

Issue #07

Friday, April 05, 2019

La Paz Trail of Tears Run 2019 • Registration Forms Due: Monday, April 8<sup>th</sup>

Submitted by: Trena Bizardi | Hualapai Youth Services

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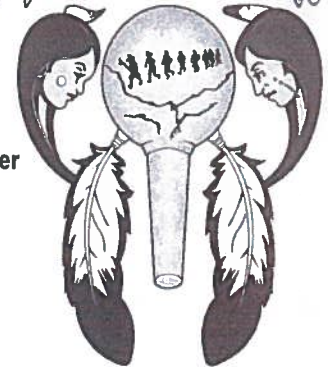
Special points of interest:

- **TERC Meeting** will be Wednesday, April 17<sup>th</sup> at 9:00AM in the Department of the Cultural Resources.
- **HTUA Board Meeting** will be on Wednesday, April 24<sup>th</sup> at 9:00AM at the Health, Education & Wellness Department.
- **Annual Earth Day event** will be on Friday, April 26<sup>th</sup> (finalized flyer will post-ed, confirming details).
- **Important Gamyu dates:** Article(s) deadline: Friday, April 12<sup>th</sup>; Next Publication date: Friday, April 19<sup>th</sup>

# La Paz Trail of Tears Run 2019

From Kingman to Peach Springs, AZ

Yo' Niyhay Jamj Vojto



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 15<sup>th</sup>. YOU MUST ATTEND**

## The 2020 Census at a Glance

Submitted by: Kevin Davidson | Hualapai Planning Department

# The 2020 Census at a Glance

*Counting everyone once, only once, and in the right place.*

The U.S. Census Bureau is the federal government's largest statistical agency. We are dedicated to providing current facts and figures about America's people, places, and economy. Federal law protects the confidentiality of all individual responses the Census Bureau collects.

The U.S. Constitution requires that each decade we take a count—or a census—of America's population.



The census provides vital information for you and your community.

- It determines how many representatives each state gets in Congress and is used to redraw district boundaries. Redistricting counts are sent to the states by March 31, 2021.
- Communities rely on census statistics to plan for a variety of resident needs including new roads, schools, and emergency services.
- Businesses use census data to determine where to open places to shop.

Each year, the federal government distributes more than \$675 billion to states and communities based on Census Bureau data.

In 2020, we will implement new technology to make it easier than ever to respond to the census. For the first time, you will be able to respond online, by phone, as well as by mail. We will use data that the public has already provided to reduce followup visits. And, we are building an accurate address list and automating our field operations—all while keeping your information confidential and safe.



## KEY MILESTONES

- 2018**
  - 2018 End-to-End Census Test
  - 2020 Census questions sent to Congress by March 31, 2018
  - Six regional 2020 Census offices and 40 area census offices open
- 2019**
  - Partnership activities launch
  - Complete Count Committees establish
  - Census takers update address list in person
  - Remaining 248 area census offices open
- 2020**
  - Advertising begins in January 2020
  - Public response (online, phone, or mail) begins
  - **Census Day**—April 1, 2020
  - Census takers visit households that haven't responded
  - Apportionment counts sent to the President by December 31, 2020
- 2021**
  - Redistricting counts sent to the states by March 31, 2021

Connect with us  
@uscensusbureau







# Public Notice of Proposed Homesite • Camille Nighthorse

Submitted by: Michelle Zepheir | Hualapai Planning Department

## Public Notice for Camille Nighthorse proposed homesite.

Mrs. Nighthorse has a proposed homesite of 5 acres located between mile posts 27-28 on Indian Route 18. If you have any concerns please notify Michelle Zepheir 928-769-1310, thank you.

### Legend

-  Camille Nighthorse 5 acres
-  Canyon
-  Homesite location
-  no build 500 ft. from Indian 18





## Hualapai Tribal Enrollment • Information Request

Submitted by: Cody Susanyatame | Hualapai Tribal Enrollment

Hualapai Tribal Members,

The Enrollment Office is requesting your information again (birth certificate & social security card copy). Information was requested back in 1987 and as of today members have not complied. It is now 2019 and it is important for the Hualapai Tribe to maintain your information as enrolled Hualapai Tribal Members.

Hualapai Tribal Departments and the Bureau of Indian Affairs request information and we cannot process this request as files are incomplete.

**The following will assist our office in maintaining current and accurate information.**

- BIRTH CERTIFICATE
- SOCIAL SECURITY CARD
- COURT ORDERS INVOLVING CUSTODY OR NAME CHANGES
- CHANGE OF ADDRESS
- DEATH CERTIFICATE - To officially close out deceased members

**Please note that all records are kept under lock and key.**

Mi daw'k babel miwij nyu mi gami:jah, Mah han kyu'!

Enrollment



## 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 20<sup>th</sup>, 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 13<sup>th</sup>, 2019 by 12pm. Bid winner will be contacted on Thursday, April 14<sup>th</sup>, 2019.

For more information, please contact:

Hualapai Youth Services  
 Phone: 769-2207 Ext. 243  
 488 Hualapai Way  
 Peach Springs, AZ.

[christina.watahomigie@hualapai-nsn.gov](mailto:christina.watahomigie@hualapai-nsn.gov)

## Hualapai Tribal Enrollment • Information Request

*Submitted by: Cody Susanyatame | Hualapai Tribal Enrollment*



### NOTICE OF INVITATION FOR BIDS FROM RESIDENTIAL BUILDING CONTRACTORS, IFB NO. 01-2019 RENOVATION OF SINGLE-FAMILY HOME IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe", is soliciting bids from residential contractors to renovate a single family home in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites Indian and non-Indian owned firms to submit sealed bids. The Tribe will select the bidder whose bid does not substantially exceed the amount of funds available for construction of the project, subject to applicable Indian Preference requirements and assessments of the Bidder's responsiveness and responsibility under federal law. Funds are derived from the BIA Housing Improvement Program. The renovated home must be ready for occupancy no later than four (4) months after contract's Notice to Proceed is given.

PRE-SUBMITTAL CONFERENCE: April 24, 2019, 2:00 P.M. Hualapai Cultural Center, 880 West Hualapai Way Peach Springs, Arizona 86434.

SUBMITTAL DUE DATE: May 10, 2019, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

## 2019 La Paz Planning Meetings • Next Meeting: Wednesday, April 10<sup>th</sup>

*Submitted by: Trena Bizardi | Hualapai Youth Services*

# 19' La Paz Planning Meetings

~~Wednesday, March 13~~

~~in  
Hualapai Planning Dept.~~



Wednesday, April 10

9-11pm

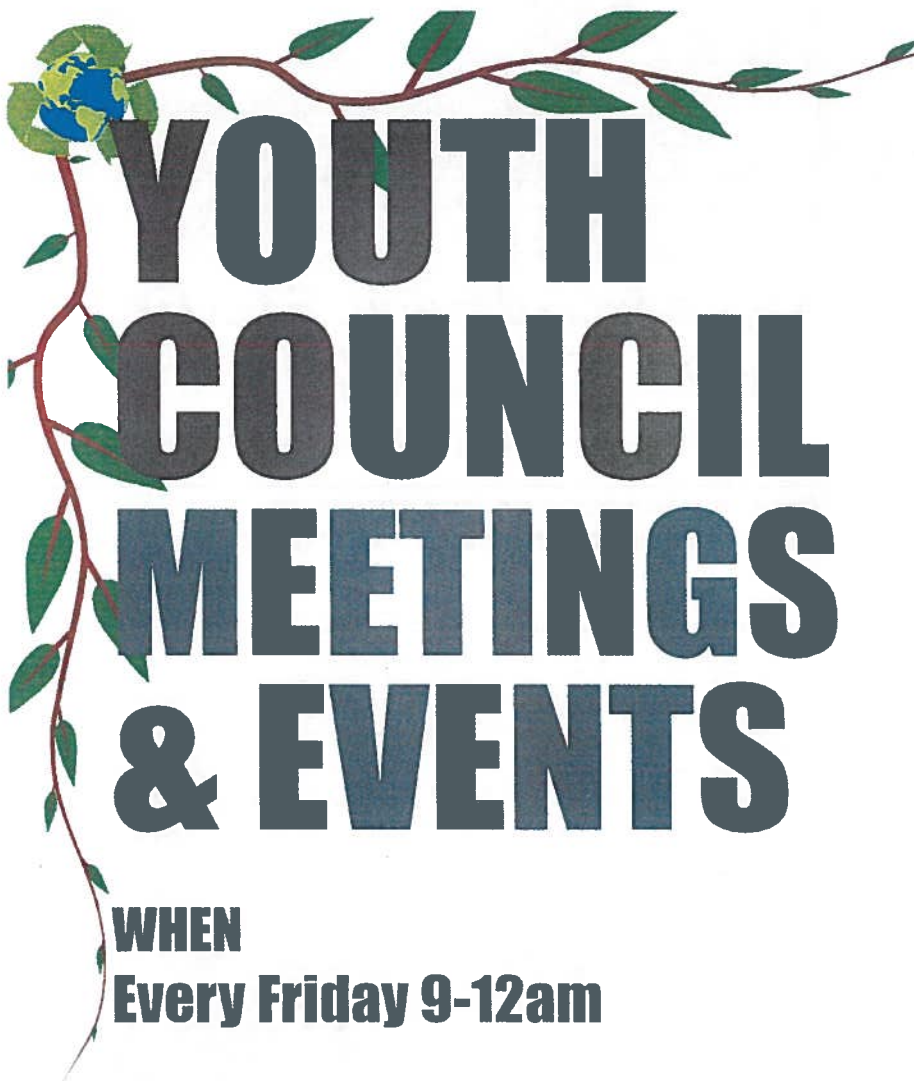
HEW Building

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 Youth Council • April Meetings & Event  
Submitted by: Christina Watahomigie, Youth Services Assistant | Hualapai Youth Services



# YOUTH COUNCIL MEETINGS & EVENTS

**WHEN**  
Every Friday 9-12am

**WHERE**  
Health & Wellness Building (HEW)  
Large Conference Room

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

**@HUALAPAIYS**



Questions? Call Youth Services

769.2207 Ext 201

## EARTH MONTH APRIL EVENTS:

**4/1**

OPEN MIC NIGHT  
W/ SAGE HONGA  
6PM MULTI

**4/5**

Youth Council Meeting  
9am HEW Building

**4/12**

Youth Council  
Business Meeting  
9am Hew Building

**4/19**

NO Youth Council  
Due To La Paz Events

**4/26**

Community Clean-up  
9am Hew Building





**Buck-N-Doe 4-H Club: Bingo • Tuesday, April 9<sup>th</sup>**

*Submitted by: Danielle Bravo | Hualapai Planning Department*



**BINGO!**

Tuesday, April 9<sup>th</sup>  
 4H/Agricultural Facility  
 6:00 p.m. - 9:00 p.m.

•GAMES •CAKE WALK •FOOD •PRIZES •RAFFLE\*

*\*For every \$15 spent on food purchases\*  
 You will be entered to win a \$25 Amazon gift card*

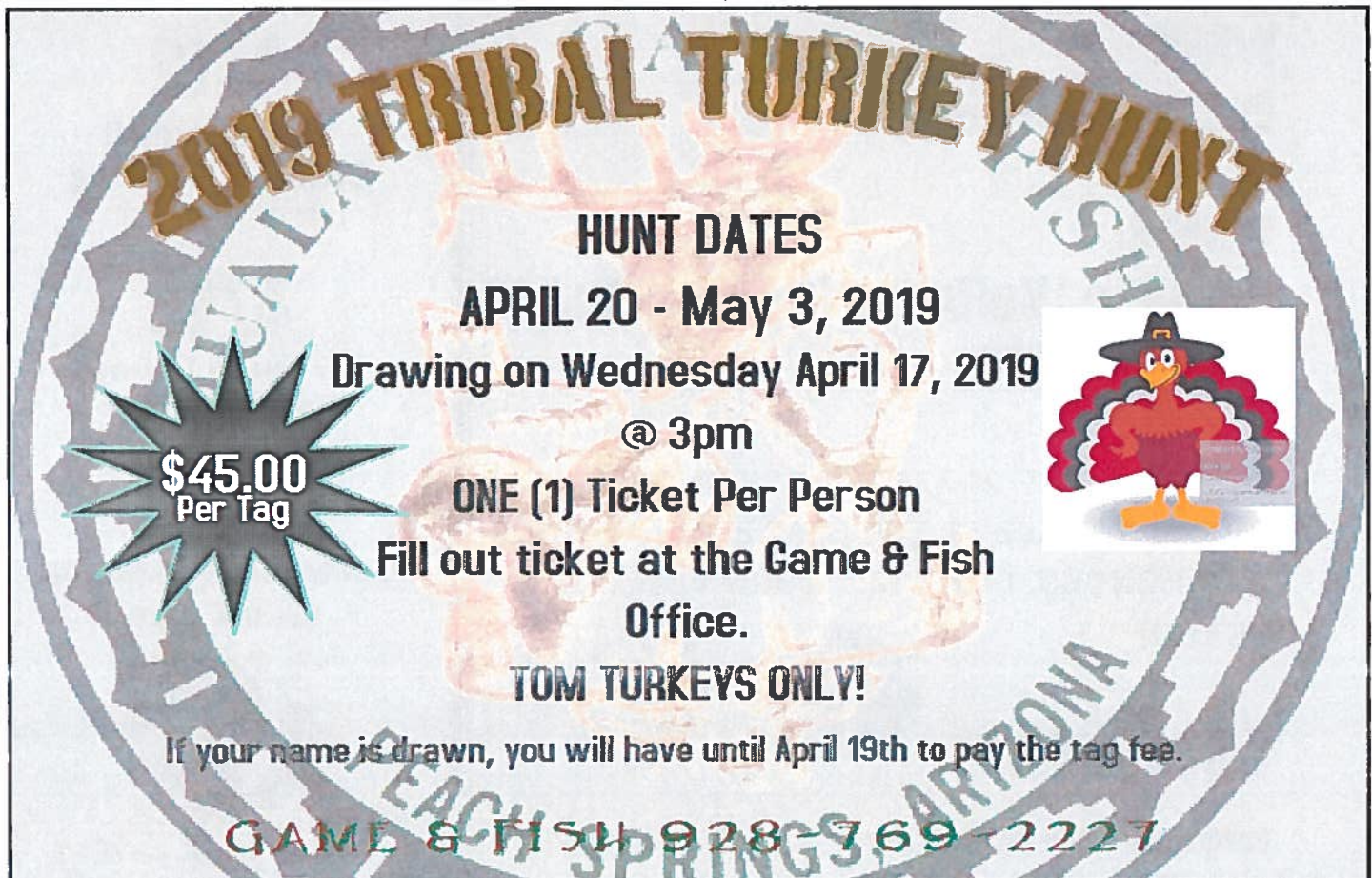


*Thank you for your dedicated and continued support!  
 It is greatly appreciated by all.*

BUCK-N-DOE  4-H CLUB

**Hualapai Game & Fish: 2019 Tribal Turkey Hunt Raffle • Drawing on Wednesday, April 17<sup>th</sup>**

*Submitted by: Cotton Koyayesva | Hualapai Game & Fish*



**2019 TRIBAL TURKEY HUNT**

**HUNT DATES**  
**APRIL 20 - May 3, 2019**  
**Drawing on Wednesday April 17, 2019**  
**@ 3pm**

**ONE (1) Ticket Per Person**  
**Fill out ticket at the Game & Fish Office.**  
**TOM TURKEYS ONLY!**

**\$45.00 Per Tag**

**GAME & FISH SPRINGS, ARIZONA**  
**928-769-2227**



Animal Wellness and Registration • Wednesday, April 10<sup>th</sup>

Submitted by: Marla Bradley | Hualapai Code Enforcement



## Animal Wellness and Registration

**WEDNESDAY APRIL 10, 2019**

**11AM - 1PM AND 4PM - 6PM**

**RT. 66 Veteran's Park**



# AnimalCare

**Hualapai Ordinance requires all animals**

**Registered, Licensed and Vaccinated**

**\$10.00 License Fee**

**5/1 Canine Vaccine Available**

**Rabies Vaccine Available**

**NO APPOINTMENT NEEDED**

**Animal Wellness and Registration • Wednesday, April 24<sup>th</sup>**

*Submitted by: Marla Bradley | Hualapai Code Enforcement*



# Animal Wellness and Registration

**WEDNESDAY APRIL 24, 2019**

**11AM - 1PM AND 4PM - 6PM**

**RT. 66 Veteran's Park**



## AnimalCare

**Hualapai Ordinance requires all animals**

**Registered, Licensed and Vaccinated**

**\$10.00 License Fee**

**5/1 Canine Vaccine Availabe**

**Rabies Vaccine Available**

**NO APPOINTMENT NEEDED**



Grand Canyon West's 31<sup>st</sup> Anniversary Celebration & Mohave Days • April 27<sup>th</sup>-28<sup>th</sup>

Submitted by: Adeline Crozier | Hualapai Tribe



**COMMUNITY BUSES**

- MORNING DEPART** Hualapai Lodge  
6:30 AM & 7:00 AM
- EVENING DEPART** Grand Canyon West  
4:00 PM & 4:30 PM

**MOHAVE COUNTY RESIDENTS WILL RECEIVE FREE ADMISSION TO GRAND CANYON WEST!**

*Please bring proof of Residency for access to Grand Canyon West. Not eligible for raffle drawing.*

**SATURDAY APRIL 27<sup>TH</sup> 2019**

Celebration Festivities at Hualapai Ranch

- 8:00 AM Registration Check-In at the Welcome Center Parking Lot
- 8:00 AM - 10:00 AM Continental Breakfast Served
- 10:00 AM Posting of Colors by Hualapai Tribal Veterans & the Star Spangled Banner
- 10:15 AM Traditional Hualapai Blessing by Frank Mapatis
- 10:20 AM Opening Remarks
  - Dr. Damon Clarke, Hualapai Tribal Chairman
  - Board of Directors, Grand Canyon Resort Corporation
  - Colin McBeath, Chief Executive Officer, Grand Canyon Resort Corporation
  - Gary Costello, General Manager, Grand Canyon West
- 10:40 AM Grand Canyon West 10-Year Plus Team Recognition & Presentation
- 11:00 AM - 4:00 PM Lunch Served at the Hualapai Ranch
- 11:30 AM Adult/Youth Raffle (*Must be present to win*) (*GCRC Team Members are not eligible*)
- 11:45 AM Hualapai Traditional Song & Dance
- 12:00 PM - 4:00 PM Live Entertainment:
  - Free Wagon Rides
  - Free Mechanical Bull Rides

**SUNDAY APRIL 28<sup>TH</sup> 2019**

Celebration Festivities at Hualapai Ranch

- 9:00 AM - 3:00 PM Registration Check-In at the Welcome Center Parking Lot
- 10:30 AM - 3:30 PM Lunch will be Served at the Hualapai Ranch
- 11:00 AM Hualapai Traditional Song & Dance
- 12:00 PM - 4:00 PM Live Entertainment:
  - DJ DemC
  - Free Wagon Rides
  - Free Mechanical Bull Rides

**RSVP BY APRIL 25<sup>TH</sup> @ 4PM**

EventsRSVP@GrandCanyonResort.com  
Questions? Contact the Marketing Department 928-769-2419



*Hualapai Tribal Members, Tribal Employees, GCRC Employees, Peach Springs Clinic Employees & BIA Canon Agency:*

**MAY BRING UP TO 4 GUESTS EACH!**  
*(Must be at least 16 years old to invite guests)*



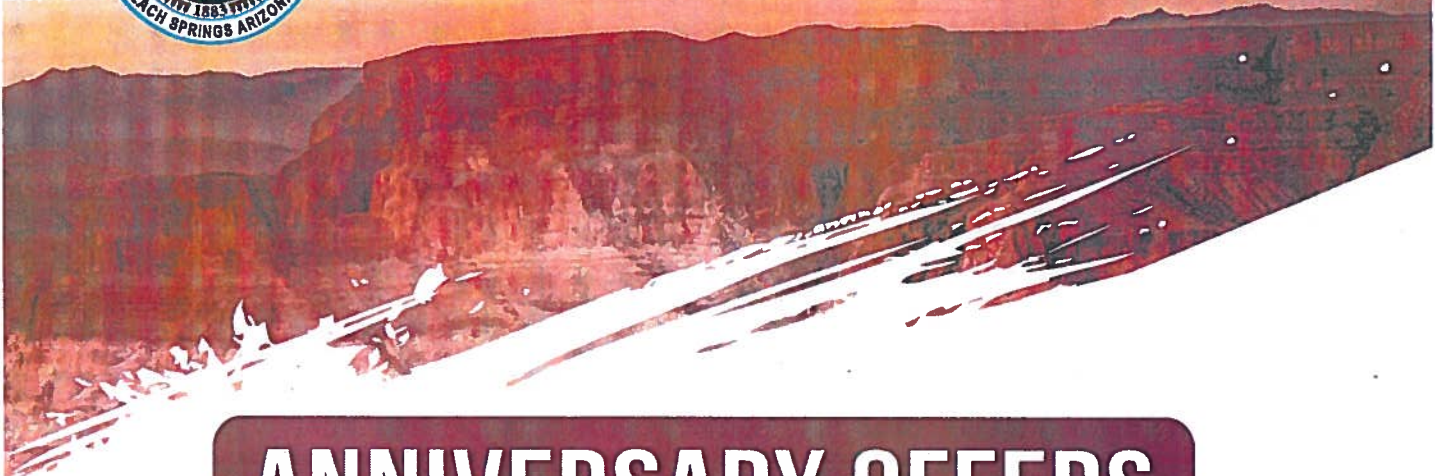
**GRAND CANYON**

*West*.COM



# 31<sup>ST</sup> ANNIVERSARY CELEBRATION

**APRIL 27-28 | 9AM - 4PM**  
**SATURDAY & SUNDAY | HUALAPAI RANCH**



## **ANNIVERSARY OFFERS** PER PERSON *(Tribal Tax Applicable)*

*Offers valid for Hualapai Tribal Members, Hualapai Tribal Employees  
GCRC Employees, Peach Springs Clinic Employees & BIA Canon Agency.*

**Skywalk Photos.....\$5**

**Zip Line.....\$20**

**Helicopter/Pontoon Tour .....\$100**

**Horseback Ride.....\$20**



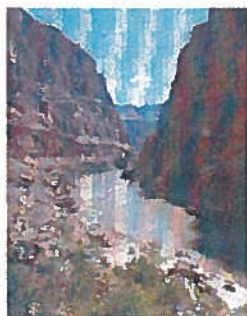
## Grand Canyon Monitoring River Trip • Letter of Interest Due: Friday, May 10<sup>th</sup>

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources

### Department of Cultural Resources Grand Canyon Monitoring River Trip May 25 to June 6, 2018

The Hualapai Department of Cultural Resources will be conducting our annual Cultural Resources Monitoring River Trip from May 25 to June 6, 2019. We have a limited number of spaces for Tribal members to participate on the trip. Our goal is to include those who may not have participated in past trips and who are interested in learning about the Colorado River through Grand Canyon, experiencing this aspect of the ancestral homeland, & contributing to the goals of the monitoring program, including:

- Monitoring archaeological sites and other Traditional Cultural Places.
- Conducting plant studies at designated study areas to identify changes in the number & types of native and non-native plants.
- Learning and sharing information about Hualapai Traditional Ecological Knowledge regarding plants, wildlife, and other aspects of Colorado River ecology.
- Reinforcing the Hualapai people's connection to the Canyon and River, and gaining insight and input on how we may help direct the management of Glen Canyon Dam and the Colorado River ecosystem, including the cultural and natural resources (which go hand in hand).



**If you would like to participate, submit a brief letter of interest to the Cultural Department no later than Friday, May 10th, 2019.**

Participants will be expected to help out in one way or another. For example, younger people will help with monitoring and other aspects of field work (we'll provide training), which will involve some hiking. Elders may share knowledge about the Canyon and the River and about how the Hualapai people made their living there and in the surrounding landscape. Much of what we do will be documented through photographs and audio & video recordings.

**Please be aware that this will be a 13-day trip** on large motorized rafts, which will be operated by professional staff from the Grand Canyon Monitoring and Research Center of the U.S. Geological Survey in Flagstaff. Every precaution will be taken to conduct a safe and healthy trip, but **there are risks and potential hardships involved**. For example, a number of large rapids will be encountered, so expect to get wet on occasion! In addition, camping each night will be required. Younger participants will be expected to sleep on pads on the ground, but we can provide cots for our elder participants. Tents will be available, but since our trip will be during the normal dry and warm season of mid to late May, they may be optional. Camping gear can be provided to those that request it.

Adequate food will be provided, including breakfast, lunch, dinner, and between meal snacks, as well as water, juices, and soft drinks. Generally, we eat quite well, so don't worry about going hungry.

**If you have certain medical or dietary needs, it is very important to know what they are beforehand, so we can determine if we can take care of them on a trip like this, & let the boat staff know, as well.**

It must be stressed that this trip is all about participation, and we welcome your involvement. The more Hualapai people that are involved, the better we can strengthen our ability to guide the future of the River's management. We will be interviewing potential participants in the coming weeks. If you are interested, please contact Carrie Cannon or Peter Bungart at (928) 769-2223.



**Mother's Day Bazaar • Thursday, May 9<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



**Mother's Day Bazaar  
May 9, 2019 @ Tribal Gym  
10am to 4pm  
All Vendors Welcome**

Contact Monique Alvirez for more information  
928-522-4554 or FB Monique Mahone or Monique Alvirez

*Happy  
Mother's Day*

COMMUNITY BAZAAR HELD IN PEACH SPRINGS, ARIZONA  
Vendor Fees to be paid at Hualapai Tribal Office/Accounting

**Father's Day Bazaar • Thursday, June 13<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

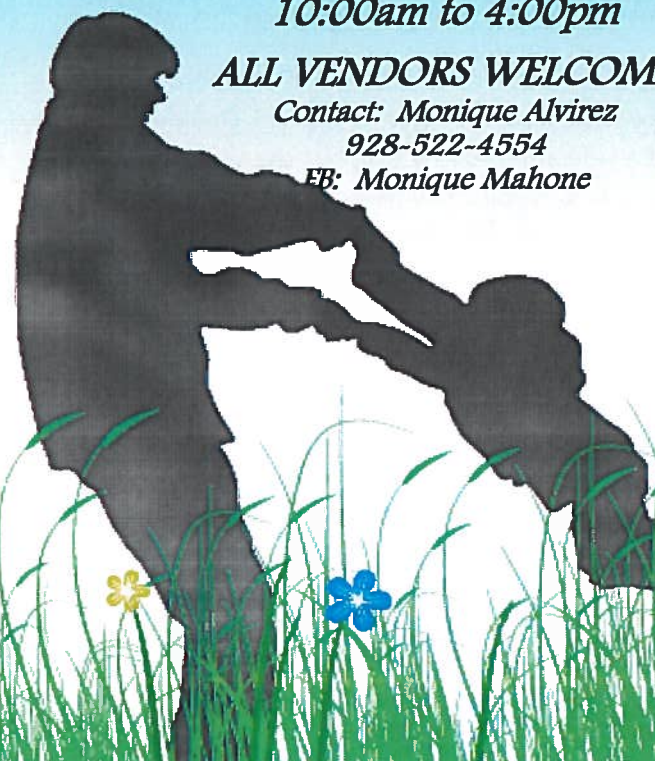
**FATHER'S DAY BAZAAR**

*June 13, 2019 @ Tribal Gym  
10:00am to 4:00pm*

**ALL VENDORS WELCOME**

*Contact: Monique Alvirez  
928-522-4554*

*FB: Monique Mahone*



Community Bazaar in Peach Springs, AZ.  
Vendor Fees to be paid at  
Hualapai Tribe Accounting Dept.  
Fees: Hualapai Tribal Members-FREE  
Enrolled Native Americans-\$25.00 per day  
Non-Indians-\$40.00 per day



# EMPLOYMENT OPPORTUNITIES

GCRC - Internship Program • Accepting Candidate Submission: April 1<sup>st</sup> - 12<sup>th</sup>

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



Grand Canyon Resort Corporation

## 2019 Internship Program

### Accepting Candidate Submissions April 1<sup>st</sup> - April 12<sup>th</sup>

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 attend to Mohave Community College in earning a Degree
- Be able to balance work and school assignments
- Work various of 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: Wednesday, May 1<sup>st</sup>

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 1<sup>st</sup>



#### Program Guidelines

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

**#GCRCYouthWorker**

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



# EDUCATION & TRAINING

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

Friday, April 12, 2019

9:00am - 1:00pm

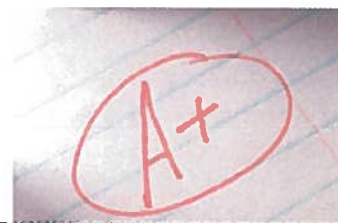
Friday, April 26, 2019

9:00am - 1:00pm

Friday, May 10, 2019

9:00am - 1:00pm

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



Hualapai Education & Training Center • Are You a Displaced Homemaker?

Submitted by: Jean Imus | Hualapai Department of Education & Training



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

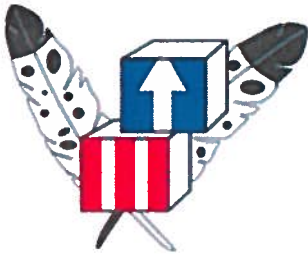
Rich Utzig at (602) 550-3556 or by emailing  
rutzig@outlook.com

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

Hualapai Head Start • April & May Calendar of Events

Submitted by: April Keller | Hualapai Head Start



**HUALAPAI HEAD START**



**April and May 2019  
Calendar of Events**

**Parent Teacher Conferences  
April 4, 11, & 18, Thursday half days,  
children will be dismissed at noon**

**April 5, 12, 19, Fridays**

Please see your classroom teacher to schedule your conference.

**Parent Committee Meeting, April 23<sup>rd</sup> @ 5:00 p.m.**

**Agenda: Presentations from Peach Springs, Valentine, and Seligman Elementary Schools  
on Kindergarten requirements**

**Presentations from Boys and Girls Club and Day Care  
on after school opportunities**

**Kindergarten Field Trips**

Only children transitioning to Kindergarten will be going.

**Valentine Elementary, April 30 @ 9:30 a.m.**

**Peach Springs Elementary May 1 @ 9:00 a.m.**

**Seligman Elementary May 2 @ 10:00 a.m.**

Parents will need to provide their own transportation. Car Pool!

**Head Start Field Day, May 16<sup>th</sup> Save the Date!**

**Transition Ceremony, May 17<sup>th</sup> Save the Date!**





# Hualapai Head Start Newsletter • April

Submitted by: Pearl Sullivan | Hualapai Head Start



# HUALAPAI HEAD START NEWSLETTER



APRIL 2019

ISSUE 04



**Classroom 1** Buildings and more: Classroom 1 learned about types of buildings in our town such as the Lodge, Daycare, Health Dept, Boys and Girls Club, IHS and our very own Head Start. All students gave their input on what they would need to make a building and cut out the types of tools needed to make the building.



## Classroom 2

Classroom 2, spent the month of March learning about Spring Time and Diversity. Each child was able to participate in learning about diversity within their classroom and school and how we're all accepted. While learning about spring, each student was able to spell their names with alphabet flowers.

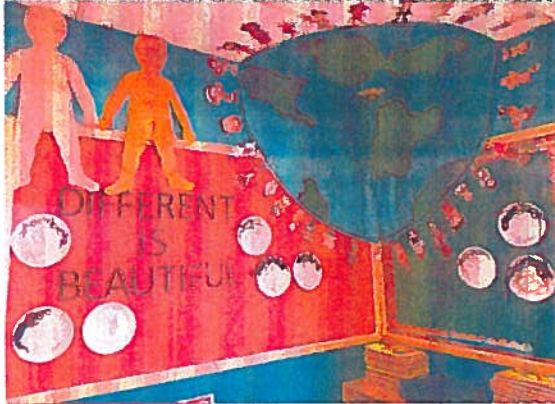
## Classroom 3

Spring Time! Classroom 3 learned about spring throughout the month. Each student was able to make portraits of flower gardens, leaves and popsicle stick kites with tissue paper. Classroom 3 has also begun to turn their classroom in to a nature based environment by adding a giant tree to the wall and nature scent with aromatherapy.





## Classroom 4



Classroom 4 has been hard at work learning about Diversity and Community Helpers. The students learned about the world and how each person is unique. While learning about Community helpers, Classroom 4 took a few field trips to a few places around Peach Springs to learn about the various important jobs. They visited CHR Brooke and counselor Herman at the Health & Wellness Center, Took a tour of the Recycling Dept. with Sharon, Tour of KWLP with Dan-O and was able to speak on air! And visited the Healing House with Sheila. Classroom 4 would like to Thank all of the Hualapai Tribal Employees who participated in the Field trips and tours of each worksite.



# UPCOMING EVENTS

**APRIL 3, 2019**  
**TRANSITION**  
**MEETING @ 5:15 PM**

**APRIL EARLY RELEASE DAYS FOR**  
**PARENT TEACHER CONFERENCES:**

**APRIL 4, 11, AND 18**  
**@ 12:00PM**

**APRIL 23, 2019**  
**PARENT COMMITTEE MEETING**

**TOPIC: KINDERGARTEN**

**GUEST SPEAKERS:**

**VALENTINE ELEMENTRY**

**PSUD ELEMENTRY**

**SELIGMAN ELEMENTRY**

**DAYCARE**

**BOYS AND GIRLS CLUB**

**APRIL 11, 2019**  
**IHS DENTAL @ 9AM**

**TEACHER/PARENT CONFERENCE:**  
**APRIL 4 & 5, APRIL 11 & 12, APRIL 18 & 19**



## SAVE THE DATE

**HUALAPAI HEAD START TRANSITION**

**MAY 17, 2019**

**PARENTS/GUARDIANS: NEXT TRANSITION PLAN-**  
**NING MEETING IS APRIL 3, 2019- HEAD START @**  
**5:15PM.**



## Children's Responses to Crises and Tragic Events

Infants, toddlers, preschoolers, and young children who experience a tragic event may show changes in their behaviors. They may also be indirectly affected by a crisis by what they see on the TV or hear.

The most important role you can play as a parent in an emergency situation is to stay calm. Children of all ages easily pick up on their parents or other's fears and anxieties. This may cause changes in behaviors.

Children, no matter what their age, do not always have the words to tell you how they are feeling. They may not know how to talk about what has happened. Their behavior can be a better sign. Sudden changes in behavior can mean they have been exposed to trauma or a crisis.

### What you might see:

- Problems sleeping, including not wanting to sleep alone, having a hard time at naptime or bedtime, not wanting to sleep or repeatedly waking up, nightmares
- Separation anxiety, including not wanting to be away from you, not wanting to go to school, and crying or complaining when you leave
- Not eating
- Not being able to do things they used to do
- Being scared by new things
- More cranky behaviors
- Being more stubborn than usual
- Wanting things only done his/her way
- Social regression
- Increased complaints (headaches, stomachaches)
- Intense preoccupation with the details of the event
- Wanting to always talk about what happened
- Fear that the event might happen again
- Not paying attention, being restless
- Moody, depressed, or irritable
- Playing in violent ways
- Hitting you or others
- More tantrums
- Clinginess with teachers, caregivers, or yourself
- Regression, or going back to an earlier stage of development
- Bedwetting or other toileting issues
- Baby talk
- Wanting to be carried or rocked
- Re-creating the event, without prompting by staff or mental health consultant
- Playing out or drawing the event
- Repeatedly talking about it
- Overreacting to minor bumps or falls
- Changes in behavior (not wanting to eat, angry outbursts, decreased attention, withdrawal, wetting the bed, having bad dreams)
- Over- or under-reacting to physical contact, sudden movements, or loud sounds such as sirens and slamming doors
- Anxiety and worry
- New fears and/or fears about safety
- Asking questions and making statements about the event



## What you might see (in addition to those listed above) in your older children

- Strong angry or sad feelings
- Acting out in school
- Poor grades
- Fighting with friends
- Wanting to be alone
- Behaving as if he or she has no feelings
- Disobeying, talking back, or getting into fights
- Drinking or using drugs, hanging out in groups and getting into trouble

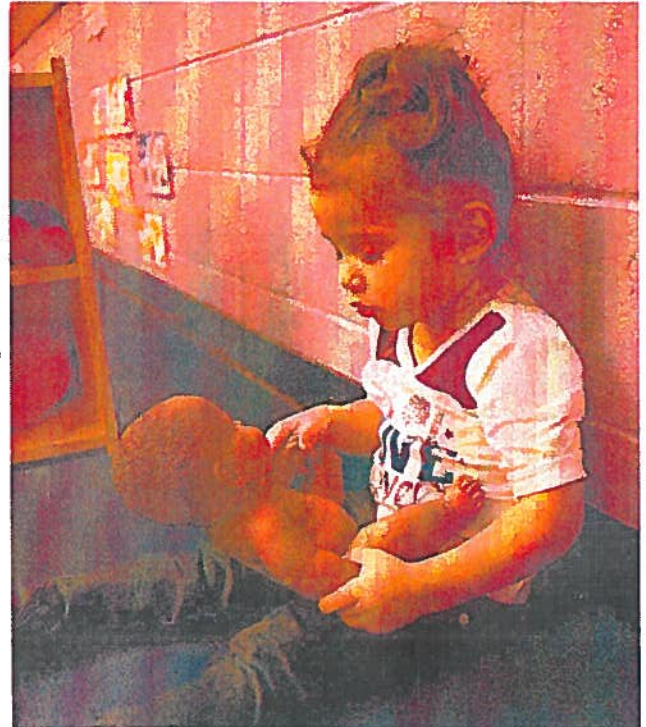
If you see changes in your child, tell your child's teacher or home visitor. It is important that you and your child get the support. Your Head Start/Early Head Start teacher and/or mental health consultant can help you find resources that can help.

Additional information about children's responses to trauma and disasters is available from the following resources:

American Academy of Pediatrics Promoting Adjustment and Helping Children Cope <http://www.aap.org/disasters/adjustment>

The Youngest Victims: Disaster Preparedness to Meet Children's Needs <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/Youngest-Victims-Final.pdf#search=youngest%20victims>

Office of the Administration for Children & Families Early Childhood Disaster-Related Resources <http://www.acf.hhs.gov/programs/ohsepr/early-childhood>



## One Call Now

THE HUALAPAI HEAD START STAFF WOULD LIKE PARENTS TO UPDATE YOUR CHILD(S) EMERGENCY CONTACT PHONE NUMBERS. PHONE NUMBERS WILL BE ADDED TO THE ONE CALL NOW PHONE SYSTEM TO NOTIFY PARENTS AND/OR GUARDIANS OF ANY UPDATES, BUS SCHEDULES, HOLIDAYS AND EMERGENCIES.

IF YOU WOULD LIKE TO OPT OUT OF THE ONE CALL NOW SERVICES, CONTACT PEARL SULLIVAN AT (928) 769-2522.





APRIL 2019

ISSUE 04



# KINDERGARTEN Visit

The Head Start Transitioning students are scheduled to visit local Kindergarten classrooms to help with the transition from Head Start to Kindergarten. The Head Start bus will transport each child from the Head Start to each school, parents will need to transport themselves if you would like to participate

## April 30

9:30am- Valentine Elementary  
School Kindergarten visit and  
Tour

## May 1

9:00am- Peach Springs Elementary  
School Kindergarten visit and Tour

## May 2

10:00am-Seligman School Kindergarten  
Tour  
Lunch  
Recess

For more information, contact the Hualapai Head Start at (928) 769-2522.



APRIL 4 & 5, APRIL 11 & 12, APRIL 18 & 19

PLEASE CHECK WITH YOUR STUDENT(S) TEACHER AND SCHEDULE A MEETING. APRIL 4, 11, AND 18 ARE EARLY RELEASE DAYS, PLEASE MAKE APPROPRIATE ARRANGEMENTS FOR YOUR STUDENT(S). THE HUALAPAI HEAD START WILL TRANSPORT STUDENTS ON REGULAR BUS ROUTE BEGINNING AT 11:45AM AND WALKING DAYCARE STUDENTS TO THE HUALAPAI DAY CARE AT 12:00PM. FOR MORE INFORMATION, CONTACT THE HUALAPAI HEAD START.



**SORRY**  
about the  
**MESS**  
but we are  
**LEARNING**  
here.



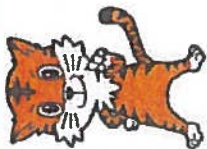




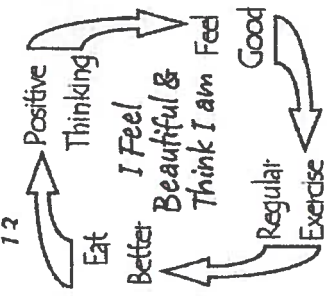

Peach Springs Elementary School: Calendar of Events • April & May

Submitted by: Jaime Cole | Peach Springs Elementary School

**PSUSD ROARS VALUES: Be Respectful, Take Ownership,  
Awesome Attitude, Be Responsible, Be SAFE**

April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 	3 AZ MERIT Math 3rd-8th	4 AZ MERIT Math 3rd-8th	5 Check out Girls and Boys events	6
<b>AZ Merit testing April 1-12 Writing, 1-26 ELA, Math</b>						
7	8 ELA 3rd-8th Make up AZ MERIT	9 <b>Parent night</b> 6-7 pm	10 Writing AZ MERIT make up testing	11 I.H.S. 8am Lice checks in library 3:30-Strategic planning	12 Check out Girls and Boys events	13 
14	15 <b>AZ MERIT</b> Make up testing 3rd-8th 	16 Board meeting 6 pm	17 Permission notes for board approved field trips sent home	18 Progress reports sent home w/ students	19 Check out girls and boys events	
21	22 Progress reports sent home with students today	23 TAP 2-3pm Arizona Youth Partnership 6th graders	24 Parent survey sent home today for next year's school times	25 Head start meeting 4-5 pm 3:30-Strategic planning	26 Check out girls and boys events	27
28	29	30				



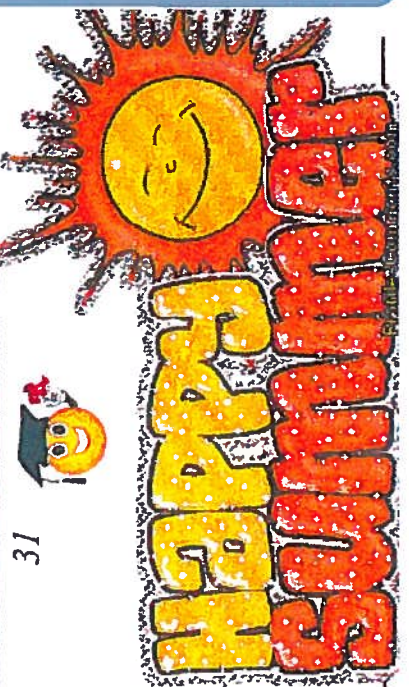




# May 2019

**Peach Springs School *ROARS* (Be RESPECTFUL, Take Ownership, Awesome Attitude, Be Responsible, Be Safe)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Head start transition 9-11 Galileo ELA for grades 1-8	<b>2</b> Galileo math post test for grades 1-8	<b>3</b> <i>Riverside HS Graduation</i> May 9th	<b>4</b>
<b>DIBELS EOY 05/1 - 5/15</b>						
<b>Galileo 5/1-5/9</b>						
<b>5</b>	<b>6</b> <i>Check student bags for upcoming notes</i>	<b>7</b> School board meeting 6 pm	<b>8</b> Galileo Final make up testing	<b>9</b> 8th grade Kingman H.S. Transition visit bus time 8am-12 pm	<b>10</b> <i>Sherman HS graduation today</i>	<b>11</b>
<b>12</b>	<b>13</b> Parent night event 6-7 pm	<b>14</b> 8th grade Seligman H.S. Transition visit bus time 10am-1 pm	<b>15</b> K-6 field trip Phoenix, AZ	<b>16</b> Head start decorating gym 4-8 pm	<b>17</b> Head start using our gym 8am-12:30 pm	<b>18</b>
<b>19</b>	<b>20</b> 4th quarter report cards will go home Thursday 5:23 w/ kids	<b>21</b> Field Day 9am-noon <b>Valentine 6pm</b>	<b>22</b> Grade level Awards 1-3 pm <b>Kingman HS 10am</b>	<b>23</b> <b>PSUSD 6th grade promotion 6 pm</b> Last day of school	<b>24</b> <i>Seligman HS</i> Teacher Work day	<b>25</b>
<b>26</b>	<b>27</b> Memorial Day (Observed)	<b>28</b> Updates Check out Boys and Girls events for the summer	<b>29</b>	<b>30</b>	<b>31</b>	





## Valentine Elementary School: Calendar of Events &amp; Eagle Eyes Newsletter • April

Submitted by: Paula Blout | Valentine Elementary School



# EAGLE EYES

Vol. 4, No. 9

www.valentineaz.net

March 27, 2019



## AzMERIT and AIMS Science

Our students' annual opportunity to demonstrate what they have learned begins next week! Students in grades 3-8 will take their AzMERIT Writing test on Tuesday, April 2, followed by the English/Language Arts and Mathematics tests the rest of that week and into the following week. The AIMS Science test will be administered to 4<sup>th</sup> and 8<sup>th</sup> grade students on Thursday, April 11.

See the "How Can I Help My Student" column at the right for suggestions on how to maximize your student's performance.

## 2019-2020 Applications

Enrollment applications for the 2019-2020 school year will be available beginning April 10 after school. They are due by Monday, June 3, 2019 at 4:00 pm. New applications must include proof of residency, birth certificate, immunization record, and CIB (if applicable). Returning applications must include proof of residency and updated immunization record (if applicable).

## Field Trips

This year we will be splitting the grades up for our field trips. Kindergarten through fourth grades are scheduled to visit Keepers of the Wild on May 8. Fifth through eighth grades are scheduled to visit Wupatki and Walnut Canyon National Monuments on April 24. As always, students are expected to follow all school procedures while on these school-sponsored activities.

Permission slips and itineraries for both trips will be going home early next week.

## PLANNING AHEAD

- Apr 02-10 – AzMERIT Tests (Grades 3-8)
- Apr 11 – AIMS Science Test (Grades 4 and 8)
- Apr 17 – 4<sup>th</sup> Quarter Progress Reports (Grades K-8)
- Apr 24 – Wupatki/Walnut Canyon Field Trip (Grades 5-8)
- Apr 30 – Kingman HS Tour and Pre-registration (Grade 8)
- May 02 – Small Schools Track Meet (Grades K-8)
- May 08 – Keepers of the Wild Field Trip (Grades K-4)
- May 21 – Graduation/Promotion Ceremony
- May 23 – Field Day, Rec Area 1 (Grades K-8)



## HOW CAN I HELP MY STUDENT?

- Talk productively to your student about test taking – Sometimes students do not understand the purpose of testing, leaving them feeling unmotivated to do well. Talk to your students about how accurate testing results can help teachers teach better by providing insight into your student's strengths and weaknesses.
- Avoid talking about your own test-taking experiences – Saying things like, "Tests were easy for me" or "I was a horrible test taker," can increase your student's anxiety level.
- Support healthy habits – Sleep and nutrition have a tremendous impact on student performance. On test days, it is especially important for your student to get a plenty of sleep the night before and a good breakfast that morning.
- Talk to your student after test taking – Each day after testing, discuss with your student how they felt; let them share their successes and any concerns. This debrief can go a long way to overcoming built-up test anxiety.

## Surveys



As part of our continuing efforts towards school improvement, included with this newsletter is a family survey. This is an anonymous survey designed to gather input about your impressions about how we are doing as a school, as well as any suggestions or ideas you have about how we might improve the educational program for your student.

Please take a few minutes to answer the questions honestly and candidly. The surveys can be returned by you or with your student to be deposited in the large box in the office.

Your students will also be completing a survey about the school and their classrooms. Ms. Blount will administer the surveys without the teacher or assistant in the room so that students can feel secure about giving their honest feedback.



# APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 Jackie Chan (1954)	1 1	2 AzMERIT Testing	3 	4 4	5 5	6 6
14 Leonardo da Vinci (1452) Emma Watson (1990)	8 8	9 School Board 4:30 p.m. AzMERIT Testing	10 2019-2020 Enrollment Applications Available	11 AIMS Science Test graduation Parent meeting 11 AM	12 12	13 First JC Penney opens (1902)
21 Happy Easter!	15 Leonardo da Vinci (1452) Emma Watson (1990)	16 16 <i>Michelle will be with parents</i>	17 17 	18 18	19 Kate Hudson (1979)	20 20
28 Jay Leno (1950)	22 22	23 Wm. Shakespeare (1564)	24 Grades 5-8 Field Trip Wupatki NM and Walnut Canyon	25 25	26 26	27 27
	29 Willie Nelson (1934)	30 Grade 8 Visit KHS	Upcoming Events: Track Meet May 2 Grades K-4 Field trip Keepers of the Wild May 8	Promotion Ceremony May 21 Field Day May 23	VALENTINE ELEMENTARY SCHOOL 12491 N. BYERS/HC 35 BOX 50 TRUXTON, AZ 86434 PHONE 928-769-2310/FAX 928-769-2389 WWW.VALENTINEAZ.NET	



## 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

## 2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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

### 2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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 Due:	Course Date:	Location:	Time:	Coordinator Phone / Fax/Email:
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

## 2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
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 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
	ATV / UTV Training	TBA	TBA	Branch of Forestry Peach Springs, AZ		Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

### 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 (NWCWG) Training and Qualifications Link: <http://training.nwcg.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

## April is Alcohol Awareness Month

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

### Alcohol Awareness Month

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

### The Importance of Alcohol Awareness Month

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. Psych Central points out that denial is a major characteristic of alcohol abuse, both from the person currently experiencing it and from friends and family members who are uncomfortable acknowledging the gravity of the situation. April, which is the month during which Alcohol Awareness Month runs, is a chance for public health bodies, community centers, and treatment facilities to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These organizations, many of which are part of NCADD's National Network of Affiliates, launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, how to talk to a loved one about a drinking problem, and how to find treatment options. These campaigns can include advertising, especially in areas that are prone to abusive alcohol consumption like college campuses, where the National Institute on Alcohol Abuse and Alcoholism notes that 37.9 percent of students engage in binge drinking; public talks; content on television, radio, social media or print media; and other events to get the word out.

### Creative Prevention Strategies

For Alcohol Awareness Month in 2017, Frances M. Harding, the Director of the Center for Substance Abuse Prevention at the Substance Abuse and Mental Health Services Administration, singled out the alarming rates of alcohol consumption in colleges and universities as an example of why Alcohol Awareness Month is important. Almost 60 percent of students, some as young as 18, drink alcohol in any given month. Binge drinking is often thought of as a rite of passage, and many fraternities and sororities use alcohol in hazing rituals that often turn deadly. College

administrations and state governments are turning to "creative prevention strategies" to address the epidemic, and Alcohol Awareness Month gives them the platform to spread the message.

The danger of alcohol abuse goes beyond college kids getting too drunk at parties. Every year, 6,500 people aged 21 and under die from alcohol-related accidents, some of whom were not even drinking themselves. Alcohol use by people who do not know how to drink responsibly or are unaware of the risks contributes to higher rates of violence, sexual assault, and suicide.

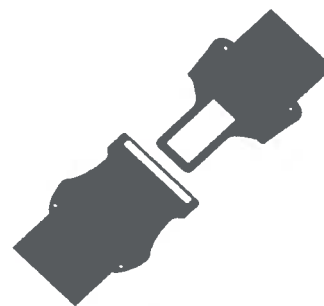
Going after drunk drivers and other people who cause a public safety risk through their drinking costs the government as much as \$114 billion every year, according to NCADD. The human cost of alcoholism is much higher. Programs like Alcohol Awareness Month exist to ensure that families and communities have the resources, information, and options available to control the crisis of alcoholism.

**Recovery is Worth Fighting For. We'll Help You.**  
[Call 866-488-1178](tel:866-488-1178)

### Near or Far - Always Buckle Up

Submitted by: Brook Bender | Hualapai Health, Education & Wellness

Near or Far  
 Always  
 Buckle Up



HUALAPAI HEALTH, EDUCATION & WELLNESS  
 COMMUNITY HEALTH REPRESENTATIVE PROGRAM



## April is Sexual Assault Awareness Prevention Month

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

### April is Sexual Assault Awareness and Prevention Month

By Enaida Anderson, 650th Military Intelligence Group



**2018  
SAAPM**

CHIÈVRES, Belgium -- It has been nearly 40 years since activists first started to use this month to bring attention to sexual violence. However, in 2001, for the first time, the U.S. observed Sexual Assault Awareness Month nationally during April. President Barack Obama was the first U.S. president to proclaim April as Sexual Assault Awareness and Prevention Month. It has become an annual campaign to raise public awareness about sexual assault and educate the Benelux community and individuals on how to prevent this crime from occurring.

Sexual assault can happen to anyone, no matter your age, your race or ethnicity, your gender identity, or your sexual orientation. The World Health Organization conducted comprehensive global surveys and reported that one in three women will experience sexual and/or physical violence in their lifetime. In some countries, that number ascends to 70 percent or higher. U.S. researchers have found that one in six men have experienced abusive sexual experiences before the age of 18 and that one in 33 men have experienced an attempted or completed rape in their lifetime.

Perpetrators can be any gender identity, sexual orientation, or age, and they can have any relationship to the vic-

tim. Like all perpetrators, they might use psychological and emotional coercion tactics or physical force. Most perpetrators are known to their victims. It doesn't have to be this way. We all can get involved in making a difference and ending sexual violence.

**I ALWAYS WONDERED WHY SOMEBODY DIDN'T DO SOMETHING ABOUT THAT; THEN I REALIZED I AM SOMEBODY!**

How can you prevent sexual assault? It is essential to learn how to intervene in a way that is appropriate for the situation and your comfort level. Being an active bystander can make all the difference and save lives.

1. Create a distraction. This can give the person at risk a chance to get to a safe place.
2. Ask directly. Talk directly to the person at risk and offer your help.
3. Refer to an authority such as the police, security guard, bartender, another employee, etc.
4. Enlist others. Ask someone to come with you to approach the person at risk; ask someone to intervene in your place.

By speaking up and stepping in, you are potentially preventing a sexual assault, and you are also helping change the way people think about their role in sexual assault prevention. If you have been or are a victim of sexual assault or suspect that someone you know has been sexually assaulted you can contact the 24/7 Sexual Assault Hotline at (877) 995-5247.

For more information on SAAPM, visit [www.safehelpline.org](http://www.safehelpline.org) or [www.aideauxvictimes.be](http://www.aideauxvictimes.be).

## Extensions & An Epidemic

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



**PUBLIC HEALTH  
LAW CENTER**  
at Mitchell Hamline School of Law

**FEDERAL TOBACCO  
REGULATION**

February 2019



## EXTENSIONS & AN EPIDEMIC



### The FDA's Gatekeeping Authority for E-Cigarettes

The premarket review process for commercial tobacco products determines whether or not a particular tobacco product can be legally sold in the U.S. The manner in which the process is implemented has a major impact on public health in communities across the country.

Premarket review is one of the U.S. Food and Drug Administration's most powerful regulatory tools, as it makes the agency the gatekeeper of the tobacco product marketplace.





While the focus of this factsheet is premarket review under the 2016 deeming regulation, the FDA's premarket review process for tobacco products has been rife with problems since the FDA began regulating these products in 2009. For a more detailed examination of the premarket review process and information on the problems associated with the process, see [The FDA's Premarket Review of Tobacco Products Fails to Fully Protect Public Health](#) and [FDA's Misplaced Priorities: Premarket Review Under the Family Smoking Prevention and Tobacco Control Act](#).

**The Purpose of Premarket Review of Tobacco Products** It is important to remember that tobacco products are fundamentally different from all other FDA-regulated products because commercial tobacco products have no beneficial uses. The FDA's overarching mission in its regulation of all products is to minimize harms and maximize benefits. Until 2009, the FDA had only ever had premarket review authority over products that have intended benefits. For these non-tobacco products, the agency's role is to strike a balance between protecting the public from unnecessary harm but also ensuring continued access to new beneficial products. In this context, the FDA's mission and that of the regulated industry often overlap. In tobacco regulation, the FDA's mission of protecting consumers from unnecessary harm and the industry's goal of introducing new products that are harmful are entirely at odds. Thus, the agency's relationship with the regulated industry should be different from its relationship with manufacturers of products with beneficial or therapeutic uses. In tobacco regulation, ensuring the continued availability of dangerous commercial tobacco products and enabling the introduction of new harmful products is inconsistent with the FDA's greater mission and its statutory mandate to regulate tobacco products. The agency's role should be to stringently enforce premarket review to ensure that products comply with the statutory requirements and that new products do not create greater public health harms. Despite complaints from manufacturers, any delay of the introduction of new harmful products as a result of federal oversight serves the public's interest. There are three separate processes, or marketing application pathways, by which tobacco products can be introduced into the marketplace. The following chart explains the premarket review process.



## Premarket Review Process Overview

A tobacco product manufacturer gathers and submits scientific data to establish that the marketing of a new tobacco product meets the statutory standards of one of three marketing application pathways: Premarket Tobacco Product Application (**PMTA**), Substantial Equivalence (**SE**), or Substantial Equivalence Exemption (**SE Exemption**).

The FDA's scientific experts evaluate the merits of the data to determine if the manufacturer has provided sufficient evidence to meet the statutory standard for the identified marketing pathway.

The FDA issues a marketing order allowing the product to be introduced to the market and sold indefinitely as long as the product meets future product and manufacturing standards established by the agency or circumstances change that cause the FDA to reevaluate the marketing of the product.

The FDA denies the marketing application and the product cannot be introduced to the market. Manufacturers are free to resubmit the application with additional information.

## Premarket Review Under the Deeming Rule

When the Tobacco Control Act became law in 2009, the FDA's premarket review authority was limited to cigarettes, cigarette tobacco, roll-your-own tobacco, and smokeless tobacco. On May 10, 2016, the FDA issued the final deeming rule, extending the agency's jurisdiction over all existing and future products made or derived from tobacco. Premarket review of e-cigarettes, cigars, hookah, and other commercial tobacco products provides one of the most significant opportunities for FDA regulation to benefit public health.

## 2016 Final Deeming Rule

The final deeming rule went into effect on August 8, 2016. After that date, new products subject to the rule are no longer allowed to be marketed without first receiving authorization from the FDA. For newly covered products that were already on the market on August 8, 2016, the FDA established three deadlines for manufacturers to submit marketing applications based on the application pathway chosen by the manufacturer: August 8, 2018 for PMTAs, February 8, 2018 for SE, and August 8, 2017 for SE Exemption. This staggering of deadlines can be seen on the timeline below. If a manufacturer met the application deadline, a product would have been allowed to stay on the market for an additional 12 months without receiving a marketing order. At the end of that 12-month grace period, products that had not yet received a marketing order from the FDA would have been removed from the market entirely. The FDA stated that it would have examined extending that grace period on a case-by-case basis but the potential for removal from the market would almost certainly have incentivized the submission of complete and accurate applications as soon as manufacturers could have submitted them. In May 2017, the FDA delayed all of the application deadlines by three months, which public health advocates perceived as unnecessary and harmful, but still a functional timeline to regulate this previously unregulated portion of the commercial tobacco market.

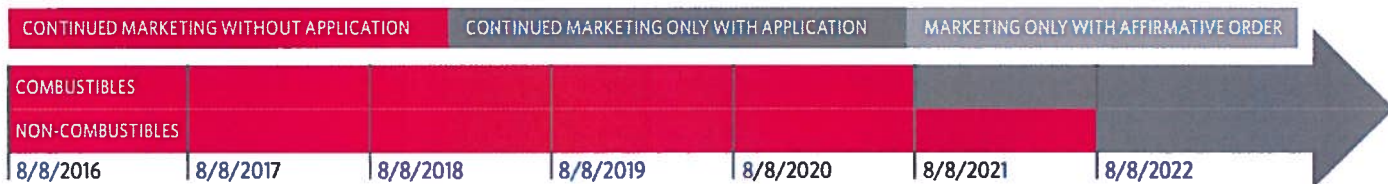
## 2016 Final Deeming Rule



## 2017 Regulatory Plan

Unfortunately, the timeline above was thrown out on July 28, 2017, when FDA Commissioner Dr. Scott Gottlieb announced a new regulatory plan for the agency’s Center for Tobacco Products. While the new regulatory plan continues to prohibit new products from entering the market without an affirmative marketing order after August 8, 2016, other changes to the policy significantly weaken premarket review for newly deemed products. As seen below, the application deadlines for products already on the market were extended to August 8, 2021, for combustible products like cigars, and August 8, 2022, for non-combustible products like e-cigarettes. These extensions allow products to remain on the market significantly longer without even filing a marketing application. This can be seen by comparing the two timelines. Perhaps most importantly, this new policy abandons the possibility of eventually removing products from the market that have not yet received a marketing order. Instead of removing products after 12 months from the application deadline, products are allowed to remain on the market indefinitely unless the FDA orders their removal. If the FDA treats these products like past products allowed to enter the market without an affirmative marketing order, these products might remain on the market for many years after the application deadlines in 2021 and 2022. The timeline shows that this new plan never reaches a phase where only products with a marketing order remain on the market. In addition, the FDA is currently defending regulatory and enforcement actions against several tobacco industry lawsuits that could potentially further weaken the implementation of premarket review.

## 2017 Regulatory Plan



Since Congress granted the FDA authority over tobacco products in 2009, many public health advocates have been bewildered and frustrated by the slow pace of federal rulemaking. There are many reasons for this, including the tobacco industry’s relentless efforts to delay and undermine effective regulation. Because premarket review is a powerful tool that the FDA can employ without going through the cumbersome rulemaking process, it is critical that the agency act now to prevent potentially harmful tobacco products from remaining in the marketplace indefinitely. For additional information on the FDA’s premarket review of tobacco products and deeming rule implementation, visit the Public Health Law Center’s FDA Tobacco Action Center.

This publication was prepared by the Public Health Law Center at Mitchell Hamline School of Law, St. Paul, Minnesota, and made possible with funding from the Robert Wood Johnson Foundation. The Public Health Law Center provides information and legal technical assistance on issues related to public health. The Center does not provide legal representation or advice. This document should not be considered legal advice.



## Tribal Practices for Wellness in Indian Country

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



### Tribal Practices for Wellness in Indian Country

Launched in May 2018, this 3-year program will support tribal practices that promote wellness in American Indian and Alaska Native communities. The approach was guided by the CDC Tribal Advisory Committee (TAC) and refined over a year of discussions with Native cultural advisors. For American Indian and Alaska Native tribes and communities, cultural and traditional teachings and practices are important protective factors that build strength and resilience and support healthy lives. Tribal leaders suggested that these practices are not widely understood by federal agencies and are often not supported with financial and technical resources. In response to tribal leaders, CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) hosted convenings with tribal cultural leaders in 2015 and 2016 to better understand these tribal approaches.



During the convenings, tribal leaders and cultural advisors identified practices that strengthen connections to community, family, and culture, which can reduce risks for chronic disease among American Indians and Alaska Natives. These practices were incorporated as strategies that awardees will implement as part of the Tribal Practices for Wellness in Indian Country program.

This program will award about \$5 million a year to 21 American Indian Tribes and Alaska Native Villages or tribally designated organizations that work with tribes and 15 urban Indian organizations. Recipients will address the following strategies through a variety of activities:

#### Strategies

1. **Connect cultural teachings to health and wellness.**
2. **Support seasonal cultural practices that support health and wellness.**
3. **Implement social and cultural activities that promote community wellness.**
4. **Establish and maintain collaborations that strengthen well-being.**
5. **Support intergenerational learning that supports well-being and resilience.**
6. **Promote traditional healthy foods.**
7. **Promote traditional and contemporary physical activities.**

The program will include an evaluation component to strengthen the evidence base for this approach in tribal communities. The Hualapai Tribe's Health Education and Wellness Center's Employee's Working for Health (EW4H) and Strategic Prevention in collaboration with the Hualapai Cultural Resource Department, elected the following strategies:

#### 1. Family and Community activities that connect cultural teachings to health and Wellness

The short-term outcomes for this strategy is to strengthen the communities public speaking, promote awareness of health disparities, increase a sense of "Belonging", Promote the TPWIC project, and increase the understanding of a traditional family structure through language lessons.

The intermediate-outcome is to Increase community, social and cultural activities that focus on sharing cultural knowledge and practices.

#### 6. Cultural teachings and practices about traditional healthy foods to promote health sustenance, and sustainability.

The short-term outcome for strategy 6 is increase community members knowledge of preparing traditional foods, knowledge of tribal history, culture, and harvesting traditional foods. Increase interest in growing their own foods, access to ancestral foraging, and understanding traditional and contemporary diets.

The intermediate-outcome is to increase inclusion of traditional foods and diets.

#### 7. Traditional and contemporary physical activities that strengthen wellbeing.

The short-term outcome for strategy 7 is to Increase the awareness of health risks, increase participation in traditional physical activities, increase events for physical activity, increase awareness and purpose of the tribe's La Paz run, and promote healing physically, mentally and spiritually through traditional means.

The intermediate-outcome is to increase participation in traditional and contemporary physical activity events.

For more information about the Hualapai Tribal Practices for Wellness in Indian Country, contact Rosemary Sullivan at (928) 769 -2207 Extension 271.

## Healthy Food Option • Walapai Market

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

# HEALTHY FOOD OPTION

Our Community faces Chronic Disease, if you are unaware of Chronic Disease, it is defined as heart disease, cancer, and diabetes and that is a leading causes of death & disability. Chronic disease is caused by a short list of risk behaviors such as:

- \* Tobacco use and exposure to secondhand smoke.
- \* Poor nutrition, including diets low in fruits, vegetables & high in sodium & saturated fats.
- \* Lack of Physical activity.
- \* Excessive alcohol use.

Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. So here is a list of healthier options that the Walapai Market provides.

## WALAPAI MARKET



- Aiden's Organic Ice Cream
- Three Twin Organic Ice Cream
- Gluten Free 7 Grain Bread
- Gluten Free Chocolate Lovers Brownie Mix
- Quaker Instant Oatmeal Heart Healthy
- Extra Virgin Olive Oil
- Smart Balance "Omega 3"
- Mazola Corn Plus Cholesterol Free
- Sara Lee Bread 100% Whole Wheat
- OZARK 100% Whole Wheat Bread
- Campbell's Cream of Mushroom
- Campbell's Cream of Chicken
- Quaker Oats Old Fashioned 100% Whole Grain
- Cream of Wheat Hot Cereal
- Lenny & Larry's The Complete Cookie 16g Protein
- Cliff Bars
- Nature Valley Granola Bars
- Simply Tostitos Organic: Blue & Yellow Corn

- ZICO - Coconut Water
- NAKED - Juice's
- Muscle Milk
- Pure Leaf - Unsweetened Tea
- Gold Peaks - Diet Tea
- Rockstar - Pure Zero, Organic can, Zero Sugar
- Waiakea - Volcanic Vitamin Water



- Cucumbers
- Tomatoes
- Bell Peppers
- Squash Zucchini
- Yellow Onions
- Carrots
- Garlic
- Peppers
- Jalapeno
- Squash Butternut
- Bananas
- Oranges
- Apples - Red Delicious & Granny Smiths
- Strawberries
- Pineapple
- Lemons
- Peaches





## Hualapai Unhealthy Food Policy • Policy No. 01-2019

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



### Hualapai Unhealthy Food Policy No. 01-2019 of the Hualapai Tribe of Peach Springs

#### BE IT ENACTED BY THE TRIBAL COUNCIL OF THE HUALAPAI TRIBE:

STATEMENT OF PURPOSE: to promote and protect the health of tribal members and all other persons within the perimeter of the Hualapai Tribe, in accordance with the Resolution No. \_\_\_-\_\_\_\_ of the Governing Body of the Hualapai Reservation:

#### ARTICLE 1 – INTRODUCTION

- A. Short Title: The policy shall be known as The Unhealthy Food Policy.
- B. Purpose: This policy is to promote and protect the health of the tribal members and all other persons within its boundaries of the Hualapai Tribe.
- C. Authority: The authority for this policy is Resolution No. \_\_\_-\_\_\_\_ of the Governing Body of the Hualapai Tribe.
- D. Interpretation: The interpretation and jurisdiction of the Hualapai Unhealthy Food Policy lies solely with the Tribal Council.

#### ARTICLE II – FINDINGS AND INTENT

- A. Good Health & Wellness is committed to protecting the public health, safety and welfare of the people of the Hualapai Tribe especially children, elderly and those who live with diabetes.
- B. The Hualapai Tribe finds that Chronic Disease are defined broadly such as heart disease, cancer, and diabetes are the leading causes of death and disability. Chronic disease is caused by a short list of risk behaviors:
  - \* Tobacco use and exposure to secondhand smoke,
  - \* Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.

- \* Lack of physical activity.
- \* Excessive alcohol use.

- C. The Hualapai Tribe finds that diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. There are many different types of diabetes such as prediabetes, type 1 diabetes, type 2 diabetes & gestational diabetes.
- D. The Good Health & Wellness Coalition has recommended the Hualapai Tribal Council adopt a policy establishing the Unhealthy Food Policy to promote healthier eating and lifestyle.
- E. Tribal Council considers the health of its people to be of importance, and recognize that diabetes is a major health problem in the Hualapai Community. To improve and maintain the well-being of tribal members.
- F. Vendors are to sell healthy foods, training will be available for vendors to learn how to cook healthy foods, due to the health of the Hualapai Community.

### ARTICLE III – DEFINITIONS

The following terms used in this policy have the following meanings unless the context clearly indicated otherwise:

- G. "Prediabetes" is defined as your blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes. Prediabetes can often be reversed.
- H. "Type 1 diabetes," the body cannot make insulin, so you need to take insulin every day. Type 1 diabetes is less common than type 2 diabetes.
- I. "Type 2 diabetes," the body cannot properly use insulin (a hormone that helps glucose get into the cells of the body). Type 2 diabetes can affect anyone at any age, but there is a higher risk for older, overweight, having a family history of diabetes, not physically active, or a woman who had gestational diabetes. Type 2 diabetes can also lead to serious health issues such as heart attack, stroke, blindness, kidney failure, loss of toes, feet, or legs.



- J. "Gestational diabetes" is a kind of diabetes that some women get when they are pregnant. Even if a woman's blood sugar levels go down after the baby is born, she is at higher risk of getting type 2 diabetes later in life.

**ARTICLE IV – EFFECTIVE DATE OF POLICY**

This policy shall become effective upon approval by the Hualapai Tribal Council.

**CERTIFICATION**

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai tribe is composed of nine (9) members of whom \_\_\_\_\_ constituting a quorum were present at a REGUALR MEETING thereof held on this \_\_\_\_\_ day of \_\_\_\_\_, 2019; and that the foregoing policy was duly adopted by a vote of \_\_\_\_\_ for \_\_\_\_\_ against, \_\_\_\_\_ not voting, and \_\_\_\_\_ excused, pursuant to authority of article \_\_\_\_, section (\_\_) of the Constitution of the Hualapai Tribal Unhealthy Food & Tax Policy.

DRAFT

Damon R. Clarke, Chairman  
Hualapai Tribal Council

ATTEST:

Shanna Salazar, Administrative Assistant  
Hualapai Tribal Council

**Hualapai Food Handler Training • Next Training: Tuesday, April 9<sup>th</sup>**

*Submitted by: Danielle Bravo | Hualapai Planning Department*

**HUALAPAI – PEACH SPRINGS**  
2019 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
April	9	Health Education & Wellness	10:00am – 12:30pm
May	14	Health Education & Wellness	10:00am – 12:30pm
June	18	Health Education & Wellness	10:00am – 12:30pm

**For more information please contact the Office of Environmental Health and Engineering at (928) 669-3177. Everyone is welcome to attend.**



# COMMUNITY MESSAGES

**Inspirational Corner**

*Submitted by: Josie Powsey*

**Waiting for Joy, 2 Cor**

Tribulations, grief and sorrow  
are but Heaven's stepping stones  
To a bright and glad tomorrow  
Where no heartache can be known.

We can endure this life's trials  
Because of the next life's joys.

For now, those of us who weep can dwell  
on hope instead of sorrow. It may  
be nighttime in our hearts, but just ahead  
lies the dawn of eternity and with it  
God promises the endless joy of  
heavenly morning.

Pray for one another, families that have  
lost their loved ones, people that are sick  
and those that need comfort!

finding **JOY**  
in the journey

**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 @ 928-769-2287 Ext. 291





### Respect, Love & Strength

Submitted by: Mario Zephier

Ahh-hey! Respect, Love & Strength

Gamyu my sisters and brothers in recovery and all natives and non-natives who seek the good mind upon the Red Road of this life. "Red Hawk" here; once again honored to share some of what I am learning and living by today the best I can. I'd like to thank Ms. Josie Powsey, for the '12 Points to Perpetual Happiness'. Not only did it make my day, it also inspired the writings I'll be sharing from the Life Recovery Bible; as well as 'Reginald D. Hernandez'.

Thank you for the Hope and Strength I got from your writings today. I am proud of you, from one broken being to another. Our Creator walks with us upon this Red Road of Recovery & Wellbriety, "Healing, Mending our Lives."

'Zeke Smith', thank you too for your writing, so blessed are we, that the Creator has given us sisters and brothers, such as these in which to be a great help to one another as together we heal one another and become a part of our great Healing Circle that has begun throughout many, many tribal nations, as well as non-natives alike.

With respect, love and strength to you all. With the light of the Creator upon us. We will never have to do this alone. Together we can Recover into Wellbriety for ourselves, our families and communities.

### Gifts of Life Recovery

Submitted by: Mario Zephier

- 1) Hope—"We can rejoice, too; when we run into problems and trials, for we know that they help us develop endurance. Endurance develops strength of character and character strengthens our confident, hope of salvation. This hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love (Romans 5:3-5)
- 2) Power—"For I can do everything through Christ, who gives me strength" (Philippians 4:13) "For God has not given us a spirit of fear and timidity, but of power, love and self-discipline." (2 Timothy - 1:7)

#### Red Road Lesson #3

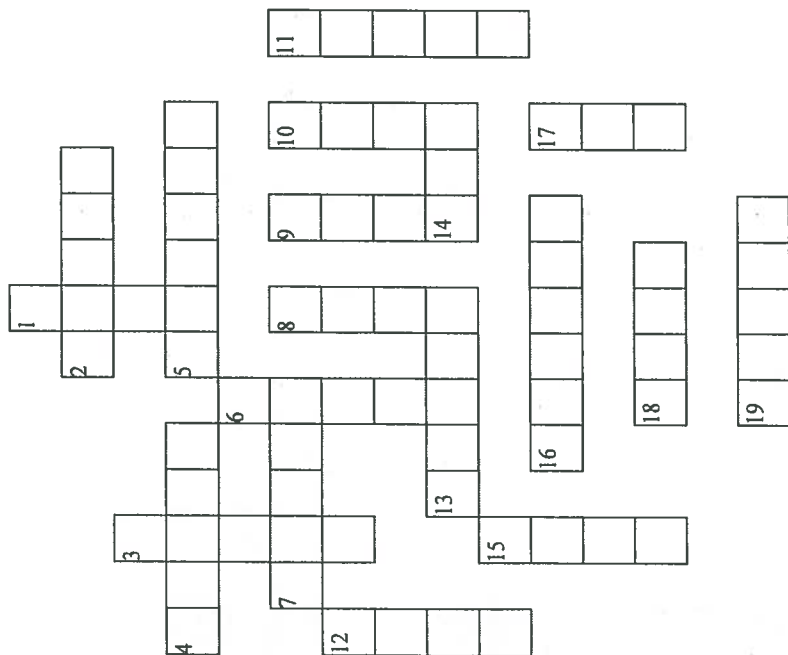
The Great Spirit is the name given to the life force radiating from all creation. This energy is called many things by many different tribes and nations (Wankan Tanka & Tunkashila by the Lakota). Some have chosen to follow the ways of a tribe that is different from our own. We do whatever it takes to find a relationship with the Creator that will help us stop struggling with the "Mind Changers" alcohol and drugs and violence behaviors.

Respect, Love & Strength  
Your brother upon this Red Road to Recovery & Wellbriety,  
Mario "Red Hawk" Zephier  
Hualapai/Sioux "2019"

### Kinship Terms (Hualapai Words) • Crossword

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

## KINSHIP TERMS (Hualapai Words)



#### ACROSS

2. AUNT (Father's Sister)
4. GRANDFATHER (Maternal)
5. FAMILY
7. GRANDMOTHER (Paternal)
13. OLDER SIBLING
14. GRANDCHILD (Son's Child)
16. AUNT (Mother's Older Sister)
18. UNCLE (Father's Older Brother)
19. YOUNGER SIBLING

#### DOWN

1. DAUGHTER
3. GRANDFATHER (Paternal)
6. UNCLE (Father's Younger Brother)
8. GRANDMOTHER (Maternal)
9. FATHER
10. MOTHER
11. UNCLE (Mother's Brother)
12. AUNT (Mother's Younger Sister)
15. SON
17. GRANDCHILD (Daughter's Child)

Note: Remember that some Hualapai words have the following,  
Colon : apostrophe

# Easter Word Search Puzzle

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

## Easter Word Search Puzzle

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

betrayal  
 church  
 crucifixion  
 disciples  
 Eastertide  
 Easter Triduum  
 empty tomb  
 fasting  
 Good Friday

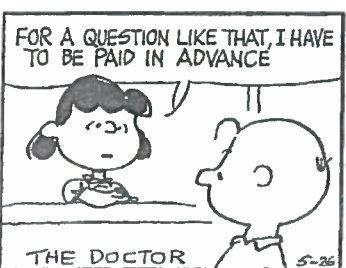
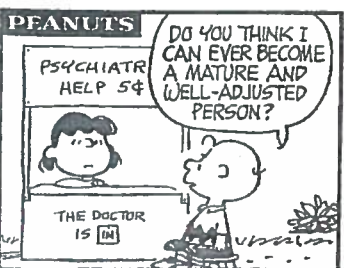
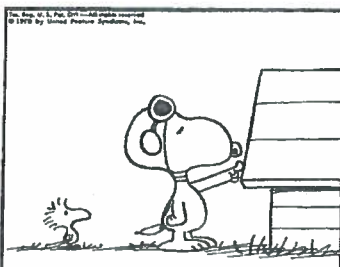
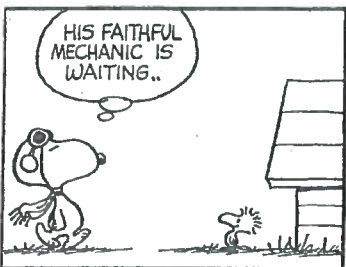
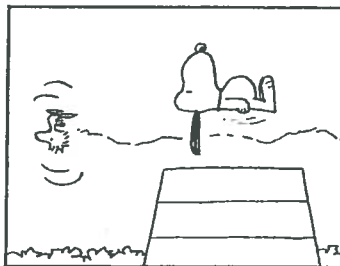
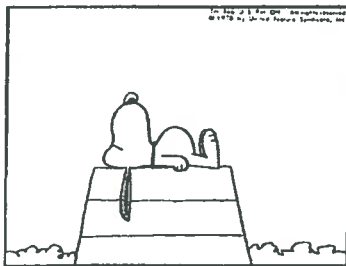
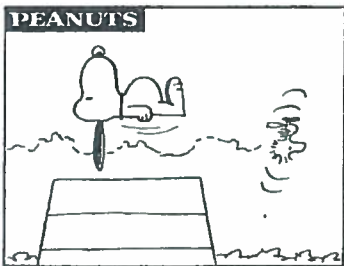
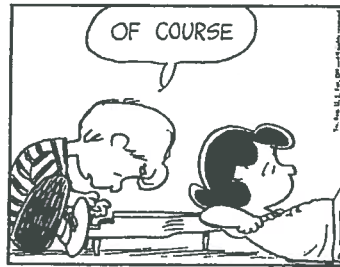
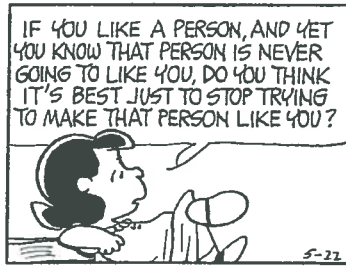
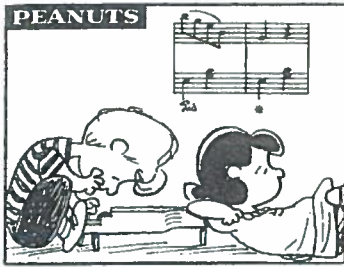
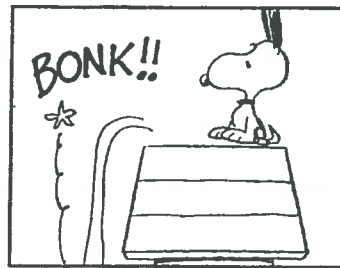
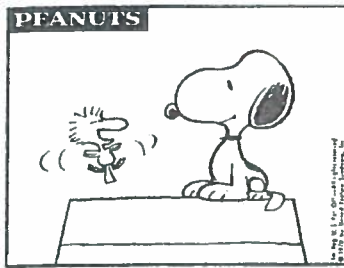
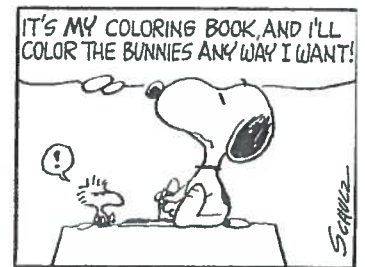
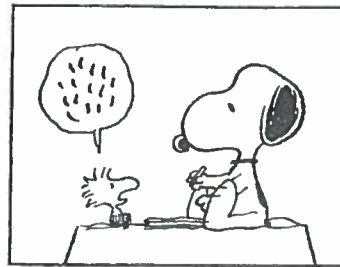
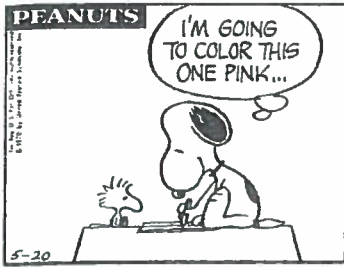
Holy Week  
 Jesus Christ  
 Judas Iscariot  
 Last Supper  
 Lent  
 Mary Magdalene  
 Mary, Mother of God  
 Maundy Thursday  
 Passch

Passion of Christ  
 Passover  
 penance  
 Pentecost Sunday  
 prayer  
 redemption  
 religious holiday  
 resurrection  
 springtime



### Daily Strips from the 1970s • Peanuts

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





## Hualapai Department of Natural Resources

P.O. BOX 300, PEACH SPRINGS, ARIZONA 86434 – (928)769-2254 OFFICE (928) 769-2309 FAX

<http://www.hualapai.org>

### **4H YOUTH & AGRICULTURE BUILDING FACILITY RESERVATION**

#### **REQUEST AND AGREEMENT**

The primary purpose of the 4H Youth and Agriculture Building is to provide a space designated for the 4H Buck-N-Doe Club of Peach Springs to hold meetings, house activities, showcase accomplishments and fundraise for 4H events. The secondary purpose of the 4H Youth and Agriculture Building is to train and provide instruction to youth and adult in all facets of Natural Resources, focusing on agriculture.

1. Groups or persons requesting facility use must affirm that their beliefs and practices and planned uses of the facilities are in harmony with the purpose of the 4H Youth and Agriculture Building.
2. The group or person seeking facility use must submit a signed “4H Youth and Agriculture Building Facility Reservation Request and Agreement” form.
3. The group or person seeking facility use must be willing to take responsibility for the facilities and equipment used and must agree to abide by the Hualapai Tribe’s rules of conduct for facility use, as stated below and as described in any additional instructions by Natural Resource staff.

#### **Facility Use Hours**

Facilities are available between the hours of 8 a.m. and 8 p.m. Use outside these hours may be approved by the Natural Resource Director or official designee.

#### **Scheduling Events**

Requests for facility use may be made to the Natural Resource Director, by submitting the “4H Youth and Agriculture Building Facility Reservation Request and Agreement” form. The event will be reserved and placed on the agriculture calendar only when the Natural Resource Director or official designee approves the use.

#### **Fees**

Clean-up is the responsibility of the group. If the facilities are not cleaned up adequately, a cleaning fee may be assessed.





**Name of 4H / Agriculture member requesting use of facilities:**

---

**Contact Information:**

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Please briefly state what people or groups may be using the agriculture facilities and their purpose and mission:**

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**Regardless of type of user, please describe which agriculture facilities you are requesting use of and the purpose for which you intend to use the facilities:**

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**What date(s) and time(s) are you requesting to use the facilities:**

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### **Policies and Instructions:**

1. DO NOT adjust the thermostat.
2. All lights must be turned off and doors locked upon departure. Assure all doors and windows are shut and locked.
3. Alcohol & Smoking Policy: No alcohol may be served in agriculture facilities. No smoking is allowed within the agriculture buildings.
4. Groups are restricted to only those areas of the facility that the group has reserved.
5. All equipment, such as tables and chairs, must be returned to original placement, unless arranged otherwise prior to the event.
6. Clean-up is the responsibility of the group. If the facilities are not cleaned up adequately a cleaning fee may be assessed.
7. Any person or group must sign the "Agriculture Facility Reservation Request and Agreement" form prior to reservation of agriculture facilities.

