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Special points of interest:

- Regular Tribal Council Meeting will be on Saturday, March 6, 2021 at 8:01a.m.. Tune into KWLP 100.9FM for broadcast or via Zoom.
- Hualapai Tribal Utility Authority (HTUA) Board Meeting will be on Tuesday, February 23, 2021 at 9:00 a.m. at the Cultural Center.





REMINDER



STAY-AT-HOME ORDER HAS BEEN LIFTED

CODE BLUE IS NOW IN EFFECT AS OF TUESDAY, FEBRUARY 23,2021 AT 5PM

CODE BLUE:

- Curfew from 8pm-5am nightly
- Unlimited ins and outs
- Follow all CDC Recommendations
- 6ft Social Distance
- Limit Contact with people who do not live

in your home

PLEASE WEAR YOUR MASK, SOCIAL DISTANCE AND WASH YOUR HANDS

CODE BLUE WILL BE IN EFFECT STARTING at 5pm Today, February 23,2021



Follow all precautions

Zero Tolerance: No Alcohol

Oursew Nightly 8pm to 5am

As the color coding alert alters, please continue to practice CDC guidelines:

WEAR YOUR FACE MASKS WHEN IN PUBLIC SOCIAL DISTANCE (6ft)

WASH YOUR HANDS WITH SOAP AND WATER FOR 20 seconds or USE HAND SANITIZER

AVOID CROWED AREAS

AVOID TOUCHING YOUR EYES, NOSE AND FACE
LIMIT CONTACT WITH PEOPLE WHO DO NOT LIVE IN YOUR HOME

Follow all Resolutions in place and be safe!!

Diamond Creek is now <u>OPEN TO THE</u> <u>PUBLIC</u> under Guidelines listed below:



- Check in with Game and Fish Department BEFORE
 DEPARTING TO DIAMONDCREEK
- MUST FOLLOW ALL CDC RECOMMENDATIONS
- Amount of Visitors will be limited each day

FOR MORE INFORMATION CONTACT HUALAPAI GAME AND FISH 928.769.2227

ATTENTION



Although the Color Coding Alert Status has changed

PLEASE CONTINUE TO STOP AT ALL KIOSK WHEN PASSING

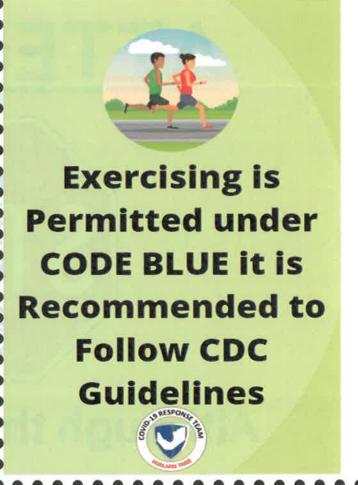






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Starting February 13, 2021 (Saturday) ICT will no longer be delivering market orders on weekends.

All orders will be accepted and delivered under the Walapai Market's discretion.

If you have any questions, please feel free to contact ICT at 928.769.0001, 0002 or 0003 or Walapai Market 928.769.1500 Submitted by: Rebecca Rice | Peach Springs Indian Health Center

DON'T MISS YOUR SHOTTO STOP COVID-19

COVID-19

I GOT MY COVID-19 VACCINE!

Community Vaccine Event

Protecting yourself

IHS Beneficiary's

Wednesday, March 3rd

Tuesday, March 9th

Wednesday, March 17th

Protects your community

Friday, March 26th

Saturday, March 27th

Stops the spread

Protects your

family

This is for IHS Beneficiary's

Phase 2 Any Remaining Phase 1A,B,& C & Phase 2 IHS Beneficiary Population 18 years & old

Second Dose Events
In The Tribal Gym from 10-3

Wednesday, March 3rd boosters for the

first dose February 3rd

Tuesday, March 9th boosters for the

first dose February 9th

Wednesday, March 17th, boosters for the

first dose February 17th

Friday, March 26th, boosters for the

first dose February 26th

Saturday March 27th, boosters for the

first dose February 27th

Get your COVID-19 vaccine Hope to see you there.

FACT SHEET FOR RECIPIENTS AND CAREGIVERS EMERGENCY USE AUTHORIZATION (EUA) OF THE MODERNA COVID-19 VACCINE TO PREVENT CORONAVIRUS DISEASE 2019 (COVID-19) IN INDIVIDUALS 18 YEARS OF AGE AND OLDER

You are being offered the Moderna COVID-19 Vaccine to prevent Coronavirus Disease 2019 (COVID-19) caused by SARS-CoV-2. This Fact Sheet contains information to help you understand the risks and benefits of the Moderna COVID-19 Vaccine, which you may receive because there is currently a pandemic of COVID-19.

The Moderna COVID-19 Vaccine is a vaccine and may prevent you from getting COVID-19. There is no U.S. Food and Drug Administration (FDA) approved vaccine to prevent COVID-19.

Read this Fact Sheet for information about the Moderna COVID-19 Vaccine. Talk to the vaccination provider if you have any questions. It is your choice to receive the Moderna COVID-19 Vaccine.

The Moderna COVID-19 Vaccine is administered as a 2-dose series, 1 month apart, into the muscle.

The Moderna COVID-19 Vaccine may not protect everyone.

This Fact Sheet may have been update. For the most recent Fact Sheet, please visit www.modernatx.com/covid19vaccine-eua.

WHAT YOU NEED TO KNOW BEFORE YOU GET THIS VACCINE

WHAT IS COVID-19?

COVID-19 is caused by a coronavirus called SARS-CoV-2. This type of coronavirus has not been seen before. You can get COVID-19 through contact with another person who has the virus. It is predominantly a respiratory illness that can affect other organs. People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Symptoms may include: fever or chills; cough; shortness of breath; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

WHAT IS THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19.

The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

For more information on EUA, see the "What is an Emergency Use Authorization (EUA)?" section at the end of this Fact Sheet.

WHAT SHOULD YOU MENTION TO YOUR VACCINATION PROVIDER BEFORE YOU GET THE MODERNA COVID-19 VACCINE?

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

WHO SHOULD GET THE MODERNA COVID-19 VACCINE?

FDA has authorized the emergency use of the Moderna COVID-19 Vaccine in individuals 18 years of age and older.

WHO SHOULD NOT GET THE MODERNA COVID-19 VACCINE?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

WHAT ARE THE INGREDIENTS IN THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine contains the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-

phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

HOW IS THE MODERNA COVID-19 VACCINE GIVEN?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle.

The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart.

If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

HAS THE MODERNA COVID-19 VACCINE BEEN USED BEFORE?

The Moderna COVID-19 Vaccine is an unapproved vaccine. In clinical trials, approximately 15,400 individuals 18 years of age and older have received at least 1 dose of the Moderna COVID-19 Vaccine.

WHAT ARE THE BENEFITS OF THE MODERNA COVID-19 VACCINE?

In an ongoing clinical trial, the Moderna COVID-19 Vaccine has been shown to prevent COVID-19 following 2 doses given 1 month apart. The duration of protection against COVID-19 is currently unknown.

WHAT ARE THE RISKS OF THE MODERNA COVID-19 VACCINE?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

WHAT SHOULD I DO ABOUT SIDE EFFECTS?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to https://vaers.hhs.gov/reportevent.html. Please include "Moderna COVID-19 Vaccine EUA" in the first line of box #18 of the report form.

In addition, you can report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

You may also be given an option to enroll in **v-safe**. **V-safe** is a new voluntary smartphone-based tool that uses text messaging and web surveys to check in with people who have been vaccinated to identify potential side effects after COVID-19 vaccination. **V-safe** asks questions that help CDC monitor the safety of COVID-19 vaccines. **V-safe** also provides second-dose reminders if needed and live telephone follow-up by CDC if participants report a significant health impact following COVID-19 vaccination. For more information on how to sign up, visit: www.cdc.gov/vsafe.

WHAT IF I DECIDE NOT TO GET THE MODERNA COVID-19 VACCINE?

It is your choice to receive or not receive the Moderna COVID-19 Vaccine. Should you decide not to receive it, it will not change your standard medical care.

ARE OTHER CHOICES AVAILABLE FOR PREVENTING COVID-19 BESIDES MODERNA COVID-19 VACCINE?

Currently, there is no FDA-approved alternative vaccine available for prevention of COVID-19. Other vaccines to prevent COVID-19 may be available under Emergency Use Authorization.

CAN I RECEIVE THE MODERNA COVID-19 VACCINE WITH OTHER VACCINES?

There is no information on the use of the Moderna COVID-19 Vaccine with other vaccines.

WHAT IF I AM PREGNANT OR BREASTFEEDING?

If you are pregnant or breastfeeding, discuss your options with your healthcare provider.

WILL THE MODERNA COVID-19 VACCINE GIVE ME COVID-19?

No. The Moderna COVID-19 Vaccine does not contain SARS-CoV-2 and cannot give you COVID-19.

KEEP YOUR VACCINATION CARD

When you receive your first dose, you will get a vaccination card to show you when to return for your second dose of the Moderna COVID-19 Vaccine. Remember to bring your card when you return.

ADDITIONAL INFORMATION If you have questions, visit the website or call the telephone number provided below.

To access the most recent Fact Sheets, please scan the QR code provided below.

Moderna COVID-19 Vaccine website	Telephone number
www.modernatx.com/covid19vaccine-eua	1-866-MODERNA
	(1-866-663-3762)

HOW CAN I LEARN MORE?

- Ask the vaccination provider
- Visit CDC at https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Visit FDA at https://www.fda.gov/emergency-preparedness-and-response/mcm-legalregulatory-and-policy-framework/emergency-use-authorization
- Contact your state or local public health department

WHERE WILL MY VACCINATION INFORMATION BE RECORDED?

The vaccination provider may include your vaccination information in your state/local jurisdiction's Immunization Information System (IIS) or other designated system. This will ensure that you receive the same vaccine when you return for the second dose. For more information about IISs, visit: https://www.cdc.gov/vaccines/programs/iis/about.html.

WHAT IS THE COUNTERMEASURES INJURY COMPENSATION PROGRAM?

The Countermeasures Injury Compensation Program (CICP) is a federal program that may help pay for costs of medical care and other specific expenses of certain people who have been seriously injured by certain medicines or vaccines, including this vaccine. Generally, a claim must be submitted to the CICP within one (1) year from the date of receiving the vaccine. To learn more about this program, visit www.hrsa.gov/cicp/ or call 1-855-266-2427.

WHAT IS AN EMERGENCY USE AUTHORIZATION (EUA)?

The United States FDA has made the Moderna COVID-19 Vaccine available under an emergency access mechanism called an EUA. The EUA is supported by a Secretary of Health and Human Services (HHS) declaration that circumstances exist to justify the emergency use of drugs and biological products during the COVID-19 pandemic.

The Moderna COVID-19 Vaccine has not undergone the same type of review as an FDA approved or cleared product. FDA may issue an EUA when certain criteria are met, which includes that there are no adequate, approved, and available alternatives. In addition, the FDA decision is based on the totality of the scientific evidence available showing that the product may be effective to prevent COVID-19 during the COVID-19 pandemic and that the known and potential benefits of the product outweigh the known and potential risks of the product. All of these criteria must be met to allow for the product to be used during the COVID-19 pandemic.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of these products, unless terminated or revoked (after which the products may no longer be used).

©2020 ModernaTX, Inc. All rights reserved. Patent(s): www.modernatx.com/patents

Revised: 12/2020



Scan to capture that this Fact Sheet was provided to vaccine recipient for the electronic medical records/immunization information systems.

Sarcode Date 12/2020

Getting the Moderna COVID-19 Vaccine What to Expect During & After Your Injection

EMERGENCY USE AUTHORIZATION

The Moderna COVID-19 Vaccine has not been approved or licensed by the US Food and Drug Administration (FDA), but has been authorized for emergency use by FDA, under an Emergency use Authorization (EUA), to prevent Coronavirus Disease 2019 (COVID-19) for use in individuals 18 years of age and older. There is no FDA-approved vaccine to prevent COVID-19.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of the vaccine, unless terminated or revoked (after which the vaccine may no longer be used).

Before you get the vaccine

Tell your vaccination provider if you.



- O Have any allergies
- O Have a fever
- O Have a bleeding disorder or take blood thinners
- Are immunocompromised or are on a medicine that affects your immune system
- Are pregnant, plan to become pregnant, or breastleeding
- O Have received another COVID-19 vaccine

For more information, visit modernatx.com/covid19vaccine-eua/recipients/

After you get the vaccine

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tendemess and swelling of the lymph nades in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

Talk to your vaccination provider if you have side effects that bother you or do not go away.

If you think you're having an allergic reaction to the vaccine, call 9-1-1.

Signs of a severe allergic reaction can include: Difficulty breathing, swelling of your face and throat, a fast heartbeat, a bad rash all over your body, dizziness and weakness.

A second dose of the Moderna COVID-19 Vaccine is REQUIRED

Complete vaccination 1 month after your first dose of the Moderna COVID-19 Vaccine.

To help remember that appointment:

Immediately schedule your next appointment after the first dose of your vaccine



Ask for a 2nd Dose Reminder Card to display prominently at hame



Set a reminder on your mobile phone or calendar



For more information, talk to your vaccination provider or call Moderna Customer Care at: 1-866-MODERNA (1-866-663-3762)

What is the Moderna COVID-19 Vaccine?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19. The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

Please see next page for additional Important Safety Information and Fact Sheet for Recipients and Caregivers beginning on page 3 of this document,



IMPORTANT SAFETY INFORMATION

What should you mention to your vaccination provider before you get the Moderna COVID-19 Vaccine? Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- · have a fever
- have a bleeding disorder or are on a blood thinner
- ore immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- · are breastfeeding
- have received another CQVID-19 vaccine

Who should not get the Moderna COVID-19 Vaccine?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

How is the Moderna COVID-19 Vaccine given?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle. The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart. If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

What are the risks of the Moderna COVID-19 Vaccine?

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- Swelling of your face and throat
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- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

What should I do about side effects?

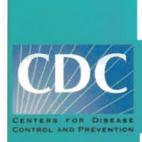
If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to https://vaers.hhs.gov/reportevent.html. Please include "Moderna COVID-19 Vaccine EUA" in the first line of box #18 of the report form. In addition, you can also report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

See Fact Sheet for Recipients and Caregivers beginning on page 3 of this document.





NEW COVID-19 VARIANTS



WHAT WE KNOW

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.



The virus that causes COVID-19 is a type of coronavirus, a large family of viruses. Coronaviruses are named for the crown-like spikes on their surfaces. Scientists monitor changes in the virus, including changes to the spikes on the surface of the virus. These studies, including genetic analyses of the virus, are helping us understand how changes to the virus might affect how it spreads and what happens to people who are infected with it.

WHAT WE DO NOT KNOW



Scientists are working to learn more about these variants, and more studies are needed to understand:

- · How widely these new variants have spread
- · How the new variants differ
- How the disease caused by these new variants differs from the disease caused by other variants that are currently circulating

WHAT IT MEANS

Public health officials are studying these variants quickly to learn more to control their spread. They want to understand whether the variants:

- Spread more easily from person to person
- Cause milder or more severe disease in people
- Are detected by currently available viral tests
- Respond to medicines currently being used to treat people for COVID-19
- Change the effectiveness of COVID-19 vaccines.

There is no evidence that this is occurring, and most experts believe this is unlikely to occur because of the nature of the immune response to the virus.

WHAT CDC IS DOING

CDC, in collaboration with other public health agencies, is monitoring the situation closely. CDC is working to detect and characterize emerging viral variants and expand its ability to look for COVID-19 and new variants. Furthermore, CDC has staff available on-the-ground support to investigate the characteristics of viral variants. CDC is collaborating with EPA to confirm that disinfectants on EPA's List N: Disinfectants for Coronavirus (COVID-19)external icon inactivate these variant viruses. As new information becomes available, CDC will provide updates.

All information cited from CDC.gov



We Have a 24-Hour Nurse Advice Line for You!

Speak right to a nurse

The IHS Colorado River Service Unit wants to make sure you have the answers you need when you need them. Our nurse advice line is available 24 hours a day, 7 days a week, and 365 days a year. This service is available to all registered patients of any CRSU facility; Parker Indian Health Center, Peach Springs Health Center, Supai Health Station, Chemehuevi Health Station, and the Irene Benn Health Center.

Immediate answers to your health questions

If your doctor's office is closed, call the 24-hour nurse advice line for questions about health concerns or health-related topics. We are here to help with things such as:

- Symptoms you cannot or do not know how to manage
- Concern about a sick family member
- Proper dosage of medications
- Questions about pregnancy

Our team of medical professionals give helpful advice that is easy to follow. They can also help determine if you need to visit your doctor or an urgent care center.*

Help is just a phone call away

For questions about your symptoms and care, call 1-833-741-1831 (TTY/TDD: 711) and select "nurse" at the prompt. Nurse advice staff speak English and Spanish. For additional languages, please ask for a translator when you are connected.



Health concerns can happen at any time. Our 24-hour nurse advice line is always available to provide help right over the phone.

^{*} If you or a family member is having a life-threatening condition, immediately call 911 or go to the emergency room.



NOTE: HOURS HAVE CHANGED TO 6AM TO 2PM AND WILL BE AVAILABLE 7 DAYS PER WEEK

Embry Women's Health/Apollo Healthcare & Diagnostics is launching three COVID-19 Drive-Thru Testing Sites in Mohave County starting Monday, September 7, 2020. These sites are the first for Embry outside of Maricopa County, where they currently operate 13 COVID-19 drive-thru testing sites, some of which operate 24 hours a day, seven days a week.

"The goal is to offer testing to as many Arizonians as possible. We don't want to stop expanding until we're covering all 15 counties in Arizona," said Raymond Embry, CEO of Embry Women's Health.

"We've been proud to meet the demand for COVID-19 testing head-on, and are grateful for the support from the public and state authorities of our operation".

The Mohave County Locations are:

Mohave Community College - Lake Havasu City
1977 W. Acoma Blvd., Lake Havasu City, AZ 86403
6:00 a.m. - 2:00 p.m. - 7 days a week

Mohave Community College - Bullhead City 3400 AZ-95, Bullhead City, AZ 86442 6:00 a.m. - 2:00 p.m. - 7 days a week

Mohave Community College - Kingman 1971 Jagerson Ave., Kingman, AZ 86409 6:00 a.m. - 2:00 p.m. - 7 days a week Embry Women's Health is offering COVID-19 PCR testing with results in 36-72 hours at ZERO cost to persons of all ages. They are also offering the Antigen test with 24 hours results for \$50.00 to all person above the age of 12.



what do you do If someone in your household has Covid-19?



- Clean and disinfect countertops and other touched surfaces often
- wash and disinfect your hands often, including after you've been near someone who is sick.
- Keep your hands away from your face
- wear a face mask if you cant separate yourself
- Separate yourself from other household members
- use a separate bedroom and bathroom if possible
 ** If not available maintain distance and disinfect as often as possible and wear a mask at all times.
- <u>Don't share utensils, dishes, cup/glasses, bedding,</u> <u>towels, and other personal items</u>

In case of Emergencies contact EMS 928.769.2205





GENERAL INFORMATION & EVENTS

Hualapai Tribal Court • Public Court Hearing

Submitted by: Adeline Crozier | Hualapai Tribal Administration



Judicial Branch of Government

Date: February 26, 2021

As most of you know the Tribal Court has been conducting court hearings via conference call and on Zoom. However, starting Monday March 1, 2021 the Court will be open to the public.

What does this mean?

You may come and listen in on hearings that are public only. However space is limited per the CDC guidelines of 6 feet. If the courtroom is full you may sit in the lobby and wait for your turn or wait for your family or friend.

Hualapai Tribal Court

First Things First • Hualapai Tribe Regional Partnership Council

Submitted by: Tara Gene, Regional Director | First Things First



HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

HEALTHY TEETH RESOURCES OFFER EASY WAYS TO PREVENT CHILDREN'S TOOTH DECAY

Good oral health in young children plays a critical role in a child's overall wellbeing and education. Yet, tooth decay is the most common chronic disease faced by young children and is also 100% preventable.



First Things First, Arizona's early childhood agency and partners, recently launched Healthy Teeth resources

(FirstThingsFirst.org/resources/healthy-teeth/)

in time for February's National Children's Dental Health Month to help more families understand the importance of early oral health and what they can do to help prevent tooth decay in their babies, toddlers and preschoolers.:

Left untreated, tooth decay in young children's primary teeth puts them at risk for future problems like damaged permanent teeth; increased vulnerability to infections in other parts of the body, such as the ears, sinuses and the brain; impaired speech development, and reduced self-esteem.

The Healthy Teeth resources offer basic, but often unknown, tips to prevent tooth decay, including in babies. For example, families often don't know that a child's first dental visit should happen once the first tooth appears or by their first birthday. Or, that germs that can cause decay can be passed from parents to babies when they lick their pacifier.

Here are four easy tips:

- 1. Don't share germs. Your baby is born with no germs in their mouth, but germs are easily passed from yours to theirs — when you share spoons, food or lick their pacifier. Do your best to not put things from your mouth into your baby's mouth.
- 2. Limit sugar. Sugar is in many foods, especially sweets (candy, cookies, flavored yogurt and pudding), snacks (chips and french fries) and sweet drinks (soda, juice, teas and sports drinks). Try to serve more healthy foods and snacks and give your child more water to drink.
- 3. Take care of their teeth at home.

 Starting at birth, clean your baby's gums with a clean, soft washcloth after each feeding. Once their first teeth appear (usually at about 6 months), gently brush with a soft infant toothbrush and small amount of fluoride toothpaste, about the size of a grain of rice.

 From ages 1 to 3, try to brush twice a day for two minutes using a smear of fluoride toothpaste. The best times to brush are after breakfast and before bed. Starting at age 3, brush with a pea-sized amount of toothpaste.
- 4. Take care your child to regular dental check-ups. Schedule your child's first dental visit when you see their first tooth or by their first birthday. Just like they need regular check-ups with their doctor, your child needs a dental check-up starting at age 1 and every year after that to prevent tooth decay and the need for much more costly dental care later.

FIRST THINGS FIRST HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

Pearl Sullivan, Chair Renee Beecher, Vice Chair Omaovensi Coochwytewa Leon Ghahate Wanda Quasula Amelia Sullivan Chira Walema

ABOUT FIRST THINGS FIRST

As Arizona's early childhood agency, First Things First funds early learning, family support and children's preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit FirstThingsFirst.org.

Hualapai Cultural Resources • Green Arrow Gardening Project: Series #3

Submitted by: Marcie Craynon | Hualapai Department of Cultural Resources

Hualapai Green Arrow Gardening Project "Pa gwi:d vasu gwe hwa:l jo"

Series #3, February 26, 2021

We're starting a new season of Spring and many of us are thinking about gardening; why do we garden and what are the benefits of gardening?

Gardening has many benefits, it's a form of creation; Garden's don't just happen they are created, you create something very positive when you garden.

First you find a location, whether it be in your yard, or a space for pots on your porch. You seek out soil that will sustain the nutrients in the plant. The soil is tilled, loosened into rows for the seeds. Seeds are planted North to South, so that the plant gets the morning eastern sun, and the afternoon westwardly sun. I suggest that in planning your garden, start with a few plants. If you plant too broadly, your expectations at the end of the season could be disappointing. Because gardening can extend into 6 months here in Arizona. You need to calculate the time that you wish to spend in your garden, like watering, weeding, pest control, weather conditions that come against the hard work you've invested, it starts feeling like turmoil, instead of the success that you envisioned! So be moderate, start with a few squash, some drought tolerant tomatoes and peppers; a single pumpkin plant, 4 or 5 cornstalks, a small patch of kale, a small container of lettuce. I would consider that manageable and will yield in short spans of time, as a rotating crop.

I get lots of complaints about varmins! Such as gophers, ground squirrels, moles, rabbits, even lizards can be pests! They dig up plants, eat the flowers, eat the roots, and other damages to plants that make it hard to get to the final harvest. With gardening and having pests, I try to live trap as many as I can. That means that you don't kill them, but you trap them and then take them away from the community. I do this because I try to maintain the organic philosophy of gardening. Live traps can be purchased at Tractor Supply, Home Depot, Star Nursery and other retail that sells gardening supplies.

That already sounds encouraging for starters; what other benefits are out there?

Another benefit to gardening; "is that it can include everyone!" Gardening activities improve your physical and mental well-being, as well as, building strength. The physical activities are repetitive low to moderate impact forms of exercise that requires strength and stretching!

After a good day of gardening you feel the immediate health benefits. You're breathing deeper, you feel the extension of your muscles, and feeling of being outdoors, gives you the ability to have a restful night's sleep. Even a short span of time in the garden, a few days a week can lower high blood pressure and the risk of strokes as much as 30% in folks 60 years and older.

The mental well-being, is as important! We have become a society of technology. It's unfortunate that it's one of the side effects of modern living today. Our attention span, as well as our children are fixated to social media, smartphones, electronic games; it's a form of "directed attention," this kind of attention limits our desires for other outward expressions and interests of ourselves.

The reason for improvement of our mood after gardening, the soil itself. Soil has harmless mycrobaterium vaccae, this bacteria raises the serotonin levels in brain receptors and neurotransmitters that control cognitive functions and moods. Soil is alive, with soil and Earth we restore our God-given balance with calm and self-worth. It's our Center.

When we choose to garden, we also realize that growing our own plants will give us fresh veggies, nutritional value beyond store produce that can sit on the shelves for days. Whereas, our produce, go from the soil to the table in minutes. What greater way to maximize food's nutritional value, RIGHT!

Gardening is a practical learning experience. It can be a life lesson in teaching our children about all aspects of life. Because a garden is a living thing, that encourages us to succeed. That is worth every reason why we should be thinking about getting in touch with nature, and starting our own garden

Garden's don't just happen they are created; you create something very positive!

Thank you ~ from the Green Arrow Gardening Project. Visit the Hualapai Community Garden at the Hualapai Cultural Center and get started. Every Monday is work day, we practice good health care during the Covid pandemic, wear a mask, social

Hualapai Elderly Center • March Menus

Submitted by: Brook Bender | Hualapai Elderly Center



2021

ELDERLY CENTER

BREAKFAST MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Scrambled eggs w/ bacon bits, shredded H.B, H.M tortilla and grapes	2 Boiled egg, oatmeal, English muffin and watermelon	French toast, corned beef hash and yogurt	Fried egg, sausage patty, H.M biscuit, honey dew chunks	S Cream of wheat, H.B. patty, English muffin and applesauce	
7	Scrambled eggs, sliced ham, wheat toast and cantaloupe chunks	9 Pancakes, fried eggs, sausage patty and orange	Oatmeal, boiled egg, bacon, wheat toast and banana	Chicken fried steak w/gravy, fried egg, English muffin and grapes	Cream of wheat, sausage patty and diced peaches.	1
14	15 Boiled egg, sausage links, biscuit and pear	16 Oatmeal, spam slice, wheat toast and orange	17 St. Patricks day Pancakes, fried egg, bacon and banana	18 Scrambled eggs w/sausage bits, H.B patty, H.M. tortilla and watermelon	19 Fried egg, ham slice, wheat toast and yogurt	20
21	Scrambled eggs w/spam bits, shredded H.B., bagel n M. oranges	23 French toast, fried egg, bacon and pear	24 Hamburger gravy, boiled egg, wheat toast and orange	25 Scrambled eggs, corn beef hash, English muffin and mini fruit Danish	26 Oatmeal, boiled egg, wheat toast and applesauce	2
28	29 Chicken fried steak w/gravy, fried egg, wheat toast and pear	30 Scrambled eggs, shredded H.B, bagel and pineapple chunks	31 Cream of wheat, sausage patty, W. toast and cottage cheese w/peaches			

March 2021

LUNCH MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hamburger gravy, mashed potatoes, green beans, H.M biscuit an trop. fruit	Pork roast, potato wedges, carrots, H.M tortilla and applesauce	Philly cheesesteak, green salad, rice and pear *dressing	4 Baked chicken, baked potato, broccoli, corn bread an jello w/fruit	5 Minestrone soup w/hamburger, coleslaw, crackers an melon chunks	•
7	8 Skinless chicken, baked beans, green salad, cornbread an mixed fruit	9 Pork roast, green beans, coleslaw, H.M tortilla an diced peaches	Chili beans, potato salad, peas, yeast roll an strawberries	Goulash, carrots, wheat bread an pudding w/ graham crackers	Grilled ham n'cheese, tomato soup, mixed veg. and applesauce	1
14	Cheeseburger w/fixings, pickled spear, French fries an pear	16 Beef stew w/veg., H.M biscuit an banana	Grilled cheese, tomato soup, green beans an applesauce	Pork roast, mashed potato, broccoli, yeast roll, cottage cheese w/peaches	Sloppy joe, green salad, tater tots an pineapple chunks	2
21	22 Ground beef stew w/ veg., H.M tortilla an banana	BLT on Rye bread, carrots an tropical fruit mix.	24 Bbq Shredded beef on bun, corncob, colesiaw an melon chunks	25 Walapai Taco on frybread an jello w/ fruit salsa	26 Tuna on rye bread, peas, baked potato chips an strawberries	2
28	Pot roast, mixed vegetables, mashed potatoes, yeast roll an w/fruit	30 Chicken enchilada, beans, Spanish rice, colesław an applesauce	31 Bbq shredded pork, mashed potatoes, corn, H.M tortillas an grapes			

Grand Canyon Resort Corporation • Vehicle Auction EXTENDED

Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

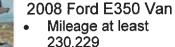
Vehicle Bid #1832



2006 Ford Expedition

- Mileage at least 213,734
- AS IS Condition
- Suspension changed from airbags to springs.
- Suspension system warning always on, reset after starting.
- Ride is uneasy and swerves easily.
- Sticky doors

Vehicle Bid #1833



- AS IS Condition
- Blown motor
- Winning bidder responsible for towing off site



REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021.

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1832
- Full Name
- Contact Number
- Amount of bid, no less than \$500

REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1833
- Full Name
- Contact Number
- Amount of bid, no less than \$100

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1834



2011 Ford F250 Super Duty

- Mileage at least 127,992
- AS IS Condition
- Check engine light on
- Really rough shape
- AC works
- Dirty inside
- Rear tire down
- Former maintenance truck

Vehicle Bid #1838



2012 Chevy Silverado

- Mileage at least 155,375
- AS IS Condition
- Needs transmission
- Front driver's seat worn
- · Very good shape



REQUIREMENTS:

- A minimum bid of \$800
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1834
- Full Name
- Contact Number
- Amount of bid, no less than \$800

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1838
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

PAGE 23 **GAMYU**

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

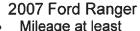
Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1839

2011 Subaru Impreza

- Mileage at least 111,808
- AS IS Condition
- Minor body dings
- Gets good mileage
- Everything works





- 174,871
- AS IS Condition
- Passenger outer door handle broke
- Former Security truck
- Rough condition
- Barely runs





REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1839
- Full Name
- Contact Number
- Amount of bid, no less than \$1000



REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1841
- **Full Name**
- **Contact Number**
- Amount of bid, no less than \$100

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1843

Venicle B

2012 Ford F150 4x4

- Mileage at least 166.821
- AS IS Condition
- Running on 6 cylinders only
- Former Security truck
- Rough inside
- Body damage

Vehicle Bid #1844



- 2012 Ford F150 4x4
- Mileage at least 162,413
- AS IS Condition
- Running on 6 cylinders only
- Former Security truck
- Rough inside
- Body damage

REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1843
- Full Name
- Contact Number
- Amount of bid, no less than \$500

REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1844
- Full Name
- Contact Number
- Amount of bid, no less than \$500

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1845

Venicle B

2011 Ford E350 Van

- Mileage at least 273,899
- AS IS Condition
- Former shuttle
- Shakes and noisy suspension
- A/C does not blow out of front vents
- · Low gears lack power
- Rough shape

Vehicle Bid #1848



2011 Ford E350 Van

- Mileage at least 195,936
- AS IS Condition
- Check Engine light on
- Former shuttle
- Mouse droppings throughout
- Shaky suspension

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1845
- Full Name
- Contact Number
- Amount of bid, no less than \$200

REQUIREMENTS:

- A minimum bid of \$300
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1848
- Full Name
- Contact Number
- Amount of bid, no less than \$300

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

PAGE 26 **GAMYU**

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

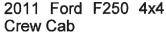
Vehicle Bid #1849

2012 Ford Transit Connect Van

- Mileage at least 161.658
- AS IS Condition
- Check Engine light
- Former Food hauler
- Smells inside
- Rough Condition, key broken
- Sliding door rails pent

Vehicle Bid #1850





- Mileage at least 219.225
- AS IS Condition
- Check Engine light on
- AC works
- Rough condition
- Body damage/rear door crushed in
- Rough interior



REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1849
- Full Name
- **Contact Number**
- Amount of bid, no less than \$100

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1850
- Full Name
- **Contact Number**
- Amount of bid, no less than \$1000

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1853

2013 Ford E350 Van

- Mileage at least 199,474
- AS IS Condition
- A/C blows cold
- New battery
- New blower motor
- Recently serviced
- Needs suspension work



Vehicle Bid #1854

2011 Chevy 3500 4x4 Diesel, Dually

- Mileage at least 129,272
- Motor Issues
- AS IS Condition
- Check engine light on
- Former boat hauler/ snowplow
- Plow removed

REQUIREMENTS:

- A minimum bid of \$700
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1853
- Full Name
- Contact Number
- Amount of bid, no less than \$700

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1854
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

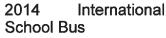
Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1855

2003 Thomas School Bus

- Mileage at least 94.284
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property





- Mileage Unknown
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property



REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1855
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

REQUIREMENTS:

- A minimum bid of \$2000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1856
- Full Name
- Contact Number
- Amount of bid, no less than \$2000

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

PAGE 29 **GAMYU**

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | Auction Closes: Mar. 12, 2021 | Announcement: Mar. 15, 2021

Vehicle Bid #1857

2001 International School Bus

- Mileage Unknown
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property

Vehicle Bid #1859



2011 Ford F250 4x4

- Mileage at least 237,447
- AS IS Condition
- Recently Serviced
- Minor body damage
- Former courier truck

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1857
- Full Name
- **Contact Number**
- Amount of bid, no less than \$1500

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Mar. 12, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1859
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Bids may be mailed to: Grand Canyon Resort Corporation Attn: Procurement Department 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. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

Grand Canyon Resort Corporation • Current Job Postings Submitted by: Gina Masawytewa | Grand Canyon Resort Corporation

	Curre	nt Job Postii	ngs for Gran	Current Job Postings for Grand Canyon Resort Corporation			
Administration	# of Positions	Pay Rate	Shift	Airport	# of Positions Pay Rate		Shift
Chief Executive Officer	ļ	D.O.E.	Varies	Airport Dispatcher	4	D.O.E/FT	Varies
Human Resources Director		D.0.E.	Varies	Airport Operations Specialist		D.O.E/FT	Three 13.20s
Pontoon Manager	Spinner	S5/FT	Varies	Gift Shop / Tour Counter	# of Positions Pay Rate		Shift
Skywaik	# of Positions	Pay Rate	Shift	Lead Cashier		D.O.E/FT	Wed-Sat
Utility Worker	ĺ	D.O.E/PT	Varies	Cashier	2	D.O.E/PT	Varies
Zip Line	# of Positions	Pay Rate	Shift	Security	# of Positions Pay Rate		Shift
Guide-Zipline	∞	D.O.E/Season/Varies	Varies	Security Guard	3	D.O.E/PT	Varies
Lead-Zipline	2	D.O.E/Season Varies	Varies	HRR / Pontoon	# of Positions Pay Rate	Pay Rate	Shift
Supervisor-Zipline	-	D.O.E/Season Varies	Varies	Concierge - HRR	_	D.O.E/Season Varies	Varies
Hualapai Lodge	# of Positions	Pay Rate	Shift	Equipment Driver - HRR	4	D.O.E/Season Varies	Varies
Giff Shop- Hualapai Lodge	1	D.O.E/PT	Varies	CDL Bus Driver - HRR	3	D.O.E/Season Varies	Varies
Night Audit- Hualapai Lodge		D.O.E/PT	Varies	Passenger Driver- HRR	-	D.O.E/Season Varies	Varies
Food & Beverage/ Sky View Restaurant	# of Positions	Pay Rate	Shift	Diamond Creek Restaurant	# of Positions Pay Rate		Shift
Lead Cashier- Food & Beverage		D.O.E/FT	Wed-Sat	Dishwasher- DC Restaurant	-	D.O.E/PT	Varies
Food Handler/ Cook- Sky View Restaurant		D.O.E/FT	Varies	Prep Cook- DC Restaurant		D.O.E/FT	Varies
GCRC INTERNAL ONLY UNTIL 3	1LY UNTIL 3/8/2021	H		Cook- DC Restaurant		D.O.E/FT	Varies
Lead Food Handler/ Cook - Sky View Rest.		D.O.E/FT	Wed-Sat	Cook- DC Restaurant	1	D.O.E/PT	Varies
Cashier- Walapai Market		D.O.E/FT	Varies	Front of House (FOH)- DC Restaurant	4	D.O.E/PT	Varies
Utility Worker- Skywalk	2	D.O.E/PT	Varies	Restaurant Supervisor- DC Restaurant	_	D.O.E/FT	Varies
Utility Supervisor- Skywalk	-	D.O.E/FT	Varies				
Courier- Administration	-	D.O.E/FT	Mon-Fri				

Multi-Agency Regional Virtual Federal Job Fair • Thursday, March 18th

Submitted by: Kevin Davidson | Hualapai Planning Department



MULTI-AGENCY REGIONAL VIRTUAL FEDERAL JOB FAIR

THURSDAY, MARCH 18, 2021

15+ FEDERAL AGENCIES - OPPORTUNITIES FOR ALL HIRING PATHS

9.00 AM - 2.00 PM PST

PRESENTATIONS FOR APPLICANTS ON MARCH 16TH AND 17TH

SIGN UP TO ATTEND: <u>www.tinyurl.com/llnyv5f7</u>

























EDUCATION & TRAINING INFORMATION

Hualapai Head Start • Re-Opening: Monday, March 22nd

Submitted by: April Keller | Hualapai Head Start



HUALAPAI HEAD START

479 Hualapai Way Peach Springs, AZ 86434-0125 P.O. Box 179

Phone: (928) 769-2522 Fax: (928) 769-2457

"This institution is an equal opportunity provider."



Head Start Center RE-Opening March 22, 2021, Monday

We are excited to re-open with safety of children and staff our first priority.

- Parents have received the re-open packets, please take the time to read over all the procedures and new policies put in place.
- Parents update your child's physical and immunization record before March 22
- Parents please update your Emergency Contact form
- Transportation trainings are 1.5 hours see schedule on Hualapai Tribe website under Community – Head Start – Transportation
- Parents plan ahead, work on bedtime routines, morning routines, and get them backpacks ready.

Any questions please call your teacher or the center.



Looking forward to re-opening. ©

Mission

Our mission for the Hwal'bay Head Start is to provide quality education, to preserve Hwal'bay culture and embrace diversity. Head Start program is empowered to embrace healthy child development, nutrition, serve children with disabilities and provide services to low income families who will create and believe in a positive future.

PAGE 33 **GAMYU**

Valentine Elementary School • Eagle Eyes Newsletter, Calendar of Events and Breakfast Menu Submitted by: Paula Blout | Valentine Elementary School







Vol. 6, No. 7 www.valentineaz.net March 1, 2021

Marijuana - Not at School

Although the passage of Proposition 207 last November legalized the recreational use of marijuana, it did not change the 2010 law that prohibits the possession or use of marijuana on public K-12 school campuses.

Five students received disciplinary consequences and could face criminal charges for their choices regarding marijuana at school last week.

With all of the stresses on the community surrounding the pandemic, I can empathize with the student who told me that "we use it for anxiety;" however, we cannot have marijuana, pipes, etc. on school grounds, including on school buses.

Please have a conversation with your student regarding marijuana use. Some suggestions are in the How Can I Help My Student? article to the right.

READ ACROSS AMERICA WEEK

Tuesday, March 2, is Dr. Seuss' birthday, so we are celebrating Read Across America Week, with our annual Cat in the Hat Day. Each day through next Monday, March 8, will have a different theme, and we encourage students to participate in the festivities. Themes for the week are:

TUESDAY – Cat in the Hat Day (Wear a hat) WEDNESDAY - If I Ran the Zoo Day (Bring a stuffed animal) THURSDAY – Green Eggs and Ham Day (Wear green) MONDAY - Fox in Socks Day (Wear crazy socks)

SPELLING BEE

Congratulations to Valen Balderrama for winning our school spelling bee and representing our school at the Mohave County Spelling Bee last month.





HOW CAN I HELP MY STUDENT?

- Talk about choices As was mentioned earlier, several students were suspended for marijuana use on campus. When having a conversation with your students, you may hear arguments as to why they think it's OK. Below are some of those arguments and possible responses (although there is never a good script):
 - "It's no big deal."
 - "What would make it feel like a big deal for you?" Hopefully this can give you some insight about what is important to them and give them another reason to think about the future.
 - o "Would you rather I drink alcohol? Weed is so much safer"
 - "I would rather that you didn't do anything to harm yourself. Why do you think weed is safer than alcohol?"
 - o "Why can't I use it for anxiety. Other people do."
 - The only people who should be using it are adults. Let's talk about what you're anxious about.

Obviously, I can't give you an answer for every possible argument. But try and keep the conversation relaxed, so your student knows that this a topic that they can talk to you about comfortably. If you don't know the answer to something, don't fake it—be honest and say, "That's a good question. Let's find out together."

UPCOMING EVENTS

03/02-8 Read Across America Week 03/09 School Board Meeting - 4:30 pm EARLY RELEASE - 1:45 pm 03/11 SPRING BREAK - NO SCHOOL 03/15-18 4th Quarter begins 03/22

STAY SAFE

AY SATURDAY		Middle Name Pride Day	13 US Army K-9 Corps created (1942)	Die Hard) First Day of Spring International Day of Happiness	oy (Spock) Brothers' and Sisters' Day	Valentine Elementary School 12491 N. Byers St / HC 35 Box 50 Truxton/Peach Springs AZ 86434 phone 928-769-2310 fax 928-769-2389
FRIDAY		5 Hula hoop patented (1963)	12 1º Goca-Cola bottle (1894)	19 Bruce Willis (Die Hard) born (1955)	26 Leonard Nimoy (Spock) born (1931)	Valent 12491 Truxto
THURSDAY		Green Eggs & Ham (Wear Green)	11 Early Release 1:45 pm Spirit Day Blue & Gold	Jay 18 NO SCHOOL	25 International Waffle Day	2021-2022 Valentine ESD application packets available April 5
WEDNESDAY	MARCH 2021	3 If I Ran the Zoo (Animal Day) No Live Animals	10 Mario Day	St. Patrick's I	24 3 rd Quarter Report Cards	31 Crayola Crayon Day
TUESDAY		Cat in the Hat (Hat Day) Read Across America Dr. Seuss' Birthday	9 School Board Mtg 4:30 pm	16 SPRING	23 "OK" first published (1839)	30 Pencil craser patented (1858)
MONDAY			8 Fox in Socks (Crazy Socks)	15 Will.iam (musician) born (1975)	22 J.J. Watt (Houston Texans) born (1989)	29 Cy Young (MLB pitcher) born (1867)
SUNDAY			7 Genealogy Day	14 – π (Pi) Day Daylight Saving Time Begins	21 World Poetry Day	28 Something on a Stick Day

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PAY FOR MEALS ONLINE
SCHOOL

MyschoolBucks.com

12 19 26 2 Friday Maple Pancakes 25 **Blueberry Crumble** Cheese Stick (2) Choice of Milk Choice of Milk Choice of Milk Choice of Milk Cheese Stick Sausage/Egg Thursday Chex Mix Banana Banana Orange Banana Muffin Syrup Peach Springs Elementary 24 **MARCH 2021** Egg/Cheese Muffin [0 Bacon/Egg/Cheese 31 က Cottage Cheese Pineapple Cup (2) Strawberry Cream -Wednesday Cinnamon Crisp **Graham Crackers** Choice of Milk Choice of Milk Choice of Milk Choice of Milk Strawberries w/Pineapple Apple Juice Biscuit Cheese Orange Bagel Yogurt 30 Breakfast Bagel PizzaK Pancake on Stick 16 French Toast Sticks 9 Mandarin Oranges (2) Granola Bar (2) Banana Muffin Choice of Milk Choice of Milk Choice of Milk TO SE WIIK Choice of Milk luesday Fruitable Orange Banana Crasins Yogurt Orange Apple Syrup Apple 22 Frosted Shredded 29 œ Graham Cracker **Breakfast Pizza** Choice of Milk Cinnamon Roll Choice of Milk Choice of Milk BREAKFAST Choice of Milk Cheese Stick Cheerios A/C Boiled Egg Monday Apple Slices Apple Juice Grapes Banana Wheat Apple Pears

This Institution is an equal opportunity provider

Boys & Girls Club of Peach Springs • Back to the Club

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



March

2021

Week 1: Celebrate Dr. Seuss Week 3: St. Patrick's Day

Week 2: Learn about Weather
Week 4: Learn about Bugs and Spring



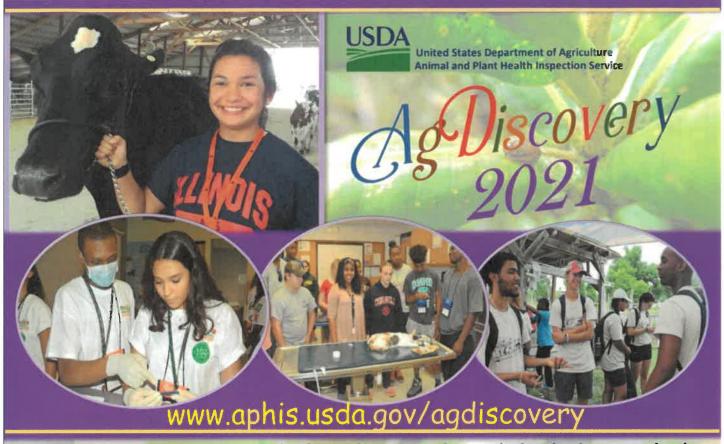
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Horton Hears a Who – Styrofoam Horton Cups	Oh the Places You'll Go – Balloon Project	Cat in the Hat Stick Picture Frame Magnet	Styrofoam Pot Truffula Tree	Green Eggs Science Experiment	6
7	Tornado in a Jar	Cloud in a Jar	Make Rain Clouds	Snow Storm in a Jar	Volcano in a Bottle Beading Class 3 – 5	13
14	Rainbow Shamrock salt painting	End of the Rainbow Twirlers	St. Patrick's Day Shamrock Crystals	Rainbow Chain Pot of Gold	Shamrock Slime Beading Class 3 – 5	20
21	Toilet Paper Bug Rolls	Playdough Bug Fossils	The Hungry Caterpillar	Paper Bowl Lady Bug	Paper Plate Calla Lilly Beading Class 3 – 5	2
28						
					100	



FRIDAY	National Plant a Flower Dayl Join as in planting flowers	WEAR YOUR TRUNKS & SLEDES PAY!	Spring Garden Prep of Green House Soed Planting for Garden	
ANDSTRAIL	200 ANIWALS WEEK OUTSIDE Regreation vol Doshay Claimos Poom vol Banny Art vol Banny	16 CRAZY HATER DAYN ((()))	Outside Regreetien witheshay Games Room withensy Art withming	A Mari
MEDNESDAY	200 ANIMALS WEEK OUTSIDE Regressation ve/Danny Games Room ve/Emily Art ve/ Deshay	GREEN & PAINBOWS DAN	CARPEN WEEK CARPEN WEEK Games Room W. Emily Art W. Doshay	National Crayon Day Press in your Favorite Crayon Color today!
TIMESDAY	200 ANIMALS WEEK OUTSIDE Recreation w/ Emily Games room w/Deshay Ant w/Denny	TANDA DAY- WEAR BLACK	23 GARDEN WEEK OWISIGE Recreation W. Emily Games from W.Deshay Art W.Denny	30 EASTER WEEK OUTSIDE Recreation W/ Emily Games room w/Deshay Art w/Damny
MONDAY	Welcome Back! We vill operate on our ASS Hours. 2-DOPH - CODEM (FOR EASS)	15 Spring Break CLUB OPEN 7:45-5:00pm NEON PAY. WEAR A BRIGHT	Outside Regrestion witheshay Games Room with any Janes	24 EASTER WEEK Outside Recreation w/Deshay Games Room w/Danny Art w/ Emily

USDA AgDiscovery 2021 • Deadline: Thursday, March 25th

Submitted by: Elisabeth Alden | UofA Extension Office



AgDiscovery is a unique opportunity for students to explore agricultural sciences, and gain knowledge about careers in animal and plant disciplines, wildlife management, veterinary medicine, biotechnology, entomology, food safety, food production, agribusiness, forestry, and MUCH more! Students experience hands-on learning workshops, behind-the-scenes tours, laboratory and field exercises, in addition to a variety of cultural and teambuilding activities.

AgDISCOVERY 2021 WILL BE CONDUCTED NATIONWIDE AT THE FOLLOWING UNIVERSITIES:

- Alcorn State University (June 13-25)
- California State University, Fresno (June 6-19)
- Coppin State University (July 11-24)
- Delaware State University (July 5-17)
- Florida A&M University (June 13-26)
- Fort Valley State University (June 7-18)
- Iowa State University (June 13-26)
- Kentucky State University (June 6-19)
- Lincoln University (July 11-24)
- North Carolina State University (June 14-25)

- Prairie View A&M University (June 14-25)
- Purdue University (July 11-24)
- * Tuskegee University (June 5-19)
- University of Arizona (June 14-25)
- University of Arkansas Pine Bluff (June 12-25)
- University of Hawaii at Mānoa (July 11-24)
- University of Illinois Urbana-Champaign (July 11-31)
- University of Maryland College Park (July 11-30)
- University of Maryland Eastern Shore (June 13-26)
- University of the Virgin Islands (July 18-31)
- Virginia State University (July 14-23)



HEALTH & SAFETY INFORMATION

COVID-19 Vaccinations • About the Vaccine

Submitted by: Brook Bender | Hualapai Elderly Center



Congratulations on getting vaccinated

and moving our community one step closer to healthy, but we aren't quite there yet. Vaccines take time to provide their maximum protection. Here is what you can do now to continue to protect yourself, your loved ones, and your community.

Even after getting vaccinated, it is essential that you:

- Keep wearing a good fitting mask
- Keep physical distancing
- Keep washing your hands frequently
- Get tested! If you feel sick with COVID-like symptoms including cough, shortnessof-breath, runny nose, sore throat, and loss of taste or smell, get tested! Yes, even if you had the vaccine. These are not likely to be vaccine side effects.
- Quarantine If you have had a significant COVID-19 exposure
- Report any side effects through the CDC V-safe project https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html

About the vaccines

1. Vaccines take time to provide protection. A few weeks after the first shot the current vaccines are about 50% effective at preventing symptomatic COVID-19 disease. Two weeks after the second dose of the vaccine, the effectiveness rate can be as high as 95%. Being vaccinated greatly reduces the chance of serious COVID-19 disease.



2.Vaccines are good, but not perfect. Even after the second dose, individuals are not 100% protected. That is why it is critical to continue to protect yourself and others using the strategies you already know – wear a mask, stay distanced, and wash your hands.



3.We know the COVID-19 vaccines reduce symptomatic cases and save lives.

What we do not know yet is how well the vaccines reduce disease transmission. Even after being vaccinated, you may still infect others. Continue to practice physical distancing and masking up.



What are RNA Vaccines and How Do They Work?

Submitted by: Rebecca Rice | Peach Springs Indian Health Center

WHAT ARE RNA VACCINES AND HOW DO THEY WORK?

WHAT ARE RNA VACCINES?

SARS-CoV-2

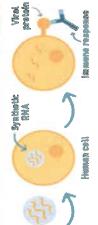
The virus's genetic material, Contains Instructions for making proteins. Viral RHA -



Scientists isolated the part of this genetic code that contains The genetic code of the SARS-CoV-2 virus is made up of RNA. the instructions for making the virus's spike protein.

IPID NA NOPARTICLES

Synthetic RNA which codes for the virus spike protein is packed bodies' enzymes breaking it down and helps our cells take it in. in lipid nanoparticles (very small fat droplets). This stops our



follows the RNA instructions to produce the virus spike protein. Its production then triggers an immune response in our bodies Once the synthetic RNA is inside one of our cells, the cell

RNA VACCINES: BENEFITS AND CHALLENGES



RNA is easy to make in a lab, so RNA vaccines can be developed quicker than other vaccines

SAFETY OF THE VACCINES

raccine hasn't been licensed for use in humans RNA can't cause infection and is broken down before but they've been under development for several years for other viruses, including by normal processes in our cells. An RNA Influenza, HIV, and Zika.



STORAGE AND TRANSPORT

emperatures to remain stable, which makes Some RNA vaccines must be stored at low storage and transport more challenging.

RNA VACCINES FOR COVID-19

Several proposed vaccines for COVID-19 are RNA vaccines. They can be based on two different types of RNA.

mRNA vaccines

saRNA vaccine

Imperial College Arcturus

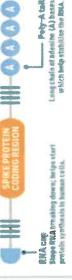
Pfizer & BioNTech Moderna

CureVac

MRNA AND SARNA WHAT'S THE DIFFERENCE?

The structures of mRNA and saRNA are similar but have a key difference, as the diagrams below show

mRNA stands for messenger ribonucleic acid Andreaeleted region mRNA



FILLY saRNA stands for self-amplifying ribonucteic acid



- Code for Meal replicans oneymo Once in house cells, the creation of the vivil replicans attitute capies of the viral RNA entryme helps myke

makes the cost per dose lower and means higher numbers of it can be given in smaller doses than mRNA vaccines. This AssaRNA produces more copies of itself once it's in a cell, doses can be produced from the same volume of vaccine.



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March National Nutrition Month • Register Today

Submitted by: Trena Bizardi | Hualapai EW4H

MARCH NATIONAL NUTRITION MONTH







REGISTER TODAY

- March 4th- Personalize Your Plate 10 am
 Meeting ID: 496 983 7372 PC: Food
- March 11th- "OMG! That looks so good" 10 am
 Meeting ID 952 0279 4011 PC: Food
- March 18th- Healthy Meal Together 10 am
 Meeting ID 969 7303 6530 PC: Food
- March 25th- Connect w/ IHS Nutritionist 10 am Meeting ID 956 9990 3859 PC: Food

Brought to you by Employee's Working For Health 769-1630/2644

Email: tbizardi@hualapai-nsn.gov



COMMUNITY MESSAGES

KWLP's 100.9FM: March Volunteer of the Month • John Hopkins

Submitted by: Terri Hutchens | KWLP 100.9FM

WE LOUNTEERS

"The Peach.



The Hualapai Nation's Live and Local Radio Station

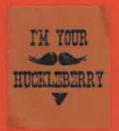
Proudly Announces and Congratulates

February 2021 Volunteers of the Month:





John Hopkins



John Hopkins, aka DJ Hucleberry Hopkins, is a member of the Naragansett Tribe of Rhode Island. He and his wife, Sara have resided in Peach Springs for two school years, as Sara is the special education teacher at the Peach Springs Elementary School. Both John and Sara have previous experience in Indian Country community radio.

You can Huckleberry Hopkins every Wednesday afternoon, now from 3 to 5 pm hosting The O.K. Corral. He plays a lot of old classic country tunes. and Elvis! He also shares a lot of interesting stories. Country music history, Native American History and old-time, good humor!

John will receive a \$100.00 Amazon gift card as an incentive for being Volunteer of the month and he'll be eligible to be Volunteer of the Year! (The Peach Volunteer of the Year receives incentives valued at \$500.00!)

If you'd like to join the Peach volunteers: Call 769-1110.

KWLP Volunteers are currently seeking sponsorship. If your businesss would be interested in sponsoring the Peach crew of Volunteers and see your logo here, on our website and on our Facebook page, please call 925-769-1110 or small us at terri kwip@gmail.com, or kevin kwip@gmail.com

KULP WELCOMES BACK LIVE AND LOCAL:





CHECK IT OUT!

Gamyu Newsletter Deadline & Publication Dates

Gamyu newsletter articles are due every other FRIDAY (the week before tribal pay week) by 5:00 p.m. Please remember to attach the Information Sheet with your articles and no ANON-YMOUS submissions please. Gamyu newsletters also online at www.hualapai-nsn.gov.

Article Deadline: Friday, March 12th

Next Publication: Friday, March 19th

From The Life Recovery Bible

Submitted by: Michelle Zephier

Accountability

While in recovery, we learn to accept responsibility for our actions, even when we are powerless over our addiction. We come to realize that all our actions yield consequences. Some of us may have deceived ourself into thinking we can escape the consequences of the bad choices we have made. But with time, it becomes clear that God has made accountability a necessary element of healthy living. "You always harvest what you plant. Those who live to only satisfy their own sinful nature will harvest a decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit." (Galatians 6:7-8)

The law of planting and harvesting can also work to our benefit. God spoke through the prophet Hosea:
Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the Lord, that he may come and shower righteousness upon you. (Hosea 10:12)

God says we always reap what we have sown. Even after we have been forgiven, we must deal with the consequences of our actions. It may take time to finish harvesting the negative, consequences of our past sins, but this need not discourage us. Making a list of those we have harmed is one step toward planting good seeds. In time, we will see a good crop begin to grow.

This is where I am in my Recovery. Step 9.

Creator, help me mediate on each instance of my past that I may see the truth. Creator, I pray for each and every relation I must approach at this time. Great Spirit, my Sacred Hoop is broken. Please guide me in healing other hoops that I have broken. Creator, help me to focus on my part in these weakest links of my life. A-HO!

An 8th step Prayer from "The Red Road to Wellbriety".

Be good to each other!

-Redhawk Mario Zephier