



GAMYU

NEWSLETTER OF THE HUALAPAI TRIBE

From the Hualapai Chairman • March Update

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

Issue #06

Friday, March 19, 2021

Inside this issue:

Events & General Information	2
ICT Updates	8
Education & Training	18
Health & Safety	38
Community Messages	48

Special points of interest:

- Regular Council Meeting on Saturday, April 3rd at 8:01 a.m. in the Hualapai Tribal Chambers.
- Hualapai Tribal Utility Authority (HTUA) meeting on April 20th at 9:00AM at the Hualapai Department of Cultural Resources.
- TERC Meetings have not been scheduled at this time.
- Vaccination Pods, page 13

Gum yu je? (How are you?)

The time is near, we are looking at the first days of spring and a new beginning towards the heart where hope is present. We must understand that we have to shed light upon the future. When we look back for the past year, there has been doubts, fear, and a time of darkness for the members of our small Hualapai Tribe. We were not the only ones to suffer, but we have managed to keep to ourselves and now we know that Hope stands with one open door. If we take that step into that opportunity, we will see the greatness of what could be. It is a matter of time to heal, to trust when we seek and have been blessed with what we endured. We have to accept the mystery of it all and move forward as a people.

Faith is a sacred trust, it is the bonding of ourselves, Mother Earth and the mysteries of all elements. We must trust that our sacred Earth is healing by what we have gone through, but not leave our attention to what is now in front of us—our own healing to self and others.

With this in mind, it will be one year since we declared a State of Emergency. It seems to be longer with some, and for others just yesterday. Just recently, we spoke to a group of young adults. They are working hard towards their education and future. To see their faces and ambitions was uplifting. We encouraged them to be themselves, to work for their dreams and future. That is something we need to see happen to our community. Let us work towards the future of what we have, we are blessed with our lands, our people, and our environment.

Hankyu.

Happy Spring!

May your days blossom
with joy and blessings.

Hualapai Planning Department • Probate
Submitted by: Kevin Davidson | Hualapai Planning Department

Transfer of Deceased Tribal Members' Residential Home Site Lease to their Heirs

Dear tribal members:

I would like to take a moment to explain how a residential home site can be transferred from those who have passed away to their heirs. Section 3.2.B of the Residential Homesite Lease Ordinance, last amended on February 10, 2018, outlines the process as follows:

In the event of the death of a Lessee prior to the expiration of the term of a Residential Lease; the Residential Lease and any property that exists upon the leased land will be determined by probate, Will or intestate inheritance in accordance with the laws and customs of the Hualapai Tribe, in particular Chapter 16 of the Hualapai Law and Order Code, and can only be reassigned to a Tribal Member.

First preference will be given to the legal heirs of the Lessee if they are enrolled Tribal Members and if they are interested in the assignment. Notwithstanding the foregoing, any provision in a Will that attempts to pass a Residential Lease to a Non-Tribal member is void.

Any successor Lessee must sign an agreement, if requested, to be bound by the terms of the original Residential Lease. In addition, the provisions of 25 CFR 162.604(h) (l) shall be complied with.

In cases where the home site lease has expired, the heir(s) who have been awarded the home shall apply for a new home site lease in their name for the property associated with the home.

The Interdisciplinary Team (IDT) and the Tribal Environmental Review Commission (TERC) evaluate residential Homesite Lease applications with a recommendation forwarded to tribal council for consideration. If tribal council approves a resolution for the lease application, the new Lessee must then provide a legal survey of the property performed by an Arizona registered land surveyor. The BIA may waive the requirement for a legal survey if there is an existing survey for the home site on file and proves to be adequate. Once the tribe submits the complete residential lease application to the BIA, the Director of the Western Regional Office will consider final approval of the lease.

Please feel free to contact Michelle Zephier, Planner I/Realty Specialist at (928) 769-1310 to navigate the home site lease process.

Thank you.

Kevin A. Davidson, Director

Hualapai Planning & Economic Development Director
P.O. Box 179/887 W. Highway 66
Peach Springs, Arizona 86434

Hualapai Planning Department • Seeking One (1) New TERC Member

Submitted by: Kevin Davidson | Hualapai Planning Department

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person: for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

Hualapai Tribe
Department of Planning & Economic Development
 P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434
 Phone (928) 769-1310 * Fax (928) 769-1377

The Planning Department is Seeking One New TERC Member

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) or Board of Commissioners. Below is a summary of what TERC is and what duties it performs.

Under the Hualapai Environmental Review Code (HERC), the Board of Commissioners has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The Board of Commissioners is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits, for all development activities that are proposed for any land site within Hualapai Tribal lands in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If you are interested, you can pick up an application at the Hualapai Planning Department located at 887 Hwy 66 (next to 76 fuel station). You can also request an application be mailed or e-mailed to you. **The due date for applications is Thursday, April 22, 2021.** If you have any questions, please feel free to contact me at 769-1310 or e-mail at: kdavidson@hualapai-nsn.gov

Respectfully,

Kevin Davidson, Director

Hualapai Cultural Resources • Green Arrow Gardening Project: Series #4

Submitted by: Marcie Craynon | Hualapai Department of Cultural Resources

The Hualapai Green Arrow Gardening Project

(Sal Gav de G'vasu:wa gwe' hwa:l jo)

Series #4, March 12, 2021

The most asked question when starting a garden is, "what about my soil, is it going to have the right conditions to grow healthy veggies?" The soils here in Peach Springs, and the Southwest in general are low in organic matter. This is the reason why most people here try to learn the skill of how to amend the loam of the soil. What is meant by low organic matter? Organic matter is also called "humus," the remnant of decaying living things that have now died, such as, plant matter, fungi, fish, and organic decomposition such as manure from herbivores. The decaying matter provide the minerals and nutrients the plant root seeks out to help them grow. There are several types of soils, such as sand, silt and clay.

With some understanding to the conditions that are faced in this area, you eliminate some of the hidden reasons why you would not be successful. With some attention, you will learn how to remedy inevitable conditions that are common sense garden tips.

Soil is a science within itself: we just want favorable conditions that make us comfortable in our area. Scientific studies about soil, provide the folks that are commercial growers, all the equations to create the world's food and economics. Technically, dirt is big business! We just want our little piece of Mother Earth to produce some good summer pickens.

The soil in Peach Springs is a clay loam, meaning that silt and sand are usually present in noticeable amount in this texture of soil, but are overshadowed by clay, referring to it as medium in texture. Soils that have a lost part or all of their surface, are usually harder to till and have lower productivity than those that have desirable thickness of surface soil. To compensate for surface soil loss, better fertilization, and other management practices should be used. Increasing the organic matter content of an eroded soil often improves its tillage characteristics, as well as its water and nutrient capacity. Whatever the cause, generous use of soil amendments, organic materials and necessary fertilizers can help speed the conversion of poor quality subsoil into high quality top soil. Another condition that needs saying, is the pH (potential Hydrogen) of soil should be in the range of 6.5 and 7. The scale of measuring acidity or alkalinity contains 14 divisions known as pH units. It is centered around pH 7 which is neutral. Values below 7 constitute the acid range of the scale and values above 7 make up the alkaline range



Peach Springs actually falls in the pH 6, which indicates that the soil is acidity (salt) in nature. A sign that fertilizer and organic matter amendments need to be added to raise the pH to 7. So guess what, Peach Springs has a lot of fertilizer. Just visit any corral, watch for the bulls, and load the truck with all the rich cow or horse manure. It's simple, I get this good stuff all the time. Unload the good stuff into the selected area for your garden, and start tiling or hand turn in into your soil. A note of interest, make sure you get the aged manure, it's dry and the slat has leached out of it to some degree. Mother Earth will do the rest. After turning this into your soil, allow about 2 to 3 weeks before planting anything. The ground settles and the manure decomposes. I want to discuss with you the importance of amendments in the soil, because these added nutrients will indeed give a better yield, as well as improve your soil for years to come in your garden plot. Mother Earth is giving, the more you give to her, the more you will receive. I want Mother Earth to give you much more than you expected!

The more we learn about soil, and how we can do simple things to change the quality of its nutrition, the more successful you will be in getting the best vegetables that you thought wouldn't be possible. I also take a coffee container and save kitchen scraps that come from vegetables that are going into meals. This is also a good way to save them for your compost.

"Garden's seldom just happen, they are created. You become the creator of something very positive!"

We continue to work in the Hualapai Cultural Community Garden every Monday throughout the season. Join Us!

First Things First • Positive Parenting: 5 Ways to Manage your Own Big Feelings

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



HUALAPAI TRIBE
REGIONAL PARTNERSHIP COUNCIL

ACCEPTING NOMINATIONS FOR REGIONAL CHAMPION FOR YOUNG CHILDREN

First Things First is accepting nominations for the Hualapai Tribe Champion for Young Children. Each year, a champion is recognized for their efforts to build public awareness about the importance of early childhood. This recognition will be based on the individual's efforts to promote early childhood outside the normal scope of their everyday work. If you would like to nominate someone, please contact FTF staff at 928.854.8732 or email Regional Director Tara Gene at tgene@firstthingsfirst.org.

POSITIVE PARENTING: 5 WAYS TO MANAGE YOUR OWN BIG FEELINGS

One of the hardest things about being a parent is always having to be the grown-up in the relationship. On our best days, we're able to be the calm in the middle of our child's storm. But it's not always easy — like the time my daughter plugged up the toilet with *generous* amounts of toilet paper. As I was mopping the bathroom floor, my toddler son stood in the doorway asking me repeatedly if I wanted to see a magic trick. Holding it together during high-stress moments is one of most important skills we can develop as parents, and also one that we'll probably keep working on most of our lives. Here are some tricks of the trade to help you fake it 'til you make it.



1. Get a drink.

Naaaah, not *that* kind of drink. Have a drink of water when you feel like you're about to lose it. Why? Drinking forces you to take breaths through your nose — the kind of breathing that helps calm your nervous system so you can think more rationally.

2. Talk to yourself.

There's a ton of research, especially from the world of sports psychology, that positive self-talk leads to better performance. So next time you're on the edge, talk to yourself like you'd talk to a friend, with empathy and kindness: *This is really hard, but you can do it.*

3. Stop and look.

When you feel yourself winding up, take a breath and focus. Zoom in on your child — notice the swirls of their ear, the curve of their cheek, their little belly spilling over PJ bottoms, the way their

fingers grasp a favorite toy. Pay attention to every detail: the color and creases of their skin, the way they smell, their expression, their posture. Being fully present like this often helps you start to feel calmer in your own body and experience more compassion toward your child. Compassion doesn't mean that you always say yes, but it helps you validate your child's goals or feelings even when you have to set a limit or say *no*.

4. Shake it up.

Everyone cranky and out of sorts? Do something you don't usually do. My go-to when the kids and I were having a rough day was to suggest a backwards lunch or dinner. That meant they could eat dessert first, and then have their meal. It was such a silly, small thing, but they loved it. Even as teens, my kids still talk about backwards lunches.

5. Set up a "feelings spot."

Create a safe spot where your child can choose to go when they are having *big feelings*, like a corner of a room with a few pillows, a blanket and stuffed animals. Having a spot like this helps children learn they can do something to feel better when their emotions get overwhelming. And you can show them how! Tell your child, "I'm feeling so frustrated right now. I'm going to sit on the couch for a few minutes so I can calm down and be a better problem-solver." This has the double benefit of modeling self-regulation for your child *and* giving you a chance to regroup.

Many of us are spending more time than ever at home with our children. We have more chances to share good times. And some cranky times too. Learning to manage big feelings of frustration, burnout and anger (that we all experience at some point) is a gift. It's a gift to yourself to learn what you can do to *feel* better and *be* better. And it's a gift to your child to experience you as a calm, loving adult they can depend on.

- From "Positive Parenting: 5 ways to manage your own big feelings" by Rebecca Parlakian, senior director of programs, ZERO TO THREE

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.

Arizona Indigenous Peoples Caucus Celebrates Debra Haaland Confirmation

Submitted by: Kevin Davidson | Hualapai Planning Department

SENATOR JAMESCITA PESNLAKEI

SENATOR SALLY ANN GONZALES

SENATOR VICTORIA STEELE



REPRESENTATIVE MYRON TSOSIE

REPRESENTATIVE JENNIFER JERMAINE

REPRESENTATIVE JASMINE
BLACKWATER-HYGREN

INDIGENOUS PEOPLES CAUCUS

IMMEDIATE RELEASE | March 15th 2021

Josselyn Berry | 602-376-5705

Arizona Indigenous Peoples Caucus Celebrates Debra Haaland Confirmation

PHOENIX--The Arizona Indigenous Peoples Caucus issued the following statement after the U.S. Senate voted to confirm Debra Haaland as Secretary of the Interior.

"The Arizona Indigenous Peoples Caucus extends sincere congratulations to Madame Secretary Debra Haaland on her confirmation to lead the Department of the Interior. Madame Secretary Haaland will be the nation's first-ever Indigenous cabinet secretary at any agency, marking a historic moment for Indigenous people everywhere.

Madame Secretary Haaland is a Laguna Pueblo member, one of 574 sovereign tribal nations in the United States. Madame Secretary Haaland's life experiences make her uniquely suited to manage the priorities of protecting our natural resources for generations to come and to protect the economic well-being of the communities whose livelihoods rely upon our natural resources. Madame Secretary Haaland understands that we live in a time of unprecedented climate crisis that has had a disproportionate impact on Indigenous communities.

Madame Secretary Haaland believes "we all have a stake in the future of our country, and that everyone shares a common bond: our love for the outdoors and a desire and obligation to keep our nation livable for future generations."

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Grand Canyon Resort Corporation • Current Job Postings

Submitted by: Gina Masawytewa | Grand Canyon Resort Corporation

Current Job Postings for Grand Canyon Resort Corporation							
Administration	# of Positions	Pay Rate	Shift	Airport	# of Positions	Pay Rate	Shift
Chief Executive Officer	1	D.O.E.	Varies	Firefighter /EMS- Airport	2	D.O.E/FT	48 Hrs
Human Resources Director	1	D.O.E.	Varies	Airport Dispatcher	1	D.O.E/FT	Varies
Pontoon Manager	1	\$5/FT	Varies	Gift Shop / Tour Counter	# of Positions	Pay Rate	Shift
Courier- Administration	1	D.O.E/FT	Mon-Fri	Cashier	1	D.O.E/PT	Varies
Hualapai Lodge	# of Positions	Pay Rate	Shift	Security	# of Positions	Pay Rate	Shift
Laundry Attendant- Hualapai Lodge	3	D.O.E/Season	Varies	Security Guard- Security	2	D.O.E/Season	Varies
Janitor- Hualapai Lodge	2	D.O.E/Season	Varies	Security Guard	2	D.O.E/PT	Varies
Front Desk Agent- Hualapai Lodge	1	D.O.E/FT	Wed- Sat	Maintenance	# of Positions	Pay Rate	Shift
Front Desk Agent- Hualapai Lodge	2	D.O.E/PT	Varies	Electrician- Maintenance	1	D.O.E/FT	Thurs- Sun
Gift Shop- Hualapai Lodge	1	D.O.E/PT	Varies	Food & Beverage/ Sky View Restaurant	# of Positions	Pay Rate	Shift
Night Audit- Hualapai Lodge	1	D.O.E/PT	Varies	Lead Cashier- Food & Beverage	1	D.O.E/FT	Wed- Sat
Diamond Creek Restaurant	# of Positions	Pay Rate	Shift	Food Handler/ Cook- F&B	4	D.O.E/ PT	Varies
Dishwasher- DC Restaurant	1	D.O.E/PT	Varies	Lead Food Handler/ Cook - Sky View Rest.	1	D.O.E/FT	Wed- Sat
Prep Cook- DC Restaurant	1	D.O.E/FT	Varies	Food Handler/ Cook- Sky View Restaurant	2	D.O.E/FT	Varies
Cook- DC Restaurant	1	D.O.E/FT	Varies	Janitorial	# of Positions	Pay Rate	Shift
Cook- DC Restaurant	1	D.O.E/PT	Varies	Janitor- Janitorial	2	D.O.E/FT	Varies
Front of House (FOH)- DC Restaurant	4	D.O.E/PT	Varies	Janitor- Janitorial	2	D.O.E/PT	Varies
Restaurant Supervisor- DC Restaurant	1	D.O.E/FT	Varies	Skywalk	# of Positions	Pay Rate	Shift
Walapai Market	# of Positions	Pay Rate	Shift	Utility Supervisor- Skywalk	1	D.O.E/FT	Varies
Cashier- Walapai Market	1	D.O.E/FT	Varies	Utility Worker	3	D.O.E/PT	Varies
HRR / Pontoon	# of Positions	Pay Rate	Shift	Zip Line	# of Positions	Pay Rate	Shift
Equipment Driver - HRR	3	D.O.E/Season	Varies	Photographer- Zip Line	1	D.O.E/Season	Varies
CDL Bus Driver - HRR	1	D.O.E/Season	Varies	Guide-Zipline	8	D.O.E/Season	Varies
Passenger Driver- HRR	1	D.O.E/Season	Varies	Lead-Zipline	2	D.O.E/Season	Varies
GCRC INTERNAL ONLY UNTIL 3/22/2021				Supervisor-Zipline	1	D.O.E/Season	Varies
Server- Sky View Restaurant	4	D.O.E/FT	Varies	Hualapai Ranch	# of Positions	Pay Rate	Shift
Reservation Agent	1	D.O.E/FT	Varies	Concierge- Hualapai Ranch	1	D.O.E/FT	Varies
Utility- Skywalk	1	D.O.E/PT	Varies	Housekeeping- Hualapai Ranch	1	D.O.E/FT	Varies
Courier- Administration	1	D.O.E/PT	Mon-Fri				
Greeter- Ambassador	2	D.O.E/FT	Varies				
Maintenance Tech- Hualapai Lodge	2	D.O.E/PT	Varies				
Digital Marketing Manager- Marketing	1	D.O.E/FT	Mon-Fri				
Housekeeping- Hualapai Ranch	2	D.O.E/Season	Varies				

Revised 3/16/2021

** For Quick Apply Visit Grandcanyonwest.com **

Revised 3/16/2021
 ** For Quick Apply Visit Grandcanyonwest.com **

INCIDENT COMMAND TEAM UPDATES

PREVENT COVID-19 DURING TRAVEL



If you travel, take these steps:



**Keep Distance
& Wear a Mask**



**Wash Hands with
Soap & Water**



Or Use Hand Sanitizer

cdc.gov/coronavirus

CE563508 06/06/2020

Friendly Reminder NEW Curfew Hours 10pm-5am

AS OF 03/06/2021

RESOLUTION NO. 13-2021

**Amendment of Color Coding Covid-19 Alert System
Color Coding COVID-19 Alert System:**

Blue Alert: Covid-19 Pandemic still active. No active Covid-19 cases are being monitored by health officials on the boundaries of the Hualapai Reservation, No Community Spread. Curfew enforced from the hours 10pm-5am daily to slow the spread of the Covid-19 Virus. Limiting travel off the reservation is discouraged to help control the virus and limit travel for essential needs. All precautionary measures shall be in place as directed by CDC Guidelines to ensure the spread of the Virus is limited that includes continued use of face mask wearing, properly washing hands and sanitizing methods and will include social distancing practices and limiting visiting households or social gathering. Food vending is allowed and must be in compliance with CDC recommendations and guidelines.



HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 13-2021
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION

Amendment of
Color Coding COVID19 Alert System

- WHEREAS,** the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and
- WHEREAS,** the Hualapai Tribal Council has the power to represent the Tribe and act in all matters That concern the welfare of the Tribe pursuant to Article V (r) of the Hualapai Constitution; and
- WHEREAS,** the Hualapai declared a State of Emergency in connection with COVID-19 on March 17th, 2020; and
- WHEREAS,** The Tribal Incident Command Team (ICT) has prepared an Emergency Measure Order's listed below to protect the Hualapai community by limiting exposure to COVID-19 and to limit community movement; and
- WHEREAS,** The Hualapai Tribal Council Passed Resolution 18-2020, with necessary measures to fulfill the mission of COVID-19 mitigation; and
- WHEREAS,** Hours of Curfew in regards to Color Coding Alert System will be implemented in each Alert Stage that are specified in each Alert Section for daily hours and will amend any prior Resolution hours specified;
- WHEREAS,** The Hualapai Tribal Police Department, and authorized commissioned officers are to Issue citations and implement Section 6.92 "endangerment" (Tribal Resolution 26-2020) Shall be as a civil sanction:
- WHEREAS,** The Incident Commander shall notify the Tribal Council to any escalation or de-escalation event
- WHEREAS,** the intent of the orders listed below are to limit COVID-19 spread and protect the Hualapai community

THEREFORE IT BE RESOLVED,

The Hualapai Tribal Council gives the authority to determine the following, of escalating and deescalating COVID-19 Response based on a Color Coding Alert System to the Incident Commander of the ICT to negate the impacts of COVID-19 to preserve public health to the greatest extent possible and to slow the spread of COVID-19.

The Color Coding Alert System to escalation and de-escalation shall be determined based on following specific to the Hualapai Reservation, and shall be applicable three (3) days after determination of the escalating or deescalating COVID-19 Response.

Color Coding Alert System does not cease or replace prior resolutions in regards to COVID-19 Response and Protection of the Hualapai Reservation, the color coding alert system identifies the escalating and deescalating of the COVID-19 Response.

Escalation and de-escalation determination shall be as follows:

Color Coding COVID-19 Alert System:

Red Alert: COVID Pandemic still active, COVID-19 Community Spread is evident through contact tracing and monitored by Health Officials. 14 Day Lockdown of the Hualapai Reservation Implemented regarding Resolution 38 to slow the spread of the virus. Households placed on Isolation-Quarantine status until determined recovered from the virus, Stay at Home Order in effect and curfew enforced from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

If statistical data indicates continued growth of Community Spread, lockdown shall be extended to, and shall not exceed 21 days total.

Lockdown shall temporarily prohibit all activities, to include non-essential tribal employees working. Essential and non-essential employment shall be at the discretion of the tribal council or department head.

Orange Alert: COVID-19 Pandemic still active, COVID-19 case(s) on the Hualapai Reservation with no community spread according to Contact Tracing. Households placed on Isolation-quarantine status until determined recovered. Stay at Home Order as per Resolution 36-2020 remain in effect for a period of time while COVID-19 virus is active on the Hualapai Reservation until determined no COVID-19 Cases are actively being monitored. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

Stay at Home Order in effect, limited access shall be allowed on the reservation to only essential functions including work, financial obligations, school, legal and legislative matters, and a curfew order shall be in effect from the hours of 8pm to 5am daily.

While the Stay at Home Order is in effect, persons entering and exiting the reservation are subject to visual inspection at inspection points located throughout the reservation when entering or leaving and shall limit their travel through the inspection station to 2 trips per day for essential matters only. Persons are limited to only persons from the same household within a vehicle while traveling.

Blue Alert: COVID-19 Pandemic still active. No active COVID-19 cases are being monitored by health officials on the boundaries of the Hualapai Reservation, No Community Spread. Curfew enforced from the hours of 10pm to 5am daily to slow the spread of the COVID-19 Virus. Limiting travel off the reservation is discouraged to help control the virus and limit travel for essential needs. All precautionary measures shall be in place as directed by CDC Guidelines to ensure the spread of the virus is limited that includes continued use of face mask wearing, properly washing hands and sanitizing methods and will include social distancing practices and limiting visiting households or social gathering. Food vending is allowed and must be in compliance with CDC recommendations and guidelines.

Green Alert: COVID 19 is still active, No active COVID-19 cases are being monitored by health officials on the boundaries of the Hualapai Reservation, whereas COVID-19 is at its lowest risk of community spread has been Identified through herd immunity of citizens residing on the Hualapai Reservation boundaries, herd immunity occurs when enough people residing on the reservation through long lasting immunity against the virus, whereas 75% of the population on the reservation have been inoculated with the COVID-19 vaccine, and have received the two dose method or as directed by a physician, whereas the vaccination is available through designated point of distribution sites from Indian Health Service. All precautionary measures shall be in place as directed by CDC Guidelines to ensure the spread of the virus is limited that includes continued use of face mask wearing, properly washing hands and sanitizing methods and will include social distancing practices and limiting visiting households or social gathering. No curfew of the Hualapai Tribal community imposed.

THEREFORE IT BE FURTHER RESOLVED,

Fines and penalties shall apply for persons that violate following:

Stay at Home Order

Lockdown

Isolation/Quarantine

Curfew

FINALLY, BE IT RESOLVED, that this Resolution supersedes Resolution 54-2020, and enacted on this 6th day of March, 2021.

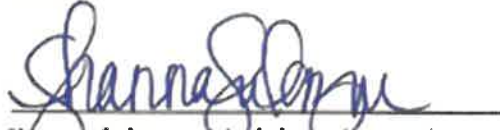
CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed nine (9) members of the whom nine (9) constituting a quorum were present at a Regular Council Meeting thereof held on this 6th day of March, 2021; and that the foregoing resolution was duly adopted by a vote of (7) in favor, (0) opposed, (0) not voting, (2) excused; pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.



**Dr. Damon R. Clarke, Chairman
Hualapai Tribal Council**

ATTEST:



**Shanna Salazar, Administrative Assistant
Hualapai Tribal Council**



PEACH SPRINGS COMMUNITY VACCINE EVENT UPDATE

NEW LOCATION
The location will remain at
*** * 4H FACILITY * ***
the gym

UPCOMING VACCINE EVENTS:

WED, MARCH 17TH 10A-3P

FRI, MARCH 26TH 10A-3P

SAT, MARCH 27TH 10A-3P

TUES, APRIL 6TH 10A-3P

WED, APRIL 14TH 10A-3P

FRI, APRIL 23RD 10A-3P

SAT, APRIL 24TH 10A-3P



NEW CDC GUIDELINE FOR FULLY VACCINATED PEOPLE...



The newest CDC Guidelines are for people who are fully vaccinated. Fully Vaccinated meaning have got the required dose for Covid-19 vaccine which is 2 doses of Moderna or Pfizer and 1 dose for the Johnson and Johnson vaccine.

New guideline states if you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (i.e., visiting relatives who all live together) without masks, UNLESS any of those people or anyone they live with has an increased risk for severe illness from Covid-19.
- If you've been around someone who has Covid-19, you do not need to stay away from others or get tested unless you have symptoms.

- However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has Covid-19, you should still stay away from others for 7 days and get tested, even if you don't have symptoms.

What hasn't changed with this new guideline is:

- CDC safety recommendations shall still be in place for those who are and who are not fully vaccinated such as, wearing a mask, staying 6 feet apart from others and avoiding large crowds and poorly ventilated spaces, washing hands for 20 seconds with soap and water or use hand sanitizer. These precautions should take place whenever you are:
 - In public areas
 - Gathering with unvaccinated people from more than one other household.
 - Visiting with an unvaccinated person(s) who is at increased risk of severe illness or death from Covid-19 or who lives with a person at increased risk.
- You should still avoid medium or large sized gathering.
- You should still delay domestic and international travel.
- You should still watch out for symptoms of Covid-19, especially if you've been around someone who is sick. If you have symptoms of Covid-19 you should get tested and stay home and away from others.

Regardless of being vaccinated for your safety and the safety of others you should still continue to practice CDC Covid-19 safety recommendations wearing your mask, 6 ft. social distancing, avoiding large crowds and washing your hands.



Information was shared off of the CDC website

HOW MANY SHOTS OF COVID-19 VACCINE WILL BE NEEDED?



Currently, Peach Springs Indian Health Service has Covid-19 Vaccine mRNA (Moderna) which requires 2 shots to get the most protection. Moderna doses should be given 1 month apart (28 days) and is 95% effective against covid-19.



Information was shared off CDC website
cdc.gov/vaccines/covid-19



DO I NEED TO WEAR A MASK AND AVOID CLOSE CONTACT WITH OTHERS IF I HAVE TAKEN 2 DOSES OF THE VACCINE?



THE ANSWER IS YES. TO PROTECT YOURSELF AND OTHERS, FOLLOW THESE
RECOMMENDATIONS:

- Wear a mask over your nose and mouth



- Stay at least 6 feet away from others



- Avoid Crowds



- Wash your hands often



Information was shared off CDC
website cdc.gov/vaccines/covid-19




WHAT ARE SOME SIDE EFFECTS I WILL FEEL, IF I DECIDE TO GET THE COVID-19 VACCINE?



Every person experiences different side effects, some of the common effects are:

Fever, Chills, Tiredness, Soreness and Headache


These Effects were more common after the second dose of the vaccine. Most side effects were mild to moderate. However, a  small number of people has had severe side effects after receiving the second dose of the vaccine.



Information was shared off CDC website
[cdc.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)

what if I have underlying Health Conditions, and want to get the Covid-19 vaccination?



Adults of any age with certain underlined medical conditions are at increased risk to contract Covid-19. **YES**, mRNA (Moderna) Covid-19 vaccines maybe administered to people with underlined medical conditions provided they don't have severe or immediate allergic reaction to any of the ingredients in the vaccine. 



I.e. of underlined conditions:

Heart Conditions, Asthma, Obesity, Diabetes etc....

Get vaccinated to protect you and your family against Covid-19!



Information was shared off CDC website [cdc.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)



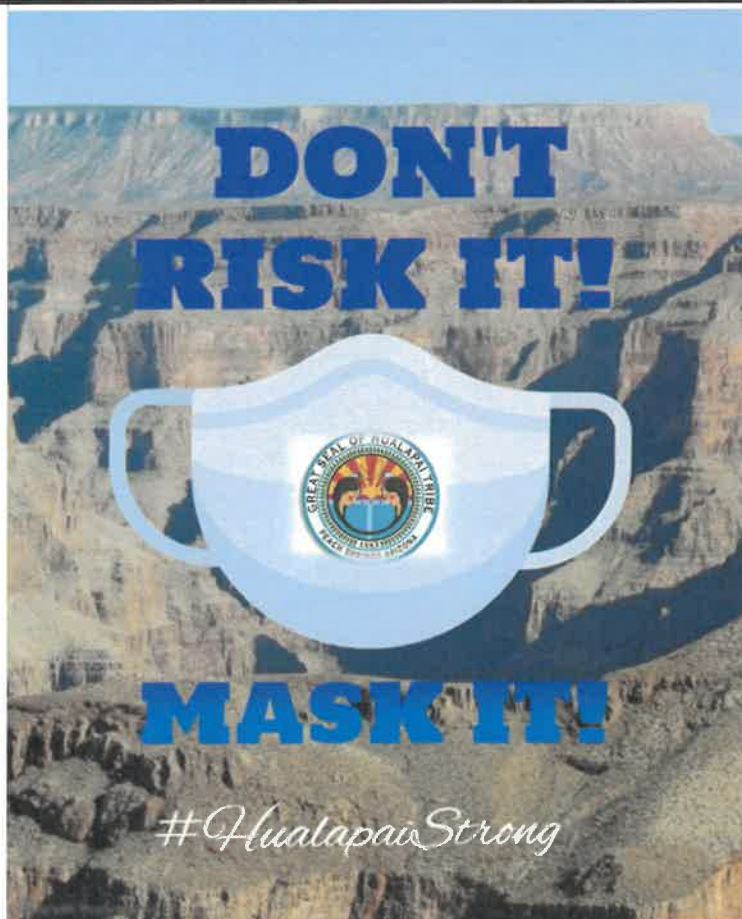
IF I HAVE ALREADY HAD COVID-19 AND RECOVERED, DO I STILL NEED TO GET VACCINATED WITH A COVID-19 VACCINE?



YES! You should be vaccinated regardless of whether you already had Covid-19. If you were treated for Covid-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a Covid-19 vaccine. Talk to your doctor if you are unsure on what treatments you received or if you have more questions about getting a Covid-19 vaccine.



Information was shared off CDC website
cdc.gov/vaccines/covid-19



Gamyu Newsletter Deadline & Publication Dates



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

Article Deadline:
Friday, March 26th

Next Publication:
Friday, April 2nd

EDUCATION & TRAINING INFORMATION

Tribal Land Stewardship: Youth Survey • April 1st

Submitted by: Adeline Crozier | Hualapai Tribal Administration

Tribal Land Stewardship: Youth Survey

The IAC Natural Resources team is
looking for input in the development of
Virtual Youth Trainings.



We are looking for input from *Native youth, past IAC program participants, and partner organizations.*

**Fill out the survey below and
be entered for a chance to
win!!**

\$100 or \$50 Amazon gift card

<http://bit.ly/YouthTrainingsSurvey>



Arizona Archaeology and Heritage Awareness Month • Hualapai Heritage Month: Archaeology

Submitted by: Martina Dawley | Hualapai Department of Cultural Resources



Arizona Archaeology and Heritage Awareness Month

Hualapai Heritage Month

ARCHAEOLOGY

March 2021



Photo of Petroglyphs at *Wikame* (Spirit Mountain) photo by Hualapai Department of Cultural Resources

Information gathered from HDCR files and compiled
by Martina Dawley, Senior Archaeologist

©2021

[Bibliography upon request](#)

What is archaeology?

The ancient Greeks first used the word “archaeology” more than 2,000 years ago. It combines two ancient Greek words: *archaios*, which means “old” or “ancient,” and *logos*, which means “word” or “speech.” In ancient Greece, “archaeology” meant the study of ancient things.

Now we use the word “archaeology” to study past human behavior through excavating sites and collecting, analyzing, and documenting cultural material or artifacts, which also includes human remains or bones.

There are many subfields of archaeology such as forensic archaeology, urban archaeology, environmental archaeology, and cultural resource management – just to name a few. Archaeology helps us learn about how humans have interacted with and affected the environment over time.

For Native Peoples, archaeology does not have a positive history because of the way archaeologists interpret and treat our ancestral belongings and human remains. This little booklet provides a look at the field of archaeology to think of ways we can make a difference and use archaeology in a good way.



View from Nankoweap, photo from the Hualapai Department of Cultural Resources

Archaeologist

Archaeologists are scientists trained to be very observant in every part of everyday life. To an archaeologist even garbage provides clues about human behavior. These clues can be artifacts, markings on walls, or ruins. Artifacts can be an old school notebook, sneakers, or toothbrush because they provide clues that reveal our own human behavior.

Archeologists record the exact location of every item they find. Then they use high-tech equipment and research to determine the age of each item. Archeologists must know and learn as much as possible to identify artifacts.

Artifacts are objects from the past, usually made by people. The past can be 1,000 years ago or two minutes ago.

In the field, an archeologist removes each layer of dirt by hand, using many kinds of tools, from shovels to dentist instruments. They work slowly because they do not want to damage the delicate artifacts buried in the soil.

Field workers sift the dirt and rubble through a sieve or a big screen. They look for things like bits of pottery, tools, seeds, weapons, and bones.

Archeologists call this spot a site, or dig.

Think about what you might want to learn as an archaeologist.



Who is considered a real archaeologist?

(circle one of the above)

Tools in Archaeology

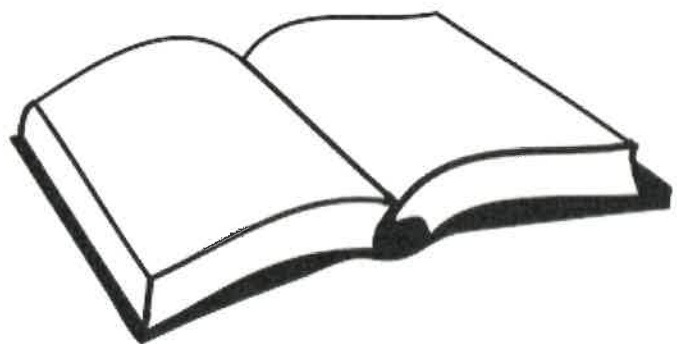
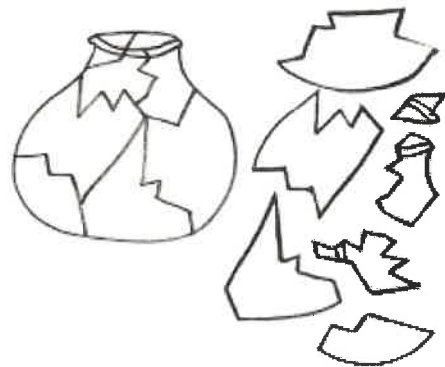
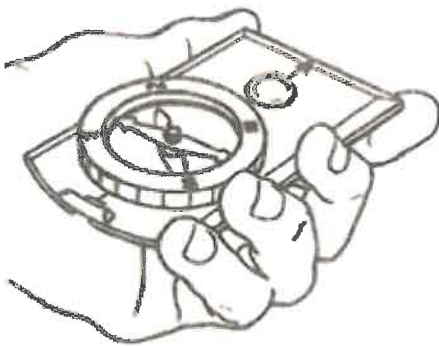
Archaeologists use all kinds of tools and read many books. They also travel all over the world.

When they are looking for artifacts, features, or sites they use maps, compasses, and Global Positioning System (GPS) units.

When they excavate at a site they use trowels, buckets, shovels, brooms, and other kinds of tools to carefully expose and remove artifacts.

They also put artifacts, like pottery, back together using adhesives that can be easily removed.

What kind of tools do you see?



Write

Describe an object (artifact), then research and write about it.

(Example: my favorite bracelet)

Archaeological Research

Archaeological research happens before, during and after excavating and collecting cultural material and human remains. An archaeologist or a group of their colleagues provides what they found and learned by publishing a book or an article. These publications may contain a title, abstract, introduction, background and other important information, methodology, results, conclusion, and bibliography.

Other information include photographs, diagrams, tables, drawings, maps, and lists. The following pages contain such information that related directly to research done on Walapai culture. Archaeologists, Bureau of Land Management (BLM), cultural resource departments, and people interested in studying our culture use the information today.

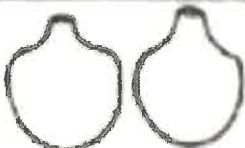








Think about how you could add to or rewrite this information.



Aquarius Brown

Similar to both Cerbat Brown and Red-On-Brown. Similar distribution. Time possibly from A.D. 900 to 1890 A.D. Color is gray to brown. Paint decoration very, very rare.

Pottery Types

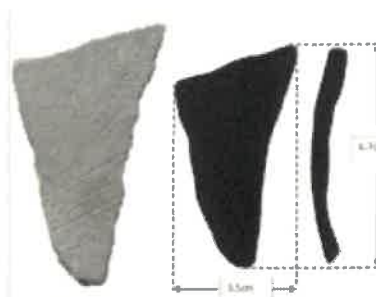
	PATAYAN I	PATAYAN II	PATAYAN III
JARS			
BOWLS			
SCOOPS			

Harold Colton (1939), Malcolm Rogers (1945), and Al Schroeder (1950)

During the 1930s to 1950s a classification system was developed for ceramic for pottery types by several archaeologists. Today, archaeologists continue to add and change things to the classification system. The chart above represents pottery types made by the Walapai ancestors.



Rim Sherd, Tusayan Gray Ware



Pot sherd of Tus



Wepo Black-on-White, also called Early Black Mesa Black-on-White

Yuman Family Group

	ANASAZI	MOGOLLON	HOHOKAM	HAKATAYA
1800	Pueblo V	(Pueblo IV) (Pueblo III) 5 4 3 2 1	Pima	Yuman
1600	Pueblo IV		?	Patayan 3
1400			Classic	Patayan 2
1200	Pueblo III		Sedentary	Patayan 1
1000	Pueblo II			
800	Pueblo I	Colonial	?	
600	Basketmaker III	Pioneer		
400	Basketmaker II			
200				
A.D. B.C.				
200	San Jose (Oshara tradition)	COCHISE		Armagosa
1000		San Pedro		Pinto Basin
2000		Chiricahua		
6000		Sulphur Spring		

Harold Sterling Gladwin (1934)

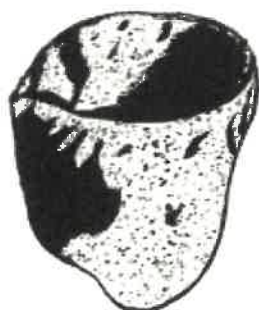
In 1934, a classification system classified or categorized our ancestors. The system matched a time-period with four major subcultures: Anasazi, Mogollon, Hohokam, and Hakatayay or Patayan (see table above).

Walapai belong to the Patayan category. Patayan is a Pai word meaning the "Old Ones."

Think about why these terms are still used.

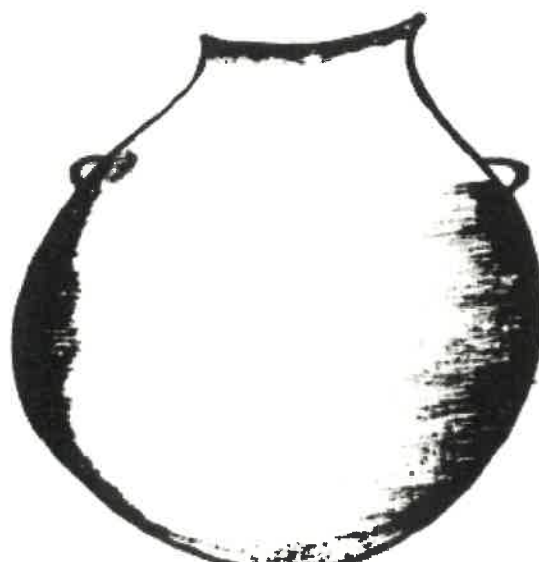
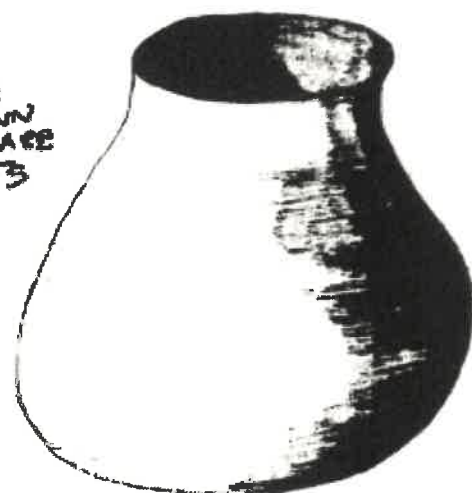
Lower Colorado River Pottery

Along the Lower Colorado River there is evidence that the Native Americans living in that area below Hoover Dam began making pots about 1200 years ago. The pots were fired in a simple but effective way that we are going to learn to do. Up in Hualapai country they were making pots about 1100 years ago. The drawings here are of pots are called Tizon Brown Ware. The small basalt mortar was excavated from Matawidita Canyon in 1915.



SMALL BASALT MORTAR

TIZON
BROWN
WARE
POTS



Drawings by Drake Havatone, February 20, 2008

Pottery from the Hopi culture

Kana-a Black-on-white (A.D. 800 - 1025)



Black Mesa Black-on-white (A.D. 1025 - 1150)



Dogoszhi Black-on-white (A.D. 1075 - 1200)



Sosi Black-on-white (A.D. 1100 - 1200)



Flagstaff Black-on-white (A.D. 1150 - 1225)



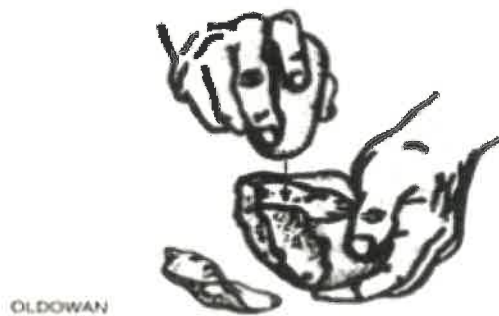
Tusayan Black-on-white (A.D. 1225 - 1275)



Kayenta Black-on-white (A.D. 1250 - 1300)



How Stone Tools Were Made



OLDOWAN



CHOPPER

The earliest stone tools were simple choppers and flakes such as the Oldowan industry from Olduvai Gorge

Oldowan 1.8 to 1.6 million years old



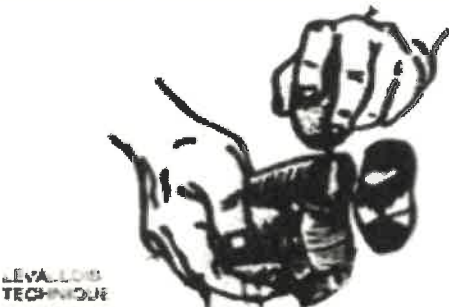
ACHEULIAN



HAND AXE

The Acheulian hand axe evolved over hundreds of thousands of years into this symmetrical shape, with sharp edges achieved using a bone hammer

Acheulian 1.6 to .4 million years old

LEVALLOIS
TECHNIQUELEVALLOIS
FLAKE

The Levallois technique, introduced about 100,000 years ago, involved the careful preparation of a tortoise-shaped core so that one usable flake could be struck from it

UPPER
PALEOLITHIC

BURIN



SCRAPER

Upper Paleolithic technology made it possible to remove numerous parallel-sided blades from a single core, using a punch and hammerstone. The blades were then retouched to form specialized tools such as burins and scrapers

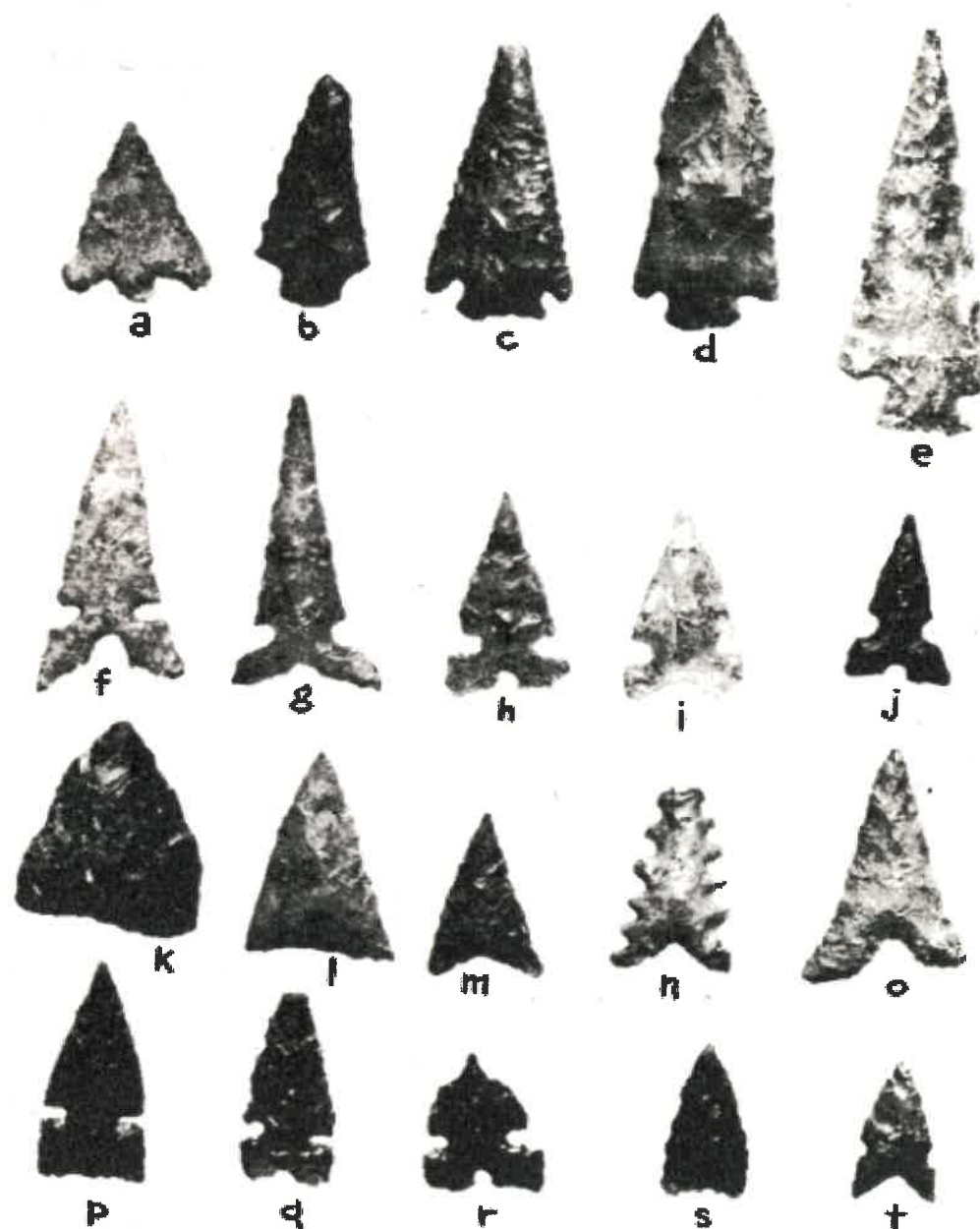
Upper Paleolithic

to 2.0 million years old

Mohave Desert Arrow Points

SAN DIEGO MUSEUM PAPERS No. 3

(ROGERS) PLATE 18

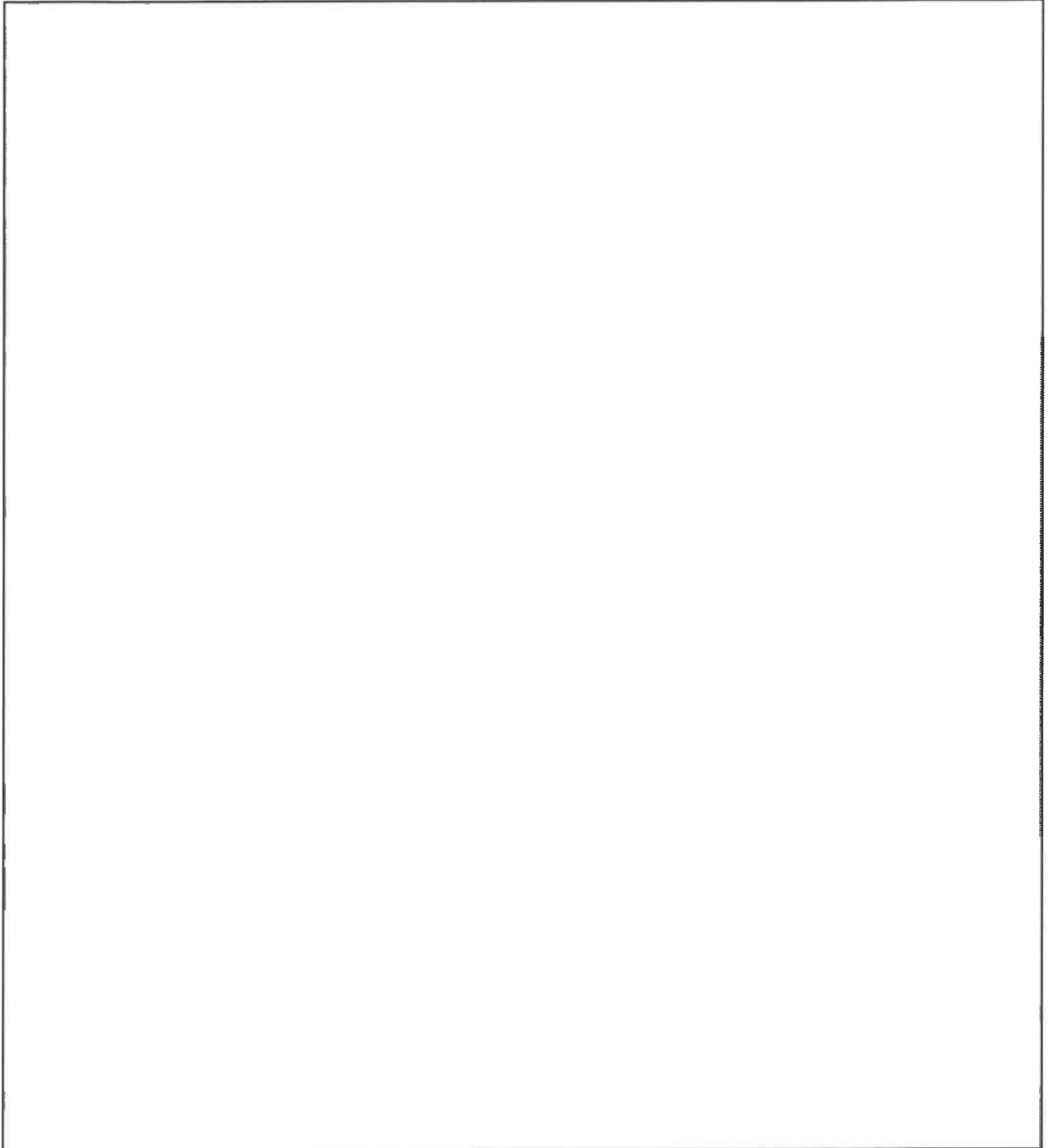


ARROW POINTS FROM THE MOHAVE DESERT

Amegon II. a, b, c, d, e. Desert Mohave (late). f, g, h, i, j. Desert Mohave (early).
 k, l, m, n, o. Paiute and Shoshonean. p, q, r, s, t. Natural size.

Draw an artifact in this book

Describe the artifact after it is drawn or sketched.

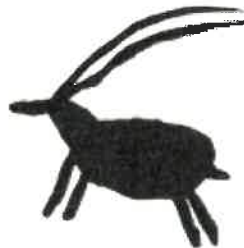
A large, empty rectangular box with a thin black border, intended for drawing an artifact. The box occupies the majority of the page area below the instructions.

Wi:vk gwendiḏnyu:dy

Rock art are symbols and drawing made by our ancestors to communicate, record their history, heritage, and traditions. The ancestors pecked, scratched, scrubbed, and carved into large rock surfaces (petroglyphs). They also painted pictographs, using many kinds of pigments made from charcoal, colorful minerals and clays, and plants (pictographs).

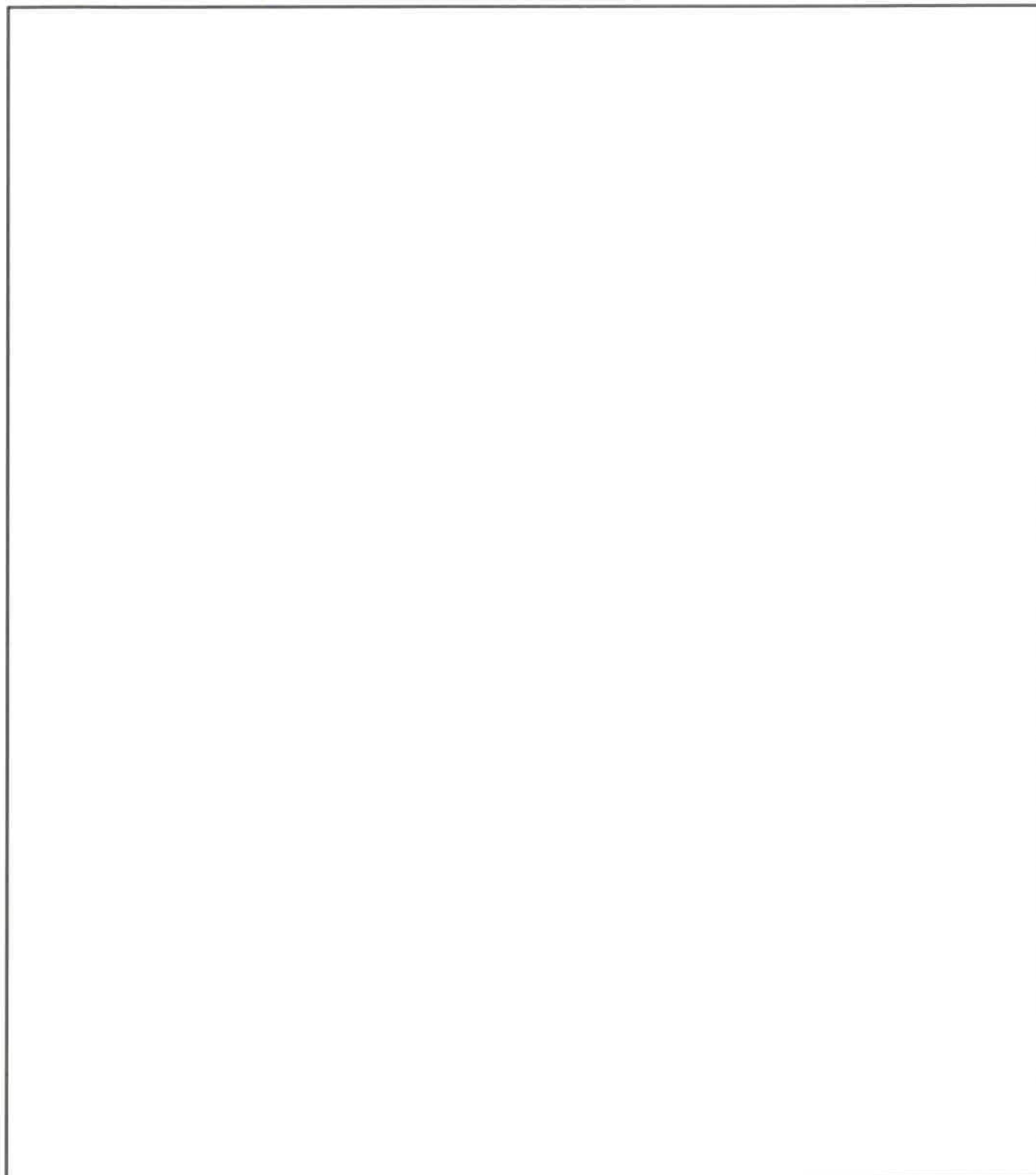
Rock art in the Southwest date back to 300 to 2,500 years ago.

Rock art makes you think about the ancestors. It also makes you feel that they are still communicating with you. So be respectful because rock art is sacred to the Walapai. It tells us that we are the decedents of the ancestors who created or published this information.



Draw your own rock art

Tell your own history.



Hwalbay Mañ Gaviso:ja

Hualapai Culture and Being a Caretaker of the Land

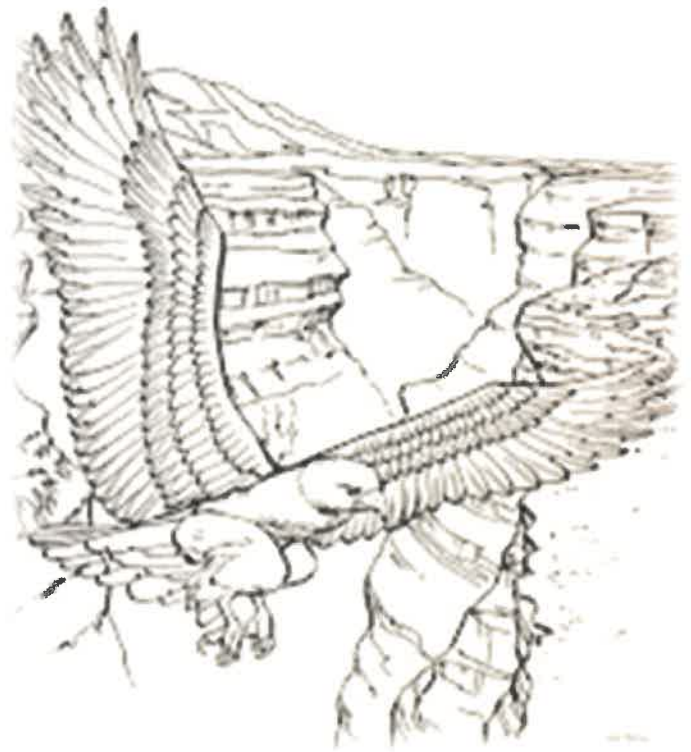
The Hualapai and other Colorado River Indian Tribes were the first inhabitants of the land.

The Hualapai have a responsibility to preserving, conserving, and protecting the land. One way to protect the land is through federal laws called, *The 1979 Archaeological Resource Protection Act (ARPA)* and *National Environmental Policy Act (NEPA)*.

ARPA and *NEPA* are federal laws making it illegal to damage or collect objects from archaeological or cultural sites on and off Indian Reservation lands.

The cultural heritage and history we all share can be easily lost, so please be an advocate for preserving the past for the future.

Talk about your culture to your family and friends. Learn something new every day. Are there plants you want to know about? Animals? History or stories?



Words of wisdom: *Speak Hwalbay as much as you can. Language is a way to keep a culture strong. Speak to the land and learn to listen. Mother Earth will share her heart with all of us who take care of her.*

Glossary

A.D.: a Latin phrase *anno domini* meaning in the year of the Lord

Advocate: publicly support a cause or policy

Archaeology: the study of human behavior through cultural material and human remains

Archaeological Site: a place where human activity occurred

Artifact: any object made, changed, or used by humans

Ceramic: pottery, fired clay

Classification: an organized arrangement of objects into groups

Culture: a set of shared learned beliefs, values and behaviors by members of a society

Ethnobotany: the study of plants and their medical, religious, and other uses.

Excavation: digging up and removing the dirt, sand, or other objects

Feature: an area where human activity happened like fire pits, rock art wall, or posthole

Heritage: the act of passing down knowledge from one generation to the next

Inhabitants: a person or animal that lives in a place like a house, town, or city.

Lithic: from the Greek word for "rock"

Midden: an area where people put or threw away their trash

Petroglyphs: carvings on a rock wall surface that was a way to communicate

Pictograph: drawings made with paint or other pigments

Pigment: natural colors made from plants, animal, or rocks

Potsherd: a piece of broken pottery

Rock Art: an archaeological word to describe the pictographs and petroglyphs on rock surfaces that were a form of communication for the ancestors

Site: an area of ground that a building, monument, or town is or was built

Stratigraphy: the layering of deposits with the oldest layer being at the bottom

Survey: the systematic examination of an area

Challenge: underline the words or terms you do not know throughout the book and do your own research.

Archaeologists Look For Clues to the Past!

Find each of the following words.

DUST PAN
HERITAGE
LEVELS
METAL
BOTTLES
TROWEL
LEGISLATION

SCREEN
POTTERY
SOIL
WRITE
ARCHAEOLOGY
BROOM
EXCAVATE

CERAMICS
REPORT
BONES
TIN CANS
LITHICS

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

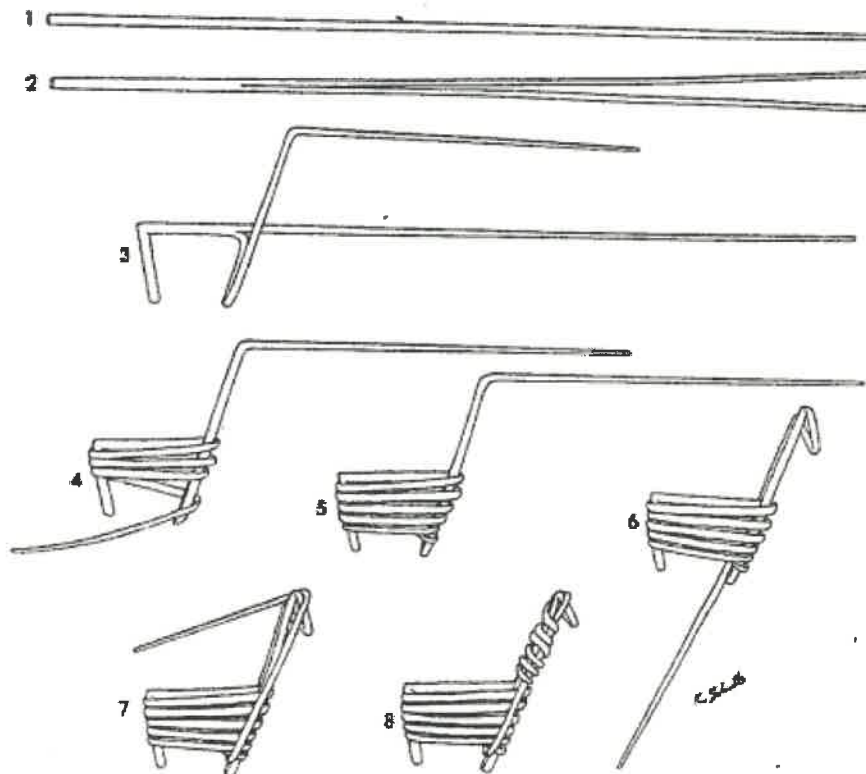
Making Grand Canyon Split-Twig Figurines

Drawings by Bob Ribokas, Kaibab USFS

(From *A Sketch of Grand Canyon Prehistory*, Anne Trinkle Jones and Robert Euler, Grand Canyon Natural History Association, 1990)

Split twig figurines represent the oldest record of human occupancy of the Grand Canyon, some dating back over 4,000 years. Some of the effigies give the appearance of bighorn sheep and some that of mule deer, both animals still very common in the Grand Canyon today. The peoples that made these little animal effigies were part of the Desert Culture, the forebears of the Anasazi culture, which occupied the Canyon after them.

The figurines were constructed by splitting willow twigs, using a stone blade, almost to the base of the twig. The two halves of the split twig were then wrapped and twisted around each other to construct the necessary shape.



HEALTH & SAFETY INFORMATION

Employees Working For Health • 2021 Miles Series

Submitted by: Trena Bizardi | Hualapai EW4H

2021 MILES SERIES

**READY
SET
GO**

Start Tracking February 1st. 50 Mile Club data does not count toward this series. Start fresh!

You have 2021 to complete these miles. Each challenge completion comes with a new incentive. You must complete in order. Send us proof. Challenge yourself. Tracking logs available. Grand incentive for those who complete all!

- 100 Miles
- 150 Miles
- 200 Miles
- 250 Miles
- 300 Miles

You add on to the previous miles. You complete the series with 300 total miles.

**BEGINS
FEBRUARY
1ST**

**Bike, Run,
Walk or Count
Your Steps!**

**QUESTIONS CALL
EW4H: 769-
1630/2644**



Employees Working For Health • March National Nutrition Month

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



Employees Working For Health • Eat Right

Submitted by: Trena Bizardi | Hualapai EW4H

Eat Right

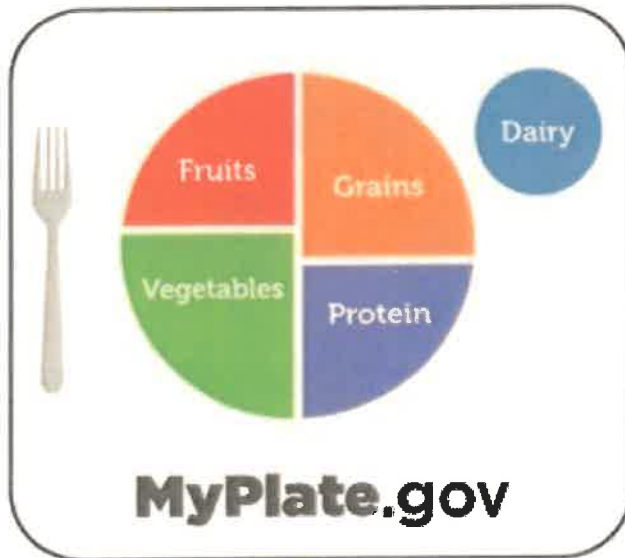
Food Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eat Right with MyPlate

Find your healthy eating routing using these recommendations from the *2020-2025 Dietary Guidelines for Americans*

Simply start with small changes to make healthier choices you can enjoy.



Make half your plate fruits and vegetables: Vary your veggies.

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw.



Make half your plate fruits and vegetables: Vary your fruits.

- Choose whole, cut or pureed fruits— fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert.



Make half your grains whole grains.

- Look for whole grains listed first on the ingredients list - try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers and noodles made with whole-grain flours.
- Limit grain desserts and snacks such as cakes, cookies and pastries.



Vary your protein routine.

- Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

- Try meatless meals made with beans and have fish or seafood twice a week.



Choose foods and beverages with less added sugars, saturated fat, and sodium.

- Use Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.



Move to low-fat or fat-free dairy milk or yogurt.

- Choose fat-free milk, yogurt and calcium-fortified soymilk to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat or fat-free yogurt, milk and cheese.

Start simple
with MyPlate

Find more healthy eating tips at:

www.eatright.org

www.kidseatright.org

www.myplate.gov

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

eat right. Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Eat Right

Food Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. **Eat Breakfast.**
Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
3. **Watch Portion Sizes.**
Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active.**
Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get to Know Food Labels.**
Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
6. **Fix Healthy Snacks.**
Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
7. **Consult an RDN.**
Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
8. **Follow Food Safety Guidelines.**
Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.
9. **Drink More Water.**
Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
10. **Get Cooking.**
Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
11. **Order Out without Ditching Goals.**
You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
12. **Enact Family Meal Time.**
Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
13. **Banish Brown Bag Boredom.**
Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.
14. **Reduce Added Sugars.**
Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.
15. **Eat Seafood Twice a Week.**
Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
16. **Explore New Foods and Flavors.**
Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
17. **Experiment with Plant-Based Meals.**
Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
18. **Make an Effort to Reduce Food Waste.**
Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.
19. **Slow Down at Mealtime.**
Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
20. **Supplement with Caution.**
Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

National Nutrition Month® 2021

eat right. Academy of Nutrition and Dietetics

Nutrition Sudoku Easy

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Date		Bread						Ice
				Ice				
Hummus	Cheese		Fish		Bread	Almond	Date	Garlic
		Fish						Hummus
Bread		Cheese	Almond		Ice	Fish		Date
Egg			Bread		Date	Cheese		
Fish	Almond	Date	Garlic				Ice	
	Hummus			Date		Garlic		
Ice							Almond	Egg

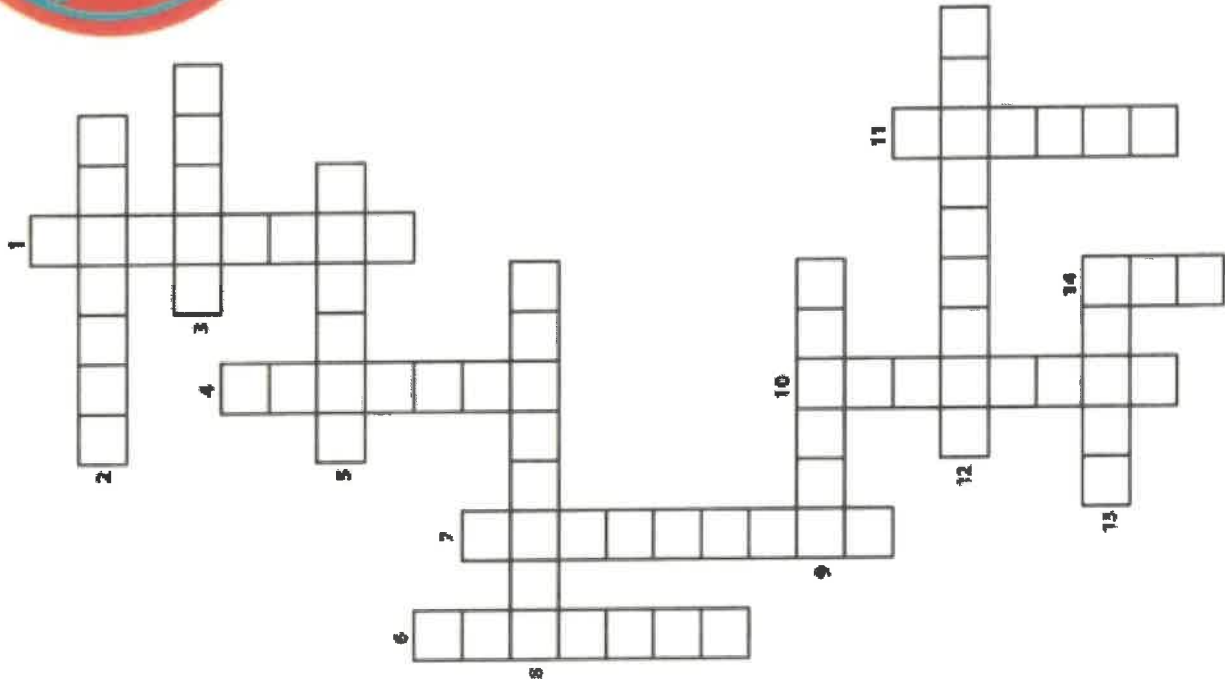


Don't Look Yet!
These Are the
Sudoku Answers:

E	V	D	F	C	H	G	B	I
B	F	D	V	A	G	I	C	H
C	I	H	E	B	A	D	G	F
V	D	C	G	A	F	B	H	E
D	G	C	A	H	I	F	E	B
H	C	I	B	A	D	G	F	E
G	D	V	B	A	D	G	F	E
F	C	H	B	C	F	I	H	A
I	H	E	B	A	D	G	F	C

- A Almond
- B Bread
- C Cheese
- D Date
- E Egg
- F Fish
- G Garlic
- H Hummus
- I Ice

Crossword Puzzle



Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of healthful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. This protein food is a source of vitamin D.



National Nutrition Month® 2021

Word Search

Words may be horizontal, vertical, diagonal, or backwards.



Avocados
Beans
Cereal
Dates
Eggs
Flaxseed
Garlic
Hummus
Ice
Jackfruit
Kiwi
Lettuce
Milk
Nuts
Oats
Potatoes
Quinoa
Raisins
Shrimp
Turkey
Vinegar
Wild rice
Yogurt
Zucchini

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

FACT OR FICTION?

National Nutrition Month® 2021 Quiz

Circle the correct answer.

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. **FACT OR FICTION?**
2. Added sugars and naturally occurring sugars are the same. **FACT OR FICTION?**
3. A vegetarian diet can provide the recommended amount of protein for people of all ages. **FACT OR FICTION?**
4. Foods that contain carbohydrates should be avoided. **FACT OR FICTION?**
5. All types of dietary fat are the same. **FACT OR FICTION?**
6. Frozen and canned fruits and vegetables can be nutritious choices. **FACT OR FICTION?**
7. A gluten-free diet is recommended for weight loss. **FACT OR FICTION?**
8. Some processed foods can be healthful. **FACT OR FICTION?**
9. Adding salt at the table is the main source of sodium in the U.S. **FACT OR FICTION?**
10. Three servings from the Dairy Group are recommended daily for adolescents and adults. **FACT OR FICTION?**

National Nutrition Month* 2021

 Academy of Nutrition and Dietetics

Nutrition Sudoku Difficult

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

		Egg		Date		Hummus		
					Ice		Bread	Garlic
Almond				Fish				Egg
		Garlic				Bread		Almond
Cheese			Garlic		Almond			Hummus
Date		Almond						
				Hummus				Cheese
Hummus	Bread		Fish					
		Fish		Almond		Garlic		



Don't Look Yet!
These Are the
Sudoku Answers:

B	H	G	D	F	I	A	C	E
D	B	I	F	G	C	E	A	H
G	A	D	B	H	E	F	I	C
D	H	A	E	B	F	C	G	I
H	F	B	G	I	A	D	E	C
I	E	G	D	C	H	B	F	A
A	G	H	C	F	B	I	D	E
F	D	C	H	E	I	A	B	G
B	I	E	A	D	G	H	C	F

- A Almond
- B Bread
- C Cheese
- D Date
- E Egg
- F Fish
- G Garlic
- H Hummus
- I Ice

FACT OR FICTION?

eat
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National Nutrition Month® 2021 Quiz

Answers

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FICTION: A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

2. Added sugars and naturally occurring sugars are the same.

FICTION: Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT: A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

4. Foods that contain carbohydrates should be avoided.

FICTION: Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

5. All types of dietary fat are the same.

FICTION: Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT: Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.

7. A gluten-free diet is recommended for weight loss.

FICTION: A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.

8. Some processed foods can be healthful.

FACT: There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.

9. Adding salt at the table is the main source of sodium in the U.S.

FICTION: Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT: For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soymilk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.



COMMUNITY MESSAGES

Inspirational & Encouragement Corner • God Has Positive Answers

Submitted by: Josie Powsey

God has a positive answer!

<u>You say:</u>	<u>GOD says:</u>	<u>Bible Verse:</u>
It's impossible.	All things are possible	Luke 18:37
I'm too tired.	I will give you rest.	Matthew 1:28-30
Nobody really loves me.	I LOVE YOU!	John 3:1 / John 3:34
I can't go on.	My grace is sufficient.	I Cor. 12:9 / Psalm 91:15
I can't figure things out.	I will direct your steps.	Proverbs 3:5-6
I can't do it.	You can do all things.	Philippines 1:13
I'm not able	I am able.	I Cor. 9:8
I'm not worth it.	It will be worth it.	Romans 8:28
I can't forgive myself.	I forgive you.	I John 1:9 / Romans 8:11
I can't manage.	I will supply all your needs.	Phil 4:19
I'm afraid.	I have <u>not</u> given you a spirit of fear.	I Tim 1:7
I'm always worried & frustrated.	Cast all your cares on ME.	I Peter 5:7
I'm not smart enough.	I give you wisdom.	I Cor. 1:30
I feel alone.	I will never leave you or forsake you.	Hebrew 13:5

KWLP 100.9 FM • Easter Basket Listener Giveaway

Submitted by: Terri Hutchens | KWLP 100.9FM

KWLP 100.9 FM

WANTS TO WISH LISTENERS:



- WITH A LISTEN TO WIN RAFFLE EASTER BASKET GIVEAWAY
- 3/15/2021 THROUGH 4/2/2021
- WINNER TO BE DRAWN ON KWLP AT 10:00 A.M. 4/2/21
- MUST BE 18 TO WIN, CAN ONLY WIN 1 MAJOR PRIZE IN 30 DAYS. CAN'T BE IMMEDIATELY RELATED TO KWLP STAFF OR DJ GIVING AWAY THE PRIZE

- THE EASTER BASKET CONTAINS GIFTS VALUED AT OVER \$100. DONATED BY LOCAL AVON DISTRIBUTOR, JAMIE SCHIRUM AND KWLP STAFF, DJS AND ADVERTISERS. LISTEN TO WIN ON "THE PEACH"



Grand Canyon Resort Corporation • Employee Recognition

Submitted by: Kristen Wakayuta | Grand Canyon Resort Corporation



BRYANT SMITH III

CREW SUPERVISOR

HUALAPAI RIVER RUNNERS - GCRC

Gamyu

My name is Bryant Smith III I am a member of the Hualapai tribe. My father is Bryant Smith Jr aka jaws & my mother is Karen Walema. I have 3 children 2 daughters & 1 son: Mercedence, Gabriella & Bryant the 4th.

I started out with HRR when I was 16 years old as a swamper packer working on the summer youth program. I am now the on-river crew supervisor I am going on my 13th season with HRR. I didn't know a lot about River Running, I just gave it a try to see how it would play out for me since it would be my first job ever. Being a swamper gave me a first look at what it would be like becoming a boatman which is how we referred to being a river guide back in the day. The following years I always found myself coming back to HRR & at first, I didn't know why but as I get older, I know now that it's the River it's become a part of me & I've become one with it also the team it creates & the family away from family because we are all we got when we are down there. I've also worked in the ambassador's department out at Grand Canyon West & The Pontoon operations.

My goals would have to be setting a great example for my children becoming a positive role model for them. That with hard work & a drive you earn what & where you get in life.

Working with HRR helped me with growth, responsibility & hard work." Being on that river is kind of like life it changes day to day You may hit rock bottom one day the next you might get stuck on a sand bar You might have the brightest of days next thing you know you'll have the darkest of days Normal days could turn into what might seem like never ending days One thing it has shown is no one is ever really ever stuck or without hope forever the River stays flowing & so do you."

I don't just enjoy my job I love my job because I get to bring people from around the world the joy they seek, the everlasting memories they will capture & showing them a tiny glimpse of Hualapai. One thing about me that people close to me know is I love being on the water anytime I see a body of water I get lost in reading the ripples almost as if its speaking to me. That's just how much respect I have for Ha'ka'ama she takes care of me & my family, so I show her the respect she deserves I speak to her at the start of the day & at the end of the day. My team I don't really see as my team we are more like family that's just how strong the bond is working with HRR we are like no other we eat together, we rest together, we share long days together they got me & I got them. As the years & guides have come & gone, I've always treated them as family & this family has placed names upon me, but none have stuck like this one has & that is The River God. I have done things with the water not many have seen before & showing how great of a leader I can be in the toughest of days shown that they could place their full trust in me I'd always be there no matter what. I always refused to be called a legend because that to me just means my time is over & I'm not done yet that's why I'm still here doing what I do not only for myself but for my family at home & my family at work. What I do & when I do it, I put my all into it & I never give up until I get it done.

My motto to get through my toughest times where my feet hurt, my legs hurt, my back hurts, my hands hurt & being burnt out is "come on one more day" it gets me up & going each & every day.

So, I just want to hun'kyu it has been more than a pleasure to be where I am for as long as I've been here, I'm learning more each & every day. I know there's so much more to grasp & there's still more pages for me to fill in my book of life. I am The River God...



PAUL CASTRO

MAINTENANCE

HUALAPAI LODGE - GCRC

Gamyu'

Hello everyone,

My name is Paul Castro, and I work as Maintenance at the Hualapai Lodge. Working at the Hualapai Lodge has been a very good experience for me in many ways. It is a job I can use my skill sets at and learn new ones. It has taught me to challenge myself each and every day and to push myself and encourage others to do the same.

It has helped me grow as a person. With each challenge and job that I complete, it helps me build more confidence in myself and in the things I do each and every day. I have gained knowledge I did not have before with the training I have received while working at the Lodge and for this I am very thankful.

I am very thankful for many things:

First, getting this job and still having a job through this pandemic we are going through.

Second, I am thankful for my boss and her patience and understanding with me but most of all her ability to learn and accomplish all that she has in such a short time. You make this a great place to work.

And third, I am thankful that we are all here today in good health and for the recognition I have received from all of you.

I thank you with all my heart.

TRACY BIG JOHN

AIRPORT SUPERVISOR - GCRC

Gamyu'

My name is Tracy L. Big John and I'm from the Otoe / Delaware Tribe of Oklahoma, born for the Bear clan. I was born in Orange County, California and raised in Las Vegas, NV. My Father is the late Perry R. Big John, and My Mother is the late Judy A. Beckstead Big John. My Paternal Grandparents are the late Ferrall J. Big John who was from the Delaware (Lenni Lanape) Tribe and Noralee Butler Big John who was from the Otoe/Iowa/Missouria Tribe of Oklahoma. My maternal Grandparents are the late Devon G. Beckstead and Lena Denney Beckstead. My Death Do I part Partner in Crime (Wife) is Tori Crozier and my Father-in-Law is Augustine Crozier. I have 1 Amazingly Crazy Son, Christian Del Ray who is now grown and living it to the fullest. We are currently raising Tori's 2 nieces Lala and Nyssa (Who)Dini whose main purpose in life is to rise and drive me crazy. They are succeeding.

I came out to Peach Springs, AZ in August of 2002 when I was recruited from Las Vegas Paiute PD to help start the Hualapai Nation PD. My training as a Police Officer consisted of the following, Nevada Category 1 & 2 Law Enforcement POST Certification's from Clark County Community College in Las Vegas. My certification through the Bureau of Indian Affairs, as well as my instructors training through the FBI. I attended the Federal Law Enforcement Training Center (FLETC) in Brunswick, Ga. and received my Criminal Investigators Certification. I specialized in Child abuse / abduction / Domestic violence and sexual assault. I also sat on the Las Vegas Metro PD Gang Task force and FBI Missing and Exploited Children and Cyber Crime Task Force. I was a Police Officer with Hualapai until 2005. After I left the HNPd, I worked for the Hualapai Tribal Courts as a bailiff and process server.

I was hired by Grand Canyon Resort Corporation on March 9, 2006 as a Security Officer. A week later I was asked to be the Supervisor of Security due to my Law Enforcement background. In 2007 I was sought out to be a part of the EMS / Fire department, a position I was excited to take. I received my Airport Firefighting Certification shortly after going into the department, and in 2008 I received my EMT Certification. I was promoted to EMS Supervisor in 2010 which is a position I currently hold but has since been renamed to Airport Supervisor since my job duties go beyond just EMS / Fire.

My job duties vary from day to day just depending on what is required of me. I'm very flexible and always willing to do what is required of me to make sure our Department runs smoothly. I handle all the scheduling which is a job in itself. I make sure we have the proper coverage for the Airport to operate properly and in compliance with the FAA. I handle all the ordering of medical equipment and office supplies. I obtain the quarterly purchase order requests for our vendors to make sure we can keep the department and vehicles running. I also help oversee our finances and budget. When I'm not doing that, I'm the shoulder to lean on. Whether it's just to listen or give some advice, I try to do the best that I can for my Team. My next goal with the Airport / Fire / EMS Department is to obtain my Airport Master Firefighter (AMF) Certification.

During my time with the Hualapai Nation, I have met some Amazing people and have made Friendships that'll last a lifetime, and for that I'm very Blessed and Thankful. I have also worked with a lot of really Great Team Members here at Grand Canyon West from all Departments. It's Truly been a Fantastic Adventure, Experience and Honor to work for GCRC and The Hualapai Nation for 15 years. I look forward to many more wonderful years at GCW and to be a part of helping it grow.

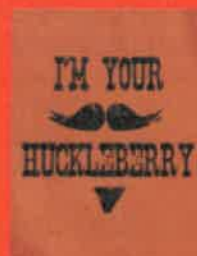
Mah' Hunk'yu

KWLP 100.9 FM • February Volunteer of the Month: John Hopkins*Submitted by: Terri Hutchens | KWLP 100.9FM*

WE LOVE OUR VOLUNTEERS

"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 Huckleberry Hopkins, is a member of the Narragansett 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 business 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 email us at: terri.kulp@gmail.com or kevin.kulp@gmail.com

KWLP 100.9 FM • Kids Art Contest: Pandemic Musical

Submitted by: Terri Hutchens | KWLP 100.9FM

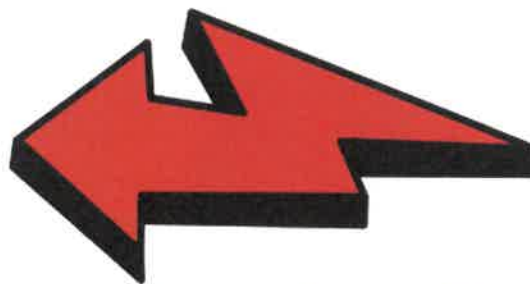
Kids ART CONTEST

to be featured in partnership with

The Children's Hour

Pandemic Musical

Inspiration: What's YOUR reaction to the Covid-19.



Scan Me to Learn More!

childrenshour.org/a-pandemic-musical/

Art may be used in digital or print in partnership with this musical.

Children 17 Years or Younger in 2021 > Work will be credited, but will become the property of The Children's Hour

KWLP WELCOMES BACK LIVE AND LOCAL:



100.9 FM
THE PEACH

**DJ Chica's
PLAYLIST**

Every TUESDAY @ 3PM
Only on the Station that Plays all Kinds of All of Peach Springs

- WEST/ EAST COAST HIP-HOP & RAP
- R & B, MOTOWN, TOP, REGGAE
- LATIN RAP

WWW.KWLP.RADIO.COM



Stagger Lee's

Friday Fright Night

6-7pm

kwlp 100.9 fm

CHECK IT OUT!

Hualapai Recreation • Daily Schedule
Submitted by: Adeline Crozier | Hualapai Tribal Administration



HUALAPAI RECREATION

DAILY SCHEDULE

OPEN 9AM-10AM

SANITIZE 10AM-10:30AM

OPEN 10:30AM-11:30

SANITIZE 11:30-12PM

OPEN 12PM-1PM

SANITIZE 1PM-1:30PM

OPEN 1:30PM-2:30PM

SANITIZE 2:30PM-3PM

OPEN 3PM-4PM

SANITIZE 4PM-4:30PM

OPEN 4:30PM-5:30PM

SANITIZE 5:30PM-6PM

NO STREET SHOES AND BRING A BALL IF POSSIBLE.

Tribal Practices Program • Green Arrow Garden Survey*Submitted by: Shaundeen Buffalo | Hualapai Health, Education & Wellness*

Tribal Practices Program – Green Arrow Garden Survey

Would you like to learn how to garden?

☐ Yes ☐ No

Do you need help with supplies?

☐ Yes ☐ No

Are you willing to go to the Community Garden at Cultural?

☐ Yes ☐ No

Do you want to have a garden in your own yard?

☐ Yes ☐ No

Would you want a raised bed for gardening?

☐ Yes ☐ No

Gardening season is here and the TPWIC Program is getting ready to start!

We would like to know who is interested in starting their own garden either at the community garden at Cultural or in your own yard.

Please fill out this form and drop it off at the EW4H/TPWIC Building (Healthy Heart) by the Radio Station. Or email it to tribalpractices@gmail.com.

For more information for the Community Garden at Cultural please call **(928) 769-2223/2234.**

