomes and address disparities. Promote wellness of the entire community and connect people to local resources, including healthy food, transportation, housing, and mental health care.
- **Develop a coordinated team approach to diabetes care.** Team based-care should include patient education, community outreach, care coordination, tracking of health outcomes, and access to healthcare providers, nutritionists, diabetes educators, pharmacists, community health workers, and behavioral health clinicians.
- **Integrate kidney disease prevention and education into routine diabetes care.** Screen people with diabetes for kidney disease and make sure that kidney disease is routinely addressed as part of diabetes care.

## Health care policy leaders and insurers can:

- Set standards and track performance measures requiring health plans to assess the health of all members of their population with diabetes, including those who don't regularly visit their healthcare provider.  
<http://bit.ly/2hqJUW>
- Promote CKD screening and monitoring and appropriate use of medicines that protect the kidneys in people with diabetes and CKD.
- Support team-based care, care management, patient education, home visits, and community outreach.

## Patients with diabetes and their families can:

- Ask about being tested for kidney disease.
- Check their blood pressure and blood sugar regularly; talk with their healthcare provider about goals.
- Talk with their healthcare provider if they are having problems getting or taking their medicines.
- Reduce salt intake to lower blood pressure and protect their kidneys.  
<https://www.cdc.gov/salt/index.htm>



1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348  
[www.cdc.gov](http://www.cdc.gov)

**Centers for Disease Control and Prevention**  
1600 Clifton Road NE, Atlanta, GA 30329  
Publication date: 1/10/2017

## **Rising Food Costs: How The Drought Will Increase Your Grocery Bill**

Nadia Arumugam, Forbes.com

*-I cover food and drink from business and current trends to nutrition*

September 22 marked the first day of fall. Turning leaves, cooler weather and shorter days signal that summer is already behind us. But the relentless heat and drought that's ravaged the nation's growing fields over the last few months won't be so quickly forgotten, not least because of their long lasting impact on our grocery bills.

According to September's Consumer Price Index (CPI) – a USDA and Bureau of Labor program that tracks changes in prices paid by urban consumers, overall food inflation for groceries for the year ahead will be above the historical average at 3% to 4%.

More particularly, in 2013 beef is set to rise 4% to 5%, dairy 3.5% to 4.5%, and bakery products and cereals 3% to 4%. The standard rate of food inflation is around 2.8%.

This year's drought has been the worst since the 1950s. Farmland that was scorched by July was truly desiccated a month later, as the intensity of the disaster worsened rather than abated as the summer progressed. (39% of the contiguous U.S. was in "severe" to "extreme" drought at the end of August.)

Even with rains courtesy of Hurricane Isaac, and some heavy downpours this month, there has been little overall respite, since the recent rains soaked areas *not* affected by the drought. According to last week's Drought Monitor Report issued by the USDA, the National Drought Mitigation Center, and the Western Regional Climate Center, 65% of the contiguous US is still in *moderate* to *extreme* drought, up from 64% the week before.

The damage to this year's harvest has been especially devastating because the drought has hit at the heart of the Corn Belt. As of mid-September, 52% of the country's corn crop was rated in *poor* to *very poor* condition. And this month, the USDA further reduced its 2012/2013 corn crop estimate to 10.727 billion bushels - the lowest since 1995. But, it's not just corn that's in bad shape, soybean yields have also been hit hard by the excessively dry spell. Grain prices have unsurprisingly propelled to record high levels. According to the Agriculture Department's Economic Research Service (ERS), if the farm price of corn increases by 50% (which it did from June to July), then retail food prices will increase 0.5% to 1%, on average. However, not all foods will be equally affected by the drought and the dwindling corn supply.

"The more processed, and refined a food is, the less it's impacted by the price of agricultural goods, – only a few pennies worth," says William Snell, of the Department of Agricultural Economics, University of Kentucky. A steak or a gallon of milk which may appear to be far removed from a field of grain nut are considerably more influenced by the drought's detrimental effects than a box of corn flakes, a bottle of corn syrup, or a loaf of Wonderbread. "Less than 10% of the price of that bread accounts for commodity items," explains Snell. "The remainder is the cost of processing, advertising, transporting, marketing, packaging, and it goes all the way down to the cost of the individual working in the grocery store." With fresh beef, on the other hand, up to 50% of the retail price can be attributed to the farm.

So what connects the price of milk and steak or indeed a whole chicken or a pork chop so closely to grain? The feed that nourishes the livestock, of course. With corn and soybean meal – the protein part of chicken feed, at sky-high prices, producers are burdened with prohibitively high input costs. Fresh protein then as well as dairy will see the most dramatic price spikes.

As to whether the consumer will eventually pay for these higher grain expenses, it's not a question of if, but when. But, there is a saving grace, and it's encrypted in the way we shop. "We're blessed as consumers to have very competitive food marketing systems in terms of grocery stores, supermarkets and big box stores," says Snell. "This allows for costs to be passed down to the consumer less quickly than they might be if there were fewer retail outlets."

In short, when price increases hit at the wholesale level, traders are willing to shoulder the bulk of the burden, if it means keeping their customers out of the store next door. Still, with the summer that we've just had, even the most generous of retailers can't save us entirely from burgeoning grocery bills.

## Chef Solus Fruit and Veggies Crossword Puzzle

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

# Chef Solus Fruit and Veggies Crossword Puzzle



### Across

- 4 The opposite of a sour potato
- 8 The outside of this melon looks like a web
- 12 Tomatoes, cucumbers and lettuce make a nice \_\_\_\_
- 13 This vegetable looks like a mini tree
- 15 Dip the leaves in butter and enjoy the heart of an \_\_\_\_

### Down

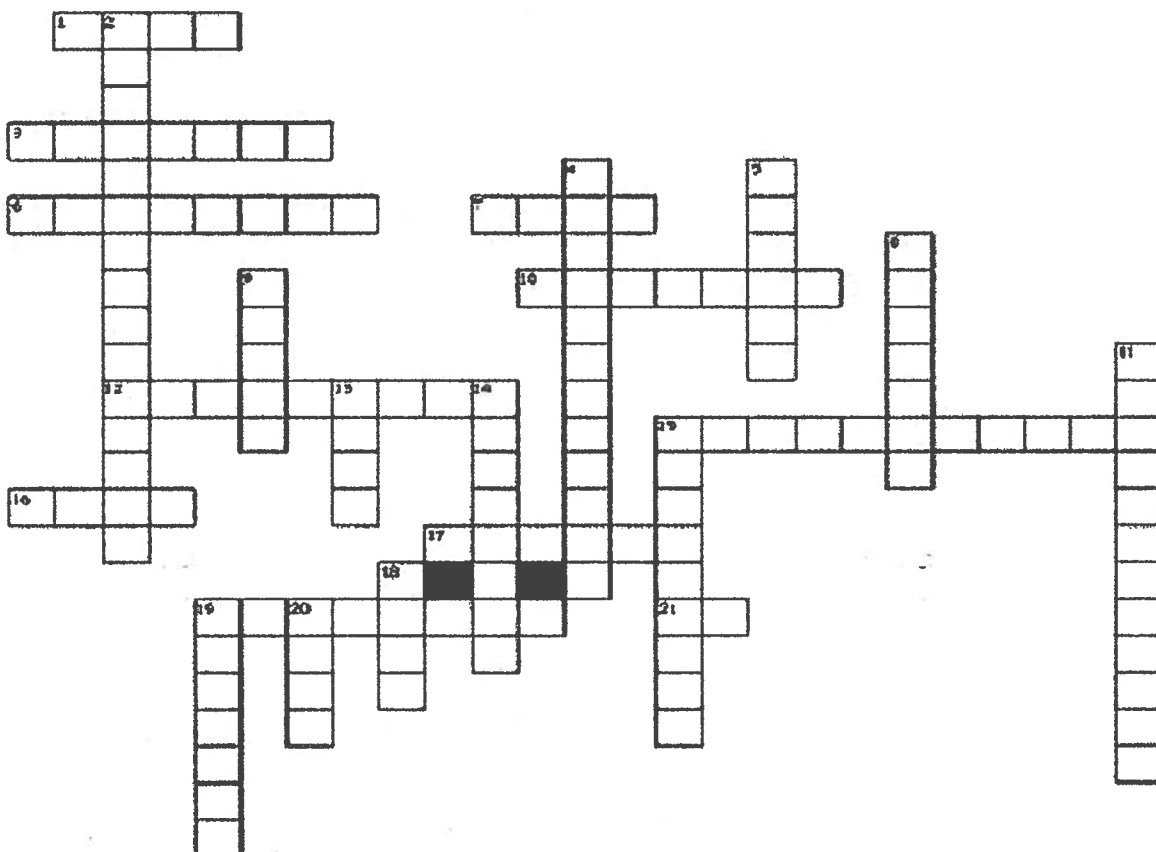
- 1 This is a fuzzy stone fruit
- 2 This is a side dish at Thanksgiving
- 3 A palm tree grows these
- 5 One popular big squash at Halloween
- 6 This tropical fruit has a big seed in the middle.
- 7 This looks like an orange but is smaller
- 9 Monkeys love them
- 10 Dip these into Ranch dressing
- 11 Dried grapes are called \_\_\_\_
- 14 This vegetable has ears (think of cob)

## Substance Abuse Crossword

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

# Substance Abuse Crossword

Test your knowledge of some common information relating to substance abuse with this crossword puzzle!



### Down

2. This is the first stage of addiction
4. This type of drug can cause a person to see or hear things that are not real
5. Marijuana causes damage to your short-term \_\_\_\_\_
8. Every day 1,200 people die from diseases caused by this
9. All drugs cause damage to this organ
11. These drugs should only be used with your doctor's consent
13. True or False: Most teens do not smoke
14. This is the addictive drug found in tobacco products
15. Consuming alcohol to the point that a person passes out is called alcohol \_\_\_\_\_
18. This drug can be very damaging to the teeth
19. This drug is a stimulant and comes in the form of a white powder
20. There are \_\_\_\_\_ stages of addiction

### Across

1. This is a slang word for marijuana
3. This drug is considered an athletic performance enhancer
6. This slang name for Ecstasy has the same name as a candy
7. Chewing tobacco can cause this type of cancer
10. Underage use of this drug leads to about 5,000 deaths in the United States each year
12. This occurs when a person cannot stop using a substance
15. Smoking is the #1 \_\_\_\_\_ cause of death in the U
16. A small glass of alcohol is called this
17. This is the #1 reason why teens misuse drugs
19. This is a mild stimulant drug found in coffee
21. One way to refuse to use drugs is to "Just say \_\_\_"



BIC HealthCare

# COMMUNITY MESSAGES

**Inspirational Corner**  
*Submitted by: Ms. Josie Powsey*

## **12 Points to Perpetual Happiness (...continuing)**

Perpetual means "lasting forever", the first point on the list was:

1. Understand that being happy is an emotional decision. Just as anger, pride and repentance are emotional decisions. Decide now that you will work at being happy more often. You are either the master of your destiny or a slave to your fate (final outcome). Only you can choose how you'll react to a situation, choose well!!
2. Always associate with people who will lift you up. There are people everywhere who will tell you how bad things are and how you'll never amount to anything. These people are really talking about themselves, you should find better company.
3. Meet everybody on friendly terms. Each person could be your next best friend or the person who will pull you out of a ditch in half an hour. Treat them as such.
4. You become what you think about and tell yourself all day. Say positive things like, "I can do all things

through Christ who strengthens me."

5. Keep yourself too busy to mope around. Sitting around with I, me, mine and myself (your 4 worst friends!) and bemoaning. Your existence will get you nowhere. Keep your day full of people and projects and family. Advance every day in the direction of your goals.
6. Be involved in big projects. To help you organize yourself and your time, continually be amazed at how much more you can get done. Put your mind on what project you want to do, and set a time to work on it.

***Stopping at Point #6 and will continue points 7-12 in the next Gamyu.***

*Isaiah 55:12 -*

*For ye shall go out with joy and be led forth with peace, the mountain and the hills shall break forth before you into singing and all the trees of the field shall clap their hands.*

*Have a blessed weekend!*

## **St. Mary's Food Distribution (Training Center) Next Distribution: Feb. 28<sup>th</sup>**

*Submitted by: Nikki Raymond | Hualapai Department of Education & Training*

### **ST. MARY'S FOOD BANK DISTRIBUTION**

10:00AM-3:00PM @ Training Center (Last Thursday of each month)



St. Mary's  
**Food Bank**  
ALLIANCE

February 28, 2019 March 28, 2019  
April 25, 2019 May 23, 2019  
June 27, 2019

For questions or concerns, please contact: Training Center at (928) 769-2200

### **Food Distribution (Social Services)**

*Submitted by: Hualapai Social Services*

### **FOOD DISTRIBUTION**

8:00AM-12:00PM @ Social Services (First Wednesday of each month)

Available to community within Peach Springs, which includes: Caverns, Hyde Park area and Truxton.



### **What is needed?**

- ⇒ Completed application
- ⇒ Proof of residency
- ⇒ ID
- ⇒ Number of members in house-

For questions or concerns, please contact: Social Services at (928) 769-2269



# WE LOVE OUR VOLUNTEERS



*"The Peach."*



*The Hualapai Nation's Live and Local Radio Station  
Proudly Announces and Congratulates*

*January 2019 Volunteer of the Month:*

*Tina Querta*



*You know and love her as Tina the One and Only, host of Monday Nights Soulful Moments, and Tina the ORIGINAL Goda Girl. Co-host of Finally Friday Rock and Roll! If you haven't checked out the Motown and R&B oldies and Mellow-ness of Soulful Moments— do it soon! She shares many interesting and inspirational self-help meditations, 6 to 8 Mondays! The tone changes Friday Afternoons 3 to 5 as Tina Rocks out and lets you know just what day it is... and more!*

*Tina also can be heard volunteering her voice for public service announcements on the station and seen at many events helping out or standing in as The Peach Mascot! . She will receive over \$100.00 worth of incentive as volunteer of the month and be 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:*



# Youth Council Food Sale Fundraiser

February is American Healthy Heart Month. Treat your body to a healthy meal while supporting the Hualapai Youth Council!

**When: February 22, 2019**

**Where: HEW Pick Ups in the Lobby  
and deliveries in community**

**Starting at 10 a.m. until sold out**

**\$10.00 Plate Includes:**

**Grilled Chicken on Flat Bread**

**Three Sisters: Corn, Beans and Squash Mix**

**Fresh Fruit Cup**

**Green Tea**

**Youth Council has a ongoing go-green initiative. Save the containers from this food sale. You can re-use the, during our next food sale and get \$1.00 off.**

**You are encouraged to pre-order by calling Youth Services at  
928-769-2207.**

**The Health Benefits of Walking**

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

# Happy Valentine's Day!



- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love

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

Chicken Scratch NY

# Mega Harry Potter Word Find

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

## MEGA HARRY POTTER WORD FIND

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

DUMBLEDORE  
LUNA LOVEGOOD  
CHARMS  
SQUIB  
ALBUS  
UMBERAGE  
PIG  
WAND  
TRUNK  
JAMES  
DEMENTORS  
WIZENGAMOT

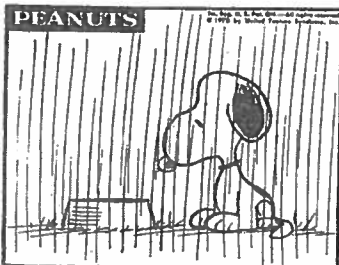
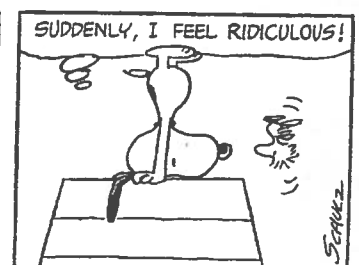
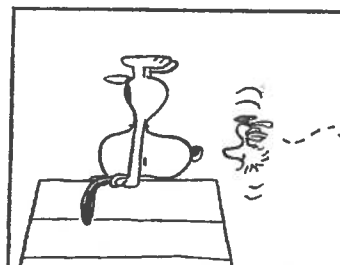
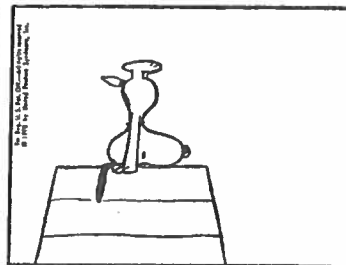
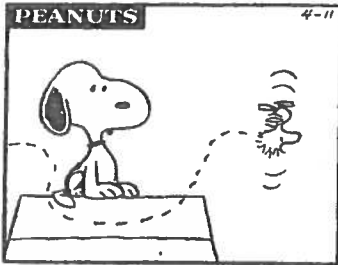
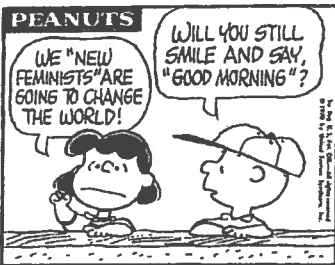
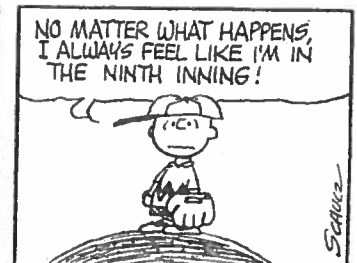
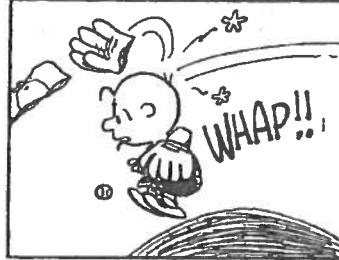
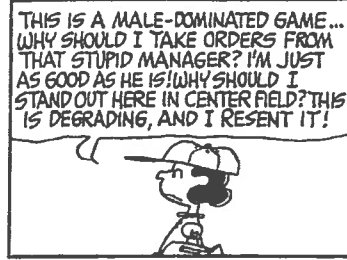
FIRENZE  
SNUFFLES  
MARAUDERS MAP  
PETER PETTIGREW  
PRONGS  
DOBBY  
FAWKES  
FLOO POWDER  
BASILISK  
OLIVER  
AUROR  
GHOST

VIKTOR KRUMM  
MAD EYE MOODY  
NARCISSA  
MALFOY  
FELIX FELICIS  
HALF BLOOD-  
PRINCE  
AVADA KEDAVRA  
HORCRUX  
PENSIEVE  
HORACE  
SLUGHORN

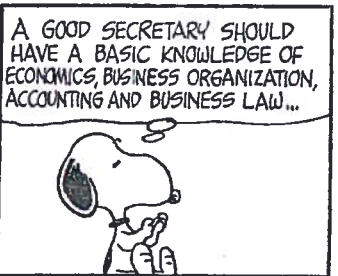
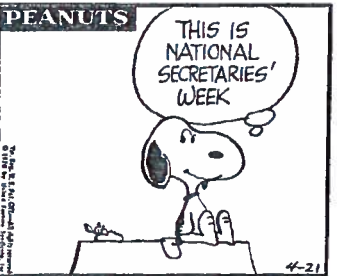
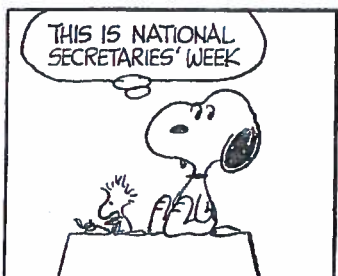
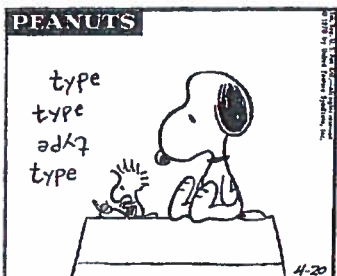
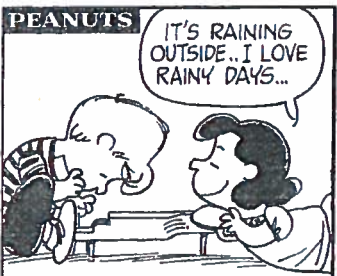
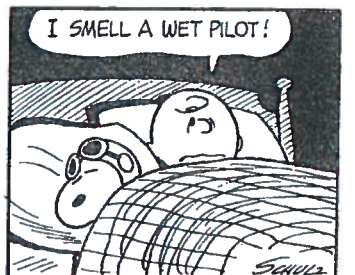
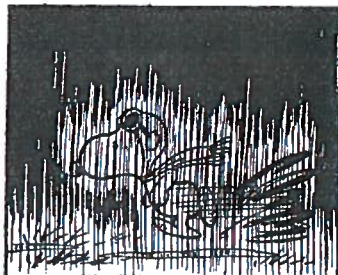
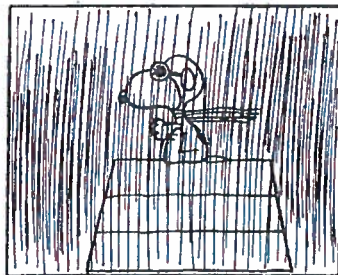
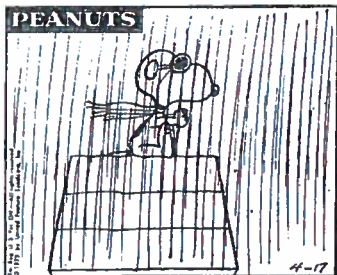
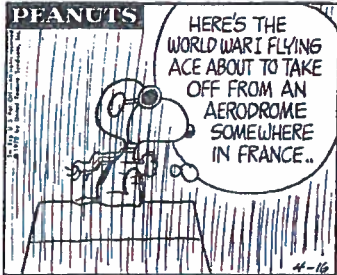
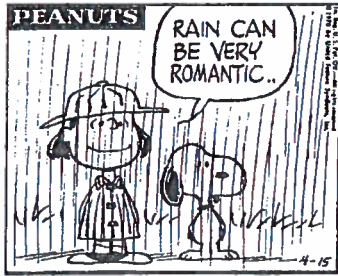
HEDWIG  
CROOKSHANKS  
PROFESSOR  
LUPIN  
HERMIONE  
MUGGLE  
MUD BLOOD  
UNICORN  
LILY EVANS  
PHILOSOPHERS-  
STONE  
GALLION

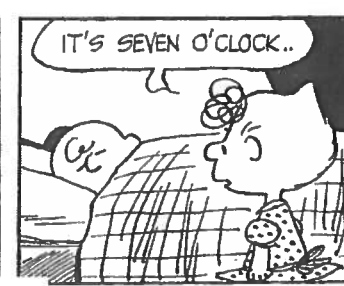
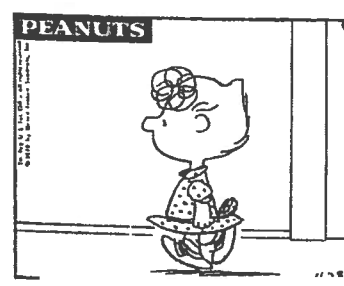
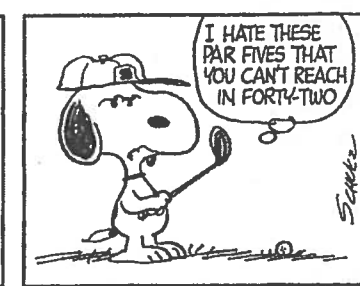
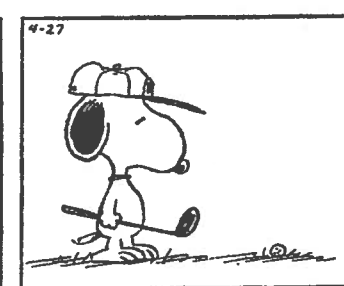
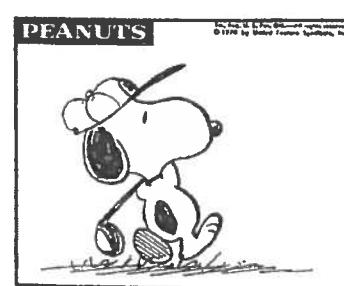
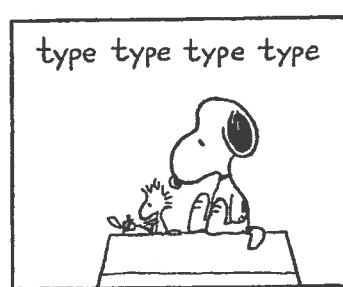
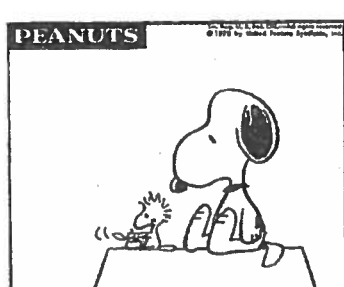
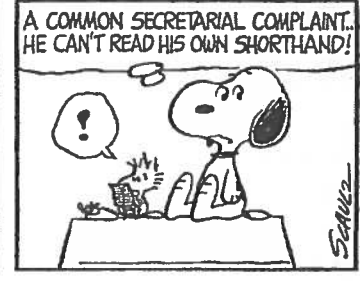
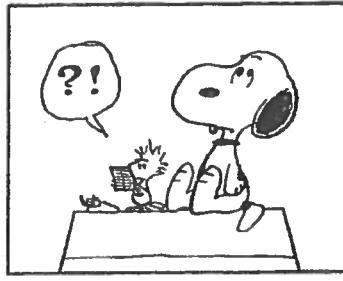
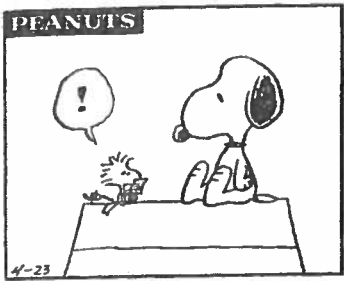
Daily Strips from the 1970s ♦ Peanuts

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



Continued from Gamyu Issue #26





## HUALAPAI TRIBAL TELEPHONE DIRECTORY

TRIBAL DEPTS.	PHONE	FAX #	GCRC	PHONE	FAX #
Administration	769-2216	769-2343	Administration	769-2419	769-2450
Alternative to Incarceration	769-1070	769-1075	Human Resources	769-2640	769-2410
Animal Control	769-2205	769-2883	GCW	769-2627/2419	
Adult Detention	769-2345/2490	769-2459	Hualapai Lodge	769-2230	769-2372
Cultural Resources	769-2223/2234	769-2235	Diamond Creek Restaurant	769-2800	
Day Care Center	769-1515/1517	769-1516	Call Center/Tourism	888-868-9378	
Earthship	769-2224	769-2239	Walapai Market/Gas	769-1500	
EW4H-Fitness Center	769-2644	769-2663	River Running	769-2210/2245	769-2637
EW4H-Healthy Heart	769-1630	769-1632	River Running Shop	769-2266	
Elderly Center	769-2375/864-6700	769-2557			
Elderly Group Home	769-1100/1104				
<b>Emergency Dispatch (24 Hrs)</b>	<b>769-2205</b>	769-2883			
<b>Non-emergency to EMS,</b>	<b>769-2656/2775</b>				
<b>Fire Dept., Animal Control</b>					
Enrollment	769-2216	769-2343	<b>BIA SERVICES</b>		
Extension Office	769-1284	769-2309	<b>Dispatch/Police</b>	<b>769-2220</b>	
Facility Maintenance	769-2807		Truxton Canon Agency	769-2286	769-2444
Finance	769-2216	769-2343	Forestry	769-2279	769-2326
Fire Dept.	769-2205/2806	769-2883			
Forestry	769-2267	769-2532	<b>SCHOOLS</b>		
Game & Fish	769-2227/1122	769-1111	Peach Springs	769-2202	769-2892
Head Start	769-2522	769-2457	Valentine	769-2310	769-2389
Health Dept.	769-2207/769-6061	769-5487	Seligman	216-4123	422-3642
Housing Dept.	769-2275	769-2703			
Hualapai Police	769-1024	769-1027	<b>HOSPITALS/CLINIC</b>		
Human Resources	769-2216	769-1191	KRMC	757-2101	
Human Services	769-2397	769-2659	Peach Springs Clinic	769-2900	
Information Technology (IT)	(928)220-7666		Flagstaff Hospital	779-3366	
Judicial	769-2338	769-2736			
Juvenile Detention	769-1611	769-1655			
KWLP Radio	769-1110	769-5487	<b>OTHER</b>		
KWLP Radio Text Line	769-1090	769-5487	Frontier Communications	800-921-8101	
Multi-Bldg	769-2535		Mohave Electric	800-685-4251	
Natural Resources	769-2254	769-2309	Motor Vehicle Dept.	681-6300	
Planning Dept.	769-1310/1312	769-1377			
Probation Office	769-2894	769-1384			
Prosecutor	769-2304	769-2401			
Public Defenders	928-769-1063				
Public Works-Administration	769-2216	769-2343	<b>LOCAL SERVICES</b>		
PW/Transfer/Recycling	769-2625/2583		Dr. R. Purdum	769-6083	
Recreation	769-2652	769-2650	Boys & Girls Club	769-1801	769-1803
Roads Dept.	769-2446		Post Office	769-2300	
TERO	769-2216	769-2343	Indian Energy	769-2610	
Training/Education Center	769-2200	769-1101	Chemical Lime Plant	769-2271	
Hualapai Transit (Bus Services)	769-6384		Caverns	422-3223	
Wellness Court	769-1387/1595		Gas N Grub	769-1880	
			Truxton Gas Station	769-2436	

Revised 09/11/18