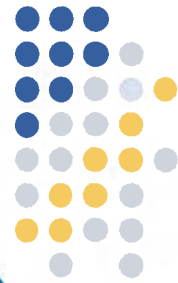


# GAMYU

Newsletter of the Hualapai Tribe



**Grand Canyon West: 31<sup>st</sup> Anniversary Celebration & Mohave County Days • April 27<sup>th</sup>-28<sup>th</sup>**  
 Submitted by: Audrennia Felker | Grand Canyon Resort Corporation

### COMMUNITY BUSES

**MORNING DEPART** Hualapai Lodge  
6:30 AM & 7:00 AM

**EVENING DEPART** Grand Canyon West  
4:00 PM & 4:30 PM

### 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

### 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.

### 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)

Issue #08

Friday,  
 April 19, 2019

Special points of interest:

- **HTUA Board Meeting** will be on Wednesday, April 24<sup>th</sup> at 9:00AM in the Council Chambers
- **Regular Council Meeting** will be on Saturday, May 4<sup>th</sup> at 8:01AM in the Tribal Chambers
- **TERC Meeting** will be Wednesday, May 15<sup>th</sup> at 9:00AM in the Department of the Cultural Resources.

### Inside this issue:

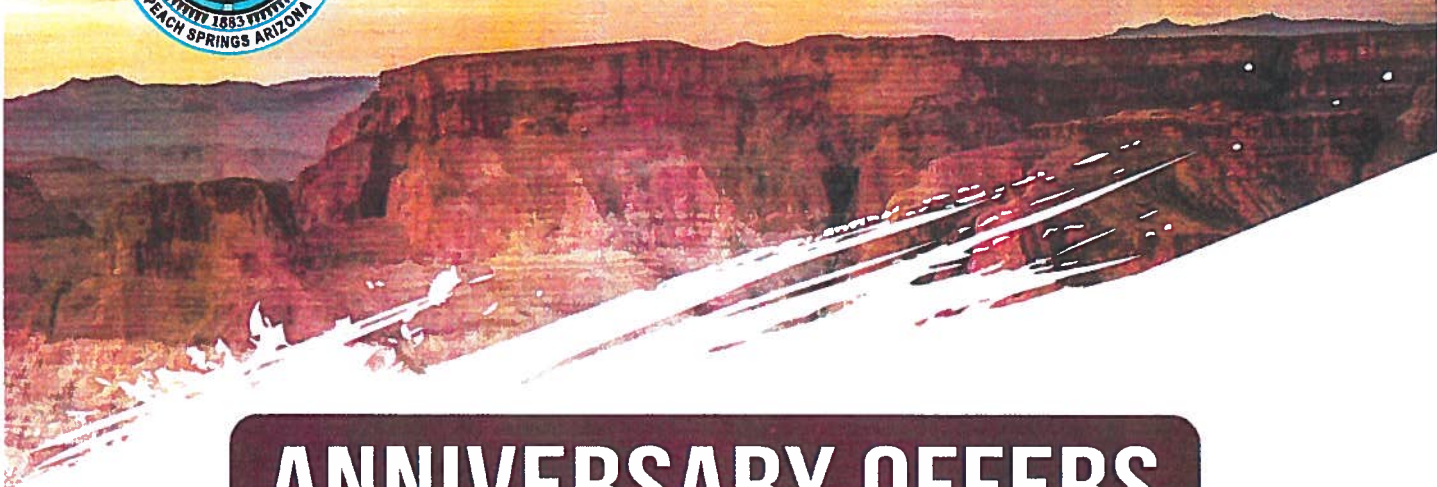
Events & Information	2
Education & Training	22
Health & Safety	35
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**GRAND CANYON**  
*West*.COM

# 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

**Notice of Proposed Homesite • C. Nighthorse***Submitted by: Michelle Zephier | Hualapai Planning Department*

April 12, 2019

To Community Members,

Camille Nighthorse has withdrew her proposed site on Route 18 at this time.

Thank you,  
Hualapai Planning Department

**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


**AZ Indian Council of Aging Quarterly Meeting Minutes***Submitted by: Barbara Tinhorn***AZ Indian Council of Aging Quarterly Meeting  
Desert Diamond Casino—Tucson, AZ.  
April 4, 2019**

- I. Call to Order/Pray started at 8:25am
- II. Welcome
- III. Roll call/Introductions for new members/old members
- IV. Adoption of Agenda: Thomas Siyuja approves the agenda, seconded by Mildred Narcia. 12-yes 0-no 1-not voting
- V. Reading/Approval of Minutes: December 4, 2018; Brenda Kyyitan motions, seconded by Lou Jean Vega. 12-yes 0-no 1-not voting
- VI. Reports of Officers
  - A. President nothing
  - B. Vice-President Jeryle Reina travel to WA Inter-tribal Association of Arizona was in March. February older AZ Day at the Capitol; both were a success. This was for all elder of AZ representing the topics.
  - C. Secretary Martha Mase, January, 24th Annual Indian Nations/Tribes Legislative Day.
  - D. Member at large, Brenda Kyyitan, February, Older AZ Day at the Capitol, they were both there to represent Indian Elders of AZ to voice our concerns.

**XI. Unfinished Business**

- A. Review AICOA Recruitment/Member terms ending we have tribes that need to be filled. We have 3 tribes and their term will end August 2019.

**XII. Working Lunch with the program managers.**

- A. ITCA-AAA Region Updates
  1. Trainings on Fall Prevention/Enhance Fitness/Elder Abuse; these topics will be presented at Elderly Conference in Oct. 2019

**XII. 2019 AICOA Conference (400 participants),  
October 27-29, 2019**

1. Registration Early \$110.00 until June 28, 2019, Regular registration \$130.00. No registration on site.
2. Review budget. Who donated \$\$ ITCA \$5,000.00, we need to get busy, ask money from our Tribal Council. It is going to cost a lot of money to put on this conference.
3. Volunteers for conference will meet early on Sunday.
  - a) Packing bags with things
  - b) Helping with registration
  - c) Runners to take door prizes to workshop for presenters
  - d) What is the cost for coffee mugs/colors? Instead of t-shirt.
  - e) Review of budget.

**XIV. New Business**

- A. AICOA Quarterly Mtg. Where?
  1. June 2019 dates June 4 or 11
    - b. Twin Arrows, Honda, Prescott, Payson Camp Verde
  2. September 2019; Thursday, Sept. 12
    - b. We-Ko-Pah, Ft. McDowell Casino

Ended 3:17p.m.

Submitted by: Barbara Tinhorn



**Notice of Invitation for Bids • Pre-Submittal Conference: Wednesday, April 24<sup>th</sup>***Submitted by: Kevin Davidson | Hualapai Planning Department***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, [kdauidson@hualapai-nsn.gov](mailto:kdauidson@hualapai-nsn.gov)

**Grand Canyon Resort Corporation • Open Horse Auction (Closes Thursday, May 2<sup>nd</sup>)***Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation*

# HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Bullwinkle

**Bullwinkle**

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

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

**Auction Opens:** April 10, 2019

**Auction Closes:** May 2, 2019

**Announcement:** May 3, 2019

**REQUIREMENTS:**

- A minimum bid of \$1500
- Bid must be received by 5PM on May 2, 2019

**SUBMITTING YOUR BID:**

Please submit your bid, along with the following information:

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

**Bids may be mailed to:**

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

**Or hand delivered to:**

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

# HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Hurricane

Auction Opens: April 10, 2019  
 Auction Closes: May 2, 2019  
 Announcement: May 3, 2019

## REQUIREMENTS:

- A minimum bid of \$1500
- Bid must be received by 5PM on May 2, 2019

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

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

## Hurricane

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

## Bids may be mailed to:

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



JET

Auction Opens: April 10, 2019  
 Auction Closes: May 2, 2019  
 Announcement: May 3, 2019

## REQUIREMENTS:

- A minimum bid of \$5000
- Bid must be received by 5PM on May 2, 2019

## SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

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

## Jet

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

## Or hand delivered to:

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

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

# HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Julie

Auction Opens: April 10, 2019  
Auction Closes: May 2, 2019  
Announcement: May 3, 2019

#### REQUIREMENTS:

- A minimum bid of \$5000
- Bid must be received by 5PM on May 2, 2019

#### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

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

#### Julie

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

#### Bids may be mailed to:

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



Mable

Auction Opens: April 10, 2019  
Auction Closes: May 2, 2019  
Announcement: May 3, 2019

#### REQUIREMENTS:

- A minimum bid of \$3000
- Bid must be received by 5PM on May 2, 2019

#### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

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

#### Mable

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

#### Or hand delivered to:

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

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



**KWLP • Contain Options Information Page**

Submitted by: Terri Hutchens | KWLP 100.9FM

**What are the ways to get information on the air on KWLP?****• KWLP Community Calendar:**

Limited information only. Narrated by station staff. Individual spots run not more than 10 to 15 seconds. The entire calendar runs no more than approximately 1.5 minutes. The community calendar runs on the 1/2 hour 24/7 for one week. The deadline for submission to be in the community calendar is **NOON** the Friday **BEFORE** the week in which the calendar runs. Submissions may be made either by delivery to the radio station or emailing to staff. Direct communication with station staff of request for an event to be included in the community calendar **is** required. Station staff will draft script from event flyer. No charge.

**• Event Promo:**

More details and calls to action included. Generally narrated by dept. or program staff or designated community representative. Promos generally run 30 seconds to 1 minute. Play is random on the quarter hour– will vary depending on the number of event promos in a given week. Run periods can vary: at least 2 weeks prior and no more than 30 days in advance is *recommended*. Submission should include a basic script (who, what, where when, why, how) **AND CONTACT INFO** for follow up! Event flyers are generally inadequate as a script, but help. Scheduling an appointment with station staff to record promo or in the least, calling ahead to determine if production staff is available is recommended. Drop –ins will be accommodated if possible–best times are 10 am to 2pm daily. Staff *may* assist with scripting and narration. Direct communication of request for an event promo to be produced and broadcast **is** required. Note: Production of a quality 30 second promo takes 1 to 2 hours *minimum*, not including recording narration. No charge.

**• Educational Public Service Announcement (PSA):**

Educational, topical or seasonal information which may be archived and rebroadcast in the future. Includes no mention of specific dates or events. Generally narrated by dept. or program staff or designated community representative. PSAs generally run 30 seconds to 1 minute. Play is random on the quarter hour– will vary depending on the number of PSAs in a given week. Run periods can vary at preference of dept or program, which need to be identified. Scheduling an appointment with station staff to record PSA or in the least, calling ahead to determine if production staff is available is advised. Drop –ins will be accommodated if possible– best times are between 10am and 2 pm daily. Staff *may* assist with scripting and narration, but other voices and scripts preferred. Direct communication of request for a PSA to be produced, broadcast *and* rebroadcast **is** required. Note: Production of a quality 30 second promo generally takes 1 to 2 hours *minimum*, not including recording narration. No charge.

**• Personal Interview:**

This option provides an opportunity to give the most detailed information to listeners, the longest amount of air time for one service or event and calls to action. It is available to departments, programs and community organizations. Interviews sound live, but are pre-recorded and usually edited by staff. Interviews are generally played in 3 to 5 minute segments, depending on length of full interview; may be promoted in advance on air and in social media or otherwise. Interviews *must* be scheduled with station staff in advance; two weeks in advance of 1st desired air-time is recommended. Desired questions may be submitted in advance. Station staff may assist with identifying questions to elicit desired narrative, including who, what, where, when, why and how. No charge, unless advertising.

- **Recurring “Donut” Segments:**

This option provides an opportunity to give regular, on-going (weekly or monthly) but changing information to listeners in a streamlined and time-efficient manner. Name-familiarity and good-will may be established by utilizing this option. It is available to departments, programs and community organizations. Participants will pre-record an introduction and conclusion which will be the same for each broadcast, and generally includes attention-grabbing, branding and contact information. Participants will then regularly record new content to be placed in the “middle” of the intro and outro. This is most effective for sharing calendars of events, job openings, general services, new staff introductions and educational information more substantial than can be covered in the time allotted for PSAs. “Donuts” generally run 1.5 to 3 minutes in length. Broadcast times can be random or scheduled. Recording sessions should be scheduled in advance. It is recommended that sessions be scheduled regularly to maintain consistency with content. Staff may assist with script writing. Narration by service provider staff is recommended. No charge, unless part of advertising.

- **Scheduled Live Remote from Event:**

This is **NOT** just when station staff appear at events and provide music, DJ or MC services. During a live remote, station staff attending events actually break into the broadcast remotely and make live, real time announcements about the event, including interviewing event sponsors or participants. These broadcasts are not pre-recorded and are LIVE. Calls to action, invitations to participate in the event and information about the event sponsors are emphasized. Station appearances at events for **ANY** purpose **MUST** be requested in writing **not less than 30 days in advance**. Both event and remote request forms are available at the station and on the station’s Website or may be requested via email. Promotion of the event on air and social media may be part of the live remote services. NOTE: Radio station services *do not* typically include MC, DJ or Live Remote services outside of paid advertising contracts. Availability of station staff for any purpose *is not* guaranteed. Station equipment may not be rented or borrowed without station staff present to operate it. A fee may be assessed depending upon nature of sponsor of event, the purpose of the event, and date, time, location and length of event, as well as other station needs and commitments. There may be a charge for this services. A written schedule of fees is available at the station, on the website and upon request.

- **Sponsorship of Show:**

This is the best opportunity to establish name recognition, promote good will, give listeners information about services and events and support the community radio station. Sponsorship includes a customized package of banner spots at the beginning and end of the show; 30 to 60 second spots each quarter hour of the show; mention in show promotions which play randomly throughout the week; mention in related social and print media promotions; and banners advertisements on the station website, as well as station appearances at events and live remotes. There is a fee. The initial schedule and details are available at the station and on the station’s website or upon request, but may vary depending on needs.

**CONTACT INFORMATION**

480 B Hualapai Way  
Peach Springs, AZ 86434

Office: (928) 769-1110  
Studio: (928) 769-1090

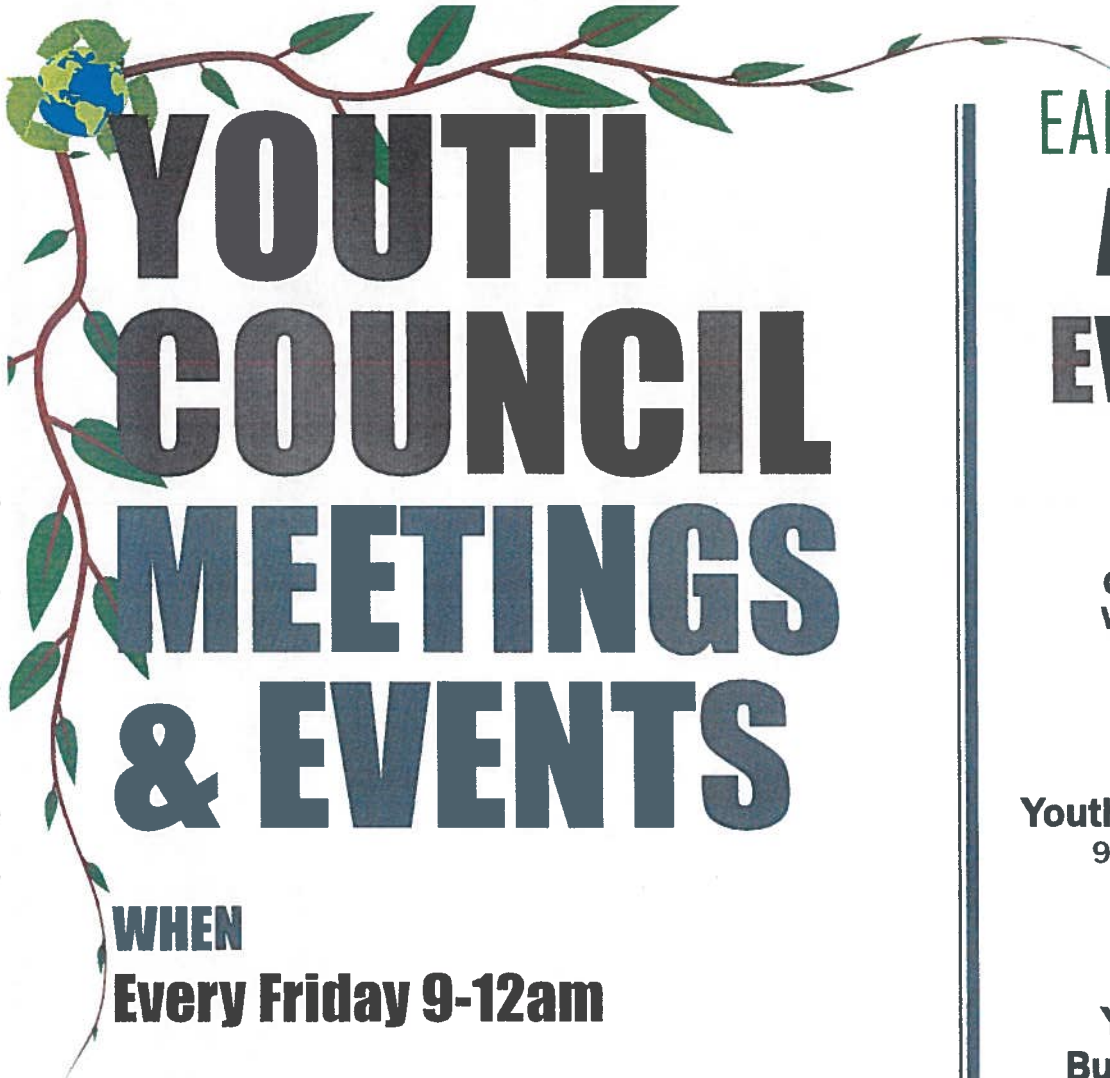
Station Manager: [terri.kwlp@gmail.com](mailto:terri.kwlp@gmail.com)

Operations Manager: [dan.kwlp@gmail.com](mailto:dan.kwlp@gmail.com)

[www.kwlp.com](http://www.kwlp.com)



**Hualapai Youth Council • April Meetings & Events**  
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





**Community Easter Egg Hunt & Activities • Friday, April 19<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

# APRIL 19, 2019

## COMMUNITY EASTER EGG HUNT & ACTIVITIES

RECREATION

**\*9AM - EASTER EGG HUNT\* *baseball fields***

AGE DIVISIONS

INFANT - 5YRS

6 - 9YRS

10 & UP.

GOLDEN EGG PRIZE IN EACH DIVISION

12PM -LUNCH WILL BE PROVIDED

***BASKETS WILL BE PROVIDED FOR THE FIRST 30 KIDS/NOT PARENTS!***

***FOR MORE INFO CONTACT REC. DEPT. 769-2652.***

\*\*\*\*\*

YOUTH COUNCIL

**\*10AM-SGAVENGER HUNT\***

0-6 GIFT BASKETS WITH GOODIES

7-12 GIFT BASKET FOR 1 GIRL 1 BOY

13-18 SCHOOL SUPPLIES

19 & UP GIFT CARD

\*\*\*\*\*

EMPLOYEES WORKING FOR HEALTH (EW4H)

**\*12NOON - COLOR RUN/WALK @ THE RODEO CIRCLE BY THE GYM\***

**\*1PM - HORSESHOE TOURNAMENT\***

WOMEN & MEN DIVISIONS (\$10 a team)

**\*11AM - 12PM REGISTER FOR BOTH EVENTS @ THE HORSSHOE PITS.\***

***FOR MORE INFO CONTACT (EW4H) @ 769-1630 OR 769-2644***

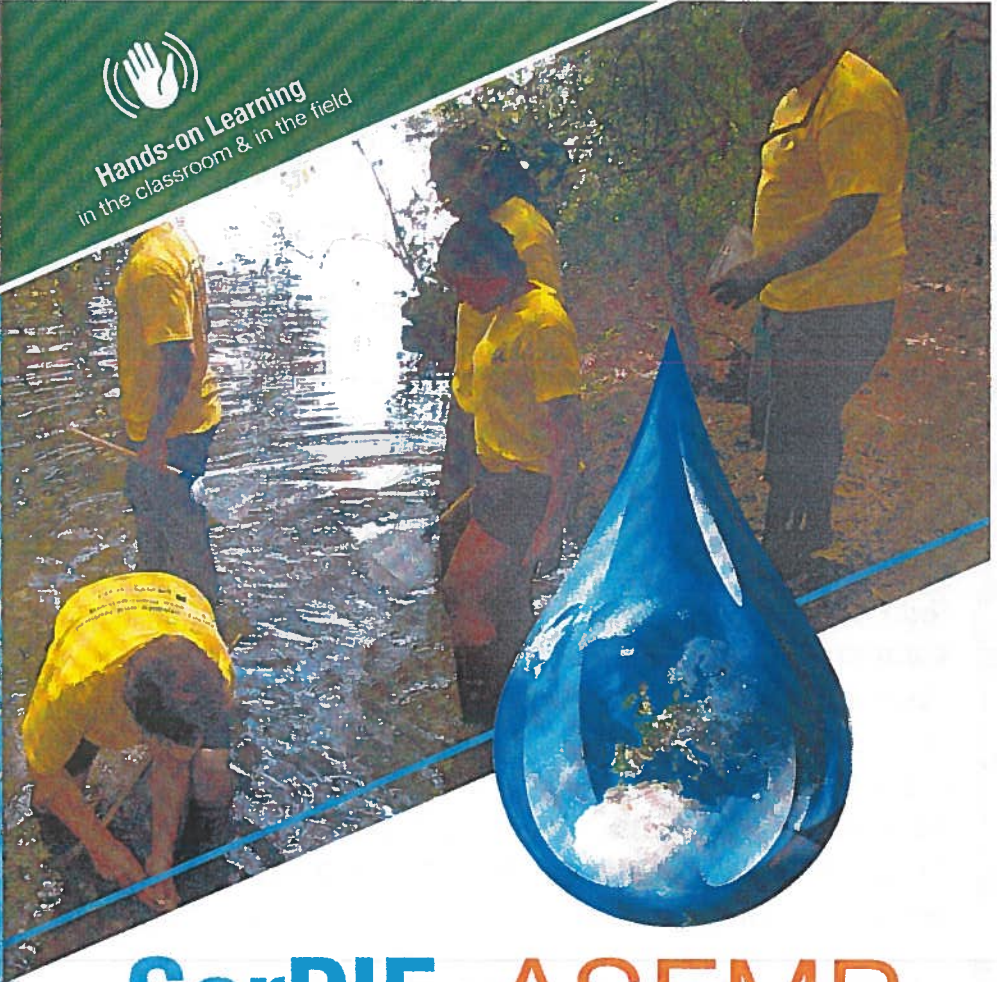


**SerPIE-Agricultural Science Extension Mentorship Program • Deadline: Saturday, April 20<sup>th</sup>**

Submitted by: Elisabeth Alden | Hualapai Department of Natural Resources, U of A Extension Office

**6 WEEKS**  
June 3 - July 15  
**2019**  
**DEADLINE**  
April 20, 2019  
**LOCATION**  
Alabama A&M University  
Huattsville, AL for 5 weeks  
Tennessee State University  
Hasthville, TN for 1 week  
**STIPEND**  
\$1500 for six weeks  
(travel, meals, and lodging  
will be provided)  
**WEBSITE**  
Online registration & application  
[www.aces.edu](http://www.aces.edu)

If you have questions please contact:  
 ▶ Dr. Karnita Garner  
 kgarner@aces.edu or 256-372-8331  
 ▶ Dr. Paul Okweya  
 Paul.okweya@aces.edu or 256-372-4331  
 ▶ Dr. Sam Dennis  
 sdennis@tstate.edu or 615-963-3822



# SerPIE-ASEMP

Synergistic Efforts to Reduce Pharmaceuticals in the Environment - Agricultural Science Extension Mentorship Program

The Alabama Cooperative Extension System, Alabama A&M University, and Tennessee State University are pleased to announce the second Agricultural Science Extension Mentorship Program (ASEMP). This summer undergraduate mentorship session is a six-week program that offers students a unique opportunity to explore science and Cooperative Extension-related professions that focus on concepts like pharmaceutical impacts on the environment.

Participants will be placed with mentors from diverse backgrounds to participate in experiential learning activities that enhance their understanding of the impacts that pharmaceutical and personal care products have on animal, human, and environmental health and the best management practices necessary to minimize the risk posed by these hazardous bioactive chemicals.

Visit [www.aces.edu](http://www.aces.edu) for eligibility and to apply online.



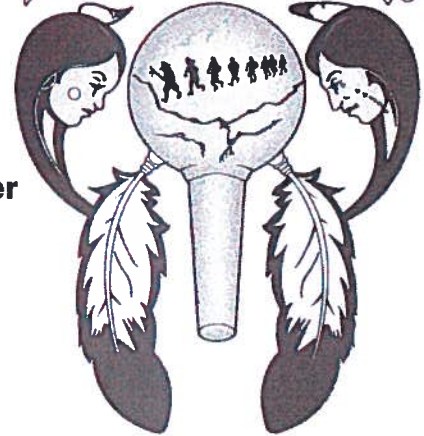
The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! The Agricultural Science Extension Mentorship Program is supported by USDA-NIFA grant #2017-38621-28426.



**La Paz Trail of Tears Run 2019 • April 20<sup>th</sup>-21<sup>st</sup>***Submitted by: Trena Bizardi | Hualapai Youth Services*

# La Paz Trail of Tears Run 2019

## From Kingman to Peach Springs, AZ

*Ya' Nyihay Jamj Vo'jo*

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.**



**KWLP 100.9FM Presents: Marilyn Pittman • Monday, April 22<sup>nd</sup>**

*Submitted by: Terri Hutchens | KWLP 100.9FM*

**KWLP 100.9 fm**

**presents:**

**Marilyn Pittman**



Marilyn Pittman is an acclaimed performer. She is a renowned comedian and radio show host, as well as an award winning narrator and storyteller. She has taught performance and coached voice, presentation and communication skills for decades nationwide.

KWLP staff, volunteers and advisory committee members have been privileged to participate in Ms. Pittman's workshops twice at conferences over the years. We are thrilled to provide an opportunity to share her wisdom and practical and valuable techniques to locals!

Join us for one of two workshops:

- Thursday, April 18, 2019 at 6:00pm at the HEW small conference room
- Monday, April 22 at 12:00pm at the HEW small conference room

Sessions are scheduled to last 2.5 hours.

All KWLP staff and volunteer show hosts **MUST** attend one session. Other interested community members wanting to improve their public speaking and presentation skills are welcome, but limited spaces are available. Call Terri at (928) 769- 1110 for more information and to reserve a spot.





April is Child Abuse Prevention & Sexual Assault Awareness Month • Wednesday, April 24<sup>th</sup>

Submitted by: Tasha Nez | Hualapai Human Services

April  
IS BOTH

CHILD ABUSE PREVENTION MONTH  and Sexual Assault Awareness Month 

Wear a Blue ribbon all month long  
In honor of:

-> child abuse awareness (Blue Ribbon)

April 24, 2019 - Wear Blue Denim Jeans for:

-> Sexual Assault

Awareness (Denim Jeans)

Wednesday ~ April 24, 2019

We will do pop up visits to each department.

If you are wearing your blue ribbon  
and blue jeans.

We will give you  
a raffle ticket for each.

#goblue

Go Blue Day In  
Peach Springs!

Listen to KWLP The Peach  
for Raffle winner @ 4:00 P.M.



**Hualapai Prosecutor's & Domestic Violence Program "Come and Visit Us" • Wednesday, April 24<sup>th</sup>**

*Submitted by: Connie Hunter | Hualapai Tribe, Office of the Prosecutor*



**You're invited to celebrate our programs success!**

**Hualapai Prosecutor's & Domestic Violence program**

**"COME AND VISIT US!"**

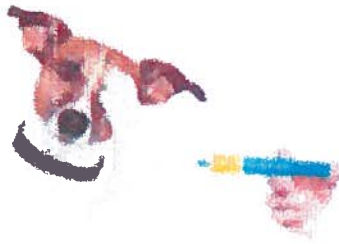
**Hualapai Tribal Prosecutor's Office is  
Extending an invitation to visit our program and  
Have lunch with us!**

**Wednesday, April 24<sup>th</sup>, 2019  
525 Oak Street, Peach Springs  
Beginning at 11:30 – ending at 1:00pm**



**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**



**Annual Earth Day Celebration • Friday, April 26<sup>th</sup>***Submitted by: Danielle Bravo | Hualapai Planning Department*

FRIDAY,  
APRIL 26, 2019

**Sign In Information**

7:00AM - 9:00AM

Participants are able to pick up trash bags, gloves, water & a raffle ticket at the Route 66 Park and can begin clean-up in the designated areas.

Bottled water will be available at sign in, with vehicles circling the routes to keep you hydrated. You must sign in to receive your raffle ticket for your participation.

**T-shirts for Participants**

Participants will receive an annual t-shirt for their participation on a "first come, first serve" basis at the sign-in location while supplies last!

**Lunch**

12:00 Noon at the Tribal Gym

Lunch menu: Hamburgers, Hot Dogs and chips. (Plates & utensils will be provided)

**Raffle**

Raffle will take place throughout lunch.

You must be present to win! *Good luck.*

**Entertainment**

Provided by KWLP The Peach



If you have any questions, please contact Michelle Zephier  
Hualapai Planning Department at (928) 769-1310

# Annual Earth Day Celebration



**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 Alvarez for more information  
928-522-4554 or FB Monique Mahone or Monique Alvarez

*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 Alvarez  
928-522-4554  
FB: Monique Mahone  
Or Monique Alvarez



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



**Save the Bees & Climate Change Gathering • May 18<sup>th</sup>—20<sup>th</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

## *Walk against Drugs & Domestic Violence*



## **Save the Bees & Climate Change Gathering Peach Springs, Arizona**

**May 18<sup>th</sup> thru May 20<sup>th</sup>, 2019**

Come share your desire for a better tomorrow without drugs, alcohol and domestic violence. Please come and walk with us and share your words and prayers. We can all make a difference.

It is evident that drugs, alcohol and domestic violence runs rampant everywhere and it is our responsibility to help, if we want to see positive changes.

We will also discuss the extinction of Honey Bees and changes in our climate.  
Mother Earth has been bleeding too long!!!!

May 18<sup>th</sup> Arrival to Peach Springs

Meet 2 miles West of Peach Springs Route 66 @ 1:30pm

Start Walk into Peach Springs @ 2:00pm

***For more detailed information please contact:***

*Mike Whatoname: 928-699-2031*

*Monique Alvarez: 928-769-6002*

*Barbara Burnside: 928-313-4490*

**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.



**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 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 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!**

**Looking for Parent Volunteers!**

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





2<sup>nd</sup> Annual Hualapai Education Fair • Tuesday, May 14<sup>th</sup>  
Submitted by: Jonell Tapija | Hualapai Education & Training

# Hualapai Education and Training Center Presents

2<sup>nd</sup> Annual  
Hualapai

# EDUCATION FAIR



TUESDAY, MAY 14TH

Multi-Purpose

9:00 AM - 2:00PM

LEARN ABOUT THE DIFFERENT  
PROGRAMS COLLEGES  
HAVE TO OFFER AND HAVE YOUR  
QUESTIONS ANSWERED.

- TRADE SCHOOLS
- COMMUNITY COLLEGE
- UNIVERSITIES
- MILITARY BOARDING SCHOOL (tentative)

HUALAPAI EDUCATION AND TRAINING  
(928)769-2200



**Summer Vacation • Surrounding & Boarding Schools***Submitted by: Adeline Crozier | Hualapai Tribal Administration*

# Summer Vacation

## BOARDING SCHOOLS

<u>SCHOOL</u>	<u>GRADUATION</u>	<u>TRAVEL DATES</u>
Chemawa Indian School Salem OR/ (503) 399-5721	May 03, 2019 10am	May 02, 2019
Flandreau Indian School Flandreau SD/(605) 997-3773	May 15, 2019 10am	May 13, 2019
Riverside Indian School Anadarko OK/(405) 247-6670	May 09, 2019 2pm Jr High May 10, 2019 10am High School	May 09, 2019
Sherman Indian School Riverside CA/ (951) 276-6326	May 08, 2019 2pm Intertribal May 09, 2019 10am	May 07, 2019
Theodore Roosevelt School Fort Apache AZ/ (928) 338-4464	May 16, 2019 5pm	May 15, 2019

## Surrounding Schools

<u>SCHOOL</u>	<u>GRADUATION</u>	<u>LAST DAY OF SCHOOL</u>
Hualapai Head Start 928-769-2244	May 17, 2019 TBA	May 16, 2019
Kingman Academy 928-681-2900	May 21, 2019 6pm Jr High May 22, 2019 6pm High School	May 21, 2019 May 22, 2019
Kingman High School North 928-692-6480	May 20, 2019 7pm	May 22, 2019
Kingman Middle School 928-753-3588	TBA	May 22, 2019
Lee Williams High School 928-718-6000	May 22, 2019 7pm	May 22, 2019
Peach Springs School 928-769-2316	May 23, 2019 6pm	May 23, 2019
Seligman School 928-216-4123	May 24, 2019 6pm Jr High May 24, 2019 7:30pm High School	May 23, 2019
Valentine School 928-769-2310	May 21, 2019 6pm	May 23, 2019
White Cliffs Middle School 928-753-6216	No graduation/promotion	May 22, 2019



# Peach Springs Unified School District #20 • 2019-2020 Calendar

Submitted by: Jaime Cole, Superintendent | Peach Springs Elementary

## Peach Springs Unified School District #20 2019-2020 CALENDAR

4-Day

July							August							September							October																		
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S												
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5												
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12												
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19												
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26												
28							25	26	27	28	29	30	31	29	30						27	28	29	30	31														
Student Days	1			Teacher Days			7			Student Days	17			Teacher Days			17			Student Days	16			Teacher Days			17			Student Days	15			Teacher Days			15		

November							December							January							February																		
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S												
					1	2	1	2	3	4	5	6	7				1	2	3	4							1												
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8												
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15												
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22												
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			23	24	25	26	27	28													
Student Days	11			Teacher Days			12			Student Days	12			Teacher Days			12			Student Days	15			Teacher Days			16			Student Days	15			Teacher Days			15		

March							April							May							June																		
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S												
1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6												
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13												
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20												
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27												
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30																
Student Days	14			Teacher Days			15			Student Days	18			Teacher Days			18			Student Days	11			Teacher Days			16			Student Days				Teacher Days					

 Teacher PD	 INTERSESSION	 Non Work Day--Students & Teachers
 Assessments	 HOLIDAY	 First and last day for students

- |            |   |            |   |
|------------|---|------------|---|
| Jul 01     | First day for office/admin staff          | Jan 20     | Martin Luther King Holiday                |
| Jul 18     | First day for teachers                    | Jan 17     | Second quarter report cards go home       |
| Jul 22     | First day for classified                  | Feb 06     | Progress reports quarter 3                |
| Jul 31     | First day for students                    | Feb 12     | Parent-Teacher Conference                 |
| Aug 22     | Progress reports quarter 1                | Feb 17     | President's Day Holiday                   |
| Aug 27     | Parent-Teacher Conference                 | Mar 05     | Third quarter Ends                        |
| Sep 02     | Labor Day Holiday                         |            |   |
| Sep 30     | First quarter ends                        | March 9-12 | Intercession Week 2 No Student Activities |
| Oct 7-11   | Intercession Week 1 Student Activities    | Apr 02     | Third quarter report cards go home        |
| Oct 14-17  | Intercession Week 2 No Student Activities | Apr 23     | Progress reports quarter 4                |
| Oct 10     | First quarter report cards go home        | May 19     | Report Cards go home 4th quarter          |
| Nov 14     | Progress reports quarter 2                | May 21     | Last Day for Teachers                     |
| Nov 25-28  | Thanksgiving Holiday                      |            |   |
| Dec 19     | Second quarter ends                       |            |   |
| Dec 23-Jan | Winter Break                              |            |   |

**STUDENT DAYS:**

1st Semester 72  
 2nd Semester 73  
 Total 145 days

**TEACHER DAYS:**

1st Semester 79.0 days  
 2nd Semester 76.0 days  
 155 Returning Teachers

## SaferFoodCats Program • Application Due: Monday, April 29<sup>th</sup>

Submitted by: Elisabeth Alden | Hualapai Department of Natural Resources, U of A Extension Office

### School of Animal & Comparative Biomedical Sciences

# SAFERFOODCATS

*The SaferFoodCats program is a 12-day summer experience of a lifetime to introduce you to career pathways in Food Safety, while experiencing working in a real-world food safety laboratory at the University of Arizona.*

*The SaferFoodCats program welcomes applications from all students. Because they are underrepresented in STEM, students who are of ethnic minority backgrounds (Hispanic, Native American, African American), are first-generation college, and/or are economically disadvantaged, are especially encouraged to apply.*

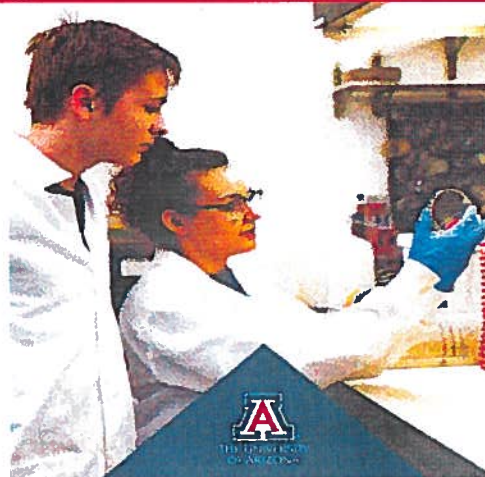
## OVERVIEW

- ▶ You will reside on campus at the University of Arizona in a dormitory for 12 days from **June 3-14, 2019**
- ▶ You will listen and interact with Food Safety researchers & Food Safety Professionals for career information

## Application Checklist

- Rising 9<sup>th</sup> -12<sup>th</sup> grade student
- Enrolled in high school
- Completed & signed application form due **April 29**
- Essay – 250 word minimum and 500 word maximum
- One letter of recommendation (from a teacher, school counselor, or school administrator)
- \$75 application fee if accepted, need-based scholarships available for qualified applicants
- Application may be completed and emailed or sent by mail

For more information: <https://extension.arizona.edu/events/2019-06-03/saferfoodcats-summer-camp>  
[saferfoodcats@email.arizona.edu](mailto:saferfoodcats@email.arizona.edu) Ph: 520-621-3290



In this program, you will learn about sampling food for bacteria and practice techniques to find out how many and what kinds of bacteria are in food.

## ACTIVITIES

**COLLABORATE:** You will work with a partner to create and implement a collaborative Food Sampling project.

**FIELD TRIPS:** You will visit various sites on and off campus related to Food Safety, and obtain behind the scenes information on how we keep our food supply safe.

**SEQUENCE ANALYSIS:** You will analyze DNA data from your sampling project using bioinformatic techniques.

**SCIENTIFIC COMMUNICATION:** You will maintain a scientific notebook and summarize project results in a poster and present on the final day.

**LEADERSHIP:** You will participate in evening content that will include 4-H activities to develop leadership skills and team-building.



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES

**Animal & Comparative  
Biomedical Sciences**



**AIANTA Scholarship Program • Now Accepting Applications**  
 Submitted by: Lucille J. Watahomigie | Hualapai Department of Cultural Resources



# AIANTA

American Indian Alaska Native  
 Tourism Association

## American Indian Alaska Native Tourism Association Scholarship Applications Available

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

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

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

#### Application Criteria:

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

#### Award Amount:

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

#### Deadlines:

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

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



Nicole Russell, Echota Cherokee,  
 AIANTA Scholarship Recipient

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

#### For More Information:

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



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

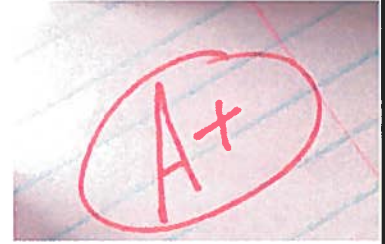
**Hualapai Department of Education & Training • Friday School***Submitted by: Nikki Raymond | Hualapai Department of Education & Training***Friday School: Hosted by**  
**Department of Hualapai Education and Training**Friday, April 26, 2019

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 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:
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>
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>.

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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

April is Distracted Driving Awareness Month

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




**DISTRACTED DRIVING AWARENESS MONTH 2019**

**Just Drive - Social Media Kit & Facebook Frame instructions**

**Social Media Kit instructions:**

- 1) Download images from the boxes they are in.
- 2) You may use the post suggestions provided, or simply use them as inspiration to create your own posts.
- 3) Always include the #justdrive hashtag. This ensures we'll all be part of the same social conversation!
- 4) Or share these messages from the NSC social pages. We'll be posting the images below as well as brand new videos throughout the month of April.
  - a. Facebook
  - b. LinkedIn
  - c. Twitter

**Questions? Contact Christian Powills at [Christian.Powills@nsc.org](mailto:Christian.Powills@nsc.org) or at (630) 775-2261.**



**Thousands die every year from distracted driving.**

**Just Drive**  
nsc.org/ddmonth



## Important Dates For The GAMYU Newsletter

Please note the articles deadline for the upcoming issue and remember to attach an Information Sheet with your articles. No ANONYMOUS submissions. For latest and archived issues of the Gamyu newsletter, please go to: <http://hualapai-nsn.gov/gamyu-newsletter/>

**ARTICLE DEADLINE:**  
Friday, April 26<sup>TH</sup>

**NEXT PUBLICATION:**  
Friday, May 3<sup>RD</sup>



## Mind-Body Medicine

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

On April 4, 2019—there was a presentation at the Multi-Purpose Building on Mind-Body skills and the attached is what was presented.

### MIND–BODY SKILLS TRAINING



#### Shaking and Movement

##### Music:

- Osho Kundalini or any dynamic/rhythmic music followed by any uplifting song/music

##### Cautions & Contraindications

- Do only to your capacity - should not produce pain
- Women: wear a bra for support and comfort
- Can be done sitting by shaking the arms, trunk, etc.

##### Purpose

- Raises energy
- Releases tension
- Breaks up habitual physical, emotional and/or mental holding patterns
- Increases awareness of mind-body patterns

##### Method

- Plant your feet solidly on the ground. Perform a body scan (with your eyes closed if your balance is good, eyes open if you feel unsteady). Notice how the body feels. Notice the energy flow in your body by noticing sensations. Notice areas of tension.
- Now, let your arms hang loosely at your sides, and make sure that your knees are slightly bent. Let your body become loose as you begin to shake or bounce your entire body up and down, keeping your feet planted. Drop your jaw and let your head rest easily on your neck. Let your body make whatever sounds it might want to make while shaking. Continue for about 5-10 minutes. Stop.
- Now, scan your body again and notice any differences in how it feels. Notice any changes in emotions or thoughts.
- Turn on dance music, and let yourself move freely in whatever way feels right.

© The Center for Mind-Body Medicine

### GUIDED IMAGERY

**Guided Imagery** is a kind of deliberate, directed daydreaming that uses soothing music and narrative to evoke multi-sensory memory, symbol and fantasy. This combination gently guides the overactive mind into a relaxed, immersive state of healing reverie. It works easily and powerfully for most people, and doesn't require much from them - just some basic imagination. Many people who have trouble meditating or relaxing do really well with guided imagery.

#### Tips for Guided Imagery

- Listening once or twice a day for several weeks makes a difference.
- Imagery involves using all of your senses, not just visualizing.
- The best times to listen are when waking up and falling asleep.
- Even if you keep falling asleep while listening, you still benefit.

- Imagery that evokes emotion and sensation has more impact.
- You don't have to believe in its impact for it to work.
- The more you use imagery, the better at it you get.
- Guided imagery works even better in a group than alone.
- Imagery doesn't compete with other forms of treatment.

(from <http://www.belleruthnaparstek.com/about-health-journeys/guided-imagery-and-other-practices.html>)

### Resources

Free guided imagery downloads by Belleruth Naparstek:

Do an internet search for "Kaiser Permanente Guided Imagery" and you will see the link to their podcasts where numerous titles can be downloaded.

Another excellent resource which is highly recommended:

Martin Rossman Guided Imagery for Self-Healing book and CD set, Very good resource for an entire self-learning program about imagery and how to use it.

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### "Soft Belly"

Close your eyes...

...Breathe in through the nose and out through the mouth. Breathe the air downward to the bottoms of the lungs, not upwards. Notice how your belly expands with each breath in, and relaxes with each breath out. This will deepen the breath and improve the exchange of oxygen, relaxing your nerves and muscles. With each breath, say to yourself "soft" as you breathe in and "belly" as you breathe out.

Continue this approach for several minutes. Each day you can add another minute or two to it until you are practicing for 10 minutes or longer. If thoughts come, let them come, and then just as easily let them go, each time gently returning back to soft belly breathing.

Do this two or three times a day, anytime you are feeling tense or stressed, and at bedtime if you are having trouble sleeping.

Consider using a timer (but not at bedtime) so you won't be preoccupied with how long you've been doing it or how long you have left. Soon, you'll find that in times of stress you can take a few deep breaths and say, "Soft...belly," and relaxation will come quickly.

"Soft belly" is just one of many forms of relaxation.

Regular relaxation has impressive results for people with cancer: decreased levels of stress and increased immune functioning; decreased pain; faster recovery from procedures; fewer side effects from chemotherapy, and less anticipatory nausea and vomiting before chemotherapy; decreased anxiety, improved mood, and less suppression of emotions. Relaxation also helps you to gain perspective on every aspect of your life, and to feel less overwhelmed by it. If you can relax during a difficult time, it is, by definition, no longer such a powerful stressor to you.

Relaxation is also the basis for all of the other mind-body therapies, and the soil that will nourish their use and their effectiveness.

© The Center for Mind-Body Medicine

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### Drawings

#### Purpose

- Tool for self-awareness
- Helps access unconscious information
- Provides before and after information - a way to evaluate changes over time in your mind-body experience
- Offers a different/new way of looking at yourself and issues - helps move away from habitual storylines and thoughts

#### Cautions & Contraindications

- Drawing may provoke strong emotions



**Tools &- Technique:**

You will need drawing paper and crayons.

You will draw three pictures. Try not to look ahead or think about the next one - just do one at a time. Plan on spending about 5-10 minutes for each drawing. Do not be an art critic! Let go of preconceived notions or criticisms of your artistic ability, this is not an art class nor is it art therapy; rather it is a way to get to know yourself better. Let images come and trust that they are exactly what you need, whether literal, abstract, animate, or inanimate, it doesn't matter - just draw whatever comes to mind for each drawing...

Sit for a few minutes with your eyes closed, breathing softly and gently, relaxing any tension in the mind or the body. Allow images to come to you that represent drawing:

1. Yourself as you are now...

Repeat a short breathing and relaxation meditation technique with your eyes closed and allow images to come to you that represent drawing:

2. Yourself with your biggest problem...

Repeat several minutes of meditation to invite a relaxed and open state of being and allow images to come to you that represent drawing:

3. Yourself with your biggest problem solved...

Continue to periodically do these drawings, perhaps every few months, and see how things change and evolve over time.

Modified from © The Center for Mind-Body Medicine, presented by Matt Erb, PT

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## MEDITATION

There are two necessary ingredients in helping us stay well and helping us deal with any chronic issues: Self-awareness and self-care. These are at the heart of good health care. At the very center of mind-body medicine is meditation,

- “Meditation” and “medicine”: Derived from same Sanskrit root word meaning “take the measure of” and “to care for.”
- Meditation creates a *relaxed* state of moment to moment awareness. Relaxed = parasympathetic. Awareness = alertness/sympathetic. This balances the two sides of the autonomic nervous system, parasympathetic and sympathetic. In addition, the *awareness* you develop in meditation helps you identify your own reactions to stress; and it teaches you to *relax*.
- Meditation is not spacing out or going outside of yourself, nor is it holing up inside yourself and tuning out. It's about tuning IN. It's about learning how to be right here, right now, and relaxed at the same time.
- Every spiritual and religious tradition in the world has meditative practices but you certainly do not have to be religious or even label yourself as “spiritual” to do meditation. If you do belong to a religious or spiritual tradition, meditation can greatly enhance your practice.
- 3 major types of meditation; concentrative, mindfulness, and expressive. All three have powerful and beneficial effects.
  - 1) Concentrative meditation
    - Focused awareness on a particular object, such as an image or sound.
    - Christian centering prayer, Transcendental Meditation, repeating a meaningful word or phrase, saying the rosary.
  - 2) Mindfulness or awareness meditation
    - Relaxed and aware of thoughts, feelings and sensations as they arise, without focusing on a particular object.
    - Many forms of Zen meditation, Mindfulness-Based Stress Reduction
  - 3) Expressive meditation
    - Probably the oldest kind of meditation. Indigenous and shamanic healers around the world have used for thousands of years.
    - Chanting, dancing, shaking, rapid breath work, and whirling,
    - In concentrative meditation and mindfulness meditation one enters directly into stillness and awareness,

but in expressive meditation one moves through extreme activity to come somewhat later to stillness and increased or changed awareness.

Extensive research has shown the physiological benefits of meditation:

- Changes in brain wave activity, increased parasympathetic activity and increased heart rate variability.
- Changes in neurotransmitter levels throughout the body, including increased serotonin, beta endorphin, melatonin, and acetylcholine levels, and decreased cortisol and norepinephrine/adrenalin levels.
- Lowered blood pressure, decreased pain, decreased frequency and intensity of asthma attacks
- Improved mood and decreased anxiety
- And so on.

Beyond the very tangible physiological effects, meditation has the potential to fundamentally change our experience of being alive. Meditation helps to awaken us to the experience of present moment and to our connection with that which is larger than ourselves. Meditation practice brings benefits to all aspects of our life.

#### Guided meditations

- <http://mindfulness-solution.com/DownloadMeditations.html>
- UCLA's Mindful Awareness Research Center. <http://marc.ucla.edu/>

Different types of short meditations.

Click on "Play" or "Download Free Meditation Sessions." Also has information on the science of mindfulness, beginners' instruction, etc.

- University of Minnesota Center for Spirituality and Healing:  
<http://www.csh.umn.edu/wsh/reflectivepractices/index.htm>

#### Recommended Internet resources for more information

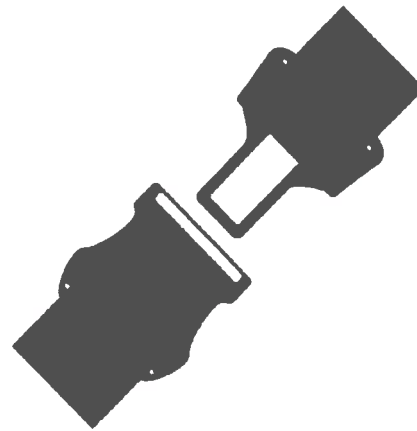
- UMass Center for Mindfulness:  
<http://www.umassmed.edu/content.aspx?id=41252>. Information on Mindfulness-Based Stress Reduction, with a link to research.
- IONS database of research: <http://www.noetic.org/meditation-bibliography/bibliography-info/>
- University of Minnesota Center for Spirituality and Healing:  
<http://www.csh.umn.edu/wsh/reflectivepractices/index.htm>
- <http://mindfulness-solution.com/Resources.html>

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Script modified from CMBM Material  
by Molly Lahm, PT, PhD

#### Near or Far • Always Buckle Up

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

Near or Far  
Always  
Buckle Up



What will you do to save yours and your loved ones life?



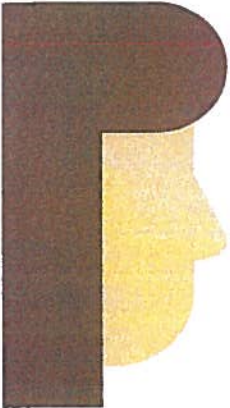
HUALAPAI HEALTH-EDUCATION & WELLNESS  
COMMUNITY HEALTH REPRESENTATIVE PROGRAM





**E-Cigarettes Shaped Like USB Flash Drives • Information**  
 Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness

**E-CIGARETTES SHAPED LIKE USB FLASH DRIVES:  
 INFORMATION FOR PARENTS, EDUCATORS,  
 AND HEALTH CARE PROVIDERS**



Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



**WHAT'S THE BOTTOM LINE?**



A new e-cigarette shaped like a **USB** flash drive, is being used by students in schools.



Nicotine is highly addictive and can **harm brain development**, which continues until about age 25.



The use of any tobacco product — including e-cigarettes—is **unsafe** for young people.



**Parents, educators, & health care providers** can help prevent and reduce the use of all tobacco products, including e-cigarettes, by young people.


>> **Learn HOW** in this fact sheet.

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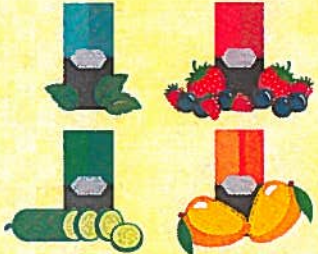
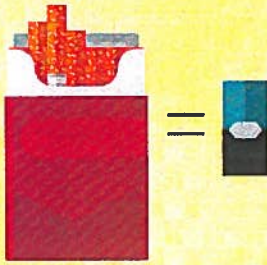


**AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.**



Use of JUUL is sometimes called "JUULing."

JUUL's nicotine liquid refills are called "pods." JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.

All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



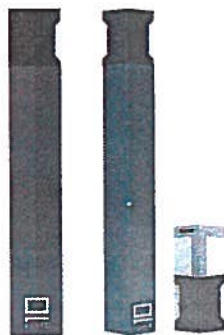
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

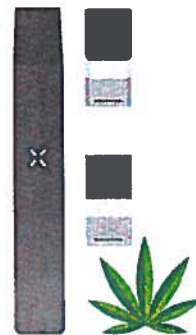
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



MarkTen Elite

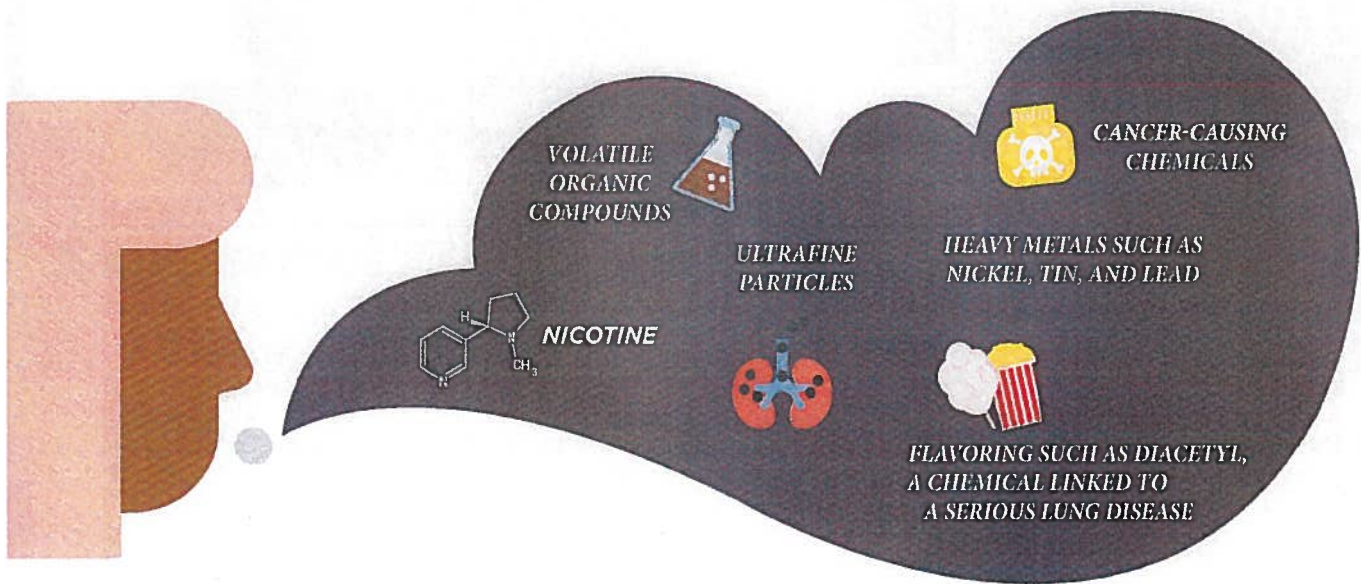


PAX Era

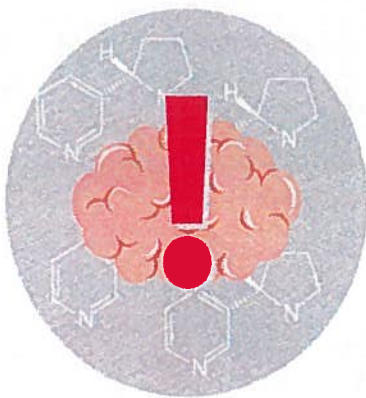


## E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.



Most e-cigarettes contain *nicotine*, which is highly addictive and can *harm brain development*, which continues until about *age 25*.



**YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.**





## PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS CAN HELP PREVENT AND REDUCE THE USE OF E-CIGARETTES BY YOUNG PEOPLE.



### PARENTS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- » Set a positive example by being tobacco-free.



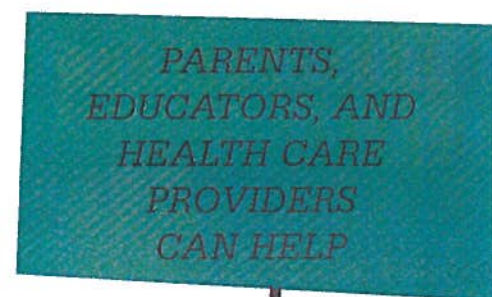
### EDUCATORS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Develop, implement, and enforce tobacco-free school policies.
- » Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.



### PEDIATRIC HEALTH CARE PROVIDERS CAN:

- » Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- » Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.





## Strengthening Families: Limits & Consequences

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

STRENGTHENING FAMILIES PROGRAM, AGES 7-17

LESSON 4 SUMMARY POSTER

# Limits & Consequences



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



- **Establish limits and reasonable consequences and then follow through calmly**
- **Decide and post "My Family Rules!" with consequences**
- **Make a Chore Jar for breaking rules**

### **FAMILY GOALS:**

1. Commit to use Positive Discipline; study and follow the handout.
2. Track rewards and consequences.
3. Use Positive Practice to teach family members to do the following:
  - a) Follow directions
  - b) Accept "No" nicely
  - c) Stay calm in consequences
4. Decide consequences and write them on the "My Family Rules!" handout.
5. Make a Chore Jar

### **FAMILY FUN:**

Play the game "Truth or Consequence." Make two jars labeled "Truth" and "Consequences." Put slips with funny questions in the "Truth Jar" and put funny consequences or stunts in the "Consequence Jar" that people must perform if they answer with a lie instead of the truth. Each person pulls out a slip, reads the question aloud, and either tells the truth or picks and does a consequence.

### **POWER PHRASE:**

**"Punishment creates resentment and fails to produce lasting change, while Positive Discipline builds character, promotes long-term good behavior, and happy family relationships."**

# Positive Discipline

Adding mild consequences to your rewards program increases good behavior



## Seven Steps of Positive Discipline

1. Teach the behaviors you want using “Positive Practice.” (“Positive Practice” is teaching kids the specific steps of pro-social good behavior.)
2. Decide on negative consequences ahead of time; discuss them with your children. (Short, mild consequences work best.)
3. Give clear directions.
4. Remain calm.
5. Give a Warning Cue.
6. Be consistent in giving consequences every time.
7. Make sure your kids know they are loved.

## Put Positive Discipline into Practice

### Teach good behavior using Positive Practice

- 1) Name the skill and say how it will benefit your child.
- 2) Explain the steps.
- 3) Ask questions to check for understanding so you’re sure your child knows what you expect.
- 4) Help your child practice the skill using several pretend situations.
- 5) Provide feedback and praise.

### Use Positive Practice to correct misbehavior:

- 1) Show empathy for your child’s feelings. (Don’t use “but.”)
- 2) Describe what your child did wrong. (“Just now, you...”)
- 3) State the correct thing your child needs to do.
- 4) Give a consequence that can be reduced if your child practices willingly.
- 5) Invite your child to practice the skill—and praise their performance.

### Follow the rules for choosing consequences:

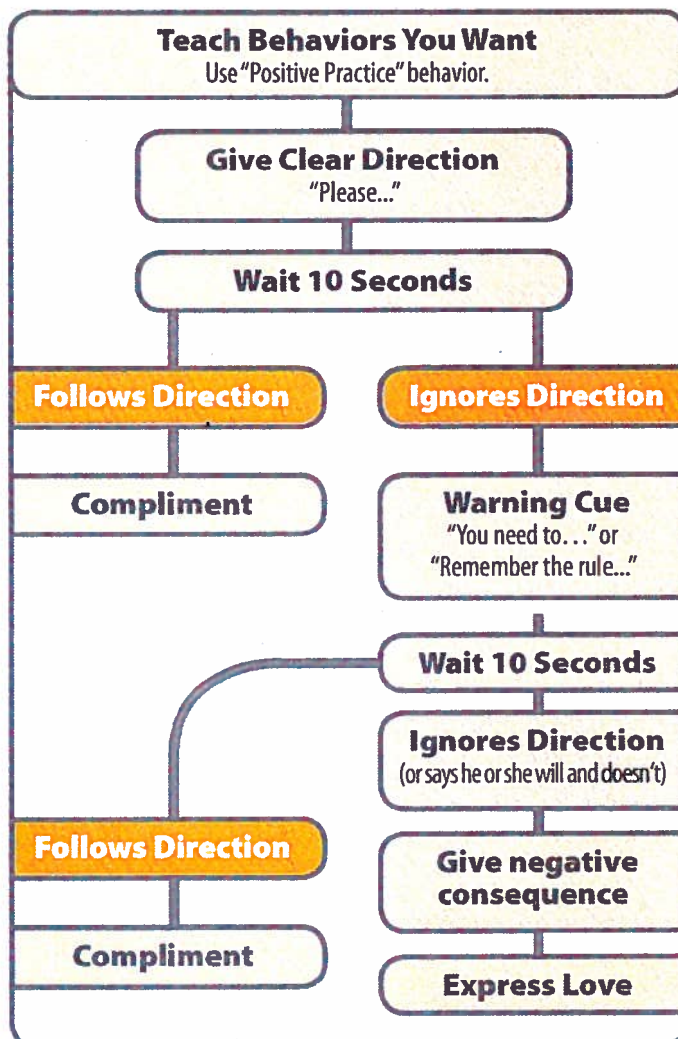
- 1) Consequences need to match the severity of the misbehavior.
- 2) Kids need to know what the consequences are beforehand.
- 3) Consequences need to be mild and of short duration.
- 4) Consequences need to involve a “response cost” (e.g., it costs the kids something in time, effort, or money.)
- 5) Consequences need to be given calmly and not in anger.
- 6) Consequences need to be followed by expressions of love.

### How to give Clear Directions:

1. Get your child’s attention.
2. Give lead-time warning if possible.
3. Tell exactly what to DO; explain what, how, and when you want it done.
4. Be brief (don’t follow with long explanation).
5. Tell, don’t ask.
6. Use a firm, but polite, voice.
7. Follow through. (“Follow through” means stand near your child; give one Warning Cue. If they don’t obey after the Warning Cue, give consequence.)

### Directions that DON’T work:

- a) Chain directions
- b) Vague directions
- c) Question directions
- d) “Let’s...” directions
- e) Directions followed by a long explanation





# Choosing Effective Negative Consequences

## Replacing punishment with consequences that work



A negative consequence is effective when it helps bring about long-term positive change in a child’s behavior, while still preserving a loving parent/child relationship. The difference between punishment and positive discipline is intent: the intent of punishment is to inflict pain; the intent of positive discipline is to train a child in positive, pro-social behaviors. Punishment is ineffective because it does not bring about long-term change (i.e. you can’t punish people into lasting good behavior), and it harms relationships so children don’t want to please you. Choosing consequences ahead of time enables you to be fair (kids know what to expect), fit the consequence size to the misbehavior, and teach missing skills to help your child improve long-term behavior. Consequences should include a “response cost”—the time, effort, or money the child needs to give to “make it right.”

**Effective consequences** include the following:

- Positive Practice (practice the missing social skill that led to the misbehavior)
- Extra chores (choose a chore from the Chore Jar)
- Time out (effective for kids ages 2–12)
- Make it right (apologize and fix the mistake)
- Grounding from privileges or possessions for a short time (6–24 hours) until the child does Positive Practice or makes it right

### EFFECTIVE NEGATIVE CONSEQUENCES ARE:

1. **Mild:** Doesn’t cause physical or emotional harm
2. **Kind:** Doesn’t involve anger, yelling, humiliation, or threats
3. **Logical:** Results logically from the misbehavior
4. **Instructive:** Involves practicing the missing skill
5. **Understood:** Agreed upon beforehand
6. **Simple** to give and track (ex. “Chore Jar” and “Tracking Sheet”)
7. **Consistent:** Negative behavior results in negative consequence
8. **Loving:** Followed by a sincere expression of love
9. **Safe:** Never violates a child’s basic human rights to food, shelter, emotional and physical safety, love, or education

### DRAWBACKS TO PUNISHMENT INCLUDE:

1. **Fear and resentment:** Kids won’t like or respect you, making it hard for them to obey you or accept your values
2. **Two-faced behavior:** Kids only behave when you’re around
3. **Imitation:** Children hurt others (including you when they’re grown)
4. **Low self-esteem:** Children think parents don’t love them
5. **Hard to control:** Kids build up tolerance to pain; parents escalate and become abusive
6. **Ineffective:** Usually fails to produce lasting change
7. **Insecure attachment:** Failure to bond with parents; negatively affects future relationships
8. **Harsh physical consequences** lowers a child’s IQ

### PRE-PLANNED NEGATIVE CONSEQUENCES

As a family, discuss negative behaviors and decide on negative consequences ahead of time. Write them in the spaces below.

Minor Offenses	Medium Offenses	Major Offenses
Behavior	Behavior	Behavior
Consequence	Consequence	Consequence

## Chore Jar

### Encourage good behavior through constructive consequences

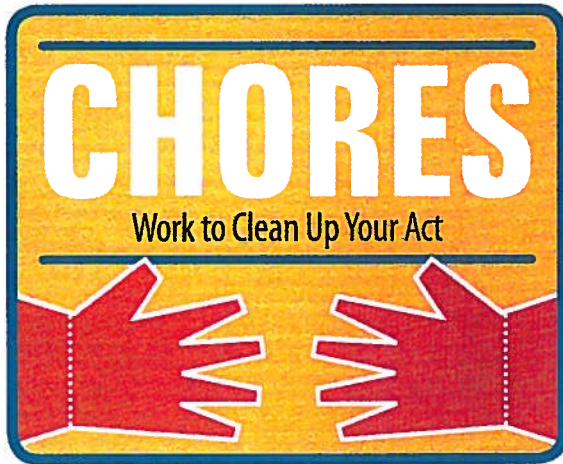


The best way of changing behavior is to reward kids for doing a misbehavior’s “Positive Opposite.” But sometimes they also need a mild, easy to administer negative consequence. A Chore Jar with slips listing extra chores (that are not a child’s normal jobs) makes this easy. (Slips can also be color-coded for difficulty.) When kids misbehave, they have to randomly pull out a slip and do the chore before they play. Keep track of the slips on the “Calm Consequences” tracking sheet. Extra Chores provide a “Response Cost,” teach kids useful skills, and keep the house cleaner. It’s a win-win for everyone.



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

- Colored paper, cloth, or paint
- Family photos
- Pictures cut out from magazines



**EXAMPLES OF EXTRA CHORES:** Shake rugs; sweep stairs, front or back porch, remove cobwebs in each room; dust picture frames; clean window(s); dust shelves; wipe baseboards with damp rag; clean handprints off doors, doorjamb, and light-fixtures; scrub the shower or bathtub grout with toothbrush; wash, dry, fold and put away an extra load of laundry; scrub the fronts of kitchen or bathroom cupboards; scrub fronts of dishwasher, oven, or fridge; sanitize kitchen counters with anti-bacterial wipes; clean microwave inside and out; sweep under the kitchen table; clean and polish all the mirrors; empty all the trash; dust lamp shades, clean a toilet, vacuum or sweep one or more rooms.

## Calm Consequences Reduce Conflict

### Tracking Sheet—Adult



Staying calm when children misbehave is possible when you develop the right attitudes and skills. Here are some ideas to help:

**Attitude #1:** "I want to be a personal trainer for my child, not a punisher."

**Attitude #2:** "Anger makes my brain less effective, distracts my kids from what I want him to learn, and harms relationships."

**Attitude #3:** "I can choose to not be angry."

**Skill #1:** "As soon as a child misbehaves, take a deep, calming breath before saying anything."

**Skill #2:** When a child misbehaves, think of it as a teaching moment, and ask yourself, "What skill is my child missing in this situation?"

**Skill #3:** Use this pattern to help you give calm consequences:

- 1) "I understand you feel . . ." (Express empathy.)
- 2) "Just now you . . ." (Say what they did wrong.)
- 3) "What you need to do is . . ." (Tell the skill they should have used instead.)
- 4) "For choosing to . . ., you have earned a negative consequence of . . ."
- 5) "If you want to practice the skill of . . . right now, we will reduce the negative consequence to . . ."

## I Stayed Calm!

### Tracking Sheet—Teen



When you make mistakes, like disobeying family rules or harming yourself, others, or things (including animals), you may receive a negative consequence. The negative consequence helps you know when you made a wrong choice, and you know you need to change your behavior to have a happy, successful life. If your parent gives you the negative consequence kindly and calmly, then it can help you be a better person. If you can learn to stay calm when you get a negative consequence, it shows you are developing more self-control—and you will receive fewer negative consequences.

**Instead talk about it immediately and move on.**

## I Stayed Calm!

### Tracking Sheet—Child



When you make mistakes, like disobeying family rules or harming yourself, others, or things (including animals), you may receive a negative consequence. The negative consequence helps you know when you made a wrong choice. If your parent gives you the negative consequence kindly and calmly, then it can help you be a better person. If you can learn to stay calm when you get a negative consequence, it shows you are developing more self-control—and you will receive fewer negative consequences.



# Pro-Social Skills for a Successful Life

## How to get along with parents and everyone else



Social skills, like these, help children function well in society and develop “emotional intelligence”—the ability to manage emotions and respond in a pro-social way. Have kids memorize the steps of each skill and practice different pretend situations using them. Reward them for practicing; then track and reward real-life performance. When kids forget to use the skills, have them do “Positive Practice.” For more social skills, see “Teaching Social Skills to Youth” at [www.boystownpress.org](http://www.boystownpress.org).

### HOW TO

## DEVELOP IMPULSE CONTROL

1. Practice Mindfulness Breathing for 2–5 minutes night and morning to train your brain to focus.
2. Choose one weak area in your life where you need impulse control. Make a plan of what to **think** and **do** when you are triggered to be impulsive. Then courageously follow your plan.
3. When you are tempted to be impulsive, take three deep breaths through your nose and ask yourself the W.I.S.E. question:  
**W** = Will everyone say it's ok if I do or say it?  
**I** = Is it true and necessary?  
**S** = Will this help me be my highest and best self?  
**E** = Do I want everyone to do it to me?
4. Redirect your thoughts to a more positive thing to do; then do it.

### HOW TO

## FOLLOW INSTRUCTIONS

1. Look at the person who is speaking to you.
2. Repeat the instructions and say okay.
3. Do what is asked and do it the best you can.
4. Report back when you've finished.

### HOW TO

## ACCEPT NO NICELY

1. Look at the person who is speaking to you.
2. Calmly ask for a reason if you don't understand.
3. Say “okay” and thank the person for listening.
4. If you disagree, you may calmly bring it up later. However, after two times the discussion is over.

### HOW TO

## STAY CALM IN CONSEQUENCES

1. Take a deep calming breath.
2. Look at the person with a polite face.
3. Remind yourself to be calm.
4. Don't argue.
5. Say “okay” in a neutral voice tone.

# Skills for Successful Parenting

## How to handle stressful situations



These cards contain tips that cover some common parenting challenges. Memorize the steps and use them regularly to reduce parent stress, help your kids have better behavior, and make your job as a parent more fun and enjoyable.

### HOW TO DO

## POSITIVE PRACTICE

1. Name the skill and say how it will benefit your child.
2. Explain the steps of the skill.
3. Ask the child to repeat the steps.
4. Have your child practice the skill several times using pretend situations.
5. Provide feedback and praise.

### HOW TO

## CONFRONT NEGATIVE BEHAVIOR

1. Find a good time to talk privately and calmly.
2. Describe the behavior you observed.
3. Ask what happened.
4. Ask what the child could have done differently.
5. Ask what the child can do to correct behavior and make amends. Give consequence if needed.
6. Ask the child to practice the correct behavior.
7. Express love.

### HOW TO

## GIVE CALM CONSEQUENCES

1. Stay calm and talk privately with your child.
2. Express empathy: "I understand how you feel..."
3. Describe behavior: "Just now you..." (Don't begin with "But...")
4. Give the consequence: "For choosing to \_\_\_\_\_, you earned \_\_\_\_\_ [consequence]."
5. Reduce consequence if they do positive practice and make amends.
6. Express love.

### HOW TO

## HANDLE CHILD RAGES

1. Stay calm. View it as a teaching opportunity.
2. Recognize a child has a right to feel angry, but not the right to behave badly.
3. Say, "I understand you feel angry. We will talk about this when we both feel calm."
4. Walk away. Don't attempt to reason with a raging person.
5. When calm, discuss the situation; give consequences for bad behavior.
6. Use up Positive Practice to teach missing skills that calm rage.



# Track and Reward for Good Behavior

## Brain Gain

When we improve our behavior by learning and practicing a new skill, we wire our brain to be more effective. Decide how often to give a reward by circling with a colored pen or pencil certain dots, such as every third or fourth dot. Have your child draw a line between the dots as he or she accomplishes what is expected.

# Track and Reward Positive Practice

## High-5s

Put a small sticker or mark each time a skill or behavior is practiced. Skills could include staying calm, obeying the first time, accepting "No" nicely, etc.

An alternative to using stickers is using a rating system. For example, you can rate the performance from 1-5, 5 being excellent and 1 the least acceptable. Write the score on the poster each day. At the end of the week add up the score. Pick a minimum score, such as 25 or 28 that earns the reward. Give a bonus for extra high points.

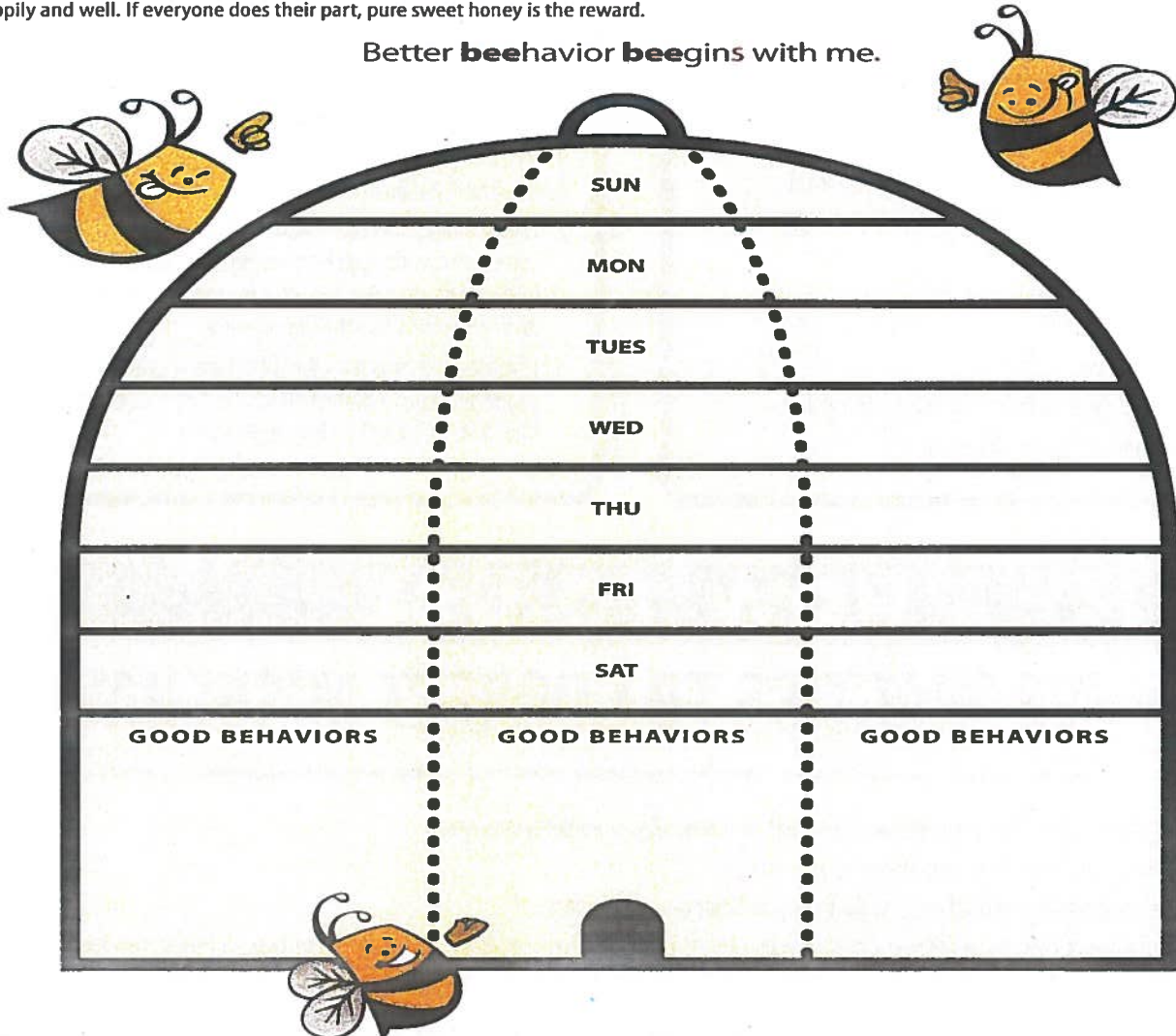
# Track and Reward Positive Practice

## Bee Good Chart

Write the skill or behavior to be practiced at the bottom of the beehive. Place a small sticker or mark on the poster each time that the skill or behavior is practiced. Behaviors could be making the bed, obeying the first time, accepting "No" nicely, putting clothes away, etc.

Bees are known for their hard work and their positive effect on their own family or hive. A hive is like a home—everyone has a job to do to make the family run happily and well. If everyone does their part, pure sweet honey is the reward.

Better **bee**havior **bee**gins with me.



# Skills for Successful Parenting

## How to correct behavior



Strengthening Families  
Program by Dr. Karol Numpster

These cards contain tips that cover some common parenting challenges. Memorize the steps and use them regularly to reduce parent stress, help your kids have better behavior, and make your job as a parent more fun and enjoyable.

### HOW TO USE 7 STEPS OF POSITIVE DISCIPLINE

1. Teach the behaviors you want using "Positive Practice." (Positive practice is teaching kids the specific steps of each good behavior you want them to do and helping them practice it.)
2. Decide on negative consequences ahead of time and discuss them with your children. Remember, short, mild consequences work best.
3. Give clear directions.
4. Remain calm.
5. Give a warning cue.
6. Be consistent. Give the right consequence every time.
7. Make sure your kids know they are loved.

### HOW TO GIVE CLEAR DIRECTIONS

1. Get your child's attention.
2. Give him or her a warning ahead of time, if possible.
3. Tell him or her exactly what to do. Explain what, how, and when you want it done.
4. Be brief (don't follow with a long explanation).
5. Use "please" and then tell, don't ask.
6. Use a firm, but polite, voice.
7. Follow through to make sure he or she did what you asked. You can follow through by standing near your child and start by giving one warning cue. Wait ten seconds, and if they don't obey, then give the consequence.
8. Here are some directions that DON'T work: chain directions, vague directions, question directions, "Let's . . ." directions, or directions followed by a long explanation.

### HOW TO USE POSITIVE PRACTICE TO CORRECT MISBEHAVIOR

1. Show empathy for your child's feelings. Don't use "but" or it negates your empathy statement.
2. Describe what your child did wrong. Example: "Just now you . . ."
3. State the correct thing your child needs to do. Example: "What you need to do is . . ."
4. Give a consequence that can be reduced if your child practices the correct behavior willingly. Example: "For hitting your sister, you need to take two yellow slips from the chore jar. But, if you practice talking about it nicely instead of hitting, you only need to take one slip."



## Tips from Former Smokers • Dana's Biography

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



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

### Dana's Biography

Dana, 38, started smoking cigarettes when she was a young teenager, just like her mother, Tips From Former Smokers (Tips) participant Terrie. In the small North Carolina town where Dana grew up, almost all of her family and friends smoked.

"For me, it was a normal thing to do," Dana said. "No one seemed to care about how smoking could affect their health, so I didn't think about it, either." In 2001, Terrie was diagnosed with oral and throat cancer brought on by years of tobacco use. She had surgery to remove her larynx (voice box). Dana, then 20 years old, remembered the shock of seeing her mother in the hospital room right after the operation.

"I dropped to my knees and started bawling because I had no idea the extent of the problem until I saw that incision," Dana said. "She was cut from ear to ear." Terrie had to learn how to communicate without her voice box. She experimented with writing on a dry erase board, using sign language, learning esophageal speech, and using an artificial voice box device. Dana supported her mother through the difficult journey while fighting her own battle with nicotine addiction.

Terrie's cancer returned several times and eventually spread to her brain. Multiple surgeries scarred her face and neck, and chemo-



therapy treatments left her weak. In 2009, Dana moved closer to home to help care for her mom. "It's been very difficult for the family because you go through everything they go through," Dana explained. "Maybe not in the same way, but you're still there."

Even as Terrie chronicled smoking's effect on her declining health through her participation in CDC's Tips campaign, Dana was still smoking. The morning after her mother died in September 2013, Dana walked out of the hospital and lit up a cigarette.

Finally, Dana decided to take control and quit smoking. With the help of prescription quitting medication, she stopped smoking cigarettes for good. "Mom always told me, never stop trying to quit," Dana said. "I wish I could tell her I'm smokefree now, but she's gone. What I can do is help spread her message to encourage more people to quit smoking."

## The Dangers of Juuling

Submitted by: Vondell Bender



NATIONAL CENTER FOR  
HEALTH RESEARCH

The Voice For Prevention, Treatment And Policy

## The Dangers of Juuling

John-Anthony Fraga, National Center for Health Research

### What is Juuling? Is it Safer Than Smoking?

A new type of e-cigarette called "juul" has become so popular that it is now about 68% of the \$2 billion e-cigarette market. The "juul" is especially popular among children and young adults due to its sleek and discreet design, its ability to be recharged on a laptop or wall charger within one hour, and its liquid-filled cartridges that come in popular flavors like cool mint, creme brulee, and fruit medley.

As a result, "juuling" is now very common at teenage hangouts and even at school. Medical professionals are very concerned because juul delivers higher concentrations of nicotine than other e-cigarettes. Not only is nicotine highly addictive, but it is also toxic to fetuses and is known to impair brain and lung development if used during adolescence. It is not replacing cigarette smoking but rather encouraging it: A 2017 study found that non-smoking adults were four times more likely to start smoking traditional cigarettes after only 18 months of vaping, which includes "juuling." For more information about e-cigarettes in general, check out our article at: <http://www.center4research.org/vaping-safer-smoking-cigarettes-2/>.



### How Does the Juul Work?

According to Juul Labs, the company that owns and sells the juul e-cigarette, the device uses an internal, regulated heating mechanism that creates an easily inhaled aerosol. This mechanism prevents the batteries in the juul from overheating and exploding, which has been a problem for other brands of e-cigarettes. Juul is easy to use because there are no settings to adjust or control. All that is required is a non-refillable juul pod cartridge that clicks into the top of the juul and contains a nicotine e-liquid formula. This e-liquid is heated and converted

into vapors that are inhaled by the user. One of the reasons it is so popular among youth is that it is so easy to use – no prior experience or knowledge required. All they have to do to intake nicotine is to put a juul to their mouth and inhale.

### What Makes Juuls Different from Other E-Cigarettes?

The increased harm of juuls compared to other e-cigarettes is due to the concentration and contents of its juul pods. The e-liquid is 5% nicotine by volume, which is more than twice the concentration of nicotine in similar devices like the Blu e-cig cartridge (2.4% nicotine). This increases the risk of addiction; in fact, a study done by the UK's Royal College of Psychiatrists showed that nicotine is about as addictive as cocaine and even more addictive than alcohol and barbiturates (anti-anxiety drugs).

The impact on the developing brain is also of great concern. Brain imaging studies of adolescents who began smoking at a young age had markedly reduced activity in the prefrontal cortex of the brain, an area critical for a person's cognitive behavior and decision making, leading to increased sensitivity to other drugs and greater impulsivity. While cigarettes include numerous other toxic chemicals that may contribute to these effects, other research on nicotine and brain development demonstrate that the nicotine is probably the main cause.

The amount of nicotine in one juul pod is equivalent to a pack of cigarettes. Since teens often use multiple pods in one sitting, they can unknowingly become exposed to unsafe levels of nicotine that can have immediate and long-term health consequences. In 2016, the Food and Drug Administration (FDA) was given the authority to regulate e-cigarettes such as juul but has allowed e-cigarette manufacturers to postpone their applications for FDA approval until August 2022. Meanwhile, these harmful devices can remain on the market and continue influencing adolescents to become addicted to nicotine.

Another reason why the juul is a unique threat to teens is its patented formula of nicotine. While other brands use a chemically modified form called "freebase nicotine," juuls use "nicotine salts" that more closely resemble the natural structure of nicotine found in tobacco leaves. This makes the nicotine more readily absorbed into the bloodstream and makes the vapor less harsh so that it is easier to inhale more nicotine for longer periods of time.

In addition to this patented formula, juul pods contain a greater amount of benzoic acid, 44.8 mg/mL, compared to other e-cigarette brands, which are in the range of 0.2 to 2 mg/mL. According to the Center for Disease Control and Prevention (CDC), benzoic acid is known to cause coughs, sore throat, abdominal pain, nausea, and vomiting if exposure is

constant, which is the case when using a juul. This is due to how juuls utilize the properties of benzoic acid to increase the potency of the nicotine salts in its e-liquid.

### What Makes Juuls Popular Among Children and Teens?

Since juuls are small, discreet, and closely resemble a USB drive, they can be easily hidden and used in a wide variety of settings, such as the classroom. Teachers and school administrators across the nation are finding students juuling when their backs are turned: Students can take a hit, blow the small, odorless puff of smoke into their jacket or backpack, and continue their school work in a matter of seconds. Compared to other forms of teenage rebellion, juuling is especially dangerous as middle and high school students are unknowingly becoming addicted to nicotine at an alarming rate.

Because a person must be at least 21 to purchase a juul or juul pod, a juul black market is the source for many teens, through eBay or Craigslist. In response, the FDA contacted eBay to raise concerns about listings of juul products on its website, resulting in the removal of the listings and the creation of measures to prevent new listings from being posted.

In April 2018, FDA Commissioner Scott Gottlieb announced that he was creating a Youth Tobacco Prevention Plan aimed at stopping the dramatic rise in the use of e-cigarette and tobacco products among youth. The FDA specifically asked Juul Labs for documents related to product marketing and research on the health, toxicological, behavioral, or physiological effects of their products in order to understand why youth are so attracted to them. Additionally, Juul Labs is currently facing lawsuits in several states claiming that its products were deceptively marketed to youth under the legal smoking age. The FDA now plans to create enforcement policies for e-cigarette manufacturers, including juul, that are marketing their products to children and teenagers.

### The Bottom Line:

The popularity of juuls among adolescents exposes them to large amounts of nicotine that can have adverse health risks for their physical and emotional development. While juuls are called e-cigarettes, they look nothing like them, making it easy for children and teens to secretly use them without a parent, guardian, or teacher noticing. This may be just a temporary trend, but if the FDA does not quickly do more to restrict flavors that appeal to adolescents and to educate the public about the risks, it is likely to create an enormous increase in young people addicted to nicotine.

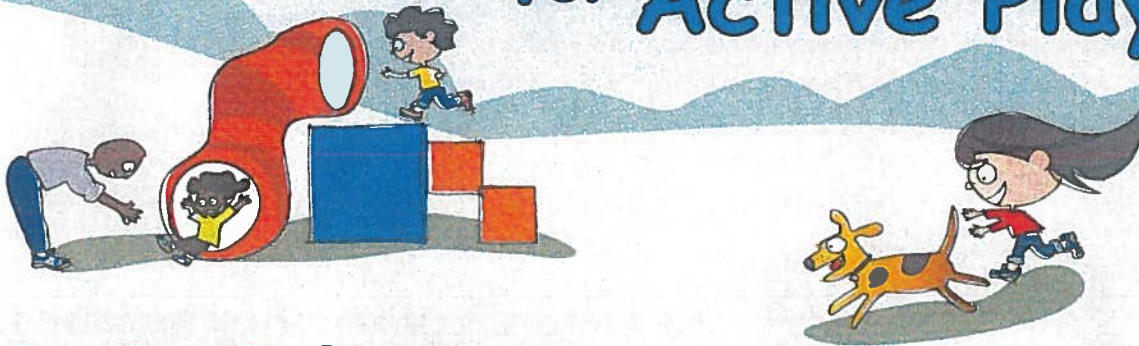
*All articles are reviewed and approved by Dr. Diana Zuckerman and other senior staff.*



**Healthy Tips for Active Play**

Submitted by: Rebecca Rice, Public Health Educator | Indian Health Services

# Healthy Tips for Active Play



## Why is active play important?

**Active play helps your child learn healthy habits. There are many health benefits of active play, such as:**

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



## Your child loves to move!

Encourage your child to play actively several times each day. Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



## Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child’s TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

If you can usually answer yes to these statements, your child is probably getting enough active play.



## How can you raise an active child?

- **Make active play fun for the whole family.** Let your child help plan the fun.
- **Focus on fun, not performance.** All children like to play. They will win when they move, have fun, and are active daily.
- **Set limits on TV and computer time.** Limit TV and other screen time to less than 2 hours a day, as advised by many doctors. Try reading during inactive time rather than watching TV.
- **Be active yourself.** Active parents tend to raise active children. You influence your child's behavior, attitudes, and future habits. Be more active and limit your own time watching TV. Set the example by using safety gear, like bike helmets.



### As children grow, they may be ready for new activities.

By **age 2**, they can run, walk, gallop, jump, and swim with adult help.

By **age 3**, they can hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, and catch, throw, bounce, and kick a ball.

By **age 4**, they can skip, swim, and complete an obstacle course.

## There are many activities you can do with your child.

Here are some ideas of how to be active with your child.  
Write down your own ideas, too!

### Indoor play

Act out a story

Turn up the music and dance

Walk inside a shopping mall

Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Your family ideas: \_\_\_\_\_

### Outdoor play

Family walks after dinner

Play catch

Take a nature hike

Games in the yard or park

Kick a ball

Your family ideas: \_\_\_\_\_



For more great tips on these  
and other subjects, go to:  
[ChooseMyPlate.gov/preschoolers/](http://ChooseMyPlate.gov/preschoolers/)



### Get Your Mammogram • Thursday, May 16<sup>th</sup>

Submitted by: Rebecca Rice | Indian Health Services

Early Detection

Saves Lives

Get Your Mammogram



Peach Springs

THURSDAY MAY 16<sup>th</sup>

8:00AM-4:00PM

928-769-2920

### Indian Health Services • How to File a Complaint

Submitted by: Rebecca Rice, Public Health Educator | Indian Health Services

## HOW TO FILE A COMPLAINT

**Thalla Paddock:** Office, 928-669-7512 Fax, 928-669-3311  
Parker Indian Health Center, Irene Been, and Chemehuevi  
Health Station  
thalla.paddock@ihs.gov

### 1. CONTACT LOCAL PATIENT ADVOCATE



**Perci LaNae:** Office, 928-769-2962 Fax, 928-769-2919  
Peach Springs Health Clinic and Supai Health Station  
perci.lanae@ihs.gov

WHO, WHAT, WHEN, WHERE, HOW  
What you would like to see happen...

### 2. DOCUMENTATION

Forms are available (OPD Clinic) or ask any employee  
for a complaint form



CRSU Patient Bill of Rights protects  
patient's right to express dissatisfaction  
with quality of care and to request and  
inquiry to resolve the concern.

### 3. WHY?

If you don't say a word, everything will  
remain the same.



**Colorado River Service Unit, CRSU**

**Report of Patient Grievance**

CMS Requirement §482.13(A)(2); Joint Commission Standard RI.01.07.01

Patient's Name: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

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

Telephone/Message/Cell: \_\_\_\_\_

Name of Complainant (If different from above): \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_

**EPISODE OF CARE**

Date of Occurrence: \_\_\_\_\_ Time: \_\_\_\_\_

Department/Place of Occurrence: \_\_\_\_\_

Staff Member(s) Involved: \_\_\_\_\_

WHAT HAPPENED? (If possible, attach written accounts or use backside of form):

WHAT WOULD YOU WANT TO HAPPEN TO RESOLVE THE CONCERN?

Patient: \_\_\_\_\_ Patient Advocate: \_\_\_\_\_

Tracking: *Staff's Use Only*

ACTION	DATE COMPLETED
Name of CRSU Staff Receiving Report	
Date that CRSU Staff Received Report	
Date Complaint Recorded in Grievance Log/Patient Advocate	
Date Supervisor Informed of Complaint	
<b>Suspense (7 Business Days)</b>	
Date Inquiry Completed by Supervisor	
Notification of Delayed Outcome to Patient, if any	
Date Written Letter Accomplished/Mailed	

Patient Advocate for Parker Indian Health Center, Chemehuevi, Moapa - Office: 928-669-7512 Fax: 928-669-3311  
 Patient Advocate for Peach Springs, Supai - Office: 928-769-2962 Fax: 928-769-2919

Supervisors when completed, please send a COPY of PATIENT'S LETTER to Patient Advocates for close-out.



## Grilled Herb-Fennel Pork Loin

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

### Grilled Herb-Fennel Pork Loin

From: EatingWell Magazine, by: Betsy Andrews

We swear by this pork-cooking technique for the most tender, flavorful results. First the lean pork loin is brined overnight, then it's grilled and coated in a fragrant paste before it rests in a mixture of white wine, butter and its own juices.

Prep: 1 h | Ready In: 2 h 30 m

1. Bring water, salt and sugar to a boil in a large saucepan over medium-high heat. Reduce heat and add 10 cloves garlic and rosemary sprigs; simmer for 5 minutes more. Remove from heat, add ice and stir until melted.
2. Place pork in a large bowl and pour the brine over it. Cover and refrigerate overnight.
3. Transfer the pork to a plate (discard the brine). Let stand at room temperature for 45 minutes.
4. Meanwhile, preheat grill to medium (about 350°F). Line a rimmed baking sheet with foil.
5. Pat the pork dry with paper towels and brush with 1 tablespoon oil. Grill, turning occasionally, until browned on all sides, 20 to 30 minutes.
6. Combine the remaining 12 cloves garlic and ½ cup oil in a food processor and add herbs and fennel. Pulse, scraping down the sides as needed, until a paste forms. Transfer the pork to the prepared baking sheet and coat the top of the pork with the herb paste.
7. Place the baking sheet with the pork on the grill. Cook, without turning, until an instant-read thermometer inserted in the thickest part registers 130°F, 15 to 25 minutes.
8. Combine wine and butter in a large pot and bring to a simmer over medium heat until the butter melts, about 2 minutes. Remove from heat. Immediately add the pork, herb-paste-side up, cover and let steam for 30 minutes.
9. Transfer the pork to a clean cutting board and tent with foil to keep warm. Bring the wine mixture to a boil over high heat and cook until reduced to approximately ¼ cup, 20 to 25 minutes.
10. To serve, cut the pork into ½-inch-thick slices and drizzle with the wine reduction.



#### Ingredients (10 servings)

- 3 c. water
- ½ c. kosher salt
- ½ c. dark brown sugar
- 22 cloves garlic, peeled and divided
- 2 large sprigs fresh rosemary
- 3 c. ice
- 1 (2½ lb) boneless pork loin
- 1 tbs extra-virgin olive oil plus ½ c., divided
- ½ cup mixed fresh herbs, such as rosemary, thyme and/or sage
- ½ bulb fennel, coarsely chopped
- 1 (750 mil.) bottle dry white wine
- 2 tbs butter

# COMMUNITY MESSAGES

## Expressing Gratitude

Submitted by: Sylvia Whatoname

Thank you for your willingness to help during my cousin, Camille Nighthorse's difficult time in preparation of the food for the funeral reception in memory of James "Jimmy" Bethoney.

The food was so excellent and there was a lot of it. Your kindness is truly appreciated. Hankyu

Thank  
you

## St. Mary's Food Distribution

Submitted by: Nikki Raymond

### ST. MARY'S FOOD BANK

#### DISTRIBUTION

10:00AM-3:00PM

Training Center

(Last Thursday of each month)

April 25

May 23

June 27



St. Mary's

Food Bank

ALLIANCE

For questions or concerns,  
call Training Center at (928) 769-2200

## St. Mary's Food Distribution

Submitted by: Hualapai Social Services

### FOOD DISTRIBUTION

Wednesday, May 1

8:00AM-12:00PM

Social Services

(1<sup>st</sup> Wednesday of each month)

#### What is needed?

- ⇒ Completed app
- ⇒ Proof of residency
- ⇒ ID
- ⇒ # of members in household

For questions or concerns,  
call Social Services at (928) 769-2269

## Inspirational Corner • Heaven's Grocery Store

Submitted by: Josie Powsey

### Heaven's Grocery Store

I was looking through my cookbook and I came across this story in the book, so I would like to share it with you!

One day I was walking down life's highway, a long time ago and I saw a sign that read "HEAVEN'S GROCERY STORE." As I got closer, the door came open wide and when I came to myself, I was standing there inside.

I saw a host of angels, they were standing everywhere. One handed me a basket and said, "My child, shop with care." Everything a Christian needed was in that grocery store. And all you couldn't carry, you could come back for more.

First, I got some **patience**, love was in the same row. Further down, was **understanding**, you need that wherever you go. I got a box or two of **wisdom** and a bag or two of **faith**. I just couldn't miss the **Holy Ghost** it was all over the place.

I stopped to get some **strength** and **courage** to help me run the race. By then my basket was getting full, but I remembered I needed some **grace**. I didn't forget **salvation**, for **salvation** that was free. So, I tried to get enough of that to save both you and me! Then I started up to the counter to pay my grocery bill. For I thought I had every thing to do for my Master's will.

As I went up the aisle I saw **prayer** and I just had to put that in. For I knew when I stepped outside, I would run right into sin. **Peace** and **joy** were all plentiful, they were on the last shelf. **Song** and **praises** were hanging near, so I just helped myself. Then I said to the angel, "Now how much do I owe?" He just smiled and said, "Just take them everywhere you go." Again, I smiled at him and said, "How much do I owe?" He smiled again and said, "My Child, Jesus paid your bill a long time ago!" Which was the day Jesus was crucified on the cross for you and me! HE PAID IT ALL! Have a good day! †

### Hualapai Youth Services • Save the Date

Submitted by: Christina Watahomigie | Hualapai Youth Services

HUALAPAI TRIBAL  
YOUTH COUNCIL  
PRESENTS:  
SUMMER YOUTH  
CONFERENCE

JUNE  
17-19  
2019

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

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

SAVE  
THE  
DATE



### Easter Egg Dye Recipe

Submitted by: Jessica Powskey

#### EASTER EGGS

Let the Easter egg dyeing begin! Create beautiful, colorful eggs with your family with this handy Easter Egg Recipes, Tips, & Tricks guide.

- 1 dozen large eggs
- Vinegar
- McCormick® Assorted NEON! Food Colors & Egg Dye



#### PREPARATION

1. Gently place eggs in single layer in large saucepan. Add enough cold water to cover eggs by 1 inch. Cover. Bring just to boil on high heat. Remove from heat. Let stand 12 minutes. (Adjust time up or down by 3 minutes for each size larger or smaller).
2. Pour off hot water and rapidly cool eggs by running them under cold water (or place in ice water) until completely cooled.
3. Mix 1/2 cup boiling water, 1 teaspoon vinegar and 10 to 20 drops food color in a cup to achieve desired colors. Repeat for each color. Dip hard-cooked eggs in dye for about 5 minutes. Use a slotted spoon, wire egg holder or tongs to add and remove eggs from dye. Allow eggs to dry.



**Hualapai Head Start Proud • Pearl Sullivan**

*Submitted by: April Keller | Hualapai Head Start*

# Hualapai Head Start Proud



## Pearl Sullivan

A big shout out to **Pearl Sullivan**, Administrative Assistant. She will hold a seat on the Hualapai Regional Partnership Council for First Things First. Pearl is truly dedicated to advocate for our Hualapai children. We are so proud she is a Head Start Team Player. When you see her out and about in the community be sure to Congratulate her. Thank you Pearl for all you do for Head Start.



## Easter Drawing

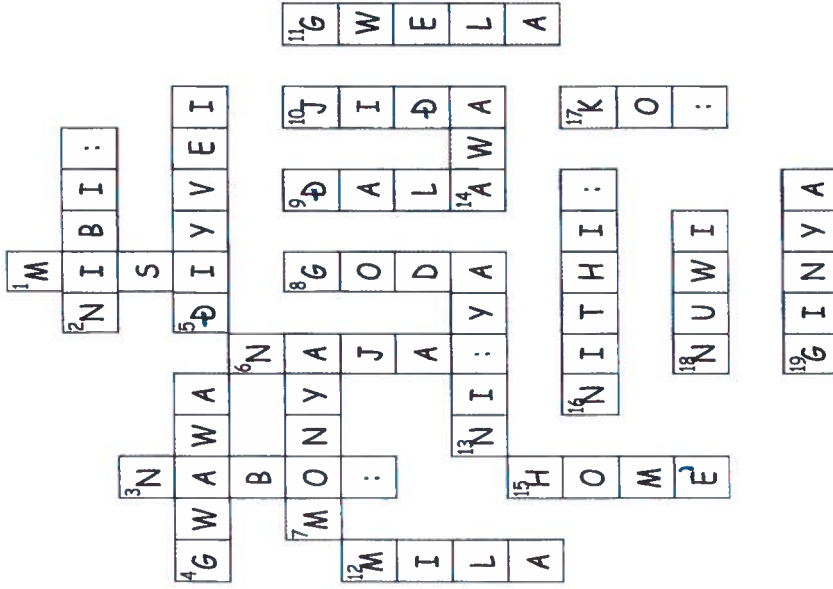
*Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness*



**Kinship Terms (Hualapai Words) • Crossword Answer Key**  
 Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness

**KINSHIP TERMS (Hualapai Words)**

ANSWER KEY



**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

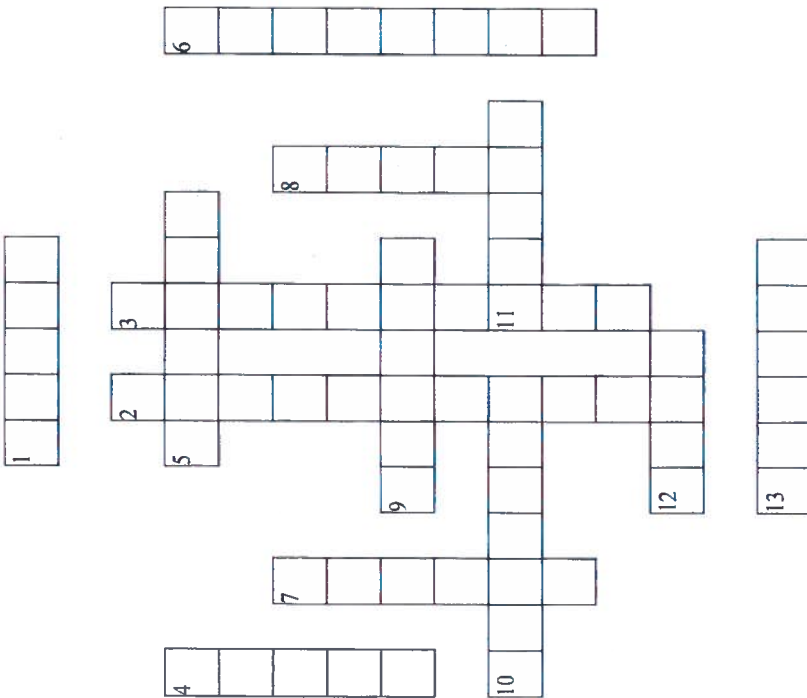
**Down**

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

**Foods (Hualapai Words) • Crossword**

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

**FOODS (Hualapai Words)**



**Across**

- 1 BREAD
- 5 CORN
- 9 BEAN
- 10 DEER JERKY
- 11 RICE
- 12 POTATO
- 13 WATERMELON

**Down**

- 2 TORTILLAS
- 3 BEEF
- 4 PUMPKIN
- 6 FRIED BREAD (frybread)
- 7 PEACH
- 8 FLOUR

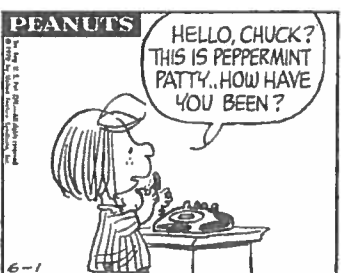
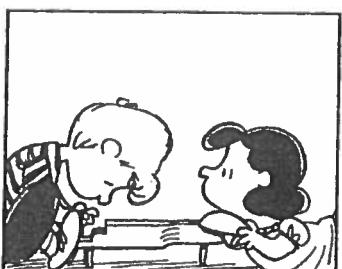
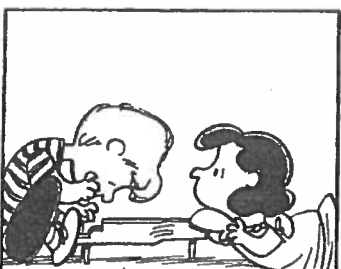
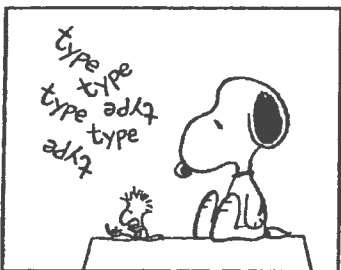
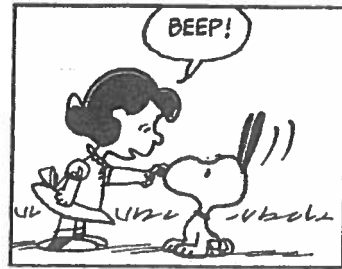
Note: Remember that some Hualapai words have the following,

Colon : Apostrophe ' the symbol d



### Daily Strips from the 1970s • Peanuts

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



## HUALAPAI TRIBAL TELEPHONE DIRECTORY

TRIBAL DEPTS.	PHONE	FAX #	GCRC	PHONE	FAX #
Administration	769-2216	769-2343	Administration	769-2419	769-2450
Alternative to Incarceration	769-1070	769-1075	Human Resources	769-2640	769-2410
4-H Facility	928-916-4245		GCW	769-2627/2419	
Adult Detention	769-2345/2490	769-2459	Hualapai Lodge	769-2230	769-2372
Cultural Resources	769-2223/2234	769-2235	Diamond Creek Restaurant	769-2800	
Day Care Center	769-1515/1517	769-1516	Call Center/Tourism	888-868-9378	
Earthship	769-2224	769-2239	Walapai Market/Gas	769-1500	
EW4H-Fitness Center	769-2644	769-2663	River Running	769-2210/2245	769-2637
EW4H-Healthy Heart	769-1630	769-1632	River Running Shop	769-2266	
Elderly Center	769-2375/864-6700	769-2557			
Elderly Group Home	769-1100/1104				
Emergency Dispatch (24 Hrs)	769-2205	769-2883			
Non-emergency to EMS, Fire Dept., Animal Control	769-2656/2775				
Enrollment	769-2216	769-1068	<b>BIA SERVICES</b>		
Extension Office	769-1284	769-2309	Dispatch/Police	769-2220	
Facility Maintenance	769-2807		Truxton Canon Agency	769-2286	769-2444
Finance	769-2216	769-2343	Forestry	769-2312	769-2326
Fire Dept.	769-2205/2806	769-2883			
Forestry	769-2267	769-2532	<b>SCHOOLS</b>		
Game & Fish	769-2227/1122	769-1111	Peach Springs	769-2202	769-2892
Head Start	769-2522	769-2457	Valentine	769-2310	769-2389
Health Dept.	769-2207/769-6061	769-5487	Seligman	216-4123	422-3642
Housing Dept.	769-2275	769-2703			
Hualapai Police	769-1024	769-1027	<b>HOSPITALS/CLINIC</b>		
Human Resources	769-2216	769-1191	KRMC	757-2101	
Human Services	769-2397	769-2659	Peach Springs Clinic	769-2900	
Information Technology (IT)	(928)220-7666		Flagstaff Hospital	779-3366	
Judicial	769-2338	769-2736			
Juvenile Detention	769-1611	769-1655			
KWLP Radio	769-1110	769-5487	<b>OTHER</b>		
KWLP Radio Text Line	769-1090	769-5487	Frontier Communications	800-921-8101	
Multi-Bldg	769-2535		Mohave Electric	800-685-4251	
Natural Resources	769-2254	769-2309	Motor Vehicle Dept.	681-6300	
Planning Dept.	769-1310/1312	769-1377			
Probation Office	769-2894	769-1384	<b>LOCAL SERVICES</b>		
Prosecutor	769-2304	769-2401	Dr. R. Purdum	769-6083	
Public Defenders	928-769-1063		Boys & Girls Club	769-1801	769-1803
Public Works-Administration	769-2216	769-2343	Post Office	769-2300	
PW/Transfer/Recycling	769-2625/2583		Indian Energy	769-2610	
Recreation	769-2652	769-2650	Chemical Lime Plant	769-2271	
Roads Dept.	769-2446		Caverns	422-3223	
TERO	769-2216	769-2343	Gas N Grub	769-1880	
Training/Education Center	769-2200	769-1101	Truxton Gas Station	769-2436	
Hualapai Transit (Bus Services)	769-6384				
Wellness Court	769-1387/1595				
Youth Camp-Jericho	769-6651				