



Newsletter of the Hualapai Tribe

GAMYU



Friday, March 8, 2019

Issue #05



Hualapai Tribal Council ♣ March

Submitted by: Dr. Damon Clarke, Chairman | Hualapai Tribe

Gum iyje?

Giving you a greetings to the Month of March 2019. As we move forward to the beginnings of spring take a moment to give yourself time to be YOU. The following is an excerpt from one of the readings taken from the net:

"You have been created as one of a kind.

On the planet Earth, there has never been one like you ... and there never will be again.

Your spirit, your thoughts and feelings, your ability to reason and can all exist in no one else.

The rarities that make you special are not mere accident or quirk of fate.

You have been created in order that you might make a difference.

You have the power to change the world."

So make the best of your life and family, you have a purpose to be who you are. Keep your head held up and never give up on things.

It is spring, so make your community beautiful by cleaning around your yard, neighborhood and the community. Get ready for the upcoming summer months, plant a garden, get the most out of your Resolutions that were made in January. As we move forward plant those seeds of encouragement to your children as they take a Break- Spring Break. Get them ready for the end of the year. Some are going to graduation, going to high school, promoted to the next grade level. You are the first teachers and role models for your child/ren. Take this seriously as they are looking at others to be an influence to their lives.

We are hoping this Spring of 2019 brings in a new life in your Journey. Let's make it the best we can make it.

Han kyu.
Hom okyu.



Inside this issue:

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Special points of interest:

- **TERC Meeting** will be on Wednesday, March 20th at 9:00AM at the Cultural Resources Department.
- **HTUA Board Meeting** will be on Thursday, March 21st at 9:00AM at the Health & Wellness Department.
- **Rescheduled** Hualapai Annual Livestock Meeting (pg 82)

Announcement to Solicit Input ♣ Cultural Competency

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources

Per Hualapai Tribal Council resolution, Tribal members about to turn 18 years of age and eligible to receive their first per-capita check will need to successfully complete a "cultural competency" course to demonstrate basic knowledge about Hualapai history, culture, and language.

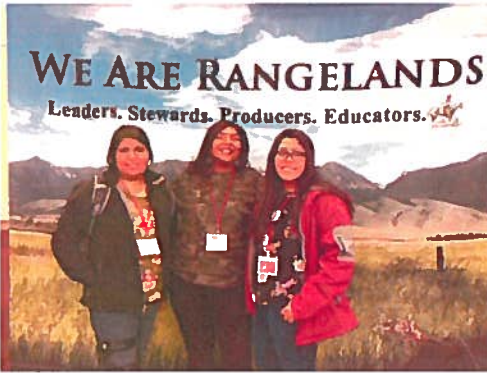
The Department of Cultural Resources has been tasked with carrying out this course. In anticipation of offering classes this coming summer, we are seeking input from knowledgeable Tribal members about what types of knowledge should be taught. We would like to hear your ideas!



If you would like to offer your ideas and input, please contact Lucille Watahomigie or Jorigine Paya at the Dept. of Cultural Resources at (928) 769-2223.

Society for Range Management's 72nd Annual Meeting ♣ Report

Submitted by: Annette Bravo | Hualapai Department of Natural Resources



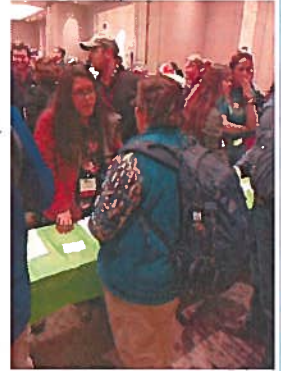
This past February 10-14, 2019, I had the opportunity to attend the Society for Range Management's 72nd Annual Meeting in Minneapolis, MN with three Hualapai Students (Courtney Beecher, Taylor Lewis, and Norasia Fielding) who were invited to attend. Jessica Orozco, our Department's former Range Specialist and Mentor for these students, worked to find ways to make rangeland education and careers accessible for native American youth.

At the meeting, there were many great symposia, workshops, and technical sessions that covered a broad spectrum of rangeland management topics. Our students participated in the Young Professionals Conclave, which was an opportunity to build relationships between students, graduate students, young professionals and long-time members. They participated in a Bridging the Gap social, which was a facilitated one-on-one activity between "mentors" (established professionals) and "mentees" (young professionals/students). The objective of the event was to build more connections between the student membership and involved professionals, and to get more young professionals invested in Society for Range Management. The highlight of their attendance at the meeting was their presentation on Native American Rangelands. The students discussed roadmaps for range management career paths and helped identify barriers that hinder their access to natural resource academic programs and the workforce.

It is the desire of the Natural Resources Department in partnership with the Society of Range Management, to continue to provide opportunities for Hualapai Students to explore fields in natural resources and rangeland management.

We know Jessica is PROUD of these young ladies for their participation at the meeting, of which she was planning to be apart of.

Submitted By: Annette Bravo, Assistant Director, Hualapai Department of Natural Resources



Request for Bid ♣ Hualapai La Paz Committee

Submitted by: Trena Bizardi | Hualapai Youth Services

Hualapai La Paz Committee **REQUEST FOR BID**

Advertised March 4, 2019

Event Details: La Paz Community Gathering
Loco Motive Park (Downtown) 310 W. Beale St.
Saturday, April 20th, 2019
Food must be ready to serve at 10:30am
*To feed 75-90 people

Menu: Ball Park Beef Hotdogs
Potato Salad
Pork and Beans
Chip - Mini
Bottle Water
All Tableware

Submit bid priced per-plate and total amount.

Any leftover food must be wrapped/boxed and left for the attendees. Attach copies of food handler's certification cards of lead cooks.

Please submit bid to the Hualapai Youth Services office/Health Education & Wellness Center by Wednesday, April 13th, 2019 by 12pm. Bid winner will be contacted on Thursday, April 14th, 2019.

For more information, please contact:

Hualapai Youth Services
Phone: 769-2207 Ext. 243
488 Hualapai Way
Peach Springs, AZ.
cwatahomigie@hualapai-nsn.gov



Request for Bid ♣ Hualapai La Paz Committee
Submitted by: Annette Bravo | Hualapai Department of Natural Resources

Request for Proposal

Title: Repair/Replace Grazing Pasture and Pasture Boundary Fencelines on the Hualapai Indian Reservation

Requested by: Hualapai Tribe, Department of Natural Resources

Scope of work: Provide Labor and Materials to Repair and/or Replace fencelines at various locations on the Hualapai Reservation.

Specifications:

Post (T-posts or Cedar Posts) shall be placed every 20' and 4 wooden staves shall be placed in between each Post.

Wooden staves shall not exceed 44" in height and shall be a minimum of 2" in diameter at the top and bottom.

Existing barbed wire shall be pulled and tightened taught and attached to Posts. Wooden staves shall be attached to each wire using wire ties.

Wildlife jumps shall be constructed at all wildlife crossings. The jump at the crossing shall be constructed of smooth wire for the top and bottom wires. The height of the top wire shall not exceed 44" and the bottom wire shall be 18"-20" off the ground. Spacing for the second wire shall be set at 12" below the top wire. Length of wooden staves shall not exceed the second or bottom wires.

Bid Selection Process:

A Bidder may submit a bid to conduct repair/replacement work on the Livestock District Boundary Fencelines (Figure 1) or Reservation Pasture Boundary Fencelines (Figures 3-7).

Table 1 lists approximate project length. Actual lengths will be determined while a repair/replacement project is being conducted. For example, a Bidder selects Fenceline #37 that is approximately 2 miles in length. An HDNR representative will then physically measure the fenceline length using GPS and a wheel. Payment for work completed can be submitted after each complete mile or fence project completion.

Bids shall be submitted based on the amount of repair/replacement work that can be accomplished within a 3 month period. Once a successful fence bid project is completed, the Successful Bidder may select more fence projects if available. Any bid with more than 4 fencelines selected or exceeding more than 25 total repair/replacement miles at one time, will not be considered.

Please submit the following information:

- Fence project(s) that are selected
- Bid per miles or per foot for fence completed
- General overview of crew to be used and plan of how the project(s) will be completed.
- Name and Contact Information

ALL TRIBAL LIVESTOCK DISTRICTS ARE ENCOURAGED TO APPLY

Preference will be given to Indian owned businesses.

Indian preference shall apply for contracting and employment

**1% TERO tax shall apply for all contracts as stated in TERO Ordinance
 (available at Tribal Employee Rights Office)**

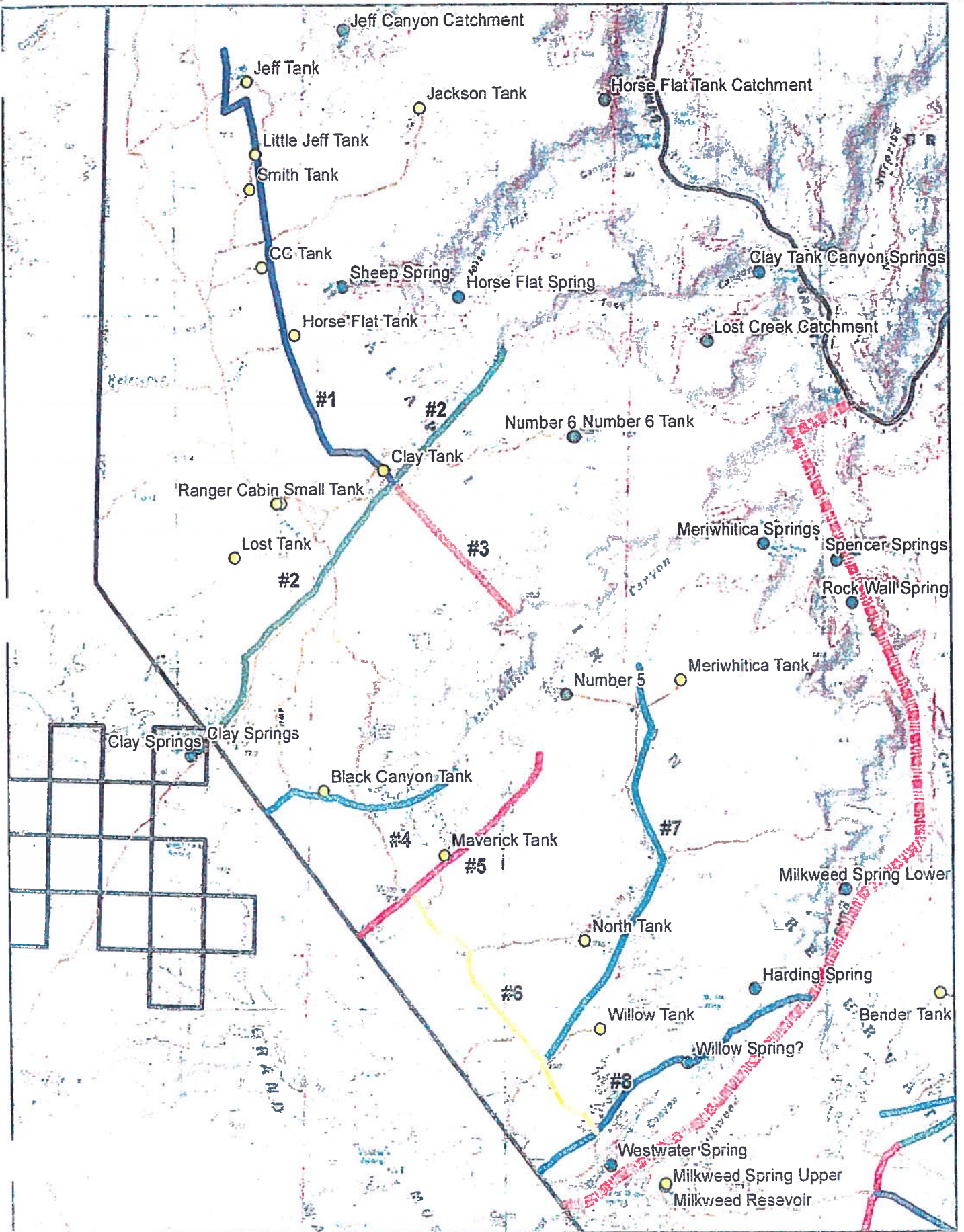
Notwithstanding any other provision of the Request for Proposals, HDNR and the Hualapai Tribe expressly reserves the right to:

1. Waive any immaterial defect or informality; or
2. Reject any or all proposals, or portions thereof; or
3. Reissue a Request for Proposal

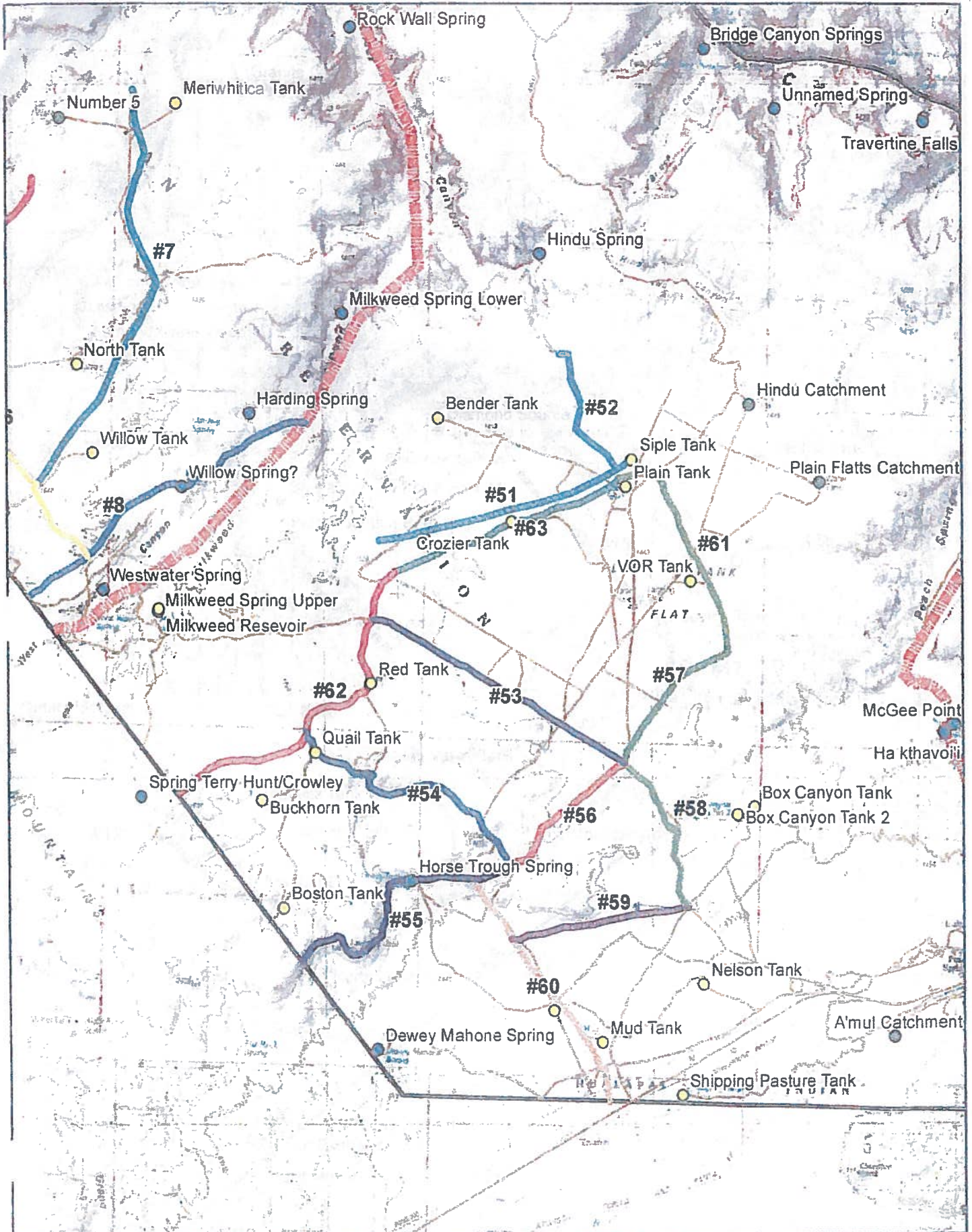
All interested entities are requested to submit a bid proposal to:

Hualapai Department of Natural Resources
 Attn: Repair/Replace Fence Project
 P.O. Box 300 or 947 Rodeo Way
 Peach Springs, AZ 86434
 Or by Fax to: 928-769-2309

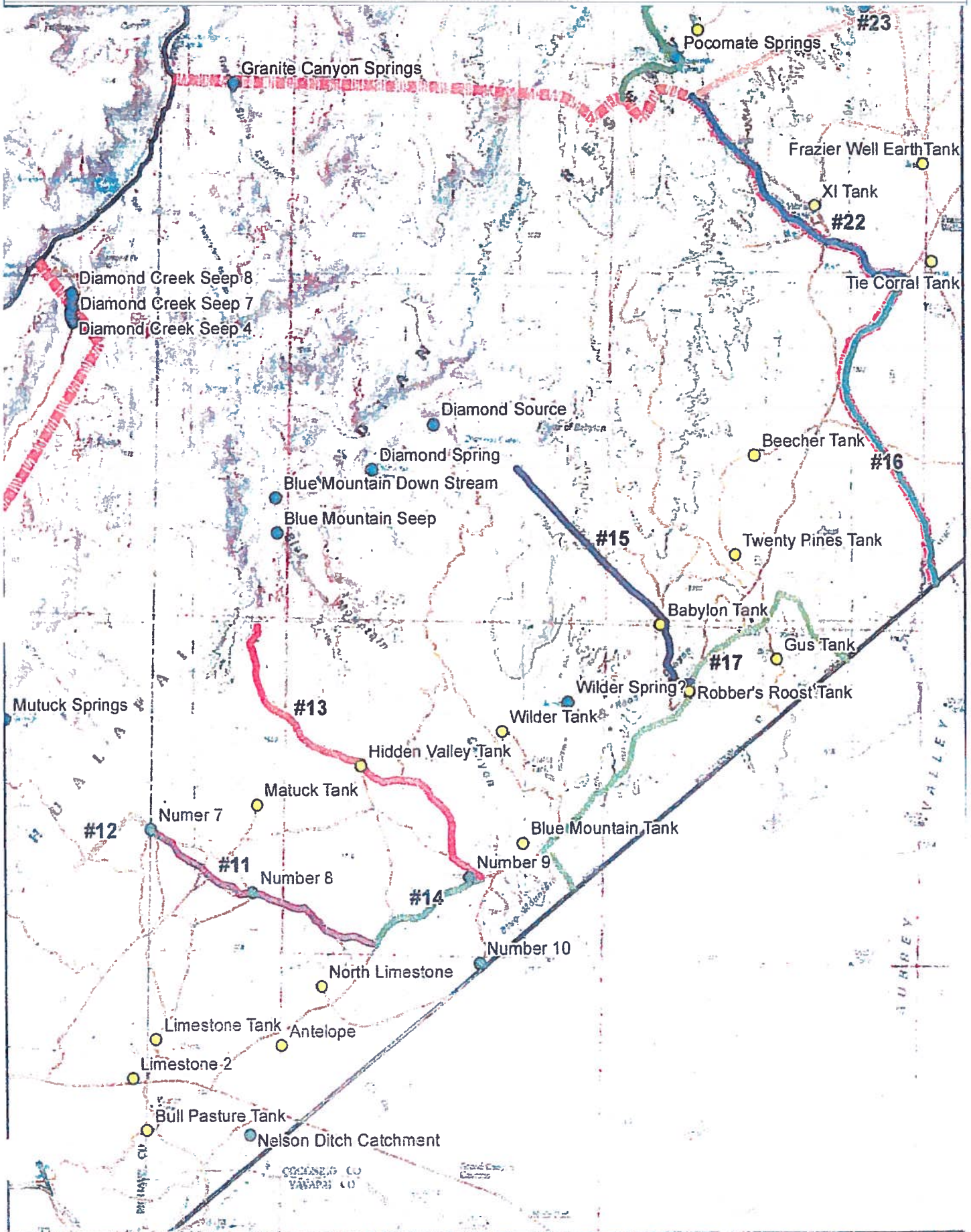
Bids will be accepted until all fencelines have been completed.



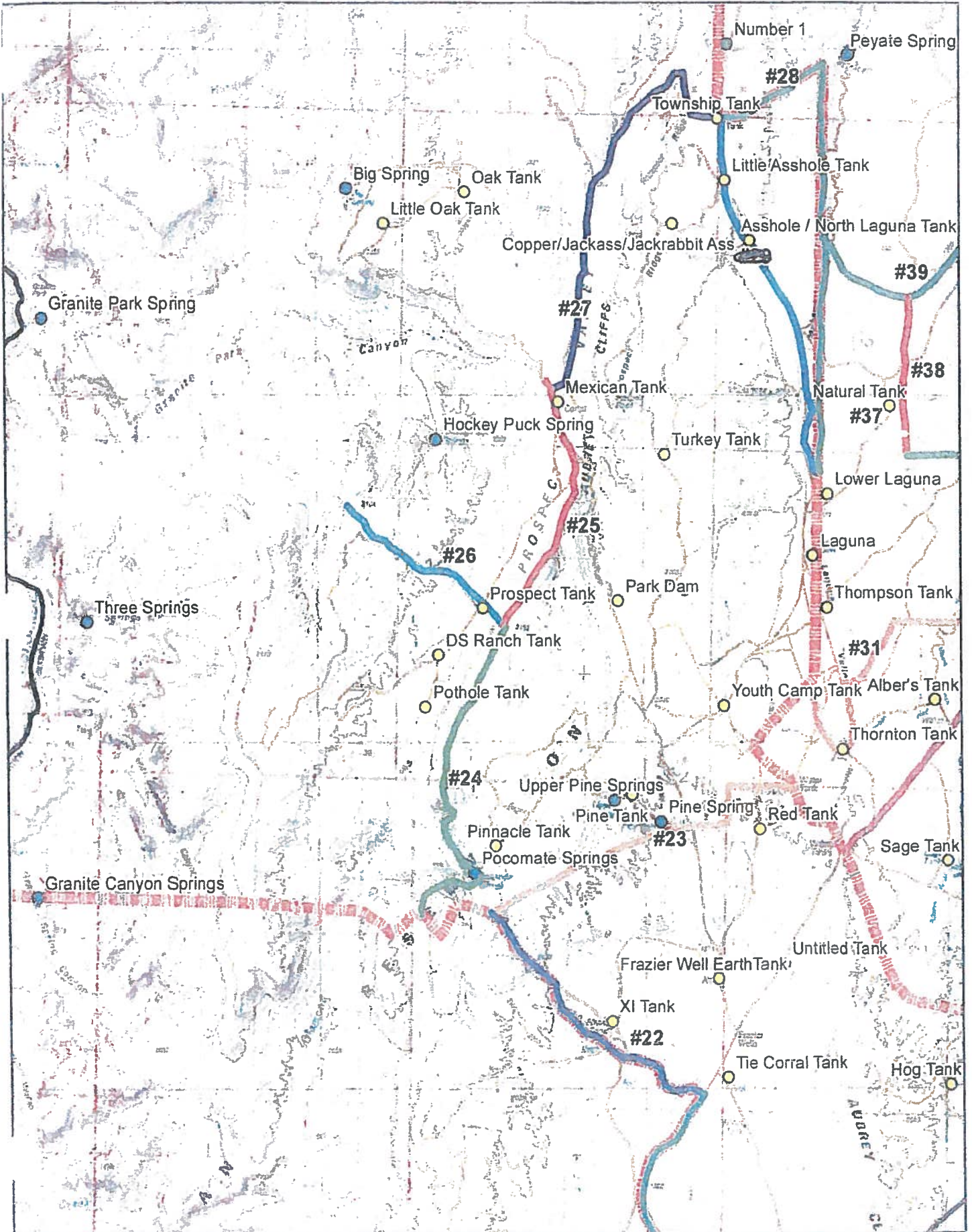
District 1 Fence Repair



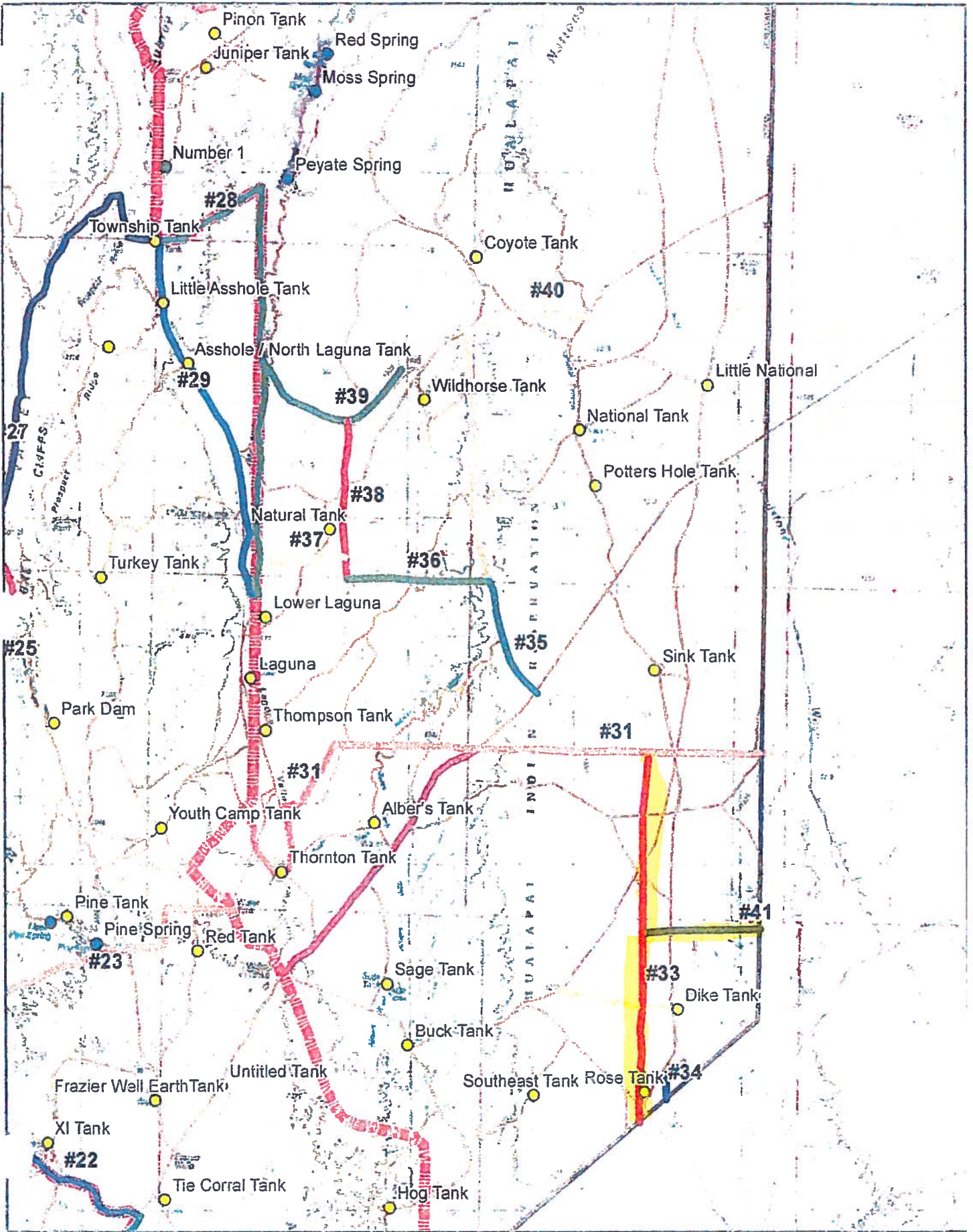
District 2 Fence Repair



District 3 Fence Repair



District 4 Fence Repair



District 5 Fence Repair

Grand Canyon Resort Corporation ♣ Horse Auction—Closes Thursday, April 4th

Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Bullwinkle

Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Bullwinkle

- | | |
|------------------------|--------------------------|
| • Breed: Quarter Horse | • Approachable |
| • Color: Grulla | • Friendly |
| • Sex: Gelding | • Buyer is responsible |
| • Age: Approx. 13 | for picking up horse |
| • Line Horse | • If we need to deliver, |
| • Needs time on back | there is a \$350 charge |

Bids may be mailed to:

Grand Canyon Resort Corporation
 Attn: Horse Auction
 PO BOX 359
 Peach Springs, AZ 86434



Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Butterball

- | | |
|------------------------|--------------------------|
| • Breed: Quarter Horse | • Likes to try and bite |
| • Color: Buckskin | • Approachable |
| • Sex: Gelding | • Buyer is responsible |
| • Age: Approx. 13 | for picking up horse |
| • Line Horse | • If we need to deliver, |
| • Needs time on back | there is a \$350 charge |

Or hand delivered to:

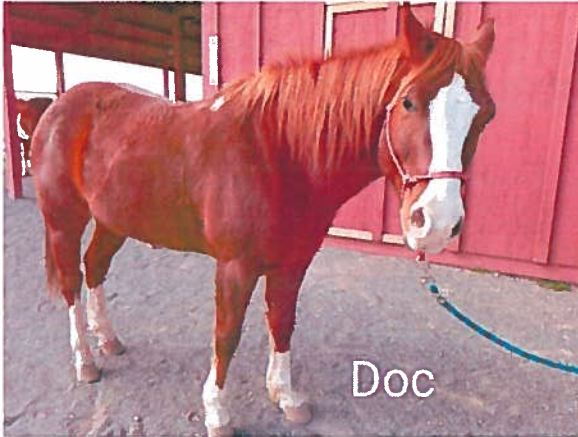
Administrative Office -
 Procurement Dept. in Peach Springs.
 Bids must be in a sealed envelope.

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Doc

- Breed: Quarter Horse
- Color: Sorrel
- Sex: Gelding
- Age: Approx. 11
- Has been used as a Wrangler horse
- Skittish and spoofs
- Well trained, still needs some work
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

Bids may be mailed to:
Grand Canyon Resort Corporation
Attn: Horse Auction
PO BOX 359
Peach Springs, AZ 86434



Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Hurricane

- Breed: Mustang
- Color: Gray
- Sex: Gelding
- Age: Approx. 15
- Very high strung
- Has attitude
- Needs lots of work
- Likes to go and not slowly
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

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

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Jet

Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$5000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

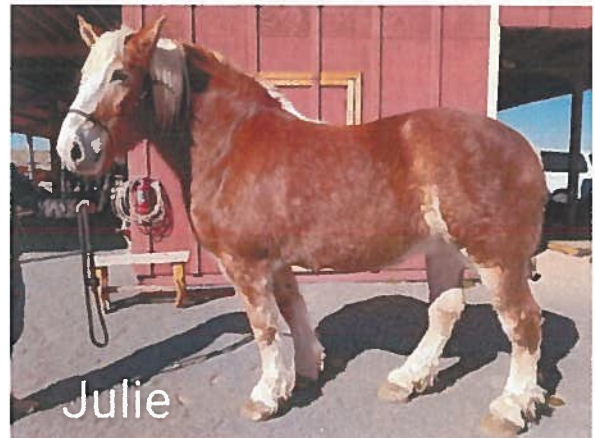
- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$5000

Jet

- | | |
|---|--|
| • Breed: Percheron | • Still needs some work |
| • Color: Black | • Approachable |
| • Sex: Gelding | • Friendly |
| • Age: Approx. 12 | • High strung |
| • Was teamed with Julie (work well as team) | • Buyer is responsible for picking up horse |
| • Well trained | • If we need to deliver, there is a \$350 charge |

Bids may be mailed to:

Grand Canyon Resort Corporation
 Attn: Horse Auction
 PO BOX 359
 Peach Springs, AZ 86434



Julie

Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$5000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$5000

Julie

- | | |
|---|--|
| • Breed: Belgian | • Still needs some work |
| • Color: Cream | • Approachable |
| • Sex: Female | • High strung |
| • Age: Approx. 13 | • Buyer is responsible for picking up horse |
| • Was teamed with Jet (work well as team) | • If we need to deliver, there is a \$350 charge |
| • Well trained | |
| • Friendly | |

Or hand delivered to:

Administrative Office -
 Procurement Dept. in Peach Springs.
 Bids must be in a sealed envelope.

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Lefty

Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Lefty

- | | |
|---|--|
| • Breed: Quarter Horse | • Approachable |
| • Color: Palomino | • Friendly |
| • Sex: Gelding | • Buyer is responsible for picking up horse |
| • Age: Approx. 11 | • If we need to deliver, there is a \$350 charge |
| • Blows up when cinched (needs work for this issue to resolve it) | |

Bids may be mailed to:

Grand Canyon Resort Corporation
Attn: Horse Auction
PO BOX 359
Peach Springs, AZ 86434



Mable

Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$3000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$3000

Mable

- | | |
|---|--|
| • Breed: Belgian | • Friendly |
| • Color: Cream | • Has had wranglers on her back |
| • Sex: Female | • Buyer is responsible for picking up horse |
| • Age: Approx. 8 | • If we need to deliver, there is a \$350 charge |
| • Draft horse | |
| • Has been trained, still needs some work | |
| • Approachable | |

Or hand delivered to:

Administrative Office -
Procurement Dept. in Peach Springs.
Bids must be in a sealed envelope.

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

Diamond Creek Restaurant ♣ March Specials

Submitted by: Adeline Crozier | Hualapai Tribe



MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Large One Topping Pizzas 28	3 Fried Chicken w/ Mash & Gravy & Salad 11.50	3 Tamales w/ Rice & Beans 8.50	Meatball Sub served With Chips 8	Hualapai Taco 6	Fish & Fries w/ side of Coleslaw 10.50	1 Med-1 Topping Pizza with Wings (8) 20
2 Large One Topping Pizzas 28	10 Italian Sub served with Chips 8	11 Quarter rack rib served with Fries & Cornbread 12.50	12 Meatloaf with Mash & Gravy & Salad 11.50	14 Hualapai Taco 6	15 Fish & Fries w/ side of Coleslaw 10.50	16 1 Med-1 Topping Pizza with Wings (8) 20
2 Large One Topping Pizzas 28	17 Tuna Melt w/ Fries 9	18 Egg Salad on Croissant w/ Chips and Soup of Day 10	19 Hot Beef with Mash & Gravy 9.50	20 Hualapai Taco 6	21 Fish & Fries w/ side of Coleslaw 10.50	22 1 Med-1 Topping Pizza with Wings (8) 20
2 Large One Topping Pizzas 28	24 Tuna Salad 9	25 Adobe Jack Burger with Fries 10.50	26 2 Pork Chops with Mash & Gravy & Salad 10	27 Hualapai Taco 6	28 Fish & Fries w/ side of Coleslaw 10.50	29 1 Med-1 Topping Pizza with Wings (8) 20
2 Large One Topping Pizzas 28	31					

INFO:

Specials:

Specials are subject to change without notice.
No Substitutions allowed on specials..

Contact Information:

Shawna Havatone, Rest. Manager
Christopher Novak, Assistant Manager
Bowman Yaramata, Kitchen Supervisor
Rondiann Quasula, Supervisor
928-769-2800

Hours of operation:

Open 7 days a week. Holiday Hours may vary.
Dinning Hours 7am to 9:00pm
Take-Out 7am to 9:00pm
For all take-out orders, a credit card will be required to process any orders to go.

Hualapai Youth Council ♣ March Meetings & Events

Submitted by: Christina Watahomigie, Youth Services Assistant | Hualapai Youth Services



HUALAPAI 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



NUTRITION MONTH

MARCH

EVENTS:

3/1

**GREEN ARROW
GARDENING EXPO
8-4PM CULTURAL CENTER**

3/4

**Open Mic Night
W/ Sage Honga
Multi 6pm**

3/8

**Business Meeting
HEW Building 9am**

3/13

**Overnight Lock-In
Agricultural Building
5pm-7am**

Pick up permission form at Youth Services office.

3/20

**Spring Fling Dance
Multi 6-9pm**

3/22

**YOUTH COUNCIL GARDENING
W/ Elizabeth Alden
9am-3pm**

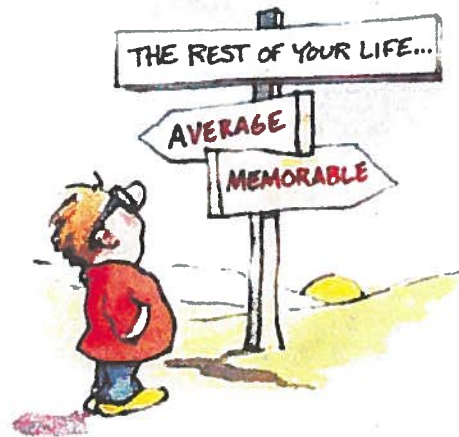
3/29

**Youth Council Fundraiser
Healthy Food/Smoothies
HEW Building 8am-2pm**

Hualapai Strategic Prevention ♣ “It’s Up to You” Presentation: Monday, March 11th

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

Hualapai Strategic Prevention



“Its Up to You”

March 11, 2019

6-8P

Hualapai Health Education and Wellness Center

Join the Hualapai Strategic Prevention for an evening activity. This presentation is for our youth during Spring Break- we will provide an educational presentation about living without substance abuse. Parents and guardians are encouraged to attend with their youth or young adults.

Creating a sober healthy community starts at home.

A light meal and activity will be provided.

RSVP transportation at (928) 769-2207 with Jessica Powskey



Hualapai Domestic Violence Program ♣ March 12th & 13th

Submitted by: Danielle Bravo | Hualapai Planning Department

Hualapai Domestic Violence Program Brings you "NATIVE YOUTH LEADING YOUTH"



Bullying
Domestic Violence
Teen Dating Violence

Self-Motivation
Suicide Prevention
Health & Wellness

Tuesday & Wednesday
March 12 & 13, 2019
Multi-Purpose Building
9:00 AM



FOR ALL AGES:
PLEASE CHILDREN UNDER 9
YRS MUST BE
ACCOMPANIED BY A PARENT

Dyami Thomas:

Model, Actor, Motivational Speaker & Co-founder of "Native Youth Leading Youth"

Rebecca Kirk:

Singer, Actress, Music Teacher, Talent Manager & Founder of "Native Youth Leading Youth"

For Information Contact Vensi Coochwytewa or Knesha Madrid @ 928-769-2397

Mega Throw XVI ♣ March 15th & 16th
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

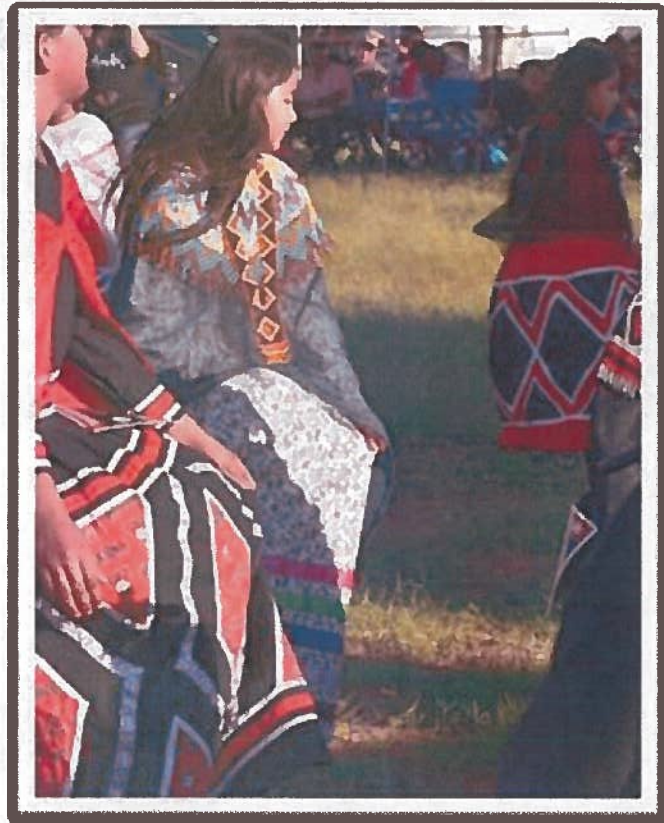
Traditional Bird Singing & Dancing Competition & Social

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"



2019 La Paz Planning Meetings + Next Meeting: Wednesday, March 13th

Submitted by: Trena Bizardi | Hualapai Youth Services

19' La Paz Planning Meetings

Wednesday, March 13

1-3pm

Hualapai Housing Dept.

Wednesday, April 10

9-11pm

HEW Building

&

We encourage ALL community members & Tribal Departments to come and help plan this years run.



Any questions, please contact Hualapai Youth Services at 769-2207 Ext. 201

Hualapai Strategic Prevention + "Who Am I" Presentation: Monday, March 18th

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

Hualapai Strategic Prevention

Nho Am I!



**March 18, 2019
Hualapai Health Education and Wellness Center
6-8P**

Hualapai Strategic Prevention would like you to come and join us for an evening of discussion about what our youth mean to us? All parents and guardians are encouraged to join their youth or young adult as we share a story about one person's journey of self identity.

A light meal and an activity will be provided.

RSVP transportation at (928) 769-2207 with Jessica Powskey

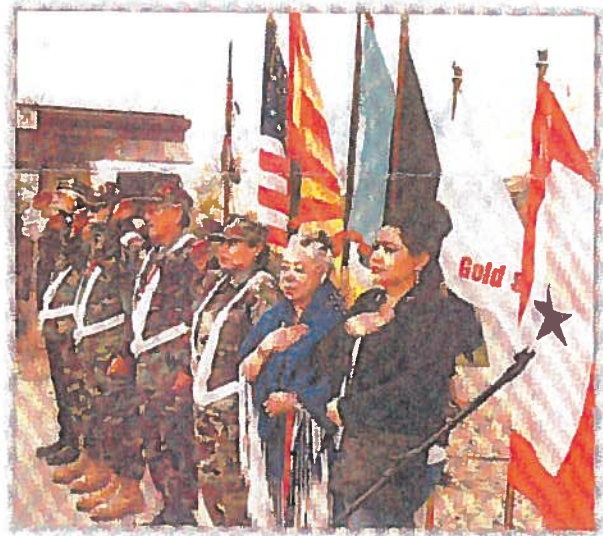
Piestewa Fallen Heroes Memorial ♣ March 22nd & 23rd

Submitted by: Christine Lee | Hualapai Tribe

Piestewa Fallen Heroes Memorial

March 22 & 23, 2019

Gold Star Families, Veterans, Tribal Leaders & Public



☛ Evening Program/Dinner Honoring Families of Our Fallen Heroes & Candlelight Vigil

Friday, March 22, 2019 @ 5:30 p.m. - 8:30 p.m.

Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave., PHX 85016

Dinner RSVP Required – Call, text or email Laureen Chischilly 602 505-9006
lachischilly05@yahoo.com

☛ Piestewa Memorial Services For All Our Fallen Heroes

Saturday, March 23, 2019 @ 6:30 a.m. - 8:30 a.m.

Piestewa Peak Apache Ramada. Due to limited parking, please park at Lincoln Heights Christian Church, 2121 East Lincoln Drive, PHX 85016 & take shuttle.

- ✓ Traditional or military dress encouraged for all events
- ✓ Color Guard POC/RSVP Required: Ernest Martinez 602-312-8663, azforpiestewa@gmail.com
- ✓ Host Hotel – Motel 6, 4727 East Thomas Road, PHX 602-956-6500.

Hualapai Strategic Prevention ♣ “Who Am I” Presentation: Monday, March 18th

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

Hualapai Strategic Prevention



“Seven philosophies to live by” “Code of Ethics for me”

March 25, 2019
Hualapai Health Education and Wellness Center
6-8P

As Native American families, we have a higher power to guide us in our daily lives. Join us as we share a few teachings for our youth to live by. Parents and guardians are encouraged to join their youth or young adult in this evening presentation.

A light meal and an activity will be provided.

RSVP transportation at (928) 769-2207 with Jessica Powskey

Building Individual & Community Resilience ♣ Thursday, April 4th

Submitted by: Claudette Walker | Hualapai Health, Education & Wellness

HUALAPAI HEALTH EDUCATION & WELLNESS BUILDING INDIVIDUAL & COMMUNITY RESILIENCE HEALING THROUGH AWARENESS AND EXPRESSIONS—

Mind-Body Skills help people and communities who are dealing with any kind of challenge or stress. We are all born with built-in resilience, and... we can actively contribute to strengthening our capacity to respond to the challenge and difficulties of our lives. Come and join your relatives to deepen your capacity to feel safe, nurtured, strong and courageous in your walk through life.

Participants may learn about and experience any of the following:

BREATHING	BIOFEEDBACK	SELF-EXPRESSION	DRAWING	MINDFUL EATING
GUIDED IMAGERY	MEDITATION	MOVEMENT	RELAXATION	EMOTIONS

Wellness Group participants have experienced:

- **Increased Confidence and improved experience of oneself and others**
- **Enhanced ability to cope with pain or other symptoms**
- **Enhanced physical/mental/spiritual health and well-being**
- **Improved ability to handle stress and reduce anxiety and depression**

Location: **Multi-Purpose Building**

When: **Thursday, April 04, 2019 @ 8:00am - 5:00pm**

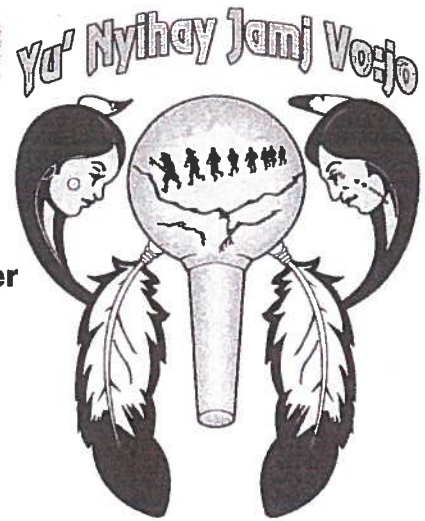
Contact: **Claudette Walker @ HEW (928) 769-2207 to register**

La Paz Trail of Tears Run 2019 + Registration Forms Due: Monday, April 8th

Submitted by: Trena Bizardi | Hualapai Youth Services

La Paz Trail of Tears Run 2019

From Kingman to Peach Springs, AZ



Monday April 15, 2019 (Multi-Purpose)

5:30pm Meet for Sweat

6:00pm Runners Meeting/Traditional Food Presentation/Dinner

6:30pm Storytelling and La Paz History (All are welcome to Share stories)

Attendance is a must for runners

470 Hualapai Drive, Peach Springs, AZ

Saturday April 20, 2019 (Day of Site Blessings)

5:30AM La Paz Site—Ehrenberg, AZ

Sunrise Blessing of Site, runners and community members welcome.

8:00AM Breakfast to follow

***Directions to La Paz site:** In Parker, AZ starting at the intersection at CRIT tribal complex, travel 40 miles south on Mohave Road. La Paz site is near mile marker 203 on the west side.

10:00AM Fort Beale Site/Kingman AZ, Fort Beale Dr. Blessing and walk through of site.

11:45AM Locomotive Park on 66, - 310 W. Beale & 1st Street Bird singing & dancing and lunch. All bird singers and dancers welcome.

Sunday April 21, 2019 (Day of Run)

3:00AM Meet at Tribal Gym

3:30AM Leaving Gym to Fort Beale

4:00AM Morning Blessing

5:00AM Start Run from Fort Beale

12-2PM Return to Peach Springs

SUBJECT TO CHANGE
LAST UPDATED 2/28

Community will welcome back runners at the corner of Diamond Creek/ Route 66 by the Lodge. Everyone will walk to Tribal Gym for lunch. Community members and family of runners are encouraged to donate a dish to share.

Run restricted to 18 years and older, unless minor 14-17 years of age is accompanied by adult runner (one per adult) **Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities.** Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTRONICS/CELLPHONES/PICTURES. Must be tribally enrolled to run.**

Contact Youth Services 769-2207 to register to run. Registration forms must be submitted by April 8, 2019

Hualapai Youth Services PO Box 397/488 Hualapai Way, Peach Springs, AZ 86434

Running to Honor Our Ancestors. Running to Heal Our People.

2019 La Paz Run Registration Form and Medical Questionnaire

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 8, 2019**. Information is needed should you need any medical attention on the run and to ensure you receive proper medical care. Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. **Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/8-4/21. No electronics/cellphones/pictures while on the run. Must be Hualapai Tribally Enrolled.**

Runner Name: _____

Contact information should the La Paz committee need to contact you regarding the run.

Mailing Address: _____

Phone Number: _____ Email Address: _____

Circle one: Male Female Age: _____ Date of Birth: _____

Past Medical History: _____

Have you been diagnosed or have a history of any of the following? (circle all that apply)

- | | | | |
|---------------------|----------------------|-----------|------------------|
| Asthma | Diabetes | Thyroid | Tuberculosis |
| HIV/AIDS | Hypo/Hyper Glycaemia | Hepatitis | Heart Problems |
| Foot Problems | Liver Disease | Cancer | Seizure Disorder |
| High Blood Pressure | Low Blood Pressure | | |

What type(s) of medications do you take (prescription or over the counter), please include dosage(s):

Are you allergic to any medications? Yes No

Please list if you circled yes above: _____

List allergies: _____

Any other medical conditions not listed above that Peach Springs EMS need to be aware of:

Emergency Contact: Name: _____ Relation: _____
Phone Number: _____

I, _____, feel that I am in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Signature _____ Date _____ T-Shirt Size _____

For participants 14-17 years of age - - - - -

I, _____, feel that my child named above, is in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Parent/Guardian: _____ Relationship: _____

Signature _____ Date _____ T-Shirt Size _____

REGISTRATION DEADLINE APRIL 8, 2019 - NO EXCEPTIONS
Please encourage your family members to contribute to the community potluck following the end of the run.
RUNNERS MEETING ON APRIL 15th. YOU MUST ATTEND

Hualapai Youth Council ♣ Save The Date

Submitted by: Christina Watahomigie | Hualapai Youth Services

HUALAPAI TRIBAL
YOUTH COUNCIL
PRESENTS
SUMMER YOUTH
CONFERENCE

**JUNE
17-19
2019**

**SAVE
THE
DATE**

Peach Springs, AZ 86434
Be Prepared To Camp!
Native American Youth
Ages 14-24

For More Information Feel Free To Contact
Youth Services @ 928-769-2207 Ext. 201



**IMPORTANT DATES FOR
THE GAMYU NEWSLETTER**

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



For latest and archived issues of the Gamyu newsletter, please go to:
<http://hualapai-nsn.gov/gamyu-newsletter/>

ARTICLE DEADLINE

Friday, March 15TH

NEXT PUBLICATION

Friday, March 22ND

EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corporation—Job Fair ♣ Thursday, March 21st

Submitted by: Adeline Crozier | Hualapai Tribe



Grand Canyon Resort Corporation Job Fair



Thursday, March 21st at the Multi-Purpose Building

From 10:00 am-3:00 pm

Be prepared to fill out an application, provided Identification, and Interview for opening positions, selected departments will be available.

Any questions please contact the GCRC Human Resources Department at (928) 769-2640.

GCRC—Internship Program ♣ Accepting Candidate Submissions: April 1st - 12th

Submitted by: Heather Nieto, Sr. HR Specialist | Grand Canyon Resort Corporation



Grand Canyon Resort Corporation 2019 Internship Program

Accepting Candidate Submissions April 1st- April 12th

The Internship Program will be Trade Specific in **HVAC** and **Electrician** educational achievement. The focal point of the program is to prepare two (2) enrolled Hualapai Tribal Members in servicing equipment, structures, and future projects within Grand Canyon Resort Corporation (GCRC) operations. You will be employed through the Grand Canyon Resort Corporation if accepted into the Internship Program. All GCRC Policy and Procedures will also be followed and abided by.

Requirements

- Enrolled Hualapai Tribal Member
- High School Diploma or GED
- Driver License
- Pass a Background check
- Submit a typed 500-word essay covering the following three (3) topics:
 - Explain your experience working for GCRC
 - Why you should be selected
 - What you hope to gain
- Submit three (3) references (must not be immediate family members)
- Must be able to attend to Mohave Community College in earning a Degree
- Be able to balance work and school assignments
- Work various hours and commute between different locations
- Team player and communicator



If you are interested, please contact Heather Nieto-Sr.HR Specialist/Internship Supervisor at (928)769-2419 ext. 173 or (928)769-6575.

GCRC—Summer Youth Program ♣ Accepting Applications May 1st

Submitted by: Heather Nieto, Sr. HR Specialist | Grand Canyon Resort Corporation



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 1st



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 1st.**
- 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.

Hualapai Tribe 🍀 Current Job Postings
 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
Finance Department	Finance Assistant Director	D.O.Q.	February 28, 2019	March 15, 2019
Adult Detention	Correctional Officers I, II and III (3)	\$16.00 - \$18.00/Hr.	January 16, 2019	Open Until Filled
Cultural Resources	Senior Archaeologist	D.O.E.	December 13, 2018	Open Until Filled
Day Care	Floater	D.O.E.	February 07, 2019	Open Until Filled
Forestry Department	Geographical Information System (GIS) Coordinator	D.O.E.	February 07, 2019	Open Until Filled
	Forestry Program Manager	Negotiable	February 07, 2019	Open Until Filled
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 Resources	Director	D.O.Q.	February 28, 2019	Open Until Filled
Human Services	Shelter Advocate	D.O.Q.	December 10, 2018	Open Until Filled
	Security	D.O.Q.	December 10, 2018	Open Until Filled
	Domestic Violence Advocate	D.O.Q.	February 28, 2019	March 08, 2019
Juvenile Det. Center	Correction Officer I, II, and III	\$16.00 - \$ 18.00/Hr.	October 31, 2017	Open Until Filled
Natural Resources	Range Specialist	Negotiable	February 26, 2019	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
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

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 03/01/2019

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

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

EDUCATION & TRAINING INFORMATION

Hualapai Department of Education & Training ♣ Friday School

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

Friday School: Hosted by Department of Hualapai Education and Training

March 11-14, 2019 Intersession

9:00am - 1:00pm

Friday, April 12, 2019

Friday, April 26, 2019

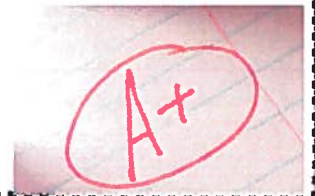
Friday, May 10, 2019

9:00am - 1:00pm

9:00am - 1:00pm

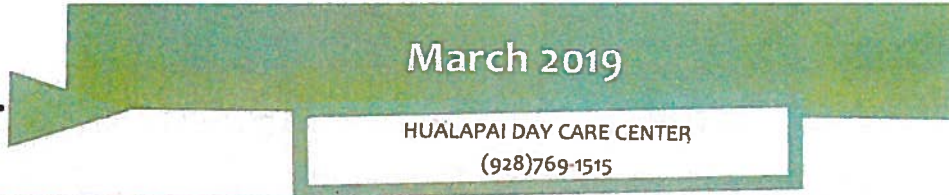
9:00am - 1:00pm

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 UPI!



Hualapai Daycare—Calendar of Events ♣ March

Submitted by: Danielle Bravo | Hualapai Planning Department



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Monthly Closure	2 Happy Birthdays Dr. Seuss
3	4 Dr. Seuss Day	5	6	7	8	9
	Lice Check		Movie Night @ 5:30		Lice Check	
10	11	12	13	14	15	16
17	18	19	20	21 CENTER CLOSED Mandatory Staff Training	22 CENTER CLOSED Mandatory Staff Training	23
	Lice Check					
24	25	26	27	28	29	30
31						

March Theme - Dr. Seuss, Spring, St. Patrick's Day & Baby Animals

Colors: Green & Yellow/ Gold

In Hualapai : Vasuw, qwath & Halnum

Shape: Clover & Review All

Letters: Gg & Hh



Hualapai Head Start ♣ Free and Reduced-Price Policy Statement

Submitted by: April Keller | Hualapai Head Start



ARIZONA DEPARTMENT OF EDUCATION

Health and Nutrition Services
1535 West Jefferson Street
Phoenix, Arizona 85007

Free and Reduced-Price Policy Statement Non-Pricing Program for CACFP

Revised Fall 2018

Introduction

In accordance with 7 CFR 226.23, each sponsoring organization participating in the Child and Adult Care Food Program must develop a written policy statement concerning free and reduced-price meals to be used in all child/ adult care facilities under its jurisdiction. Sponsors just beginning participation in the CACFP must submit their policy statement to ADE for review as part of the new sponsor application process. The policy statement becomes a permanent document, but must be amended when the sponsor makes a substantive change to its free and reduced-price policy.

Policy Statement

Sponsor Name: Hualapai Head Start

This statement applies to the programs in which the sponsor will be participating as indicated on the application and agreement.

In fulfilling its responsibilities to implement a policy that conforms to United States Department of Agriculture (USDA) regulations regarding determination of participant's eligibility for free and reduced-price benefits, Hualapai Head Start wishes to state the following:

1. Hualapai Head Start assures the Arizona Department of Education (ADE),

Community Nutrition Programs that all participants at the sites described on the ADE application forms are served the same meals at no separate charge regardless of sex, race, color, age, disability, or national origin, and there is no discrimination in the course of the food service.

2. Hualapai Head Start will submit a public release to a local information media
 Sponsor Name

source serving the area from which the child/adult care institution draws attendance announcing the availability of meals at no separate charge to participants in attendance. In addition, the income eligibility guidelines will be included in the public media release (guidelines not necessary for emergency shelters or at-risk afterschool programs).

April Keller - Director
 (Print or Type Name and Title)

April Keller
 (Signature)

Hualapai Head Start
 (Sponsor)

2/25/19
 (Date)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Child and Adult Care Food Program

Media Release

(Non-Pricing Programs Only)

Center Name Hualapai Head Start
 Street Address 479 Hualapai Way City Peach Springs Zip Code 86434
 Center Contact Person April Keller Phone Number 928-769-2522
 Sent To GAMYU Date 2/25/19

Note: Emergency shelters and at-risk only programs should omit references to income and the income guidelines before sending to local media sources.

Please print the following media release as a free public service announcement.

Today Hualapai Head Start (name of center) announced its sponsorship of the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program administered by the Arizona Department of Education, Community Nutrition Programs. Meals will be made available to enrolled participants at no separate charge without regard to race, color, national origin, sex, age, or disability. Household income determines the amount of money institutions will be reimbursed to provide meals to enrolled participants. The income-eligibility guidelines listed below are used to determine the amount of reimbursement.

FREE

REDUCED-PRICE

Household Size	Yearly	Monthly	Twice Per Month	Every Two Weeks	Weekly	Yearly	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$ 15,782	\$ 1,316	\$ 658	\$ 607	\$ 304	\$ 22,459	\$ 1,872	\$ 936	\$ 864	\$ 432
2	21,398	1,784	892	823	412	30,451	2,538	1,269	1,172	586
3	27,014	2,252	1,126	1,039	520	38,443	3,204	1,602	1,479	740
4	32,630	2,720	1,360	1,255	628	46,435	3,870	1,935	1,786	893
5	38,246	3,188	1,594	1,471	736	54,427	4,536	2,268	2,094	1,047
6	43,862	3,656	1,828	1,687	844	62,419	5,202	2,601	2,401	1,201
7	49,478	4,124	2,062	1,903	952	70,411	5,868	2,934	2,709	1,355
8	55,094	4,592	2,296	2,119	1,060	78,403	6,534	3,267	3,016	1,508
For each additional family member add:	+ 5,616	+ 468	+ 234	+ 216	+ 108	+ 7,992	+ 666	+ 333	+ 308	+ 154

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov.

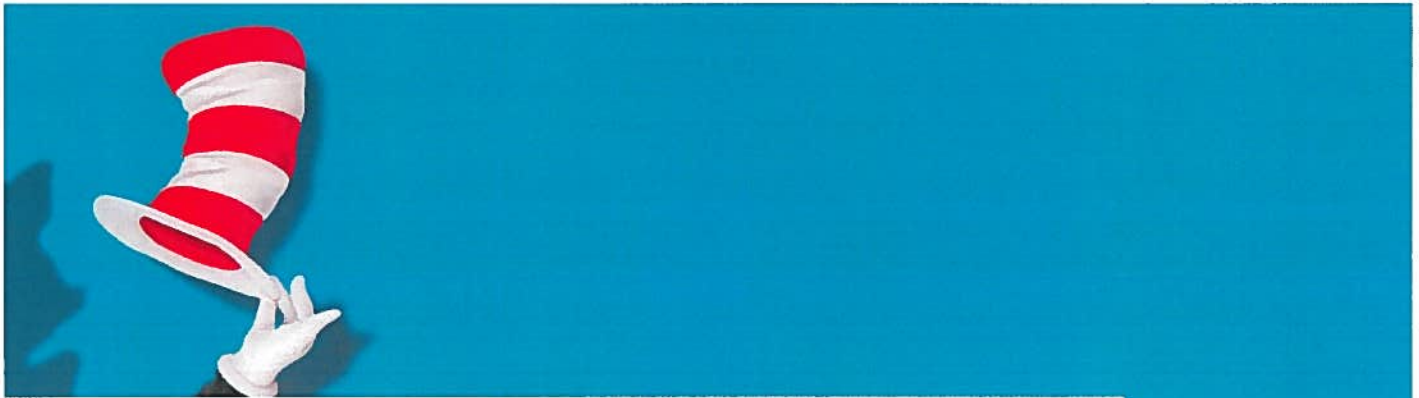
This institution is an equal opportunity provider.

Meals will be provided at the site(s) listed below: (Attach additional pages if needed)

Center Name Hualapai Head Start
 Street Address 479 Hualapai Way
 City, Zip Code Peach Springs, AZ 86434
 Phone Number 928-769-2522

Hualapai Head Start + March Newsletter

Submitted by: Pearl Sullivan | Hualapai Head Start



HUALAPAI HEAD START NEWSLETTER

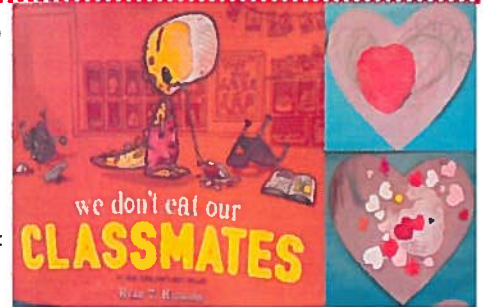
MARCH 2019

ISSUE 03



Classroom 1

During the month of February, classroom 1 reviewed Transportation vehicles which we learned about in January. The second week of February our classroom began learning about friendship and how to treat friends nicely and their favorite book "We Don't Eat Our Classmates" which taught our classroom about keeping our teeth off our friends.



Classroom 2

Classroom 2, We visited the ocean during February. Our Classroom learned about the "Rainbow Fish" that focused on friendship and sharing. Throughout the month, we learned about various ocean and sea animals from the small fish to the great big large fish. All of our students learned about the types of habitats, diets, defense mechanisms and how they all live in the ocean/sea together. We have continued to practice writing our names, learning about our feelings and counting our numbers.



Classroom 3

Classroom 3, our class traveled to Outer Space! Each of our classroom lessons orbited around Space! We traveled to see the each of the planets in our solar system and our great big star, the Sun. Each student was able to make a rocket ship by spelling their names, paint great big paper plate planets and make sensory galaxy's.



MARCH 2019

• • • Classroom 4 • • •

Classroom 4, we learned about our bodies. Our class was about to learn about our muscles, skeleton, organs and how we should take care of our bodies because our bodies have a different function that affects how we behave and feel.

During February 25-27, we took a field trip to the tribal gym and the Hualapai Recreation helped us learn about physical exercise by demonstrating various sports and obstacle courses.

In the classroom we learned about how to keep our teeth clean and why its important to brush and clean our teeth. All of our students were able to learn about their brains and the functions of each part of the brain.



ISSUE 03

ACTIVITY CORNER

Exercise = Fun!

When children are young, exercise isn't exercise—it's just plain fun! Here are ideas for putting more physical activity into your youngster's day.

Superman



Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down.

"fly" 10 more times.

Bubble Jumping Jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.



Freeze dance



Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up.

Dr. Seuss

Birthday Week Celebration March 4-7, 2019



Monday **Crazy Hair! & wear Green**

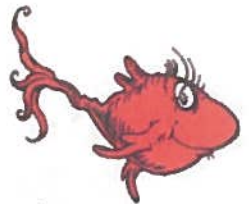
Dress up in the color green and/or wear a crazy hair style in

celebration with the Book *Daisy Head Mayzie*.



Tuesday **WACKY SOCKS**

Wear mismatched, decorated or crazy socks in celebration with the Book *Fox in Socks*.



Wednesday **Wear Red or Blue**

Wear the colors red or blue clothes in celebration with the Book *1 fish 2 fish*.

Thursday **Cat in the Hat**

In celebration with the book *Cat in the hat*, we will be providing a paper striped hat for all students and having a read aloud all day for each classroom.



MARCH 2019

ISSUE 03

ONLINE SAFETY

Are you paying attention to what your child is watching while their online?

Due to increasing inappropriate content becoming available to the public, we suggest these tips to keep your family safe.

The Basics

Watch with your kid. Simply ask your kids what they're watching and join them.

Watch by yourself. If kids don't want to share, get the name of the channel they're watching and watch it later.

Be sleuthy. If you're concerned about the content your kid is watching on YouTube -- and you've tried talking to her -- there are ways of tracking her viewing habits.



Finding Good Stuff

Turn on Restricted Mode. Be aware that YouTube is technically only for teens 13 and up, and what the site considers age-appropriate may not match your values. But YouTube offers a filter called Restricted Mode that limits the iffy stuff. Go to your account settings page and toggle on Restricted Mode at the bottom of the page.

Watch later. YouTube gives you the ability to save videos to watch at a later time, which improves the odds that your kids will be exposed to stuff you've preapproved.

HEAD START SPRING BREAK MARCH 18-21

Please make proper arrangements for your student(s). Contact Head Start for more information.



March 7th, 2019

5pm

Transition Meeting

Head Start

March 26th, 2019

5pm

Parent Meeting

Head Start

March 28th, 2019

9am

Fire Drill

TRANSITION PARENT COMMITTEE FUNDRAISING EVENTS!



ENCHILADA FOOD SALE

MARCH 8

MULTI PURPOSE BUILDING

11AM - SOLD OUT



BINGO

MARCH 11

Multi Purpose Building

5PM-9PM

IF YOU WOULD LIKE TO HELP, DONATE, OR FOR MORE INFORMATION CONTACT MUNUETTA TORREZ AT (928) 769-2522

Valentine Elementary School ♣ March: Eagle Eyes Newsletter & Calendar of Events

Submitted by: Paula Blout, Office Manager | Valentine Elementary School



EAGLE EYES



Vol. 4, No. 8

www.valentincaz.net

February 28, 2019

Pennies for Patients

Our annual Pennies for Patients campaign has begun! From now through March 14, students can bring in their collection boxes and add to their classroom collections. All donations benefit The Leukemia and Lymphoma Society and their work to eliminate blood cancer.

Read Across America

Saturday, March 2, is Read Across America Day. Everyone is encouraged to set aside at least 30 minutes on this day to just read. We will be celebrating Read Across America with a Spirit Week of activities March 4-7. See the monthly calendar for details.

Moby Max Day Contest

Our Moby Max Day earlier this month was a huge success. Students across all grades worked really hard in English and math lessons and demonstrated mastery in hundreds of objectives. After doing the calculations to adjust for class size and length of their respective school days, the winning class was . . . 5th and 6th grade. They have earned the pizza prize, which is scheduled for lunchtime on March 14.

KITCHEN UPDATE

Today our school had a visit from a Phoenix contractor who will be putting together a proposal for the construction of our school kitchen. This is the first step in a long process that will eventually have our school participating in the Federal Free and Reduced Lunch and Breakfast Programs!



PLANNING AHEAD

- Mar 4-7 – Dr. Seuss Week
 - Through Mar 14 – Pennies for Patients
 - Mar 14 – Early out (2pm) – Staff Training
 - Mar 18-21 – Spring Break – **NO SCHOOL**
 - Mar 27 – Quarter 3 report cards
 - Apr 08-18 – AzMERIT/AIMS Testing
 - May 02 – Small Schools Track Meet
 - May 21 – Graduation/Promotion Ceremony
- NOTE: THIS IS A CHANGE FROM THE ANNUAL CALENDAR**
- May 23 – Field Day, Rec Area 1



HOW CAN I HELP MY STUDENT?

- Have open and honest conversations with your students about appropriate Internet and social media use – The advance of smartphones, iPods, tablets, etc. have made access to information expand beyond our capacity to process. Much of that information can be beneficial. Unfortunately, there is quite a lot of it that has the potential to be harmful. Some questions to start the conversation process:
 - What is the plan if your student comes across inappropriate content?
 - What should they do if an unknown number texts or messages them personal questions – like how old are they, when is their birthday, where are they?
 - Under what circumstances is it OK to share personal information?
 - What is the plan if someone asks you to do something that is dangerous, harmful, or illegal?
- Educate yourself about text abbreviations – For example, if your student's device has a message from someone asking "AGL or ASL?", the person is asking for your student's age, gender (sex) and location. That should send up an immediate warning flag.
- Establish screen time guidelines – Recommendations from the American Heart Association indicate that students should be limited to 2 hours of screen time per day. The American Academy of Pediatrics agrees and further recommends that students not have Internet access, televisions, or video game systems in their bedrooms, as the devices generally result in fewer hours of quality sleep.

NO GUM!



Four out of our five classrooms have had new carpet installed within the past two summers. Unfortunately, not everyone is doing their part to keep our school looking good, so we will be implementing a "no gum" procedure beginning next week.



MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Valentine Elementary School 12491 N. Byers St / HC 35 Box 50 Truxton/Peach Springs AZ 86434 phone 928-769-2310 fax 928-769-2389 www.ValentineAZ.net		 The Leukemia & Lymphoma Society Pennies for Patients	Campaign continues through March 14		1	2 Read Across America Dr. Seuss Birthday
3 Anne Sullivan Begins teaching Helen Keller (1887)	4 Dr. Seuss Week Cat in the Hat (Hat Day)	5 Green Eggs & Ham (Wear Green) 	6  Wacky Wednesday (Crazy Dress)	7 Fox in Socks (Crazy Socks)	8	9 First Speech Transmitted by Telephone (1876)
10 Daylight Saving Time Begins 	11	12 School Board Mtg 4:30 pm	13	14 Early Release 2pm Spirit Day Blue & Gold	15	16
17 St. Patrick's Day 	18 First Walk in Space (1968)	19 Lackey's Airman (Red Tails) activated (1941) SPRING BREAK	20 International Day of Happiness First Day of Spring NO SCHOOL	21	22	23 "Gk" first used in print (1839)
24 / 31	25 Pancakes First Made (1882)	26 Leonard Nimoy (Spock) born (1931)	27 3 rd Quarter Report Cards	28	29 Boethoven declared in Vienna (1795)	30















Boys & Girls Club of Peach Springs—Calendar of Events ♣ March

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



BOYS & GIRLS CLUB OF PEACH SPRINGS

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Celebrating Dr. Seuss				2 EWELL-AM Morning Workout EWELL-PM Snack Demo Happening Every FRIDAY Come Join the FUN!
4  "Daisy Head Maisy" Crazy Hair + Wear Green	5  "Fox In Socks" Wear your Crazy/Mismatched Socks	6  "one fish two fish" Wear Red or Blue	7  "Cat in the Hat" Wear stripes or your favorite Hat	8  "The Lorax" Wear a silly mustache (will be provided)
21 DISNEY Club Open: 7:45-6:00pm Kingman/Peach Break Theme: MONSTER U Wear College Gear	22 WEEK  Theme: Sleeping Beauties Wear Your Fave Disney PJ's	23  Theme: Disney Day Dress Like your Fave Character	24  Theme: OHANA DAY Wear Hawaiian Themed Gear	25 Support Services Visit  Theme: MICKEY & MINNIE DAY Wear Black/Red Mickey/Minnie
28 classic nickelodeon Club Open: 7:45-6:00pm Kingman/Truxton Break Theme: Rock's Modern Life Wear a Button Up Shirt	29  Theme: CAT DOG Wear Orange or Yellow	30  Theme: Aaesh Monster Dress as Aaesh Monster	31 Theme: Rugrats Wear your favorite Onsie PJ's 	22 Theme: St. Pater's Day Wear the color GREEN St. Pater's Dance w/ Getta  Club Movie Night Ages 10 & Up 6-9pm Snacks will be provided
35 Power Hour (Homework Hour) Outside Activity	26 Power Hour (Homework Hour) SMART Kids	27 Power Hour (Homework Hour) National Fine Arts	28 Power Hour (Homework Hour) TRAILS- 7 to 11 year olds	29 March Birthdays Celebration 

Hualapai Youth Council ♣ Spring Break Events

Submitted by: Christina Watahomigie, Youth Services Assistant | Hualapai Youth Services

Youth Partnership
Between:



BOYS & GIRLS CLUB
OF PEACH SPRINGS



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
Cooperative Extension
Tribal Extension Programs



Tribal Practices

SPRING BREAK EVENTS

(March 11-22, 2019)

SUBMIT PERMISSION SLIP FOR ALL EVENTS! PLEASE SEE AGE REQUIREMENTS.

YOU CAN PICK UP PERMISSION/LIABILITY FORMS AT YOUTH SERVICES (HEALTH DEPARTMENT), BOYS AND GIRLS CLUB AND IHS-REBECCA

PLEASE SUBMIT BY MARCH 7, 2019

**Any Questions, Contact:
PHONE: 928-769-2207
Ext: 201**

Diamond Creek Trip

Please Bring: Water bottle, sunscreen, wear warm comfortable clothes, hat and sunglasses, insect repellent

IF YOU HAVE LICE OR EXPERIENCING SYMPTOMS OF SICKNESS (RSV) YOU CANNOT SIGN UP FOR THE LOCK-IN on MARCH 13th

Week 1 (March 11-15)

March 11, 2019: The Talk 101 with IHS Rebecca Rice

Time: 1-3pm Ages: 10 and Up
Location: Health Department

March 12, 2019: Diamond Creek Educational Field Trip

Time: 9am-3pm Ages: 10-24
Provided: Lunch, Snack and Water
Meet at 4H Building

March 13, 2019: Lock-in at 4H Building

Time: 5pm-6am Ages: 12-18
Provided: Dinner, Snacks, Board Games, Movies, Breakfast

Must Drop off by 5:30pm

Pick Up Youth by 7am at 4H Building

Week 2 (March 18-22)

March 19, 2019: Diamond Creek Educational Field Trip

Time: 9am-3pm Ages: 10-24
Provided: Lunch, Snack and Water
Meet at 4H Building

March 20, 2019: Spring Fling Dance

Time: 6-9pm Ages 13-19 **DJ GETTA WITH KWLP**
Location: Multi

March 22, 2019: Dance at Boys and Girls Club with KWLP

Time: 2-4pm

March 22, 2019: Movie Night 6-9pm at Boys & Girls Club

Time: 5:30pm-9:00pm Ages: 10-18
Provided: Snacks and Drinks

Call B&G Club For Further Questions 928-769-1801

Hualapai Youth Council with IHS Presents:



**Parents and Youth
11 years old &
older**



Puberty might seem strange or scary, but knowing what's happening with your body can help you relax.

Join us for a educational video group discussion on the changes that youth may be experiencing.

**Monday
March 11th
1:00pm-4:00pm
at HEW**

For more
information call
Hualapai Youth
Services @
769-2207
Or
IHS 769-2923

Dear Parent or Guardian:

In an effort to continually keep parents informed of the most updated and excellent curriculum acquired for the education of your child we are presenting adolescent human growth and development curriculum entitled:

Beginning Body Changes: Prepare for Take-Off

This is a video-based curriculum produced by an *Emmy* Award winning company with twenty years experience in educating puberty-aged children about the physical changes that are, or soon will begin in their lives. It is important to note that this is not a Sex Education curriculum. This is only and specifically a human growth and development curriculum which deals with physical changes.

Changes addressed in this curriculum include:

For Girls: Growth spurts, acne, body hair, sweating increases, hygiene , emotions, breast development, menstruation, puberty can be a difficult time, what they hear on the streets is often wrong, and the time table of changes is different for everyone.

For Boys: Growth spurts, acne, body hair, sweating increases, hygiene , emotions, shaving, voice changes, erections, circumcised and uncircumcised, wet dreams, puberty can be a difficult time, what they hear on the streets is often wrong, and the time table of changes is different for everyone.

Please also note, the producers of this curriculum, *World Educational Media*, have an excellent track record of producing non-biased curriculum that is completely and totally without agenda. There are absolutely no hot buttons issues addressed in this curriculum. It is all physical development and fact-based.

The Indian Health Service Public Health Educator will also be presenting on Sexually Transmitted Inaction and how to prevent them.

It is important to us that we know you are aware of the upcoming. Please take a moment to sign this form and return it to school with your student. And thank you for partnering with us in assuring that your child/guardian receives the best in this type of curriculum.

_____ Child name

_____ Parent Signature

_____ Date



HUALAPAI YOUTH SERVICES

960 Rodeo Way
 P.O. Box 397
 Peach Springs, AZ 86434
 Phone: 928-769-2207
 Program Manager- Trena Bizardi
 Email: tbizardi@hualapai-nsn.gov

YOU MUST DROP OFF YOUR YOUTH AT 4H BUILDING by 5:30pm and PICK UP by 7AM

Youth can't attend if he/she has lice or experiencing RSV symptoms. This is for participants health. PLEASE FILL OUT A PERMISSION SLIP FOR EACH CHILD

I give my permission for my child _____ to attend and watch the following movie options:

Event/Activity	Spring Break Lock-In & Activities at 4H Building Movies: Netflix PG 13 and G Rated Films	
Location	Peach Springs, Arizona	
Date(s)	March 13-14, 2019 Time: 5:30pm-7am	
Chaperone 1 Name & Title	Trena Bizardi Program Manager	Organization: Youth Services Cell # 928-715-1527 (lock-in use only)
Chaperone 2 Name & Title	Christina Watahomigie Program Assistant	Organization: Youth Services

Chaperone(s) have my permission to tend to any medical emergencies my child may encounter under their supervision.

Parent/Guardian Name: _____ Phone Number: _____
 Parent/Guardian Name: _____ Phone Number: _____

Please list any physician prescribed medication your child may be presently taking.

Insurance Info:	
Birthdate:	
Medication(s)	
Purpose for Medication	
Doctor	
Dosage	
When Should Be Taken	
Other, allergies, etc.	

I will not hold the Hualapai Tribe, hosting facility, hosting organization responsible for any injury, illness, or death my child may encounter while on this activity/trip.

I also authorize Hualapai Youth Services the use of any live images, still images, audio recordings, video recordings, photographs, written quotes, or likeness of my child named above of whom I am the parent/guardian; which may be used in any form of media produced by Hualapai Youth Services and will be the property of Hualapai Youth Services which will be used in nonprofit and/or educational media and be distributed as such by Hualapai Youth Services.

 Parent/Guardian Signature

 Date

SPRING BREAK DIAMOND CREEK EXPLORATION TRIP



YOU MUST DROP OFF YOUR YOUTH AT 4H BUILDING by 8:30 am

I give my permission for my child _____ to attend and watch the following movie options:

Event/Activity (CIRCLE ONE)	<ul style="list-style-type: none"> • Diamond Creek Trip March 12th • Diamond Creek Trip March 19th
Location	Peach Springs, Arizona
Date(s)	Separate Trips on March 12 and March 19 Time: 9am-3pm Meet at 4H Building by 8:30am
Chaperone's	Elizabeth Alden, Trena Bizardi, Christina Watahomigie, Jessica Powskey and 1 B&G Staff
Deadline	Submit permission slips to Youth Services or Elizabeth Alden

Chaperone(s) have my permission to tend to any medical emergencies my child may encounter under their supervision.

Parent/Guardian Name: _____ Phone Number: _____
 Parent/Guardian Name: _____ Phone Number: _____

Please list any physician prescribed medication your child may be presently taking.

Insurance Info:	
Birthdate:	
Medication(s)	
Purpose for Medication	
Doctor	
Dosage	
When Should Be Taken	
Other, allergies, etc.	

I will not hold the Hualapai Tribe, hosting facility, hosting organization responsible for any injury, illness, or death my child may encounter while on this activity/trip. I also authorize Hualapai Youth Services the use of any live images, still images, audio recordings, video recordings, photographs, written quotes, or likeness of my child named above of whom I am the parent/guardian; which may be used in any form of media produced by Hualapai Youth Services and will be the property of Hualapai Youth Services which will be used in nonprofit and/or educational media and be distributed as such by Hualapai Youth Services.

Parent/Guardian Signature

Date

Hualapai Education & Training WIOA Program ♣ In-School & Out-of-School Youth Training

Submitted by: Jean Imus | Hualapai Education & Training Center

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

Are You a Displaced Homemaker? ♣ Dislocated Worker Orientation: Monday, March 11th

Submitted by: Jean Imus | Hualapai Education & Training Center



Innovative Workforce Solutions

Are you a Displaced Homemaker?

- Are you a male or female, who has been dependent on the income of another family member but is no longer supported by that income; defined as income lost through:
 - Death, divorce, legal separation, job loss of spouse or disablement of spouse; or
- Are you the spouse of a member of the Armed Forces on active duty who has experienced a loss of employment as a direct result of relocation to accommodate a permanent change in duty station of such member?
- Need help finding work or interested in training?

FOR MORE INFORMATION

PLEASE CONTACT:

Workforce Innovations and Opportunity Act (WIOA)
Dislocated Worker Program

Rich Utzig at (602) 550-3556 or by emailing
rutzig@outlook.com

Diana Russell at (928) 713-3080 or by emailing
drussell@yahoo.com

Equal Opportunity Employer/Program

Auxiliary aids & services are available upon request to individuals with disabilities

TTY: 7-1-1



Innovative Workforce Solutions

NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD **Workforce Innovations and Opportunity Act**

Dislocated Worker Program
ORIENTATION





Monday, March 11, 2019

11:00 - 12:00

Hualapai Nation

Education Building

460 Hualapai Way, Peach Springs

-  Have you been laid-off?
-  Collecting Unemployment Insurance benefits or has exhausted benefits?
-  Are you a stay at home male or female who has been providing unpaid services to a family member and been dependent on the income? Have you now lost that income because of divorce, legal separation, or by the death of that person?
-  If you answered **YES** to any of these questions, you are encouraged to attend the orientation to find out more about the Workforce Innovation & Opportunity Act (WIOA) Dislocated Worker Program

Equal Opportunity Employer/Program

Auxiliary aids & services are available upon request to individuals with disabilities

TTY: 7-1-1

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Submitted by: Melvin Hunter, Sr. | BIA Truxton Canon Agency

The 2019 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

What is Wildland Fire?

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Rodeo-Chediski Fire (2002), Wallow Fire and Horeshoe 2 fire (2011) and most recently on the Hualapai Reservation the Sage Fire (2016).

What causes a Wildland Fire?

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

How do I apply?

Contact staff at Branch of Forestry or stop by the office for application and nomination form for trainings. The process for employment is to complete; 1) Drug test 2) Physical Exam required and processed through Medical Standards or a Self-Certification Health Screen Questionnaire 3) Southwest Firefighter Application 4) Work Capacity Test (WCT): Informed

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

What will I Do?

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine or a single resource depending on experience and qualifications your position may vary.

Required

- DOI Drug Testing is required; test must include the five drugs: marijuana, cocaine, opiates, amphetamines and phencyclidine. Drug testing is provided by the applicant with a copy of verification to the Branch of Forestry.
- For pack test dress in gym clothes with walking or running shoes.
- Wildland Fire boots are required with Vibram sole with 8 inch top.

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Course Number :	Course Title:	Nomination Duc:	Course Date:	Location:	Time:	Coordinator Phone/ Fax/Email:
RT-130	Annual Fireline Refresher	Feb 21	Feb 25	Branch of Forestry Peach Springs, AZ. St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-212	Wildland Fire Chain Saws	Feb 22	Feb 26- Mar 1	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Mar 12	Mar 14	Branch of Forestry Peach Springs, AZ St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	Mar 6	Mar 11 - 15	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
N9055	CPR / 1 ST Aide Blood Borne Pathogen / HazMat	Mar 19	Mar 21	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Mar 26	Mar 28	Branch of Forestry Peach Springs, AZ St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

S-131	Advanced Squad Boss	Apr 4	Apr 9	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-133	Look Up / Look Down / Look Around	Apr 4	Apr 10	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 4	Apr 11	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 9	Apr 11	Branch of Forestry Peach Springs, AZ St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-131	Advanced Squad Boss	Apr 26	Apr 30	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-133	Look Up / Look Down / Look Around	Apr 26	May 1	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 26	May 2	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	May 29	June 3 - 7	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
	ATV / UTV Training	TBA	TBA	Branch of Forestry Peach Springs, AZ		Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

Required Trainings: IS -700a, ICS 100, and ICS 200 (Single Resource Only) FEMA National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self-study course; upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwccg.gov/courses.html>.

Required Rookie Training includes: I-100, S-190, and S-130, and L-180. NOTE: S-130 and L-180 Also offered Online.

I – 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Single Resource Trainee and Qualified

TCA - Branch of Forestry, 1130 Mesa View Dr. Peach Springs, AZ 86434 PH: 928.769.2270 FAX: 928.769.2326 HRS: M-F, 0800-1630

SPA – Fire Management, 180 N 200 E suite 111, St. George, UT 84770 PH: 435.674.9720 FAX 435.674.9714 HRS: M-F 0800-1630

HEALTH & SAFETY INFORMATION

Water and Hydration for Your Child ♣

Submitted by: Elisabeth Alden | U of A Cooperative Extension Office



THE UNIVERSITY OF ARIZONA

Cooperative Extension

az1788

December 2018

Water and Hydration for your child

Evelyn B. Whitmer

Getting enough water (fluid) is important to keeping your child healthy:

- ✓ Helps to keep body temperature at the normal level
- ✓ Helps provide enough fluid to sweat to keep you cool
- ✓ Helps to keep bowels moving, prevents constipation
- Children may become dehydrated even if they are not thirsty. Do not wait for your children to say they are thirsty. Children who are playing outside in hot weather must be offered ½ cup to 1 cup every 20 minutes while playing in the heat.
- Children may be dehydrated if urine is deep gold. Urine should be pale yellow in color.
- Generally, tap water is safe for children. If you chose to buy bottled water look for water that has fluoride added. Fluoride helps prevent tooth decay.

How much fluid does my child need?

The bigger your child is, the more fluid is needed.

A child weighing about...	Should get this much fluid daily...
22 lbs	34 oz (4¼ cups)
44 lbs	51 oz (6½ cups)
66 lbs	58 oz (7¼ cups)

What are the best drinks for children?

- Milk—lowfat 1% or skim for children older than age 2 years. 2-3 cups per day.
- 100% Fruit juice – no more than 4 to 6 oz (½ to ¾ cup) per day.
- Plain water – to provide most of the fluid your child needs. (depending on weight and activity)

What about sports drinks?

- Sports drinks are mostly sugar and water and little else, so it is usually better to give children plain water without the added sugar.
- The sugar in sports drinks not only adds calories, but may contribute to obesity and tooth decay.

Food contains water too!

Eating recommended amounts of fruits and vegetables will also help provide fluid the body needs to get enough water. The following fruits and vegetables contain high amounts of water:

Watermelon – 91% water	Cantaloupe - 89% water
Tomatoes – 94% water	Squash – 93% water
Cabbage – 92% water	Grapes- 80% water

Sources

"USDA Food Composition Databases." USDA Food Composition Database, May 2016, ndb.nal.usda.gov/ndb/.

C. Perry III, et al. "Hydration status moderates the effects of drinking water on children's cognitive performance." *Science Direct Elsevier*, vol. 95, Issue *Appetite*, 2015, pp. 520-527.

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THE UNIVERSITY OF ARIZONA
Cooperative Extension

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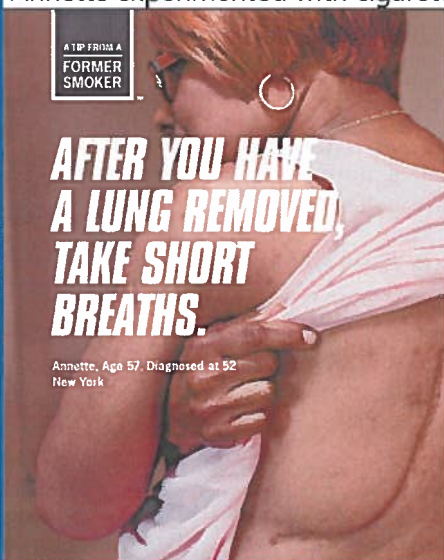
A Tip From a Former Smoker ♣ Annette's Biography

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

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Annette's Biography

Annette experimented with cigarettes as a teenager, smoking occasionally. But by the time she turned 20, Annette



A TIP FROM A
FORMER
SMOKER

**AFTER YOU HAVE
A LUNG REMOVED,
TAKE SHORT
BREATHS.**

Annette, Age 57, Diagnosed at 52
New York

was a regular smoker. Annette lives in New York and is the mother of three. She also has three grandchildren and one great-granddaughter. "I love visits with my family," says Annette. She has a special bond with her 10-year-old granddaughter, who repeatedly urged Annette to quit smoking. "My granddaughter would say to me, 'Grandma, don't smoke; please don't smoke.'" When she was 50, Annette finally heeded her granddaughter's advice and quit cold turkey after having smoked for more than 30 years. But by then she already had cancer. At 52, Annette went to the doctor because she was having difficulty breathing. "It took multiple doctor visits, all kinds of X-rays, and then a PET/CT scan to uncover lung cancer." The cancer was so advanced that it was necessary to remove one of her lungs. The operation was successful in removing the cancer. Diligent with her follow-up care, doctors found that Annette had oral cancer a few years later. The cancer had gotten into her jawbone, and surgery was required once again.

Today, at age 57, Annette is cancer-free — and thankful. Her staunch faith helps her deal with the challenges that have resulted from her experience. She loves to crochet, cook, and spend time with her loved ones. She also lends support to smoking cessation groups. "I talk to the smokers and let them know that this can happen to you." Through the *Tips From Former Smokers*® campaign, Annette wants to help others and further spread the message that smoking is dangerous and can even be lethal.

Smoking causes immediate damage to your body.
For Annette, it caused lung cancer. You can quit.
For free help, call 1 800 QUIT NOW



CADCA Info Graph ♣ "What's Trending"

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



What's Trending?

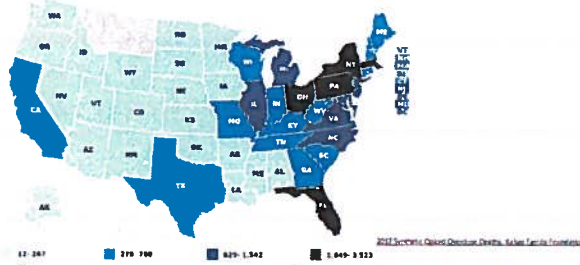
Fentanyl

50 to 100x stronger than morphine

28,500 people died of synthetic opioid overdose in 2017

Fentanyl is a synthetic opioid used medically to treat severe pain and distributed illicitly for misuse—increasingly mixed into heroin or cocaine.

Opioid Overdose Deaths by Type of Opioid: Synthetic Opioids, other than Methadone (e.g., fentanyl, tramadol).



Synthetic Opioid Overdoses

- ♣ **Clustered in the Northeast and Midwest**
- ♣ **Prevalent among 25-34 year-olds**
- ♣ **Increased 60% among African Americans and Native Americans**



Drug Enforcement Administration

What communities can do

- 01** Provide information on dangers of fentanyl and its use with other illicit drugs
Increase awareness of test strips designed to detect fentanyl
 - 02** Ensure access to naloxone
Be aware a person experiencing a fentanyl-related overdose may need more than one naloxone dose in a short time
 - 03** Track what's happening in your community
Gather and share data on fentanyl across sectors
- Stop addiction at the medicine cabinet**
Lock up your meds or dispose of unused opioid medications

Scheff, L. et al. (2015). Drug and Opioid Involved Overdose Deaths - United States, 2012-2017. *Morbidity and Mortality Weekly Report* 64 (12). Retrieved from <https://www.cdc.gov/mmwr/mmwr/pdfs/s4rr0004a071.pdf>

Questions? Email: training@cadca.org

The Effects of Secondhand Smoke ♣

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

The Effects of Secondhand Smoke

Being around tobacco smoke is bad for you, even if it's someone else's smoke. When someone smokes a cigarette, most of the smoke doesn't go into their lungs. It goes into the air, where anyone nearby can breathe it.

Smoking is banned in many public places. But many people are still exposed to secondhand smoke, especially children who live with parents who smoke. Even people who try to be careful about where they light up may not protect those around them.

What Is Secondhand Smoke?

It can come from a cigarette, cigar, or pipe. Tobacco smoke has more than 4,000 chemical compounds, at least 250 are known to cause disease.

Exposure to secondhand smoke raises the risk -- by as much as 30 percent -- that others will get lung cancer and many other types of cancer, it can lead to emphysema, and it is bad for your heart.

Smoke makes your blood stickier, raises your "bad" LDL cholesterol, and damages the lining of your blood vessels. Eventually, these changes can make you more likely to have a heart attack or stroke.

Dangers for Children

Kids are particularly at risk for the effects of secondhand smoke because their bodies are still growing and they breathe at a faster rate than adults.

These conditions have been linked to secondhand smoke exposure in children:

- Sudden infant death syndrome (SIDS)
- More respiratory infections (such as bronchitis and pneumonia)
- More severe and frequent asthma attacks
- Ear infections
- Chronic cough

Smoking during pregnancy is especially dangerous to the developing baby. It's tied to premature delivery, low birth weight, SIDS, limited mental ability, trouble with learning, and ADHD. The more cigarettes a mother-to-be smokes, the greater the danger to her baby.

How to Avoid Secondhand Smoke

It's simple: Avoid being around people who are smoking, and try to convince those around you who smoke to quit. Anyone who does smoke should do so outside, as far away from other people as possible.

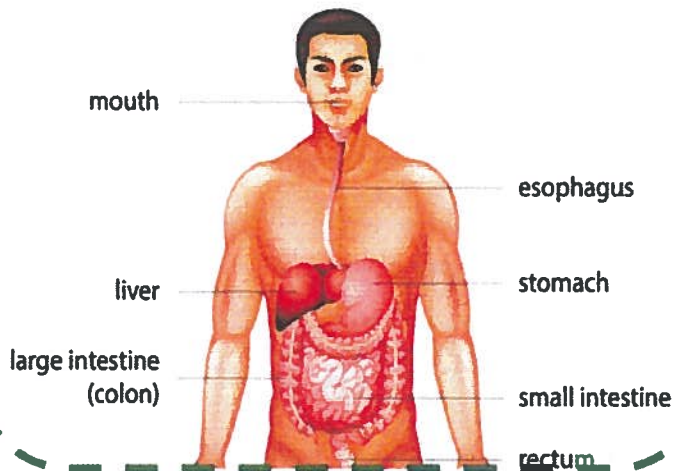
Your home is probably the most important place to keep smoke-free, especially if you have children. Keeping kids (and adults) far away from smoke can help lower their chances of having respiratory infections, severe asthma, cancer, and many other serious conditions.

Health Education ♣ March is Colorectal Cancer Awareness Month

Submitted by: Rebecca Rice, Public Health Education | Indian Health Service

MARCH IS COLORECTAL CANCER AWARENESS MONTH

WHAT COLORECTAL CANCER

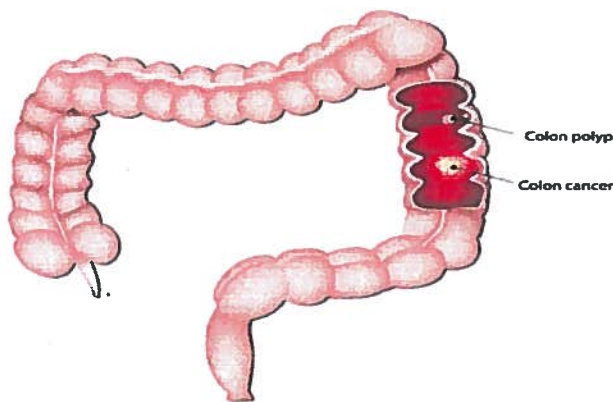


Colorectal cancer occurs in the colon or rectum. The term colorectal cancer is used to describe colon cancer, rectum cancer or both. As the graphic below shows, the colon is part of the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Cancer of the colon or rectum, when discovered early, is highly treatable. Most colorectal cancers develop first as polyps, which are abnormal growths inside the colon or rectum that may later become cancerous if not removed.

Colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death. Screening is the number one way you can reduce your risk of colon cancer and

COLON CANCER AND POLYP



rectal cancer. Despite its high incidence, colorectal cancer is unique in that it is one of the most preventable and, if found early, most treatable forms of cancer. And the best part is, screening is easy! From colonoscopy to at-home stool tests, there's an option for everyone. If you're over 50, high risk or symptomatic.

Don't put it off.

Talk to your doctor about getting checked!

Health Education ♣ Basics for Handling Food Safely

Submitted by: Rebecca Rice, Public Health Education | Indian Health Service



United States Department of Agriculture
Food Safety and Inspection Service

Food Safety Information



Basics for Handling Food Safely

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four steps of the Food Safe Families campaign to keep food safe:

- Clean - Wash hands and surfaces often.
- Separate - Don't cross-contaminate.
- Cook - Cook to the right temperature.
- Chill - Refrigerate promptly.

Shopping

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- Always refrigerate perishable food within 2 hours--1 hour when the temperature is above 90 °F (32.2 °C).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F (4.4 °C) or below and the freezer at 0 °F (-17.7 °C) or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- Canned foods are safe indefinitely as long as they are not exposed to freezing temperatures, or temperatures above 90 °F. (32.2 °C) If the cans look ok, they are safe to use. Discard cans that are dented, rusted, or swollen. High-acid canned food (tomatoes, fruits) will keep their best quality for 12 to 18 months; low-acid canned food (meats, vegetables) for 2 to 5 years.

Preparation

- Always wash hands before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash hands, cutting board, knife, and counter tops with hot, soapy water.
- Marinate meat and poultry in a covered dish in the refrigerator.
- Sanitize cutting boards by using a solution of 1 teaspoon chlorine bleach in 1 quart of water.

Thawing

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

Cooking

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F (62.8 °C) as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- **Ground meat:** Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F (71.1 °C) as measured with a food thermometer.
- **Poultry:** Cook all poultry to an internal temperature of 165 °F (73.9 °C) as measured with a food thermometer.

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

USDA Meat & Poultry Hotline
1-888-MPHotline
(1-888-674-6854)

Basics for Safe Food Handling

Serving

- Hot food should be held at 140 °F (60 °C) or warmer.
- Cold food should be held at 40 °F (4.4 °C) or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Perishable food should not be left out more than 2 hours at room temperature--1 hour when the temperature is above 90 °F (32.2 °C).

Leftovers

- Discard any food left out at room temperature for more than 2 hours--1 hour if the temperature was above 90 °F (32.2 °C).
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within 4 days.
- Reheat leftovers to 165 °F (73.9 °C).

Refreezing

Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

COLD STORAGE CHART

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

Product	Refrigerator 40 °F (4.4 °C)	Freezer 0 °F(-17.7 °C)
EGGS		
Fresh, in shell	3 to 5 weeks	Do not freeze
Raw yolks & whites	2 to 4 days	1 year
Hard cooked	1 week	Does not freeze well
LIQUID PASTEURIZED EGGS, EGG SUBSTITUTES		
opened	3 days	Does not freeze well
unopened	10 days	1 year
Mayonnaise Commercial, refrigerate after opening	2 months	Do not freeze
FROZEN DINNERS & ENTREES		
Keep frozen until ready to heat	—	3 to 4 months
DELI & VACUUM-PACKED PRODUCTS		
Store-prepared (or homemade) egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Does not freeze well
HOT DOGS & LUNCHEON MEATS		
Hot dogs		
opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months

Product	Refrigerator 40 °F (4.4 °C)	Freezer 0 °F(-17.7 °C)
Luncheon meat		
opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months
BACON & SAUSAGE		
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
SUMMER SAUSAGE labeled "Keep Refrigerated"		
Opened	3 weeks	1 to 2 months
Unopened	3 months	1 to 2 months
HAM, CORNED BEEF		
Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned labeled "Keep Refrigerated"		
Opened	3 to 5 days	1 to 2 months
Unopened	6 to 9 months	Do not freeze

Basics for Safe Food Handling

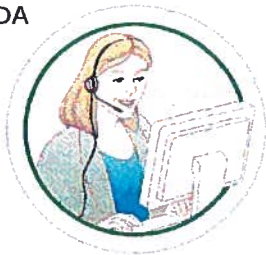
Product	Refrigerator 40 °F (4.4 °C)	Freezer 0 °F (-17.7 °C)
HAM, FULLY COOKED		
Vacuum sealed at plant, undated, unopened	2 weeks	1 to 2 months
vacuum sealed at plant, dated, unopened	"Use-By" date on package	
Whole	7 days	3 to 4 days
Half	3 to 5 days	
Slices	3 to 4 days	
HAMBURGER, GROUND & STEW MEAT		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them		
FRESH BEEF, VEAL, LAMB, PORK		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well
SOUPS & STEWS		
Vegetable or meat added Cooked meat & meat casseroles	3 to 4 days	2 to 3 months

Product	Refrigerator 40 °F (4.4 °C)	Freezer 0 °F (-17.7 °C)
COOKED MEAT LEFTOVERS		
Gravy & meat broth	3 to 4 days	2 to 3 months
	3 to 4 days	
FRESH POULTRY		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
COOKED POULTRY LEFTOVERS		
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	3 to 4 days	6 months
Chicken nuggets, patties	3 to 4 days	1 to 3 months
OTHER COOKED LEFTOVERS		
Pizza, cooked	3 to 4 days	1 to 2 months
Stuffing, cooked	3 to 4 days	1 month

Food Safety Questions?

Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline (1-888-674-6854)**. The hotline is open year-round



Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish).

Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at

www.fsis.usda.gov.

Send E-mail questions to MPHotline.fsis@usda.gov.

AskKaren.gov

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.



Mobile phone users m.askkaren.gov PregunteleaKaren.gov

Read the Label on Snacks ♣

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

READ THE LABEL ON SNACKS

Do you love frozen sweets? Before you eat, get the inside scoop!

Read the Label to compare a frozen juice pop and ice cream!



Hint: Check out calories per serving!

Fruit Juice Popsicle

Nutrition Facts	
Serving Size 1 bar (66ml) Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1/2 Cup (85g) Servings Per Container 18	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Values*	
Total Fat 10g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 6%	Iron 0%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Ice Cream

When choosing milk and milk products, go for low-fat (1%) or fat-free (skim) milk, yogurt or cheese. Remember: 100 calories per serving is moderate, and 400 per serving is high!

Fruit Juice Popsicle = 60 calories per serving (1 bar); Ice Cream = 150 calories per 1/2 cup serving.

Have fun with Friends

Read the Label for serving sizes! When sharing snacks with your friends, invite them to guess the "servings per container" before giving them any. Wait 'til you see their surprise when you measure out the actual serving size!

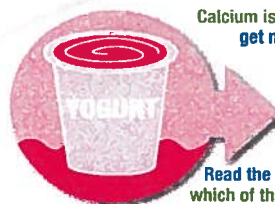
Nutrition Facts
Read the Label

FDA
www.fda.gov/nutritioneducation

READ THE LABEL ON SNACKS

Both of these are packed with strawberry flavor — but the label reveals how different they actually are!

Calcium is a nutrient to get more of.



Read the Label to see which of these treats has a higher %DV of calcium!

Strawberry Yogurt

Nutrition Facts	
Serving Size 1 cup (8 oz) Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Values*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 25%	Iron 0%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1 pudding (113g) Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 0%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Strawberry Pudding

When choosing milk and milk products, go for low-fat (1%) or fat-free (skim) milk, yogurt or cheese. Remember: 5% DV of a nutrient is low; 20% is high.

Strawberry Yogurt = 25% DV of Calcium; Strawberry Pudding = 6% DV of Calcium.

Have fun with Friends

Frozen treats can be irresistible — but sometimes they can have "empty calories" (which means they can be low in nutritional value). Challenge your friends to choose those that are most nutrient-dense: Read the Label to find frozen treats that have fewer calories from fat and are higher in protein!

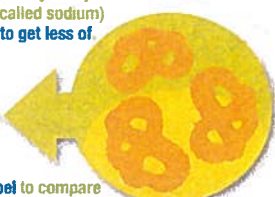
Nutrition Facts
Read the Label

FDA
www.fda.gov/nutritioneducation

READ THE LABEL ON SNACKS

The Nutrition Facts Label can help you make the best choice when exploring your options!

Salty snacks can be yummy — but salt (also called sodium) is a nutrient to get less of.



Read the Label to compare %DV of sodium on these foods!

Microwave Popcorn

Nutrition Facts	
Serving Size 4 cups (30g) Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Values*	
Total Fat 10g	18%
Saturated Fat 2.5g	13%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 3 pretzels (30g) Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

(Low Salt) Pretzels

When choosing snacks or other foods that contain sodium (a nutrient to get less of), go for Low-sodium or Low-salt. Remember: 5% DV of a nutrient is low; 20% is high.

Microwave Popcorn = 280mg/12% DV of Sodium; Low Salt Pretzels = 120mg/5% DV of Sodium.

Have fun with Friends

Making smart snack choices is like choosing a "favorite" activity. There are many things to consider! So when you and your friends are picking after-school snacks, remember to Read the Label and compare nutrients in foods by checking out the Percent Daily Values (%DV). Go for those lower in sodium and fat, and higher in calcium and dietary fiber!

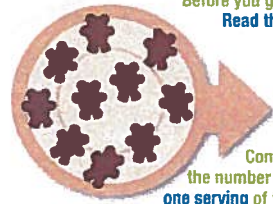
Nutrition Facts
Read the Label

FDA
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READ THE LABEL ON SNACKS

Cookies rock. But did you know ... not all cookies are created equal!

Before you grab a handful, Read the Label.



Compare the number of cookies in one serving of these two faves!

Chocolate Graham Cookies

Nutrition Facts	
Serving Size 24 cookies (30g) Servings Per Container 7	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Values*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	2%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 4%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 3 cookies (35g) Servings Per Container 18	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 1.5g	
Cholesterol 5mg	0%
Sodium 125mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	0%
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

Chocolate Chip Cookies

Remember: Check serving size. One package may contain more than one serving!

Chocolate Graham Cookies = 24 cookies per serving; Chocolate Chip Cookies = 3 cookies per serving.

Have fun with Friends

Create a cookie patrol squad! Use the Nutrition Facts Label to compare the differences between your after-school favorites. Look for options with lower cholesterol, lower total fat, and fewer calories from fat!

Nutrition Facts
Read the Label

FDA
www.fda.gov/nutritioneducation

Strengthening Families Program + Communicate with Love & Understanding

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

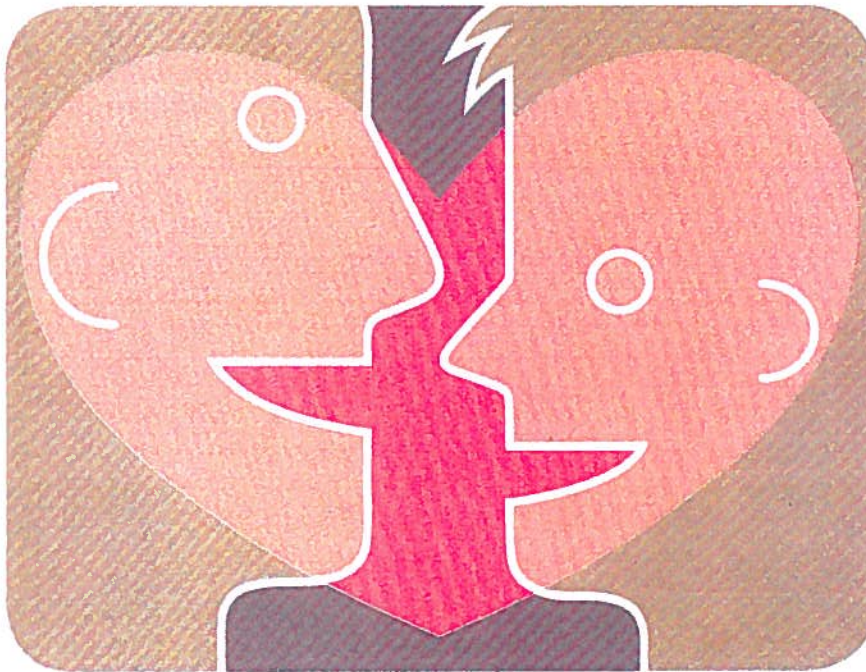
STRENGTHENING FAMILIES PROGRAM, AGES 7-17

LESSON 2 SUMMARY POSTER

Communicate with Love & Understanding



Strengthening Families Program by Dr. Karol Kumpter



FAMILY GOALS:

1. Use "LUV-Listening" and assertive "I-Messages" when communicating. Avoid "You-Messages." Track progress daily.
2. When communicating, use a respectful tone of voice, banish Communication Boulders, and apologize for mistakes.
3. Hold a family meeting this week following the "Family Meeting Agenda & Rules" handout. Begin with compliments, take notes, serve treats, and have fun.

FAMILY FUN:

During your first family meeting, plan a fun activity for the weekend that everyone can enjoy.

POWER PHRASE:

"LUV-Listening, respectful I-Messages, and banishing Communication Boulders promotes family bonding, allows love to flourish, and helps me feel peace."

● Use "LUV" when listening:

- a) **LISTEN** with your ears, eyes and heart to understand the other person's feelings. Try to put yourself in his or her place.
- b) **UNDERSTAND:** Repeat back the main ideas in your own words to show understanding. Ask respectful questions.
- c) **VALIDATE** by expressing empathy, even if you disagree. Express confidence in his or her ability to find solutions.

● Use "I-Messages" when speaking:

- a) Begin with the word, "I" then state your feelings, needs, or thoughts in a respectful way.
- b) Describe specifically what you want, or the behavior that bothers you in a non-blaming way.
- c) Explain the reasons for your feelings/thinking/desires.

Three Easy Communication Skills

Tracking Sheet—Adult



Strengthening Families
Program by Dr. Karol Kumpler

Effective communication skills are highly valued in the world. Increase your listening and speaking skills through effective practice and tracking. Daily pick one conversation you had with a family member and rate yourself on how well you “LUV-Listened”, used “I-Messages”, and showed respect. Use a score of 1-3 (3 the highest). Ask the other person to also rate you.

1 “LUV-Listen”

LISTEN with a genuine desire to understand; try to put yourself in the other person’s place. Show by a comment or a nod that you’re listening.

UNDERSTAND: Repeat back the main points to make sure you understand. Ask questions to get more understanding.

VALIDATE their feelings by expressing empathy for their feelings, circumstances, or point of view even if you disagree. Express confidence in their ability to find a solution if they have a problem or challenge.

2 Use “I-Messages”

I-MESSAGES:

- 1) Begin with “I”, then state your feelings, needs, or thoughts in a respectful way.
- 2) Describe what you want, or the thing that bothers you, in a specific, non-blaming way.
- 3) Explain the reasons for your feeling/ thinking/ desires. “I feel... when...because...”
- 4) Avoid “You” Messages. “You make me mad when...”

3 Show Respect

RESPECT:

- 1) Use a respectful tone of voice.
- 2) Never throw Communication Boulders (see the list on handout 5 of this lesson).
- 3) Be assertive, not aggressive or passive.
- 4) Use the 5 most important words often: “I love you” and “I’m sorry.” If sorry, then ask what you can do to make it up to them.

Three Easy Communication Skills

Tracking Sheet—Teen



Strengthening Families
Program by Dr. Karol Kumpler

The words and tone of voice you choose to use greatly affects family relationships. Use this winning formula to help create a happy, loving family: **LUV-Listening + I-Messages - Communication Boulders = Happy Family**

1 “LUV-Listen”

LISTEN politely with your eyes, ears, and heart to understand the other person’s ideas and feelings whenever they talk to you.

Show **UNDERSTANDING** by nodding your head, or asking polite questions.

VALIDATE the other person’s ideas by saying, “I see why you feel that way...”

2 Use “I-Messages”

- 1) Begin with “I”, then state your feelings, needs, or thoughts in a respectful way.
- 2) Describe what you want, or the thing that bothers you, in a specific, non-blaming way.
- 3) Explain the reasons for your feeling/ thinking/ desires. “I feel... when...because...”
- 4) Avoid “You” Messages. “You make me mad when...”

3 C-Boulders

C-BOULDERS include any kind of non-respectful communication. Here are some examples:

- Yelling
- Swearing
- Sarcasm
- A cross or angry voice
- Put-downs
- Blaming
- Criticizing
- Taking offense

Three Easy Communication Skills

Tracking Sheet—Child



Strengthening Families Program by Dr. Harold Kumpfer

Listening politely and talking nice to each other helps create a loving family. It is called “LUV-Listening.”

L Listen

LISTEN politely with your eyes, ears, and heart to understand the other person’s ideas and feelings whenever they talk to you.

U Understand

Show **UNDERSTANDING** by nodding your head, or asking polite questions.

V Validate

VALIDATE the other person’s ideas by saying, “I see why you feel that way . . .”

I -Messages

1) Begin with “I”, then say how you think or feel.

2) Describe what you want without blaming the other person.

3) Explain the reasons for how you feel: “I feel . . . because . . .”

4) Avoid “You” Messages. “You make me mad when . . .”

The Listening Stick

Taking turns in truly listening

DIRECTIONS:

1. Cut along the outside dotted line around the Listening Sticks.
2. Fold along the center dotted line, with the printed sides facing out.
3. Glue or tape the long side and the top and bottom.
4. Cover the entire surface with clear packing tape so it won’t wear out.

When you need to have an important conversation with someone, ask the person when a good time to talk would be. Then ask the person to hold the Listening Stick as you express yourself without blaming, using calm, polite tones and respectful “I-Messages.”

The person holding the Listening Stick “LUV-Listens” and summarizes your ideas, feelings, or concerns. If the person’s summary wasn’t complete or correct say, “That’s not quite what I meant;” or “There’s more to it . . .” and offer more information or thoughts until the person listening to you correctly summarizes your views. When you feel understood, thank the person and then you hold the stick and “LUV-Listen” while the other person responds. With practice, you will be able to use LUV-Listening in all your conversations without the need for a stick.

**Idea adapted from author John Lundberg, How to Hug a Porcupine*

LISTENING STICK	LISTENING STICK
	
I WILL:	BOULDERS I WILL BANISH:
1 Give you my full attention	1 Sarcasm
2 Put myself in your place	2 Put-Downs
3 Care about your ideas	3 Crabby Voice
4 Value your feelings	4 Slash & Burn
5 Comment or nod to show I'm listening	5 Hostile Criticism
6 Not think about my rebuttal	6 Always-Never
7 Ask polite questions	7 Blame Game
8 Repeat back your main ideas	8 Mind Reading
9 Validate your point of view even if I disagree	9 Flooding
10 Banish all “C-Boulders”	10 Stonewalling
	11 Take-A-Fence
	12 Dumping

STRENGTHENING FAMILIES PROGRAM, AGES 7-17

LESSON 2

Being Assertive Pays Off

Worksheet (one for each family member)



Some people think they have to act angry or aggressive to get what they want. This is not true. Being assertive, instead of aggressive or passive, in your family communication will build loving relationships, help you feel better about yourself, and get you more of what you want in life.

Use this worksheet to notice the differences in attitude, body language, tone of voice, and words in the different ways of communicating. Then fill in the blanks with ideas you can use.

ASSERTIVE

Attitude: Deep respect for self and concern for others

Body Language: Confident, erect posture, good eye contact; respects others' personal space

Voice tone: Calm, polite, firm, controlled

Words: Clear "I-Messages" that say how you feel, express your needs, or make requests without sarcasm or blaming

AGGRESSIVE

Attitude: Concerned mainly for self; willing to get own way by bullying or threatening others

Body Language: Threatening, "in-your-face," confrontational; points fingers, rolls eyes

Voice tone: Loud, angry, dramatic, accusatory, hostile

Words: Argumentative, threatening, abusive, blaming, sarcastic; interrupts a lot

PASSIVE

Attitude: Fearful, lacks self-respect, allows others to dominate. May be hiding anger.

Body Language: Slumped shoulders, no eye contact, withdrawn, shoulder shrugs

Voice tone: Weak, whiney

Words: Fails to express feelings or needs; goes along with the crowd. May say: "Whatever; I guess so; It doesn't matter anyway."

1. Circle the assertive statements. 2. Cross out the ones that are aggressive or passive by putting a large X over them.

I feel annoyed when you put your feet on my desk. Please take them off.

You don't know what you're talking about!

I'm feeling _____ about _____. Can we talk about it?

I guess it will have to be okay.

Get your stupid feet off my desk!

It's really not okay with me to _____. What I need you to do is _____.

No one cares what I think anyway. Or: I guess I'll just have to do it myself.

I see your point of view. Mine's a little different. Here's how I see it: _____.

Banishing Communication Boulders

a) Delete the “Dirty Dozen” that block love and understanding



Good communication between family members—where we feel valued, respected and understood—is one of life’s great joys. But often Communication Boulders—what we say or how we say it—builds a wall between us and those we love and blocks effective communication. Remove these boulders from your conversations and you’ll see an immediate increase in family happiness. Becoming aware is the first step. Make it a family game to notice and name these boulders whenever they roll off of someone’s tongue. Soon they’ll disappear.

1. Sarcasm

Cutting humor that insults a person’s ideas, efforts, or intelligence damages a family member’s sense of self and desire to bond. Make a “stop-the-sarcasm” commitment and keep it.

2. Put-Downs

Remarks that mock or put a person down are disrespectful and hinder family bonding. Choose words that build.

3. Crabby-Voice

Cross or angry voice tones cause people to withdraw emotionally, and we get less cooperation. We control our voice tones and can speak calmly and respectfully if we practice. Always use a soft voice when addressing hard issues.

4. Slash & Burn

Yelling, name-calling, insults, or swearing are aggressive and abusive. They render us emotionally unsafe and we lose the love we seek. They have no place in family conversations. Choose to be assertive instead of aggressive.

5. Hostile Criticism

Hostile, insensitive, or harsh criticism demoralizes instead of builds and rarely gets positive results. Avoid these by using the steps in the “How to Give Positive Criticism” handout from Lesson 7.



6. Always-Never

Speaking in absolutes is insulting and usually inaccurate, as there are almost always exceptions. Leave those words out.

7. Blame-Game

Blaming others creates negative feelings and sets people against each other instead of working together. The goal is to fix the problem, not place blame or fight over who is at fault.

8. Mind-Reading

Implying you know a person’s thoughts (“You care more about sports than me”) is judgmental. Ask questions to seek understanding and use “LUV-Listening” and “I-Messages” instead of making assertions.

9. Flooding

Extra-long comments overwhelm kids and come across as lecturing or nagging. Be brief and to the point, and then ask for feedback—or kids will tune you out.

10. Stonewalling

Stonewalling means refusing to admit or acknowledge a concern when someone brings it up. Denying there is a problem, accusing the other person of a fault to deflect attention from your mistakes, or refusing to see a need for change hinders family bonding. Listen to, acknowledge your part in the problem, and seek solutions to others’ concerns.

11. Take Offense

When we feel blamed or misunderstood, we often take offense and our voice tones become defensive, which puts a fence between us and the person we are talking to. If you start to feel defensive, stop yourself. Take a deep breath. Check your tone of voice; and then ask polite questions and use “LUV-Listening” to better understand their view. Or, make assertive “I-Messages” to keep communication going. If things get hostile, take a break and jointly set a time to revisit the issue when you both feel calm.

12. Dumping

Bringing up all the old arguments and injuries is a sure-fire way to kill constructive communication. Stick to the issue at hand. If you have hurtful issues that continue to surface because they haven’t been resolved, make an appointment to discuss the troubling issues with the person using the Listening Stick, Safe & Cool Scripts, and Problem Solving & Negotiation skills (Lesson 5). Then put them to rest.

Apologies

Learning to apologize and ask for an apology helps heal relationships



All of us make mistakes sometimes and say or do things that hurt or offend others. When that happens, we need to take responsibility, admit we did wrong, and say "I'm sorry." A sincere apology removes the "hostile barb" you inflicted, allowing their emotional wounds to heal.

HOW TO

APOLOGIZE

1. Admit wrongdoing.
2. Acknowledge that what you did or said was hurtful (even if it wasn't intentional).
3. Express sincere remorse.
4. Commit that you won't do or say it again.*
5. Express willingness to make amends.

Example: "I'm sorry I yelled at you for spilling your juice during breakfast. I'm sure that offended or hurt you. I feel badly about it. What can I do to make it up to you?"

*One way to help you not offend again is to try Positive Practice. Examine what you did or said that caused the hurt and choose a positive opposite of the negative behavior to practice instead. This will help you wire the new, more appropriate behavior into your brain.

WHAT NOT TO DO

if someone expresses hurt at your behavior

1. **Don't deny** there was a problem.
2. **Don't minimize** the person's hurt feelings.
3. **Don't justify** your hurtful behavior.
4. **Don't become offended** at their words.
5. **Don't be too prideful to** apologize.

HOW TO

ASK FOR AN APOLOGY

1. Clarify in your mind how and why you feel hurt and how it affected you. Write it down.
2. Examine your own attitudes, words, or behaviors to see if you contributed in any way to the harmful situation, problem, or hurt you experienced. If so, acknowledge it. (This is very unlikely if you experienced a random act of violence.)
3. If you feel the situation is safe to do so, calmly talk to the person privately, or write them a letter, to express how you feel using respectful "I-Messages."

Example: "I don't know if you are aware of this or not, but when you _____, I felt _____. A sincere apology would make it a lot easier for me to feel better towards you."

Example: "I felt really sad and hurt when you _____. It would help me to know that you are sorry and that it won't happen again."

Forgiveness

Forgiving is an essential skill to find peace, happiness, health and healing



What is Forgiveness?

Forgiveness is giving up the desire for vengeance and retribution, so you can heal. It allows you to free yourself from the emotional pain and resentment you carry as a result of someone's offensive or harmful behavior, so you can feel a sense of freedom and peace, connect with the innate goodness within you, and become your highest and best self. Forgiving does NOT mean you condone, minimize, or excuse the offense. Nor does it mean you have to continue close relations with the person who harmed you or trust them again. It's a gift to yourself and not the offender. Forgiveness frees you from your negative past so you can make a happier future.

"Forgiveness is the powerful assertion that bad things will not ruin your 'today' even though they may have spoiled your past."

—Dr. Fred Luskin, Director of Stanford University's "Forgiveness Project" and author of the book, *Forgive for Good*.

Forgiveness IS...

1. A willingness to give up the anger and pain caused by the offense, so you can feel peace.
2. A gift of freedom for yourself, not something you do for your offender.
3. Taking back power over your own life.
4. Taking responsibility for how you feel.
5. About your healing, not about the person who hurt you.
6. A trainable skill—any one can learn to forgive.
7. A way to gain control over your feelings.
8. A tool to improve your mental and physical health.
9. The key that allows you to become the hero instead of the victim.
10. A choice that everyone can make.

Forgiveness IS NOT...

1. Saying the unkindness or hurt was okay.
2. Excusing people's bad behavior.
3. Denying or minimizing your hurt, or thinking you have to give up having feelings.
4. Releasing the person from making amends.
5. Forgetting that the painful thing happened.
6. A gift for your offender; it is a gift to yourself.

From Forgive for Good, by Dr. Fred Luskin

Why Should I Forgive?

Holding on to resentment raises your level of cortisol (a stress hormone in your brain and body), which can damage your health. Resentment also dampens your sense of joy, and inhibits you from accomplishing your highest goals.

How Do I Forgive? (Adapted from Dr. Fred Luskin)

You forgive when you choose to free yourself from the hurt or anger caused by another's poor behavior. Put aside the painful memory, hard feelings, and desire for revenge, and focus on the positive present—not the painful past. You forgive when you don't allow the offense to keep harming you.

Steps to Forgiveness

1. Accept that life is often painful and unfair, and we don't always get what we hope for. But we don't have to continue to suffer emotional pain from past hardships or losses.
2. Recognize that thoughts create feelings. If you frequently think on your hurts or losses, you will continue to feel sad. However, you can control, and are responsible for, your thoughts, feelings, and behaviors since the negative experience(s) occurred.
3. Realize that holding onto resentment damages your health.
4. Decide to give up your desire to punish or get even. Hurting people in return rarely causes them to feel remorse or regret, or encourages them to change their behavior. Accept that only forgiveness, not revenge, will give you what you really want: peace, happiness, and healing.
5. Decide that you will no longer spend time thinking or feeling upset about your bad experience. Make a choice to focus your thoughts on feeling grateful and looking for the beautiful and good in life.
6. If you feel safe it is safe to do so, clearly explain to the person (verbally or in a letter) the harm that you felt he or she did to you.
7. Re-write your mental script of what happened so you become the hero in your story by overcoming difficulties and turning the trial into something good, instead of remaining the victim.
8. If the memory surfaces, use Mindfulness Breathing to shift your attention and help you remember your goals. (See Intro lesson.)
9. If the offense was illegal, report it to the authorities and let them deal with the person.

Tips for Talking with Teens

Creating positive conversations with teens



Having daily, pleasant conversations with your teens is an important part of bonding that helps keep them safe from alcohol and drugs. But it isn't easy. Teens claim parents only talk about uncompleted homework or chores. Parents say teens are uncommunicative and uninterested. So they both avoid talking. But teens need parental support and guidance during these difficult years. So daily take time to begin friendly conversations on topics that interest them—without any prying or reprimands. That will make it easier to discuss more difficult topics when you need to, like not using alcohol or drugs, or engaging in casual sex.

Use these tips & scripts to enjoy meaningful conversation with your teen.

1. Look for opportunities to talk that arise in everyday life, to start conversations. Also look for quiet moments—and ask if it's a good time to talk.

2. Begin by expressing appreciation for the good things you notice or admire about them.

3. Use a caring tone of voice and positive body language: a smile, nod, friendly face, etc. Be empathetic, positive and encouraging throughout the conversation.

4. Give your undivided attention, even if they prefer to sit next to you to avoid eye contact.

5. Use “LUV-Listening” skills of listening without interrupting; repeating back main ideas to show understanding; and validating their feelings by saying things like, “That must have made you feel . . . That's too bad.”

6. Use “I-Messages.” Use respectful “I-Messages” to express your own feelings and thoughts. Begin with “I” and then respectfully state how you feel and why you feel that way. Be specific in what you want and don't assign blame. Avoid “You” Messages.

7. Ask open-ended questions, often and casually, about things they are interested in: music, sports, celebrities, friends, TV shows, or movies; who they sat with at lunch; what they like to do for fun; what they think about current events, etc.

8. Respect their right to have a different point of view, even if you disagree. Don't make every conversation a debate.

9. Encourage teens to tell you about problems they may be having, and assure them that you'll try to understand and won't judge or reprimand. Use the Problem Pass.

10. Don't offer solutions unless they ask for advice. Instead, listen, and ask what options they are considering; express confidence in their ability to find solutions. Say, “If you would like to explore any of my thoughts on the subject, let me know.”

11. Ask about school. Find out which classes are hardest and offer to assist or get them help if needed. Help them finish homework before play, TV, or social media.

12. Ask about friends. Find out which friends help kids be their best selves. Encourage and support good friendships.

Conversation Extenders

- “What do you think?”
- “How so?”
- “I didn't know that.”
- “That's helpful. Tell me more.”
- “That's interesting. Keep going.”
- “That's a good question.”
- “Would you like to share more about that?”
- “Can you be more specific?”
- “Good point.”
- “In what way?”
- “That seems important to you.”
- “Do you want to talk about it?”
If they say “No”: “I'm here if you change your mind.”
- “I'm so sorry that happened to you . . . What can you do now?”
- What options are you considering?
- Do you need any advice? Would you like to brainstorm solutions?

Safe & Cool Conversations

How to talk respectfully when emotions run high



Strengthening Families
Program by Dr. Karol Numpfer

Creating emotional safety: Open, honest, and respectful communication increases family bonding and fosters loving relationships. For this to occur, people need to feel emotionally safe with one another. This is especially true in discussing a sensitive topic or talking with teens—who often feel misjudged and emotionally stressed. Fortunately, creating an emotionally safe place only needs three things: a right attitude, improved social skills, and new “scripts” or phrases that can cool a conversation and restore emotional safety. Focus on adjusting your attitudes, memorize the “scripts,” and practice the skills until they come naturally. You’ll see a huge increase in personal satisfaction and bonding.

(See also VitalSmarts.com or read *Crucial Conversations* by Patterson, Grenny, McMillan, and Switzer.)

Right Attitudes

- Value others as yourself
- Desire to understand how others feel and see things
- Desire to express yourself respectfully as a peacemaker
- Develop pure intentions
- Cease to judge or be critical
- Be generous instead of selfish
- View others with compassion
- Abandon ill-will; be willing to love
- Respect others' boundaries and right to choose differently
- Desire to speak only truth
- Believe you could be wrong; freely admit errors
- Be willing to make amends if you offend
- Have courage to bring up hard issues in a sensitive and kind way.
- Feel sorry when you offend

Proven Social Skills

- Use “LUV-Listening”
- Talk in “I-Messages”
- Use positive and kind words
- Use respectful voice tones and body language
- Look for and compliment the good
- Notice others' body language
- Notice if the discussion gets tense
- Notice your own stress and quickly self-calm if needed (see Lesson 1 and Lesson 6)
- Defuse confrontations with calming statements and questions
- Avoid throwing any C-Boulders
- Say hard things in kind ways
- If misunderstood, patiently clarify your motives and restate what you mean
- Be tentative with your opinions
- Avoid getting defensive
- Apologize quickly for offenses
- Ask openly for what you want or need
- Use Mindfulness techniques to calm your brain, help you be non-judgemental, and question your thoughts and “stories.”

Safe & Cool Scripts

- “Is this a good time to talk?”
- “I want to be here for you. Let me know if you just want a listening ear, or if you need help or advice.”
- “What I appreciate about you is . . .”
- “So what I think you’re saying is . . .”
- “Help me understand what you mean by that.”
- “How would you like things to be?”
- “Thanks for sharing your opinion.”
- “You must feel . . .”
- “I sense you’re feeling _____. Tell me more.”
- “I’m sorry you’re upset.”
- “I appreciate your concerns.”
- “Would you like my thoughts?”
- “I’m sorry, that’s not what I meant to imply. What I meant was _____.”
- “I’m sorry, what do you need me to do to make it up to you?” (If you offended.)
- “Let me think on that and get back to you.”
- “Let’s get more facts on this and then revisit it.”
- “I recognize I’m also part of the problem.”
- “Let’s take a break to cool-down.”
- “Let’s take turns getting our own way.”
- “Let’s agree to disagree for now.”
- “Let’s get outside help with this.”
- “I need your help. Would you please . . .”

The Problem Pass

Give your kids "a pass" from fear of sharing a problem or concern



Kids are often afraid to talk to their parents about sensitive issues or problems for fear of negative reactions. To encourage honest disclosure, create an emotionally safe environment by giving these "Problem Passes" to your children to pre-establish your commitment to calm reactions when they share distressing problems.

HELP ME FEEL SAFE TO TALK

PROBLEM PASS

I have a problem that, if you knew about, you might get angry or upset. So even though I'm still responsible for my actions, by accepting this PASS you agree to "LUV-Listen" and help me problem-solve without saying "I told you so," "I can't believe you did that," or getting angry.

HOW TO

USE I-MESSAGES

1. Have a respectful tone of voice.
2. Begin with "I," then state your feelings, needs or thoughts in a respectful way.
3. Describe what you want, or the thing that bothers you, in a specific, non-blaming way.
4. Explain the reasons for your feeling/thinking/desires: "I feel ... when ... because ..."
5. Avoid "you" messages, like: "You make me mad when ..."

HOW TO

LUV-LISTEN

1. LISTEN with a genuine desire to understand. Try to put yourself in the other person's place. Show by a comment or a nod that you are listening, not thinking of your response.
2. UNDERSTAND: Repeat back the main points to make sure you understand. Ask questions to get more understanding.
3. VALIDATE the other person's feelings by expressing empathy for their feelings or point of view, even if you disagree.
4. Say something like, "I see why you feel that way." Express confidence in his or her ability to find a solution if he or she has a problem.

STRENGTHENING FAMILIES PROGRAM, AGES 7-17

Pro-Social Skills for a Successful Life

How to communicate with love and understanding

HOW TO

BE ASSERTIVE

1. ATTITUDE: Have a deep respect for yourself and a respectful concern for others. Pause to think how they might view the concerning issue.
2. BODY LANGUAGE: Act confident, stand up straight, have good eye contact, and respect others' personal space.
3. TONE OF VOICE: Speak in a calm, polite, firm, controlled voice. Avoid all Communication Boulders.
4. WORDS: Use a clear "I-Message" to say how you feel, to express your needs, or make requests without sarcasm or blaming.

HOW TO

RESPECT OTHERS

1. View all persons as equal to your own self. If you start to feel judgmental about one of their negative points, say to yourself, "Just like me."
2. Use a respectful tone of voice when you talk.
3. Never thrown Communication Boulders: yelling, swearing, sarcasm, cross or angry tone of voice, put-downs, blaming, criticizing, or taking offense. (See the complete list on handout 2-7.)
4. Be assertive, not aggressive or passive.
5. Use life's five most important words often: "I love you" and "I'm sorry."
6. If you say you are sorry, then you should really mean it. Ask what you can do to make it up to the person you hurt.

Secondhand Smoke & Children ♣

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

SECONDHAND SMOKE & CHILDREN

Staying smokefree is important. Tobacco smoke contains a deadly mix of more than 7,000 chemicals.

CHILDREN EXPOSED TO SMOKE

No amount of smoke is safe. Even if you can't smell it, cigarette smoke can still harm your child. When your child is exposed to smoke, you can expect him or her to have:

- Ear infections
- Coughs and chest colds
- Asthma attacks and wheezing problems
- Risk for bronchitis or pneumonia (lung problems)



A TIP ABOUT
SECONDHAND
SMOKE

**DON'T BE SHY ABOUT
TELLING PEOPLE NOT TO
SMOKE AROUND YOUR KIDS.**



4 out of 10 U.S. kids are exposed to secondhand smoke. For Adam, it triggers his asthma attacks. Keep kids smoke-free. If someone you know wants free help, call 1-800-QUIT-NOW.



WHAT IS SECONDHAND SMOKE?

Secondhand smoke comes from smoke breathed out by smokers. When children breathe secondhand smoke, it is like they are smoking, too. Secondhand smoke is made of thousands of chemicals. Many are poisons that stay in your body. Secondhand smoke harms everyone, especially children.



- An estimated 58 million nonsmoking Americans, including 14 million children aged 3-11 years, are exposed to secondhand smoke.
- They breathe it at home, day care, and in cars.
- American Indian adults and teens smoke more than any other group in the United States.

Smoking in another room like a bathroom or bedroom pollutes ALL the air in your home. In an apartment, smoke in one room can go through the whole building.

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

CHILDREN CAN'T HIDE FROM SECONDHAND SMOKE AT HOME

- To protect children, homes and apartment buildings must be smoke-free.
- Smoking outside in a hall or stairwell does not protect children inside.
- Smoke goes under doors, windows, & through cracks.
- Don't smoke at home, even when children aren't there.
- An open window or fan does not protect your child.
- Air purifiers and fresheners do not remove smoke's poisons.
- Smoke from one cigarette can stay in a room for hours.

WE MUST PROTECT CHILDREN FROM SECONDHAND SMOKE



AT HOME

- If you care for children at home, do not allow anyone to smoke inside.
- Do not let babysitters, family, or friends smoke around your children.



IN YOUR CAR

- Do not allow anyone to smoke in your car, the smell and particles linger.
- Rolling down a window does not protect them.



AT SCHOOL & DAY CARE

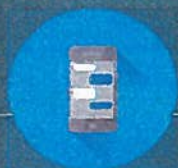
- Make sure your child's school and day care is smoke-free inside and out.
- All school events should enforce "No Smoking" zones.



IN PUBLIC

- Choose smoke-free parks, restaurants, and businesses.
- "No Smoking" sections in restaurants do not protect children from secondhand smoke.

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Smokefree Texting Programs



Using Nicotine Replacement Therapy



Smokefree Social Media



Smokefree Apps



Build Your Quit Plan

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REFERENCES

- https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/native-american-population/index.html
- <https://www.cdc.gov/healthcommunication/toolstemplates/entertained/tips/SecondhandSmokeChildren.html>
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm
- <https://www.cdc.gov/features/smokefree-home/index.html>



Pregnancy & Smoking

Smoking during pregnancy can cause premature birth (being born too early), certain birth defects, and infant death.

HARM TO BABY



Preterm Birth

Smoking while pregnant can cause a baby to be born too early or to have low birth weight--leading to longer hospital stays or death.



Birth Defects

Smoking can damage your baby's developing lungs and brain. Damage can last into teen years.



Sudden Infant Death

Smoking during/after pregnancy is a risk factor of SIDS - death of infants under 1 year during sleep or in baby's sleep area.



Developmental Delays

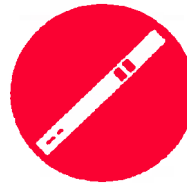
As the child gets older, he or she may be behind in language, thinking, or movement skills and not do as well in school.

HARM TO WOMAN



Fertility Issues

Smoking makes it harder for a woman to get pregnant than women who do not smoke.



Miscarriage

Women who smoke during pregnancy are more likely than nonsmoking women to have a miscarriage



Abnormal Bleeding

Smoking doubles your risk of abnormal bleeding during pregnancy and delivery. It can put you and baby in danger.



Water Breaks Too Early

When your water breaks before the 37th week of pregnancy, the more serious it is for you and baby.

Preterm delivery is a leading cause of death, disability, and disease among newborns.

Premature babies can have breathing problems, cerebral palsy, problems with hearing or eyesight.



Smoking can cause birth defects including cleft lip, cleft palate, or both. A cleft is an opening in your baby's lip or roof of mouth.

Smoking can cause placenta to separate from womb too early, causing danger to mom and baby.

In the United States, 58 million children and adults who do not smoke are exposed to other people's smoke. Homes and vehicles are the places where children are most exposed to cigarette smoke. People can also be exposed to cigarette smoke in public places, restaurants, and at work.

WHEN YOU STOP SMOKING

- ✔ Your baby will get more oxygen, even after just one day of not smoking.
- ✔ There is less risk that your baby will be born too early.
- ✔ You will be less likely to develop heart disease, stroke, lung cancer, chronic lung disease, and other smoke-related diseases.
- ✔ You will have more energy and breathe more easily.
- ✔ Your clothes, hair, and home will smell better.
- ✔ Your food will taste better.
- ✔ You will have more money to spend on other things.
- ✔ You will feel good about what you have done for yourself and your baby.



OTHER PEOPLE'S SMOKE

Other people's smoke (secondhand smoke) harms your health and your child's health:

- ✘ There is no safe level of breathing other people's smoke.
- ✘ Pregnant women who breathe people's smoke are more likely to have a baby who weighs less.
- ✘ Babies who breathe in other's people's cigarette smoke are more likely to have ear infections and more frequent asthma attacks.
- ✘ Babies who breathe in other people's cigarette smoke are more likely to die from Sudden Infant Death Syndrome (SIDS). SIDS is an infant death for which a cause of the death cannot be found.



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REFERENCES

- [1] <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>
- [2] https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/
- [3] <https://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>
- [4] <https://smokefree.gov/>

HEART DISEASE & TOBACCO

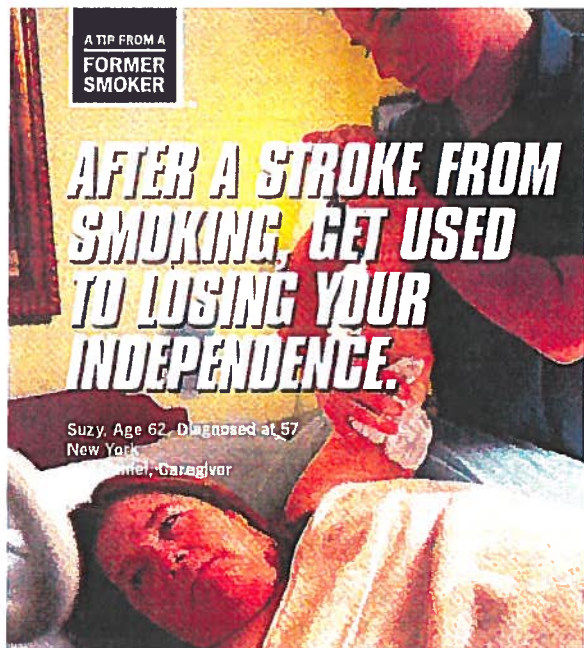
LEADING CAUSE OF DEATH

American Indians/Alaska Natives (AI/AN) have a higher risk of experiencing tobacco-related disease and death due to high prevalence of cigarette smoking and other commercial tobacco use. In the United States, the leading cause of death (LCD) of AI/AN include: **Cardiovascular disease**, lung cancer, and diabetes.

CARDIOVASCULAR DISEASE (CVD)

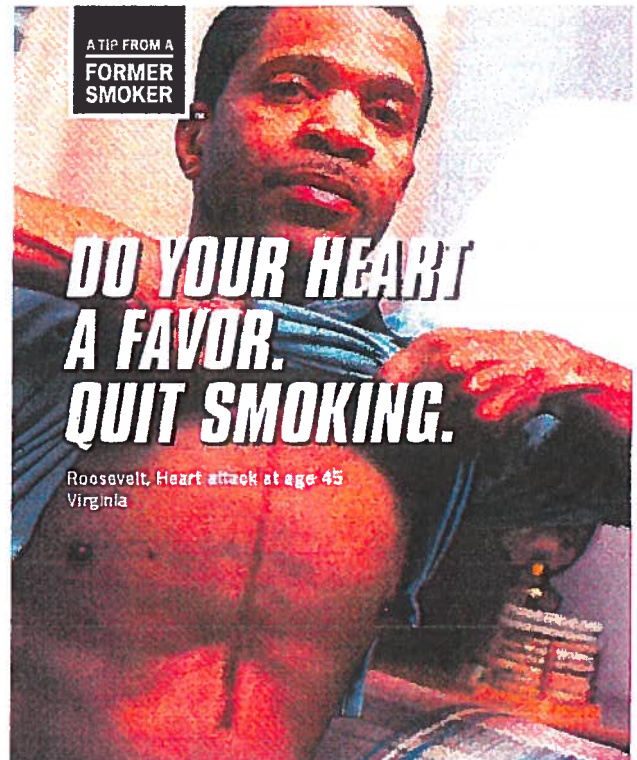
Heart disease and stroke are cardiovascular (heart and blood vessel) diseases. The most common type in the United States is coronary heart disease, which is narrowing of the blood vessels that carry blood to the heart. **Heart Disease** can cause:

- **Chest pain**
- **Heart attack**
(when blood flow to the heart becomes blocked and a section of the heart muscle is damaged or dies)
- **Heart failure**
(when the heart cannot pump enough blood and oxygen to support other organs)
- **Arrhythmia**
(when the heart beats too fast, too slow, or irregularly)



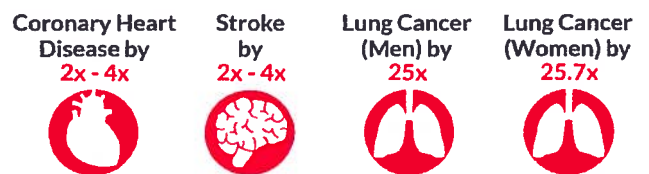
A stroke occurs when the blood supply to the brain is blocked or when a blood vessel in the brain bursts, causing brain tissue to die. **Stroke** can cause:

- Disability such as paralysis
- Muscle weakness
- Memory loss
- Trouble speaking
- Death



RISK FOR SMOKERS

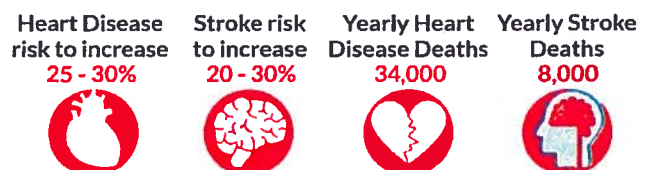
Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Estimates show **smoking increases the risk of:**



RISKS FOR NONSMOKERS

Breathing secondhand smoke (SHS) is harmful to your health. SHS is the smoke from tobacco products and breathed out by a smoker. Breathing SHS can cause coronary heart disease, including heart attack and stroke.

Secondhand smoke exposure causes:



Prevention

Heart disease and stroke are major causes of death and disability in the United States. Many people are at high risk for these diseases and don't know it. The good news is that many risk factors for heart disease and stroke can be prevented or controlled.

It's important to know your risk for heart disease and stroke and to take action to reduce that risk. A good place to start is with the **ABCS** of heart health:



Aspirin: May help reduce your risk for heart disease & stroke. Before taking aspirin, talk to your doctor about whether aspirin is right for you. Do not take aspirin if you think you are having a stroke. It can make some types of stroke worse.

Blood pressure: Control your blood pressure.

Cholesterol: Manage your cholesterol.

Smoking: Quit smoking, or don't start.

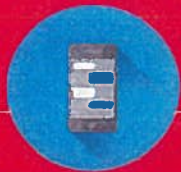
In addition to your ABCS, several **lifestyle choices** can help protect your heart and brain health. These include the following:

- Avoid breathing secondhand smoke.
- Eat low-fat, low-salt foods most of the time and fresh fruits and vegetables.
- Maintain a healthy weight.
- Exercise regularly.
- Limit alcohol use.
- Control other health conditions (such as diabetes).

Your Body Starts to Recover when you Quit Smoking

- **20 minutes:** Blood pressure and heart rate recover from the nicotine-induced spikes.
- **12 hours:** Carbon monoxide levels in blood return to normal.
- **2 weeks:** Circulation and lung function begin to improve.
- **1 to 9 months:** Clear and deeper breathing returns; less coughing and shortness of breath.
- **1 year:** Risk of coronary heart disease is reduced by 50%.
- **5 years:** Risk of cancer to the mouth, throat, esophagus, and bladder are cut in half. Your risk of cervical cancer and stroke return to normal.
- **10 years:** Half as likely to die from lung cancer. Risk of larynx or pancreatic cancer decreases.
- **15 years:** Risk of coronary heart disease is the same as a non-smoker's.

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REFERENCES

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) Fatal Injury Data. (2017): <https://www.cdc.gov/injury/wisqars/index.html>. Accessed January 24, 2019.
- https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/index.htm. Accessed January 17, 2019
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_data_smoking/. Accessed January 24, 2019.
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/the-benefits-of-quitting-smoking-now>

SMOKING & DIABETES

Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.

Smoking is a cause of type 2 diabetes. If you have diabetes and smoke, your risk for kidney disease is two to three times higher than if you don't smoke. Smokers who have diabetes also have more difficulty recovering from surgery. After you quit smoking, you will have better control over your blood sugar levels. When you quit, you will be less likely to have heart or kidney disease, blindness or amputations.

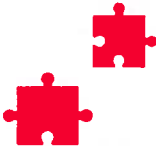


TYPES OF DIABETES

TYPE 1 • No known way to prevent it
• Can develop at any age

BODY DOES NOT MAKE ENOUGH INSULIN

In adults, Type 1 diabetes accounts for approximately **5%** of all diagnosed cases of diabetes



TYPE 2 • Most cases can be prevented
• Can develop at any age

BODY CAN NOT USE INSULIN PROPERLY

In adults, Type 2 diabetes accounts for approximately **95%** of all diagnosed cases of diabetes



SMOKERS WITH DIABETES

HIGHER RISKS FOR SERIOUS COMPLICATIONS

VISION LOSS

Compared to a nonsmoker, you are 2 - 3 times more likely to develop cataracts and 2 times more likely to develop age-related macular degeneration.

HEART DISEASE

Poisons from tobacco smoke damage blood vessels and make blood more likely to clot. This can lead to a heart attack, stroke, or death.

STROKE

Smoking and exposure to cigarette smoke are major causes of heart disease and stroke. Smokers have higher risk of developing aortic aneurysms than do nonsmokers.

RESPIRATORY DISEASE

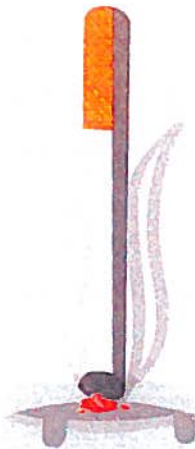
Smoking causes lung disease, including chronic obstructive pulmonary disease: emphysema, chronic bronchitis, and in some cases, asthma.

KIDNEY DISEASE

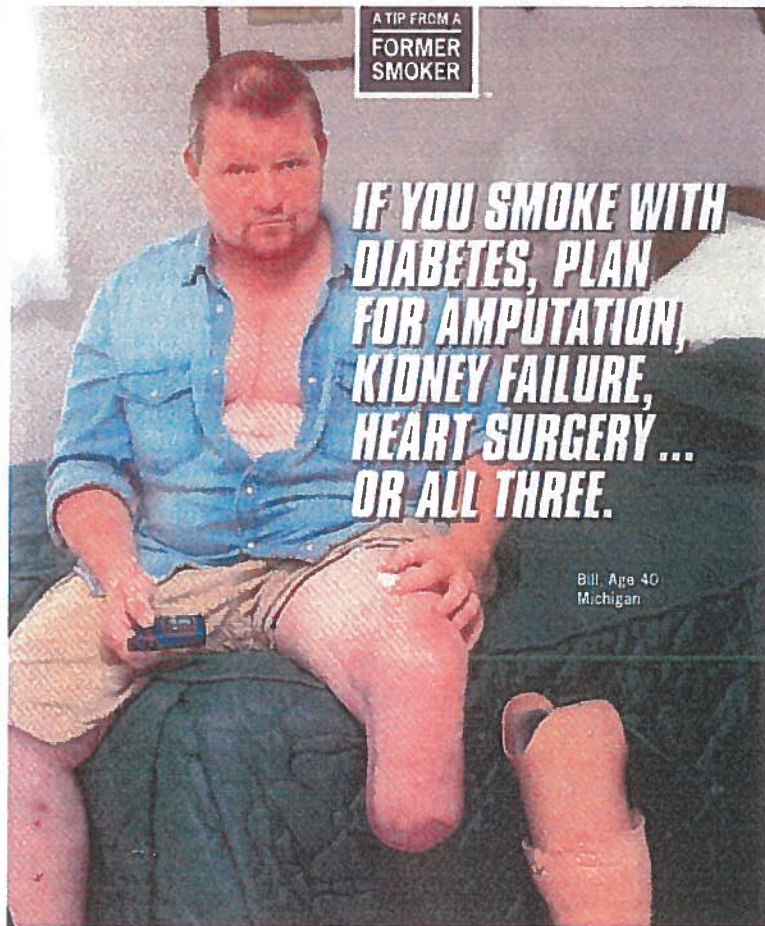
Smoking can cause insulin resistance. Blood sugars that are uncontrolled can, over time, raise your risk of diabetes complications, including kidney failure.

AMPUTATION

Damaged nerves to arms and legs that cause numbness, pain, weakness, and poor coordination. Can lead to foot infection, ulcers, and amputation of toes or feet.



No matter what type of diabetes you have, smoking makes diabetes harder to control.



Read Bill's story...

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.

- The more you smoke, the higher your risk for type 2 diabetes
- People with diabetes who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease.

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REFERENCES

- <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/exec-summary.pdf>
- <https://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html>
- https://www.cdc.gov/tobacco/data_statistics/sgr/2010/highlight_sheets/pdfs/overview_respiratory.pdf
- https://www.cdc.gov/tobacco/data_statistics/sgr/2010/highlight_sheets/pdfs/overview_cardiovascular.pdf
- https://www.cdc.gov/tobacco/data_statistics/sgr/2010/clinician_sheet/pdfs/clinician.pdf
- https://www.cdc.gov/tobacco/basic_information/health_effects/respiratory/index.htm

Read the Label on Snacks ♣

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

Chef Solus Favorite Top High Fiber Foods

Grains and Pasta	Serving size	Total Fiber (grams)
Whole wheat flour	1 cup	14.6
Spaghetti, whole-wheat	1 cup	6.3
Whole wheat bagel	2 oz	6
Whole wheat English Muffin	1 each	4.4
Whole wheat bread	1 slice	1.9
Breakfast Cereals	Serving size	Total Fiber (grams)
High fiber cereals	1 ounce (1/2 cup)	10-14
All Bran Cereal	1/2 cup	10-13
Raisin bran	1 oz (3/4 cup)	5.4
Bran flakes	1 oz (3/4 cup)	5.1
Oatmeal	1 cup	4
Legumes, Nuts and Seeds	Serving size	Total Fiber (grams)
Lentils	1 cup	15.6
Black beans	1 cup	15
Lima beans	1 cup	13.2
Kidney beans	1 cup	14.6
Baked beans, canned	1 cup	10.4
Almonds	24 nuts	3.3
Peanuts	28 nuts	2.3
Vegetables	Serving size	Total Fiber (grams)
Peas	1 cup	8.8
Potato, baked with skin	1 medium	4.4
Corn	1 cup	4.2
Broccoli	1 cup	4.6
Popcorn, air-popped	3 cups	3.6



Chef Solus Favorite Top High Fiber Foods

Tomato paste	1/4 cup	3
Carrot	1 medium	2
Fruits	Serving size	Total Fiber (grams)
Pear	1 medium	5.1
Blueberries	1 cup	3.5
Apple, with skin	1 medium	3.3
Strawberries	1 cup	3.3
Orange	1 medium	3.1
Prunes	3 medium	3
Banana	1 medium	3
Apricots	1 medium	2.6
Raisins	1/4 cup	1.5

Fiber Worksheet: Create a meal plan that meets your fiber goal!

Breakfast _____

+

Lunch _____


+

Dinner _____

+

Snack _____

Fiber Goal _____



Total Fiber _____

3 Activities to Help your ACTIVEkids Soak Up Spring ♣

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



3 Activities to Help your ACTIVEkids Soak Up Spring

By Kimberly Truesdell, www.activekids.com

After record snowfalls and bitter cold, spring is beginning to show its colors. Purple crocuses pop up from brown dirt. The gray sky lifts, revealing white clouds and a blue expanse. The sun shines bright, casting shadows of budding trees.

The one color parents don't want to see? The shade of their living room walls, which has grown drab and tired after a winter stuck inside. It's almost hard to believe: the calendar finally reads "April." It's time to enjoy the season of new beginnings and head outdoors.

These activities are a breath of fresh air (literally) that will get the family moving. Plus, you can spring each activity forward into the summer to keep your kids active.

Adventure Hike: "What animals are awake now," an inquisitive toddler might ask from the confines of the stroller. Rather than giving the answer, let your child find the answer. Head out to a family-friendly trail in your area and go for a hike. Kids can wander off the beaten path and look for scurrying squirrels, nesting

birds and crawling bugs. Older children can bring along a clipboard and jot down notes about what they see. For the younger set, bring a bingo chart of animals and have them color in the animals they see.

Spring Forward: Keep your children's logs and have them complete the activity again in the summer. They can compare their notes and see how the great outdoors has changed.

Bike Course: Turn a spring cleaning project into a fun spin around the driveway (or the nearest open parking lot). Cones, wood scraps and pieces of plywood can be used to create a riding course for bike riders of all ages. Mark the route with sidewalk chalk and challenge their agility. Just don't forget the helmet and pads!

Spring Forward: Challenge the kids to come up with their own bike course and let them work on building it over the summer.

Neighborhood Dash: Summer nights are punctuated by the shrieks of neighborhood children. But why wait for the hot nights of July? Organize the kids on the block for a friendly 100-meter dash, with heats based on age. To get ready for the race, they can draw a start line and finish line with sidewalk chalk as well as write encouraging messages along the course. Parents can create a race environment by offering bananas and water at the finish line. The dash will be a great way for the neighborhood kids to get reacquainted after a winter stuck indoors.

Spring Forward: Want to challenge your kid's competitive side? Write down their time for the dash and see if they can run it faster over the summer. The neighborhood can host an end of the season bash and hand out medals to the most improved.

Valentine's Day Healthy Heart Maze ♣

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

Valentine's Day Healthy Heart Maze

Flex your heart muscle to keep it strong with daily exercise and heart friendly foods!

The explorers have prepared a healthy picnic for Chef Solus.

Can you help Chef Solus find his way to the picnic?



Buying a Kid's Bike ♣ March Bike Safety

Submitted by: Wanda Quasula | Hualapai Nation Police Department

Be Safe, Be Seen | Submitted by: Esther Corbett, ITCA

Buying a Kid's Bike

Many parents purchase a bike for their child during the Spring.

Tips to purchase a bike are below.

- A bike too large or small for the child's size is difficult to control.
- The lack of control can lead to a child's injury.
- It's important to find the right size bike.
- Your child should be able to comfortably sit on the bike seat with their toes or feet touching the ground.
- Their knees should not touch the handlebars.



To select the proper bike size, you can use the child's height and age as a general guide.

Bike Sizing Chart		
Child's Age	Child's Height	Bike Wheel Size
1-3 years		1-size balance bike
2-4 years	2 feet, 10 inches to 3 feet, 4 inches	12 inch wheel
3-5 years	3 feet, 1 inch to 3 feet, 7 inches	14 inch wheel
5-7 years	3 feet, 7 inches to 4 feet	16 inch wheel
7-9 years	4 feet to 4 feet, 5 inches	20 inch wheel
9-11 years	4 feet, 5 inches to 4 feet, 9 inches	24 inch wheel

IHS Tribal Injury Prevention Grant – Hualapai Nation Police Department & Inter Tribal Council of Arizona, Inc. Tribal Epidemiology Center

ST. PATRICK'S DAY

Be Safe, Be Seen | Submitted by: Esther Corbett, ITCA

Don't rely on LUCK

Be Safe, Be Seen

Always wear a helmet and reflective safety gear

Wear red and white lights so vehicle drivers will see you

From the Hualapai Nation Police Department



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

- | | |
|---------------|-----------|
| 1. SHAMROCK | 6. CELTIC |
| 2. LEPRECHAUN | 7. CLOVER |
| 3. IRELAND | 8. IRISH |
| 4. RAINBOW | 9. GREEN |
| 5. GOLD | 10. LUCK |
| | 11. JIG |



Chef Solus Breakfast Crossword Puzzle

- Across**
- 5 The small meal after breakfast and before lunch
 - 8 Belgium _____ with strawberries
 - 11 This meal helps you do great in school
 - 12 This fruit juice has vitamin C
 - 14 Put cream cheese or peanut butter on this
 - 15 Ome_____ with mushrooms and cheese
- Down**
- 1 French _____ or pancakes
 - 2 This taste great with whole grain cereal
 - 3 This comes from a cow but its not white
 - 4 Home fries or hash _____
 - 6 Some kids like to eat this without milk.
 - 7 Bananas, strawberries and yogurt mixed together to make a _____
 - 9 Mickey Mouse shaped _____ with eggs
 - 10 Eat this warm with milk, raisins, and brown sugar.
 - 13 Scrambled, poached and fried _____

ST. PATRICK'S DAY CROSSWORD PUZZLE

- Across**
- 4. capital of Ireland
 - 5. a type of Irish dance
 - 7. if you do not wear green on March 17 this will happen
 - 9. the day St. Patrick's Day falls on
 - 11. the national emblem of Ireland
 - 12. yellow and blue make _____
 - 13. from Ireland
- Down**
- 1. the 3rd month of the year
 - 2. good fortune
 - 3. nonsense or misleading talk
 - 6. called the Emerald Isle
 - 7. a starchy vegetable
 - 8. a sprite
 - 10. 4 leaf _____

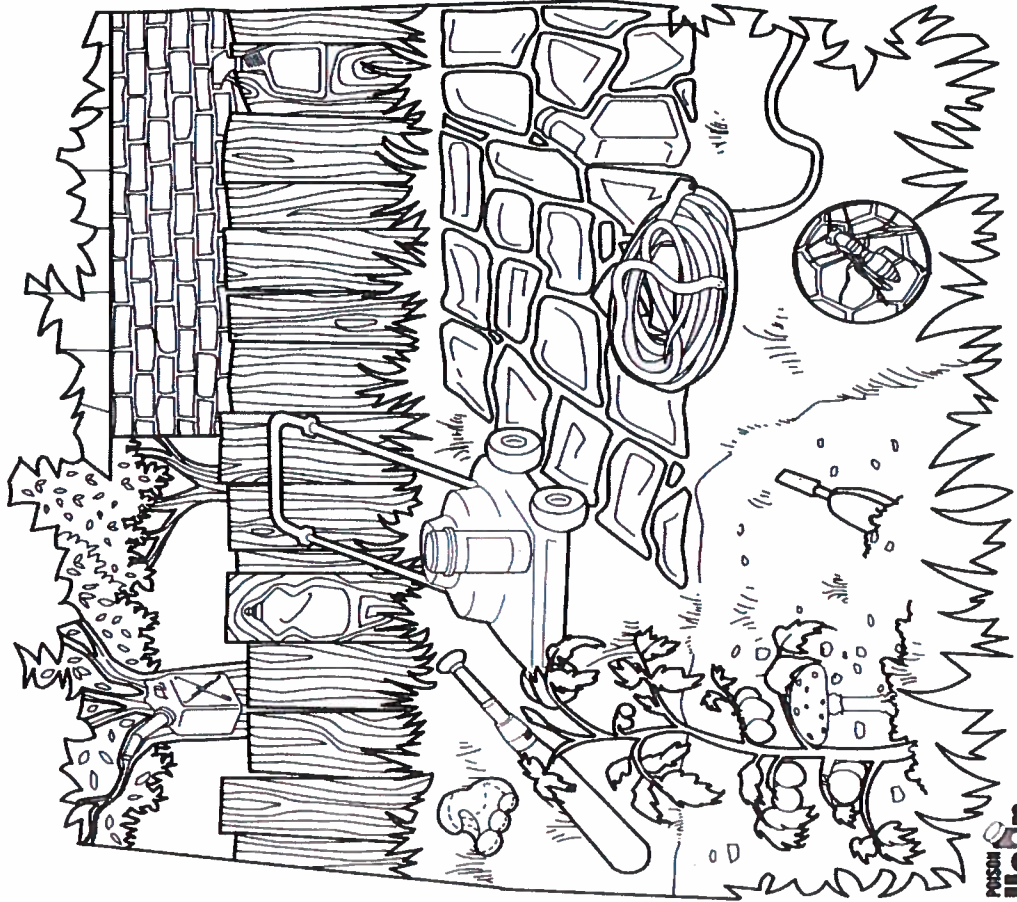
Answer in next issue

Hualapai Strategic Prevention
March 2019
Poison Prevention Month

Hidden Hazards

Find all the poisons hidden in this picture.

- snake
- wasp
- spray cleaner
- gas can
- pill bottle
- nail polish
- toilet cleaner
- dish soap
- mushroom



POISON
Help.
1-800-772-1771

Healthy Foods Hard Word Search

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

- ALMONDS
- BEANS
- BROWN RICE
- CELERY
- CORN
- EGGS
- OATMEAL
- SALMON
- TOMATOES
- WATERMELON
- ZUCCHINI
- APPLES
- BLUEBERRIES
- CARROTS
- CHEESE
- CRANBERRIES
- LEMONS
- ORANGES
- SPINACH
- WALNUTS
- WHOLEGRAINS
- BANANAS
- BROCCOLI
- CASHEWS
- CHICKEN
- CUCUMBERS
- LETTUCE
- POTATOES
- TOFU
- WATER
- YOGURT

COMMUNITY MESSAGES

Inspirational Corner ♣ 12 Points to Perpetual Happiness (Continued)

Submitted by: Ms. Josie Powsey

12 Points to Perpetual Happiness (...continuing)

Sorry, I missed the last Gamyu message but we are continuing and finishing the 12 points to Perpetual Happiness, continuing with six...

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.
7. Cultivate humor always. Laughing at yourself and chuckling at the humor in your situation keeps you from taking yourself too seriously and wanting to strangle somebody. Picking on other people doesn't lift them up and it doesn't help you up either.
8. Read 15 minutes worth of inspirational material before noon every day. This not only lifts your spirit and marks the path before you but also gives you something good to talk about.
9. Memorize words of upbeat songs and inspirational quotes. Keep these on hand when you have nothing

else to think about.

10. Opinions change—facts remain the same. Learn to separate opinion from fact and don't get caught up in anybody's opinion, even your own. Especially, don't live your life based on what other people might think about you.
11. Don't worry about things you have no control over. Learn to solve problems quickly. Learn to anticipate things you can't solve. Plan ahead and don't forget to make a Plan B.
12. Keep your faith in God and in the Big Picture! Even though you can't see all the curves in the road ahead, be confident that things will straighten themselves out (with your help) eventually. If you are doing your part you can have every expectation that God will do His part! Amen.

I hope these words help you, as it's helping me. Have a good day.

Happy Birthday LJ ♣

Submitted by: Fawn Parker

Happy Birthday LJ

To the little boy who has so much energy, it is finally your day!!! As you enjoy your 4th birthday, know that you are loved so much. I hope you have a dino-rrific day my son.

Love, Mom and your girls.



Today

Today, I will be focusing on my behavior, attitude, honesty and loyalty. This treatment has guided me to a brighter life. It's not easy but I'm doing it. I will be taking these coping skills and tools with me, once I end the program and I will be using them on a daily basis.

In the past, my life was unbearable, unmanageable, selfish, envious, hateful and in destructive relationships. Now, I put power into my life when I stop blaming others and accept responsibility for my own actions.

I realized I have a purpose in my life. Today, I'm learning to love myself and accept that I'm broken from inside out. No one can fix me, but me. Though, this time I'm not doing it alone—I've included GOD.

Today, I pray to my creator, I have also learned that it's impossible to do it on my own.

Today, I forgive those that I hurt and pray for my enemies, as well as my friends. GOD has been my savior and my light. I am grateful and thankful for everything that I have, especially my children and my granddaughter. Thank you World.

Submitted by

Reginald D. Hernandez

To my Community ♣

Submitted by: Zeke Smith

For so long, the love I had in my heart went away; the pain I felt kept making my mind and soul sway this way and that way. I couldn't even look people in the face, walked around as a spirit in the flesh, head covered with a hat, now don't get me wrong, it wasn't out of fear, it was the hurt that nobody felt in their lives. That I couldn't even shed tears but I've walked the shadow of death of hell. It took battling the devil as I tore and clawed and climbed every level except hell. Where I stand once, twice, three more on solid ground, my heart and soul are finally at peace. Those demons no longer make a sound. I stand with my Christ Jesus and God, with my loved ones all around me, to protect. I am a warrior of God, I am truly blessed from up above.

"For I have learned, in whatsoever state I am, therewith to be content." Philippians 4:11 God Bless you.

Green Arrow Project Survey ♣

Submitted by: Barbara Tinhorn

Please turn in the survey to Barbara Tinhorn to claim a gift for completing the survey.

1.) Age Range

- 0-14 Years Old
- 15-24 Years Old
- 25-64 Years Old
- 65 and over

2.) Do you eat vegetables?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

3.) Do you grow your own vegetables?

- Yes
- No

4.) If you had a garden, would you eat more vegetables/fruit?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

5.) Do you feel gardening will improve your eating habits?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

6.) Are you interested in gardening?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

7.) If yes, what would you like to learn about gardening? (you may enter multiple in this box)

For Example- seeding, watering, what season to start

Please write in answer

8.) Have you ever participated in a gardening project/program?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

If yes, where did you participate?

9.) Statement: "I would love to start gardening, but I have no idea where to begin."

- Strongly agree
- Agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Disagree
- Strongly disagree

10.) Do you think gardening will improve the community?

- Definitely yes
- Probably yes
- Might or might not
- Probably not
- Definitely not

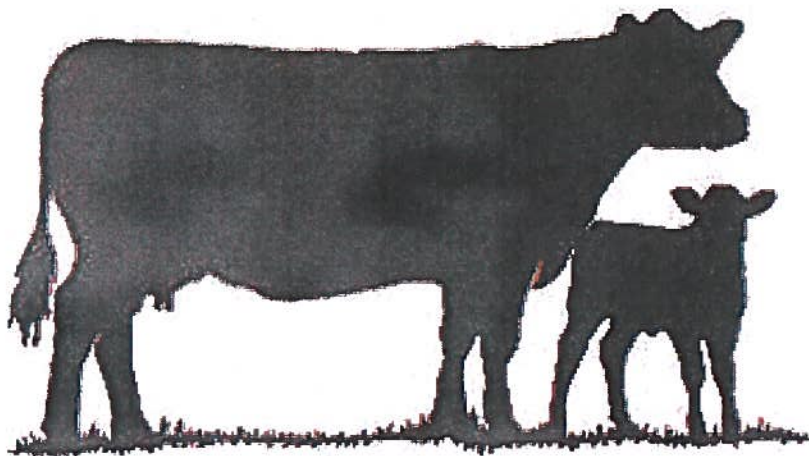
Hualapai Annual Livestock Meeting ♣ Friday, March 29th
Submitted by: Elisabeth Alden | Hualapai Department of Natural Resources

HUALAPAI ANNUAL LIVESTOCK MEETING

March 29, 2019

9:00 am – 3:30 pm

@ the 4H Facility



LUNCH PROVIDED

DOOR PRIZES

TOPICS:

**SOIL HEALTH
CONSIDERATIONS
FOR RANCHING**

**RAIN SIMULATOR
DEMONSTRATION**

**Marketing
strategies for
Cattle**

**DROUGHT
MITIGATION**

**Developing a
Grass Fed Beef
Program & Custom
Labeling**

HDNR UPDATES



(928)769-2254 www.hualapai.org

Kingman High School ♣ Baseball Schedule

Submitted by: Annette Bravo | Hualapai Department of Natural Resources

KINGMAN HIGH SCHOOL BASEBALL 2019



First permissible practice 2/4/19

revised
12/13/18

DATE	DAY	OPPONENT	HOME/AWAY		TIME
			JV	VAR	
2/15	Fri.	Scrimmage (KAOL, LWHS)		H	2:30
2/23	Sat.	Page		H	12:00/2:30
2/25	Mon.	Paradise Honors	A	A	3:00/5:00
2/28 - 3/2	Thur-Sat	Kingman Tournament		H	TBA
3/7 - 3/9	Thur-Sat	River Valley Tournament		A	TBA
3/13	Wed.	KAOL	H	H	1:30/3:45
3/19	Tues.	Chino Valley	H	H	1:30/3:45
3/22	Fri.	KAOL	A	A	1:30/3:45
3/26	Tues.	NW Christian	A	A	1:30/3:45
3/27	Wed.	Parker	H	H	1:30/3:45
3/30	Sat.	NW Christian	H	H	11:00/1:00
4/1	Mon.	Wickenburg	A	A	1:30/3:45
4/5	Fri.	River Valley	A	A	3:45/6:00
4/6	Sat.	Lake Havasu		H	12:00/2:00
4/12	Fri.	Lee Williams	H	H	1:00/3:00
4/15	Mon.	Chino Valley	A	A	1:30/3:45
4/18	Thur.	Wickenburg	H	H	1:30/3:45
4/20	Sat.	River Valley	H	H	12:00/2:30
TBA		State Tournament		TBA	TBA

Head Coach Chad Baitinger **Junior Varsity:** Hank Diaz
Assistants: Steve Padilla

Daily Strips from the 1970s + Peanuts

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

