



GAMYU

Newsletter of the Hualapai Tribe



Project Aims to Preserve an Arizona Tribe's Cultural History

Submitted by: Charlotte Navanick | Ute Tribe Public Relations | AZCentral.com

Project aims to preserve an Arizona tribe's cultural history



This undated file photo shows the petroglyphs of Grapevine Canyon just outside of Laughlin, Nev., near Arizona state line. The Fort Mojave Indian Tribe is working to establish the Avi Kwa Ame National Monument to protect thousands of acres of land that include petroglyph. *Julie Fairman, AP*

MOHAVE VALLEY, Ariz. (AP) — Hidden away in Christmas Tree Pass near the Arizona-Nevada border, more than 700 petroglyphs can be found at Grapevine Canyon.

The petroglyphs, which were carved into the canyon rocks sometime between 1100 and 1900 AD, are a reminder that the history of the Colorado River extends long before Davis Dam made its mark on the landscape.

The Pipa Aha Macav, or "The People By the River," once occupied lands stretching from Utah to Mexico, and east to west from modern-day Santa Barbara to Prescott.

Now known as the Fort Mojave Indian Tribe, the group's land was reduced by settlers and now stretches from Mojave City to Topock, and straddles the Nevada, California and Arizona borders.

Fort Mojave was established as a United States military outpost in 1859 to give safe passage to American immigrants. Ruins of Fort Mojave still exist on a bluff overlooking the Colorado River, just south of the boundary of present-day Bullhead City.

The reservation follows alongside the Colorado River, as the Fort Mojave tribe holds the river sacred to its traditions.

"The whole world was formed here, according to our creation story," said Nora McDowell, former chairwoman of the Fort Mohave Indian Tribe.

McDowell is the manager of the Topock Remediation Project, which is cleaning chromium contamination in the groundwater near Topock Maze.

The Topock Maze is a more than 600-year-old geoglyph that is spiritually important to the Mojave, as it is a place where spirits transition to their next life. Also sacred to the Mojave are the Avi Kwa Ame and Avi Vas Qui (Boundary Cone).

According to tribal tradition, the world was created at just below modern day Hoover Dam, at Avi Kwa Ame, the highest point in the Newberry Mountains.

Today, the peak is known as Spirit Mountain. Many Bullhead City and Mohave Valley locals likely see the words "Avi" and "Spirit Mountain" every day without realizing their significance, as two tribal casinos in the area share the names.

The tribe is working to establish the Avi Kwa Ame National Monument, which will protect 380,000 acres of public land in southern Nevada if the proposal is granted.

Nine other tribes — Hualapai, Yavapai, Havasupai, Quechan, Maricopa, Pai Pai, Halchidhoma, Cocopah and Kumeyaay — also hold the area sacred.

"This is our home, and there are a lot of cultural resources we have to look after, even if we no longer own the land," McDowell said.

On Oct. 11, President Joe Biden officially recognized Indigenous Peoples' Day to celebrate and honor Native American peoples. It is celebrated on the second Monday of October, falling on the same calendar day as Columbus Day.

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!!Attention!!

MEDICAL ASSISTANCE TRAVEL

***Limited to \$500.00 per year
ABSOLUTELY NO EXCEPTIONS**

***5-day application process before
appointment date.**

NO REFERRALS ACCEPTED

***Submit an appointment slip and
room quotes for overnight stays.**

**If it is not included, only food and gas will be estimated. Any excess
amount of time spent away will be at the expense of tribal member.**

***Travel advance checks will be
released 24 hours prior to appoint-
ment date, or it will be voided after
appointment time and date.**

***Return receipts within 30 days.**

Receipts must reflect day(s) of travel.

**If a balance is owed, assistance will be
denied. SEE Social programs handbook under
PENALTIES.**

Any questions or concerns, call Joyce @ (928)769-2216 ext. 1111.



REVISED 11/09/21

WESTERN ARIZONA COUNCIL OF GOVERNMENTS



CONNECTING WESTERN ARIZONA Regional Transit Plan

Are you on board for regional public transportation in Western Arizona?

WE WANT TO HEAR FROM YOU

The Western Arizona Council of Governments (WACOG) Regional Transit Study is designed to identify opportunities and demand for regional public transportation in La Paz and Mohave counties. Results of this survey will help define future public transportation options in Western Arizona.



DESCRIBE YOUR TRANSPORTATION NEEDS



HELP DEFINE FUTURE TRANSIT OPTIONS

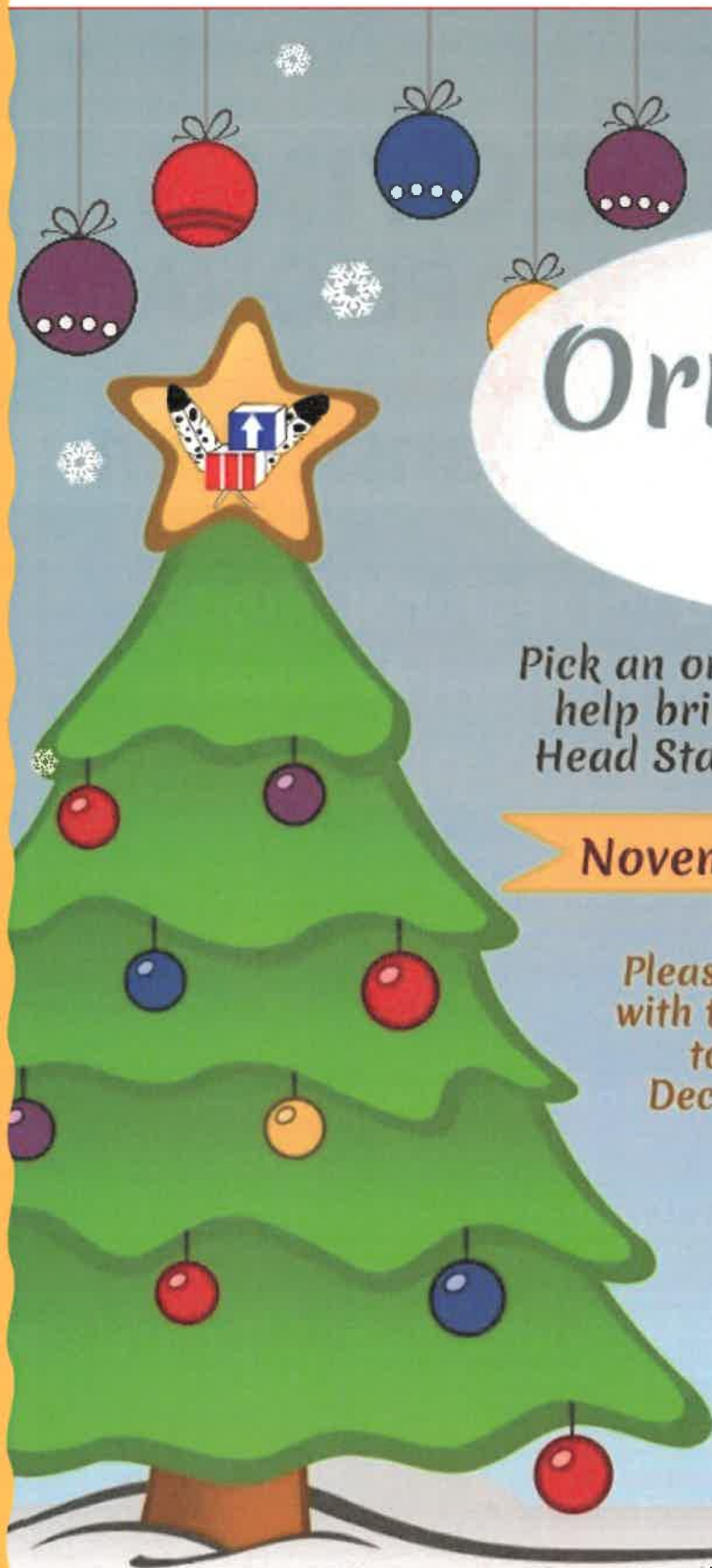
Enter for a chance to win a \$25 gift card

Take the survey at:

www.ConnectingWesternAZ.com

Submit completed survey to be entered to win a \$25 gift card





Hualapai Head Start
**Ornament
Tree**

Pick an ornament off the tree and
help bring joy to our Hualapai
Head Start Children this season!

November 22-December 6

Please bring your wrapped gift
with the ornament tag attached
to the gift no later than
December 6 to the Hualapai
Head Start.

Ornament Tree will be
located at the Hualapai
Tribal Office.

For more info visit call (928) 769-2522

Planning Meetings

La Paz Trail of Tears Memorial Run 2022

Yu' Nyihay Jam' jo

Meeting Dates:

August 11, 2021

September 22, 2021

October 13, 2021

November 10, 2021

December 8, 2021

January 12, 2022

February 9, 2022

Time: 9:00 AM - 10:00 AM

Place: Multi-Purpose Building
(Zoom if gathering is still prohibited)

Please RSVP

Each meeting will have a specific topic. Fliers forthcoming.

Contact: Martina Dawley, La Paz Run Facilitator

Hualapai Department of Cultural Resources

P.O. Box 310

Peach Springs, Arizona 86434

mdawley@hualapai-nsn.gov

(928) 769-2223



Hualapai Tribal Forestry & Wildland Fire Management

1130 Mesa View Dr. • Peach Springs, Arizona 86434 • 928-769-2312

PUBLIC NOTICE

November 23, 2021

CHRISTMAS TREES

Tribal Members are allowed to cut their own Christmas Tree on the Reservation. Please come to the Tribal Forestry Office to obtain a **FREE USE permit** (no fee) during our regular business hours for issuing permits: 8:00 a.m. to 12:00 noon.

*Please note that we may be closed during upcoming holidays.

Tree harvests will be limited to **Pinyon Pine** or **Juniper Cedar** woodlands and **1 TREE** per household.

*If you will be taking your harvest off of the Reservation, you will be required to obtain a **HAUL TICKET** for transporting. These are available at our **old Forestry Office** outside of the Wildlife Game & Fish Office downtown.

NOTE: CUTTING of any live **Ponderosa** is **NOT** allowed.

If you have any question or concerns, please contact Melvin Hunter Jr., Fire Management Officer (928.769.2312) or Richard Powskey, Hualapai Department of Natural Resources Director (928.769.2254)

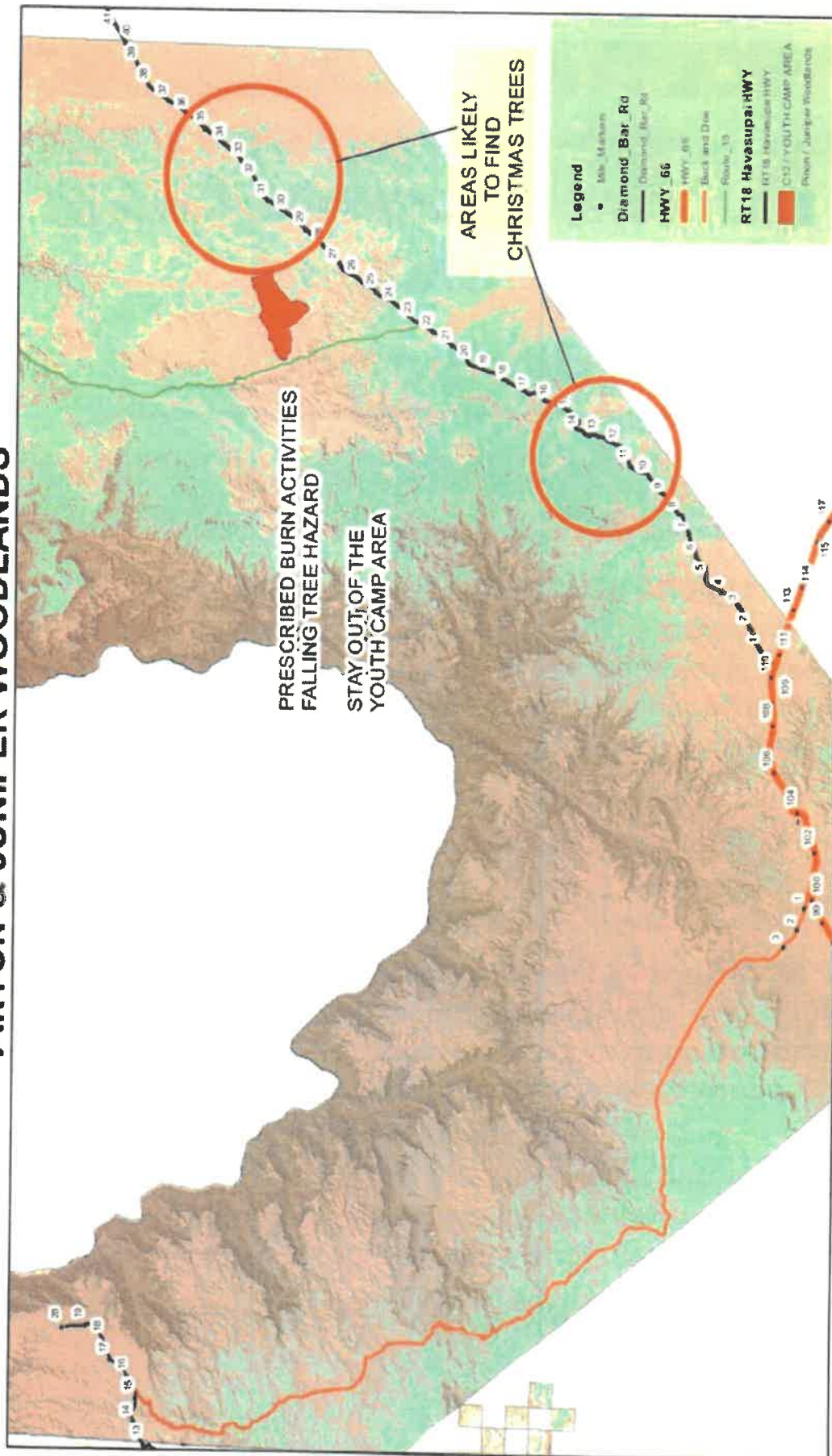


PINYON PINE



JUNIPER CEDAR

CHRISTMAS TREE CUTTING PINYON & JUNIPER WOODLANDS



FOR SAFETY:
PLEASE LET SOMEONE KNOW WHERE YOU ARE GOING
AND WHEN YOU ARE EXPECTED TO RETURN HOME.
BE CAREFUL WHEN GOING OFF ROAD



ATTENTION AG PRODUCERS

Intertribal Agriculture Council

USDA Disaster and Emergency Relief Programs

FSA- Livestock Forage Protection Program (LFP)

LFP provides compensation to eligible livestock producers who suffered grazing losses due to drought or fire on land that is native or improved pastureland with permanent vegetative cover or that is planted for grazing.

FSA- Emergency Assistance for Livestock, Honey Bees, and Farm Raised Fish (ELAP)

Provides assistance to eligible owners of livestock and producers of honeybees and farm-raised fish for losses due to disease, adverse weather, or other conditions not covered by LFP or LIP.

FSA- Emergency Conservation Program (ECP)

Provides funding and technical assistance for farmers and ranchers to restore farmland damaged by natural disasters and for emergency water conservation measure in severe drought.

FSA- Farm Loans

Provides emergency and operating loans to help producers recover from production and physical losses due to natural disasters or livestock quarantine and can pay for farm operating and family living expenses.

Contact Padgley Gonzales, IAC Technical Assistance Specialist, *Western Region*, for more information or for help applying at (520)-610-0807 or padgley@indianag.org. Visit www.IndianAg.org for more disaster resources.

Unity's Annual Midyear and National Leadership Conference • Open Registration

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

Registration is OPEN for Unity's Annual Midyear and National Leadership Conferences

https://unityinc.org/news/registration-is-open-for-unitys-annual-midyear-and-national-leadership-conferences/?mc_cid=172008d5e9&mc_eid=44a11e0dff

MIDYEAR
FEBRUARY 24-27, 2022
PHOENIX, AZ

UNITY
Inspiring Hope. Changing Lives. Since 1976

NATIONAL
JULY 8 - JULY 12, 2022
MINNEAPOLIS, MN

REGISTRATION OPENS OCT. 1
EARLY BIRD (OCT 1 - NOV 30): \$250
ADVANCED (DEC 1 - JAN 31): \$300
FULL RATE (FEB 1 - ONSITE): \$350
WWW.UNITYINC.ORG

SAVE THE DATE

REGISTRATION OPENS OCT. 1
EARLY BIRD (OCT 1 - NOV 30): \$250
ADVANCED (DEC 1 - MAY 31): \$350
FULL RATE (JUNE 1 - ONSITE): \$450
WWW.UNITYINC.ORG

SAVE THE DATE

The midyear conference will take place in Phoenix in February 2022

Mesa, Arizona – United National Indian Tribal Youth (UNITY) will hold its Midyear Leadership Conference, February 24-27, 2022, at the Hilton Phoenix Resort at the Peak. The National Conference will be July 8-12, 2022 in Minneapolis. Early bird registration for each conference is \$250 through November 30, 2021.

As in the past, the 2022 events will engage Native youth from across the country through workshops, breakout sessions, music, and cultural sharing. Popular UNITY trainers and presenters will return, and attendees will participate in speed workshops, hear from engaging guest speakers, and enjoy time to meet and network with other Native youth from around the country.

"With both conferences returning to a fully in-person format this year, it will be wonderful to see our youth in Phoenix and Minneapolis, making connections and coming together for learning and community," said Mary Kim Titla, Executive Director of UNITY. "We are looking forward to sharing our experiences and traditions once again."

UNITY has been fostering the spiritual, mental, physical, and social development of American Indian and Alaska Native youth, and helping build a strong, unified, and self-reliant Native America through greater youth involvement since 1976.

Registration dates and prices for the Midyear Conference are as follows:

October 1 through November 30:

\$250 early bird registration

December 1 through January 31, 2022:

\$300 advance registration

February 1 through onsite registration:

\$350 full rate

Registration dates and prices for the National Conference are as follows:

October 1 through November 30:

\$250 early bird registration

December 1 through May 31, 2022:

\$350 advance registration

June 1 through onsite registration:

\$450 full rate

To register or reserve a hotel room, visit:

- MIDYEAR REGISTRATION:

<https://events.american-tradeshow.com/UNITYmidyear22>

MIDYEAR HOTEL: Hilton Phoenix Resort at the Peak

- NATIONAL REGISTRATION:

<https://events.american-tradeshow.com/UNITYnational22>

- NATIONAL HOTEL: Hilton Minneapolis

EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corporation • Current Job Postings

Submitted by: Gina Masawytewa | Grand Canyon Resort Corporation

Revised 11/16/2021
** For Quick Apply Visit Grandcanyonwest.com **

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	Airport Manager	1	D.O.E/FT	Varies
Human Resources Director	1	D.O.E.	Varies	Supervisor	1	D.O.E/FT	Varies
Sr HR Specialist Training & Development - HR	1	D.O.E/FT	Mon-Fri	Lead Firefighter/EMS	1	D.O.E/FT	Varies
Project Manager	1	D.O.E/ FT	Mon-Fri	Airport Dispatcher	1	D.O.E/FT	Varies
Chief Operations Officer (COO)	1	D.O.E/ FT	Mon-Fri	Firefighter /EMS	2	D.O.E/FT	Varies
Administrative Assistant- GCW	1	D.O.E/FT	Varies	Entry Firefighter	1	D.O.E/FT	Varies
Procurement	# of Positions	Pay Rate	Shift	Airport Operations Specialist	1	D.O.E/FT	Varies
Inventory Control Specialist	1	D.O.E/FT	Varies	Gift Shop / Tour Counter	# of Positions	Pay Rate	Shift
Training & Development	# of Positions	Pay Rate	Shift	Cashier	2	D.O.E/PT	Varies
IT Trainer	1	D.O.E/ FT	Mon-Thurs	Tour Counter/Gift Shop Operations Manager	1	D.O.E/ FT	Varies
Hualapai Lodge	# of Positions	Pay Rate	Shift	Security	# of Positions	Pay Rate	Shift
Front Desk Supervisor	1	D.O.E/FT	Varies	Security Operations Manager	1	D.O.E/FT	Varies
Maintenance Tech	1	D.O.E/PT	Varies	Security Guard	3	D.O.E/FT	Varies
Laundry Attendant	1	D.O.E/Seasonal	Varies	Security Guard	4	D.O.E/Seasonal	Varies
Room Attendant	1	D.O.E/PT	Varies	Security Guard	2	D.O.E/PT	Varies
Diamond Creek Restaurant	# of Positions	Pay Rate	Shift	Ambassador	# of Positions		Shift
Restaurant Supervisor	1	D.O.E/FT	Varies	Supervisor	1	D.O.E/FT	Varies
Walapai Market	# of Positions	Pay Rate	Shift	Greeter	4	D.O.E/Seasonal	Varies
Operations Manager	1	D.O.E/FT	Varies	Pontoon	# of Positions	Pay Rate	Shift
Utility Employee	1	D.O.E/ PT	Varies	Pontoon Manager	1	D.O.E/FT	Varies
Hualapai River Runners	# of Positions	Pay Rate	Shift	Skywalk	# of Positions	Pay Rate	Shift
Office Supervisor	1	D.O.E/FT	Varies	Utility	2	D.O.E/Seasonal	Varies
Maintenance Supervisor	1	D.O.E/FT	Varies	Utility	1	D.O.E/FT	Varies
Operations Manager	1	D.O.E/FT	Varies	Utility	1	D.O.E/PT	Varies
GCRC INTERNAL ONLY UNTIL ***/2021							
				Hualapai Ranch	# of Positions	Pay Rate	Shift
				Manager	1	D.O.E/FT	Varies
				Night Auditor	1	D.O.E/ FT	Varies
				Maintenance	1	D.O.E/ PT	Varies
				Housekeeping	1	D.O.E/ FT	Varies
				Janitorial	# of Positions	Pay Rate	Shift
				Janitor	2	D.O.E/FT	Varies

Hualapai Tribe • Current Job Postings

Submitted by: Coleen Mahone | Hualapai Human Resources



2021 Current Job posting for the Hualapai Tribe

Department	Job Title	Salary	Opening Date	Closing Date
INTERNAL ONLY (For Current Tribal Employees Only)				
Game and Fish	Wildlife Ranger (1)	D.O.Q.	November 17, 2021	November 23, 2021
Head Start	Lead Teacher	D.O.Q.	November 17, 2021	November 23, 2021
	Family Advocate	D.O.Q.	November 17, 2021	November 23, 2021
OPEN COMPETITIVE				
Accounting	Accounts Payable Technician	D.O.Q.	November 10, 2021	November 24, 2021
Adult Detention	Correctional Officer I, II and III	\$16.00 - \$18.00/Hr.	June 03, 2021	Open Until Filled
	Corporal	D.O.Q.	November 10, 2021	November 24, 2021
Emergency Services	Firefighter/EMT-Basic	D.O.Q.	March 19, 2019	Open Until Filled
	Firefighter/Paramedic	D.O.Q.	March 19, 2019	Open Until Filled
Forestry	Fire Management officer	D.O.E.	April 14, 2021	Open Until Filled
Health Department	Health Educator, Employee working 4 health	Negotiable	November 18, 2021	December 03, 2021
	Data Entry Specialist	D.O.Q.	November 17, 2021	Open Until Filled
	Child and Family Therapist (1)	\$55,000 - \$58,000 (DOE)	November 17, 2021	Open Until Filled
	Substance Abuse Counselor	\$52,000 - \$55,000/Yr.	November 10, 2021	Open Until Filled
	Community Health Representative	\$15.00 - \$ 18.00/Hour	September 07, 2021	Open Until Filled
	Hualapai Tribal Substance Abuse Action Plan Project Coordinator	D.O.E.	October 20, 2021	Open Until Filled
	Therapy/Life Skills Training Coordinator	D.O.Q.	August 09, 2021	Open Until Filled
	Project Director-Native Connections Behavioral Health Grant Program	TBD	May 05, 2021	Open Until Filled
	Suicide Prevention Paraprofessional	D.O.E.	April 14, 2021	Open Until Filled
	Project Director	TBD	December 29, 2020	Open Until Filled
	Emergency Operations Liaison	D.O.Q.	September 02, 2021	Open Until Filled
	Care Coordinator	D.O.Q.	September 23, 2021	Open Until Filled
	Radio Station Administrative Assistant	D.O.E.	September 08, 2021	Open Until Filled
	Radio Station Part-Time Field Operator/Technician	D.O.E.	October 20, 2021	Open Until Filled
Head Start	Program Aide	D.O.Q.	November 06, 2020	Open Until Filled
	Assistant Teacher	D.O.Q.	November 06, 2020	Open Until Filled
	Special Education Teacher	D.O.Q.	November 06, 2020	Open Until Filled
	Custodian/COVID Cleaner (Part-Time)	D.O.Q.	November 10, 2021	Open Until Filled
Judicial	Probation Officer	D.O.E.	May 19, 2021	Open Until Filled
Juvenile Detention	Correctional Officer I, II and III	\$16.00 - \$18.00/Hr.	July 22, 2019	Open Until Filled
	Food Service Worker	D.O.Q.	September 09, 2021	Open Until Filled
Natural Resources	Agriculture Program Manager	D.O.E.	August 18, 2021	Open Until Filled
Police Dept.	Police Officer	\$39,520/Yr. to \$47,840/Yr.	December 06, 2018	Open Until Filled
	Animal Control Officer (1)	D.O.E.	September 30, 2021	Open Until Filled
Public Services	Transit Bus Driver (Part-Time) (4)	\$17 - \$19.00 an hr. (D.O.E.)	June 06, 2021	Open Until Filled
Roads	Road Maintenance II	D.O.E.	November 10, 2021	November 24, 2021
Training Center	High School Services Coordinator	D.O.Q.	September 22, 2021	Open Until Filled
	Director	D.O.Q.	November 10, 2021	December 27, 2021

FOR A COMPLETE JOB ANNOUNCEMENT PLEASE PICK UP AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT hualapai-nsn.gov

Contact Us: Human Resources
POB 179 / 941 Hualapai Way
Peach Springs, Az. 86434-0179

Phone number: 928-769-2216
Fax number: 928-769-1191
Email Address: cmahone@hualapai-nsn.gov

Revised on 11/18/2021



*** PLEASE NOTE :

As per Hualapai Personnel Policies & Procedures Manual consideration for applicants is as follows and **MUST** be adhered to (PP Section 7.2 – Hiring Preference) :

- **First consideration** must be given to any qualified and identified Hualapai Tribal enrollees.
- **Second consideration** must be given to all other qualified Indians. Justification must be provided here as well for non-selection.
- **Third consideration** must be given to any qualified non-Indian applicants affiliated with the Peach Springs community. Justification must be provided here as well for non-selection.
- **Final consideration** is given to any remaining qualified applicants.

- Please make sure to put the Experience, Training and Education with your application.

(Attach a resume and/or your work experience, any certifications, etc. that pertain to the job position)

To work for the Hualapai Tribe, these are the **NECESSARY REQUIREMENTS**:

- * **A High School Diploma or GED** (transcripts will be accepted) **** Please submit a copy of your HS diploma/GED certificate.
- * **A Valid Driver's License** and able to qualify for Tribe's Insurance
- * **Must submit to and pass a pre-employment drug/alcohol screening**
- * **Requires COVID-19 viral test prior to start date.**
- * **Effective August 31, 2021 - Hired Personnel will be required to submit COVID-19 vaccination record or exemption.**
- * **AZ Clearance Card** (for positions that require it)

Preference - All applicants are considered without regard to age, sex, race, national origin, religion, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and public law 93-638, Section 7B.

THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM

Auxiliary aids and services available upon request to individuals with disabilities

Contact Us: Human Resources
POB 179 / 941 Hualapai Way
Peach Springs, Az. 86434-0179

Phone number: 928-769-2216
Fax number: 928-769-1191
Email Address: cmahone@hualapai-nsn.gov

Revised on 11/18/2021

REQUEST FOR PROPOSAL

Contract services for Radio Station Engineer

The Hualapai Tribe Health and Wellness Department, Radio Station Program, KWLP, is accepting proposals for a contract to provide radio engineering and field operator services, including providing the services described in the attached addendum A.

The person(s) submitting the proposal must have the skills, experience and equipment necessary to provide the necessary services regularly and on-call, as needed.

The Proposal should include desired hourly wage and desired monthly retainer per industry standards, as well as indicate if and how hourly wages will be drawn against the retainer or not. Please identify whether travel time and labor performance rates will be different. Proposal should also include any other reimbursements or consideration requested and anticipated.

Proposals will be evaluated based upon the proposer's past experience and qualifications and cost effectiveness of the proposal.

The person(s) submitting the proposal may call to inquire regarding specifics.

The most qualified proponent will be contacted to enter negotiations. The selected proponent will be an Independent Contractor, and as such must abide by any applicable requirements of the Hualapai Tribe, including submitting a current and complete W-9 and signing the Tribe's Professional Services Contract.

In accordance to Ordinance 01-80 of the Hualapai Tribe, Indian Preference in Contracting & Employment is required on this project. For information contact; Tribal Employment Rights Office at: 928-769-2216 X 108 or Cell 929-864-8900.

Proposals should be submitted in writing to Terri Hutchens, PO Box 353, Peach Springs, AZ 86434 or via internet at terri.kwlp@gmail.com or delivered to the radio station at 480B Hualapai Way, Peach Springs, AZ 86434 **on or before December 10, 2021 at 5:00 p.m.**

For more information contact Terri Hutchens at (928) 769-1110.

Addendum A

Radio Station Engineer Request for Proposal

- Perform all services in accordance with guidelines and requirements of the applicable Program, Department, Tribe and any applicable Federal agency regulations.
- Coordinate closely with: the station's General Manager and Operation's Manager; the station's contract Consulting Radio Engineer; the station's internet stream technical consultant/ service provider; utility service providers & pertinent other contract; assigned and pertinent Tribal Public Works Department staff and other radio station program staff, as needed
- Perform some necessary inspection and maintenance services regularly as mutually agreed with the station General manager and otherwise, on-call as needed, either remotely or onsite at alternative and sometimes irregular hours.
- Assist the Tribe radio station, KWLP and its staff with actual technical operations and maintenance of electronic broadcast equipment and structures of the FM station, KWLP, by doing the following:
 - Regularly inspect and calibrate the transmission system, required monitors, metering and control systems and make any necessary repairs or adjustments where needed to insure compliance, and make regular log entries as required by FCC rules;
 - Periodically and as needed, verify the station has operated as required by FCC rules or the station authorization;
 - Date and sign logs after review, initiate any necessary corrective action and advise station licensee, via station manager, of any condition which requires attention;
 - Monitor strength, clarity, and reliability of incoming and outgoing signals, and adjust equipment as necessary to maintain quality broadcasts and converse with station personnel to determine audio levels and to ascertain that programs are airing;
 - Monitor and log transmitter readings;
 - Monitor strength, clarity, and reliability of incoming and outgoing signals, and adjust equipment as necessary to maintain quality broadcasts and oversee periodically and assist other station staff and volunteers who are doing so;
 - Assist regular station personnel if issues arise with audio levels and program delivery and transmission;
 - Report equipment problems, ensure that repairs are made, and make emergency repairs to equipment when necessary and possible;
 - Assist other station staff if issues arise regarding control of audio equipment and regulation of the volume and sound quality during radio broadcasts;
 - Align antennae with receiving dishes to obtain the clearest signal for transmission of broadcasts from field and other locations;
 - Assist other station staff and outside content sources to establish sources from which programming will be received, or through which programming will be transmitted;
 - Oversee and maintain E.A.S. equipment, test transmission and report logs and confer with station management and engineer consultant regarding the same;
 - Repair circuits, wiring, and soldering, using soldering irons and hand tools to install parts and adjust connections, if applicable;
 - Periodically test equipment functions such as signal strength and quality, transmission capacity, interference, and signal delay, using equipment such as oscilloscopes, circuit analyzers, frequency meters, and watt meters, if applicable;
 - Install, adjust, and repair stationary and mobile radio transmitting and receiving equipment and two-way radio communication systems, as needed;

- Examine malfunctioning radio equipment to locate defects such as loose connections, broken wires, or burned-out components, using schematic diagrams and test equipment, report to station management and effect repairs and/or assist in securing repairs or replacements;
 - Remove and replace defective components and parts such as conductors, resistors, semiconductors, and integrated circuits, using soldering irons, wire cutters, and hand tools;
 - Calibrate and align components, using scales, gauges, and other measuring instruments;
 - Turn setscrews to adjust receivers for maximum sensitivity and transmitters for maximum output;
 - Test emergency transmitters to ensure their readiness for immediate use;
 - Mount equipment on transmission towers and in vehicles such as ships or ambulances;
 - Insert plugs into receptacles, and bolt or screw leads to terminals in order to connect equipment to power sources, using hand tools;
 - Oversee and make recommendations to regular station staff regarding the control of audio and broadcast equipment to regulate volume and sound quality during radio broadcasts;
 - Maintain equipment logs, as required by station management and the Federal Communications Commission, if applicable;
 - Install, adjust, and operate electronic equipment and related software necessary to transmit radio programming and coordinate with station manager and radio station technical assistant to ensure such is accomplished;
 - Perform repairs and routine maintenance of radio broadcast equipment at the tower, shack and station;
 - Notify station manager when major equipment repair or replacement is needed and assist with the same;
 - Monitor broadcasts to ensure programs conform with station, network or other applicable standards and regulations and make necessary adjustment or communication with station manager and radio station technical assistant to ensure adjustments are made;
- Designate an alternative in times when unavailable to cover tasks due to illness, vacations or otherwise.
 - Provide independent verification and documentation of having the necessary education, experience and skills to provide the above-listed services, including but not limited to:
 - Broadcasting or related pertinent degrees or certifications.
 - Related experience.
 - Knowledge of circuit boards, processors, chips, electronic equipment, audio and recording equipment and devices, and knowledge of related computer software and hardware programming, sound transmission equipment, methods and application and demonstrated ability to implement required.
 - Knowledge of telecommunications systems transmission, broadcasting, switching, control and operation required.
 - Knowledge and experience with radio engineering science and technology preferred.
 - Provide references related to pertinent experience and other similar contracts.

EDUCATION & TRAINING INFORMATION

Hualapai Head Start • Recruitment
Submitted by: Alanna Kathadhe | Hualapai Head Start



Give Your Child a

HEAD START

Hualapai Head Start

Now Recruiting Children

Ages: 3 years old – 5 years old

Children Services

- Vision Screenings
- Hearing Screenings
- Dental Screenings
- Nutritious Food
- Nutrition Screening
- Engaging Schedule
- Structured Schedule
- Field Trips
- Independence

Parent Services

- Parent Activities
- IEP Services
- Parent Education
- Community Resources
- Various Assistance
- Fatherhood Activities

**Call the Hualapai Head Start to
enroll your child today**

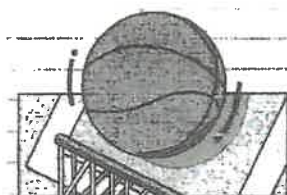
(928)769-2522



Kingman High School • Girls Basketball Schedule

Submitted by: Adeline Crozier | Hualapai Tribal Administration

KINGMAN HIGH SCHOOL GIRLS BASKETBALL SCHEDULE 2021-2022



First Practice: November 1

Revised 11/4/21

DATE	DAY	OPPONENT	SITE	TIME	
				JV	VAR.
16-Nov	Tue.	Lee Williams	Lee Williams		3:30
11/22	Mon.	Northland Prep	Kingman	2:30	5:30
11/30	Tue.	Chino Valley	Kingman	2:30	5:30
12/3	Fri.	North Pointe Prep	North Pointe Prep		5:30
12/7	Tue.	River Valley	Kingman	2:30	5:30
12/14	Tue.	River Valley	River Valley	2:30	5:30
12/16	Thur.	KAOL	KAOL	2:30	5:30
12/17 - 12/18	Fri. - Sat.	Casa Grande Tourn.	Casa Grande		TBA
1/4	Tue.	Wickenburg	Wickenburg	2:30	5:30
1/6	Thur.	KAOL	Kingman	2:30	5:30
1/14	Fri.	Tonopah Valley	Tonopah Valley	2:30	5:30
1/18	Tue.	Yuma Catholic	Yuma Catholic	2:30	5:30
1/21	Fri.	Odyssey Institute	Kingman	2:30	5:30
1/26	Wed.	Parker	Parker	2:30	5:30
2/1	Tue.	Parker	Kingman	2:30	5:30
2/4	Fri.	Tonopah Valley	Kingman	2:30	5:30
2/8	Tue.	Yuma Catholic	Kingman	2:30	5:30
2/11	Fri.	Odyssey Institute	Odyssey Institute	2:30	5:30
TBA		State Tournament			
Head Coach:	Shirley Gooch	JV Coach: William Anders			










HEALTH & SAFETY INFORMATION

COVID Tracker • Update for November 23rd

Submitted by: Duane Clarke | Hualapai Tribe Response

COVID TRACKER

UPDATE: November 23, 2021

	Hualapai Residing on Boundary IHS-PSA	Hualapai Residing off Boundary IHS-PSA	Non-Member Residing on Boundary IHS-PSA	Non-Member associated with Tribe not residing on Boundary IHS-PSA	Total	  
Current Positive	02	00	00	00	02	
Overall Positive	126	33	10	19	188	
Recovered	119	30	10	18	178	
Currently Hospitalized	00	00	00	00	00	
Deaths	05	03	00	01	09	

Other Current Statistic Breakdown Since June 14, 2021

Current Positive Case-Fully Vaccinated	01	Current Positive Case-Unvaccinated	01
Overall Positive-Fully Vaccinated	32	Overall Positive-Unvaccinated	156

Today's Breakdown

Tested Today at Peach Springs I.H.S.	10
Positive Test Result(s) Today at I.H.S.	00
Negative Test Results Today	10
Positive Test Referral from other facility	00
OVERALL POSITIVE TEST TODAY	00
OVERALL RECOVERED STATUS TODAY	01
CURRENT COLOR CODING COVID ALERT	ORANGE

Current Vaccination Statistic for Hualapai Tribe

Information from Peach Springs Indian Health Services Unit

CURRENT PERCENTAGE VACCINATION RATE- Adults Age 18 and above	67.16 %
CURRENT PERCENTAGE VACCINATION RATE-Juveniles Age 12 to 17	41.81 %

WEBSITE INFORMATION: WWW.HUALAPAI-NSN.GOV SOCIAL MEDIA INFORMATION: FACEBOOK/Hualapai Tribe Response

COLORADO RIVER SERVICE UNIT
PEACH SPRINGS HEALTH CENTER

*Happy
Thanksgiving*

OUR OFFICE
IS CLOSED

THURS 11.25.21
8AM - 5PM

NORMAL BUSINESS HOURS
WILL RESUME FRIDAY 11.26.21

FOR ALL URGENT CARE, PLEASE CALL
EMS AT 928-769-2205 OR 911



IHS Clinic

Dental Fluoride Varnishing

Dental Fluoride varnishing is one of the best ways to prevent tooth decay. Varnish (Cavity Shield) is a topical application that hardens upon contact with saliva therefore is safe to use on younger children. Varnish helps stop tooth decay in its early stages. It can be applied to teeth up to 4X a year to help slow down the cavity causing bacteria.

The application is painless and does not require numbing or drilling in the mouth. Minor risks include: gagging, or a funny taste when applied.

Parker Dental Hygienist, Nida Lerch RDH. BS Will provide dental screening and apply fluoride varnish for Children ages 0-15 every third Friday of the month in Peach Springs Clinic. Please call the clinic for an appointment, Limited walk-ins are available.

NEXT VISIT IS FRIDAY: June 18th, July 16th, August 20th, September 17th, October 15th, November 19th, and December 17th.



UNDERSTANDING COVID-19

A novel coronavirus has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020. The disease has led to millions of cases around the world.



COVID-19 is spread by **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from speaking, coughing or sneezing.



SYMPTOMS MAY APPEAR 2 TO 14 DAYS AFTER EXPOSURE TO THE VIRUS THAT CAUSES COVID-19.
A person does not have to have symptoms to spread the virus.



COVID-19 **CAN ONLY BE DIAGNOSED** with a laboratory test.

SYMPTOMS OF COVID-19 INCLUDE



HEADACHE



COUGH



SORE THROAT



FEVER OR CHILLS



SHORTNESS OF BREATH OR DIFFICULTY BREATHING



NEW LOSS OF TASTE OR SMELL



DIARRHEA



MUSCLE OR BODY ACES

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

THE BEST WAY TO PROTECT YOURSELF



HAND-WASHING

Frequently wash your hands with soap and water or use a hand sanitizer with at least 60% alcohol.



WEAR A CLOTH FACE MASK

when in public to help prevent the spread of the virus.



COUGH OR SNEEZE

into a tissue or bent elbow. Throw the tissue in the trash.



PHYSICAL DISTANCING

Stay 6 feet away from others.



IF YOU FEEL SICK

Stay home and call your health care provider.



DO NOT TOUCH YOUR FACE

without washing your hands first.



CLEAN AND DISINFECT

frequently touched objects and surfaces.

WHEN TO SEEK MEDICAL ATTENTION



Call 911 if you have an emergency.

If you feel sick, stay home and call your medical provider.

Call your health care provider if you have been near someone with COVID-19.

For more information, please visit hopkinsmedicine.org/coronavirus.



JOHNS HOPKINS
MEDICINE

COVID-19 Vaccines for Children 5-11: What Parents Need to Know

Children ages 5 and up can now receive a COVID-19 vaccine after approval from doctors and scientists at the FDA and CDC. **This vaccine is safe and highly effective against COVID-19 disease in children.**

The Delta variant has put children at increased risk for severe symptoms and hospitalization. Children who get the vaccine will receive **strong protection** against COVID-19 disease caused by all known variants of the virus. Vaccinated children will also be less likely to spread the virus to others, helping keep our families and communities safe from COVID-19.



Will children receive the same vaccine as adults?

Yes, but in a smaller dose. The vaccine for children is the same Pfizer vaccine that has been given to billions of people around the world since December 2020. Children will receive a smaller dose that is one-third the size of the adult dose.

The Pfizer vaccine uses messenger RNA (mRNA) to create antibodies that can fight off the COVID-19 virus. The vaccine does not change a person's DNA and cannot give a person COVID-19.

Is the vaccine safe?

The COVID-19 vaccine is safe and effective for children. No safety issues related to the vaccine were reported during the research trial for children ages 5-11.

A small number of people have had myocarditis - a very rare, treatable heart condition - after vaccination. The risk of myocarditis in children is extremely low. Among vaccinated 12-17 year-olds, the risk was less than 1 in 10,000. Children are more likely to have myocarditis after getting sick with COVID-19 than after vaccination.

Children should not get the vaccine if they have a history of severe allergic reaction to any of the vaccine's ingredients.



What are the side effects?

Children ages 5-11 had side effects similar to those experienced by people age 12 and older. The most common side effects included:

- Pain, redness, and swelling where the shot was given
- Tiredness
- Headache
- Chills
- Muscle pain
- Fever

These side effects typically last 1 to 3 days. In the trial, children experienced less severe side effects compared to adults.

Should my child get the shot?

The benefits of vaccination, like preventing COVID-19 and its possibly severe complications, greatly outweigh the potential risks of a rare negative reaction, including myocarditis.

Though children are less likely to experience severe COVID-19 illness, the Delta variant has been causing more cases in children, including more hospitalizations. COVID-19 hospitalization rates for Native American children are three times higher than for white children.

Children 5 and older are recommended to get the COVID-19 vaccine to protect them from the virus and to help keep our communities safe.



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

For more information:
[CDC.gov/covid19](https://www.cdc.gov/covid19)

Effective November 4, 2021
Source: FDA, CDC

According to the CDC: Everyone ages 18 and older can get a COVID booster shot

If you received Pfizer-BioNTech or Moderna

You **SHOULD** get a booster if you are:

- Ages 50 years and older
- Ages 18 years and older and live in a long-term care setting

You **MAY** get a booster if you are:

- Ages 18 years and older

When to get a booster:

★ At least 6 months after your primary 2nd dose

If you received Johnson & Johnson's Janssen

You **SHOULD** get a booster if you are:

- 18 years or older

When to get a booster:

★ At least 2 months after your shot.



Which booster should you get?

Any of the COVID-19 vaccines authorized in the United States

Attention Peach Springs Community

Starting November 22, 2021, all vaccinations will now be available Monday through Friday at the Peach Springs Clinic by scheduling a nurse visit appointment.

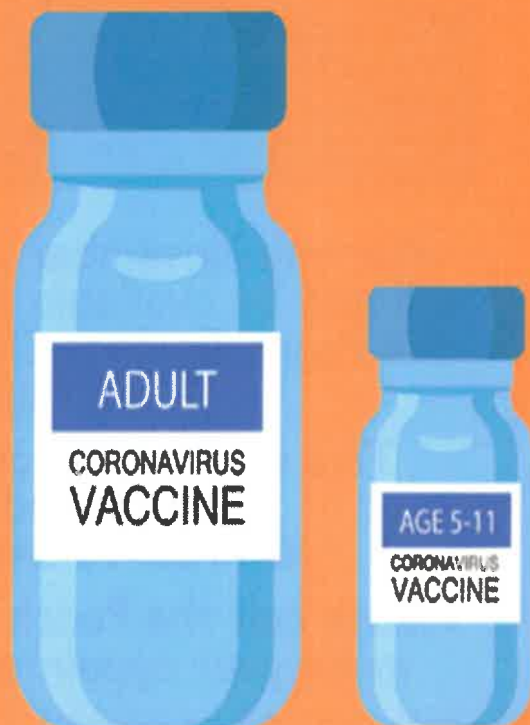
This will replace our Friday immunization clinics and will include all COVID-19 and Flu vaccinations.

Please call the Peach Springs Health Center to make your appointment at 928-769-2920.

Will children get the same vaccine as adults?

Yes, but a smaller dose.

Children will get the same Pfizer vaccine that has been in use for 11 months. Children will get a smaller dose that is $\frac{1}{3}$ the size of the adult dose.



How can my child get the vaccine?

Contact your local health department, pharmacy, or your child's healthcare provider for information about getting your child a COVID-19 vaccine.



How effective is the vaccine in children?

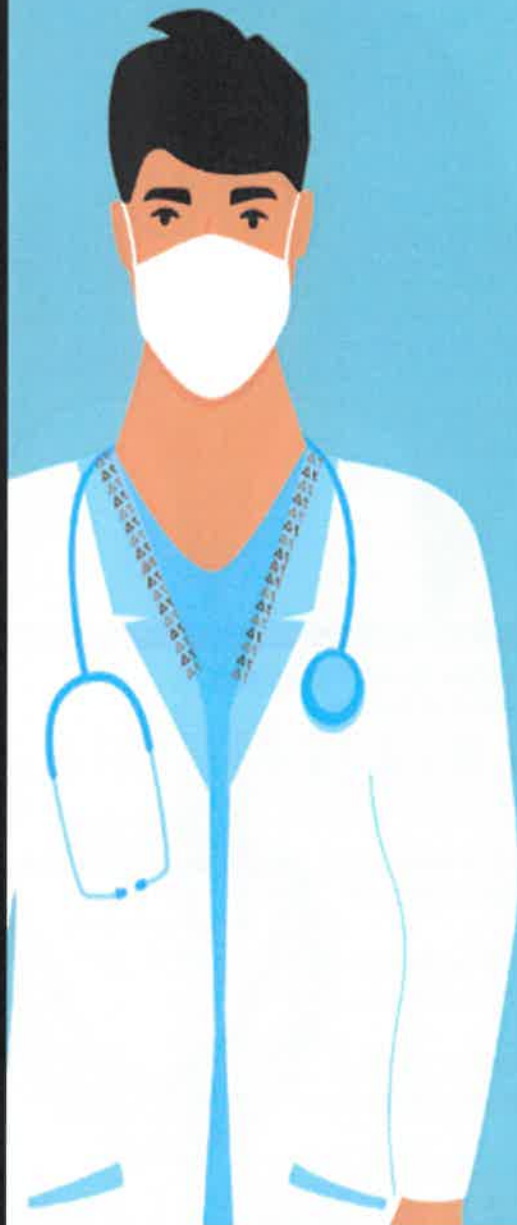
Highly effective.

The vaccine prevents 9 in 10 infections in children 5–11, and it is 100% effective in preventing hospitalizations.



Is the vaccine safe?

YES



The COVID-19 vaccine is safe and effective for children. No safety issues related to the vaccine were reported during the research trial.



**INDIAN HEALTH SERVICE
COLORADO RIVER SERVICE UNIT**
Parker, Peach Springs, Chemehuevi, Supai, Moapa

Nurse Advice Line

available 24/7 by calling:
1-833-741-1831

Health concerns can happen at any time, our 24-hour nurse advice line is always available to provide help right over the phone. This service is available to all IHS patients at any of our CRSU locations.



Hualapai Early Childhood Development • Car Seat Program

Submitted by: Cassi Moore | Hualapai Health, Education & Wellness

Hualapai Early Childhood Development

The Hualapai Early Childhood Development Program offers a car seat program. This program is available to any families in the Peach Springs or Mohave County area.

You automatically qualify! The requirements are simple. You must watch 3 short videos, followed by a quiz. If you have internet access, you can do this at home.

Please contact Cassi or Allysa at the Health, Education & Wellness Department at (928) 769-2207. We do appointment only and operate on Thursdays between the hours of 1:00pm—5:00 pm.

Hankyu!



NOVEMBER IS HOSPICE AWARENESS MONTH

Submitted by: Michael Saad / Beacon of Hope Hospice

Beacon of Hope of Bullhead City

(928) 444-8122

Ask for your Care Consultant, Larry Early



Did you know that Hospice Care is typically part of the Medicare Benefit and therefore costs the patient and family nothing? Many families do not know that they could receive specialized nursing care, medications, medical equipment, supplies needed for the terminal illness, and other services delivered to their home and at no cost. At Beacon of Hope Hospice we respectfully help families take care of their loved ones at the end of life. We are available to help families make this journey full of great memories, with much needed comfort and care.

You should call Larry Early at Beacon of Hope if your loved one is experiencing any of the following symptoms:

- **Progressive Weight Loss**
- **Increase Number of Falls**
- **Changes to Mental Abilities**
- **Frequent Visits to the ER or Hospital**
- **Skin Tears, Infections, & Other Signs of Deteriorating Health**
- **A Decline in the Ability to Perform Daily Tasks, like Eating, Dressing, Walking, or Using the Bathroom**



Beacon of Hope's caring staff would be happy to assist you with this journey, Call (928) 444-8122 and ask for Larry Early for more info.

Coming Soon

HUALAPAI ANIMAL CONTROL WILL BE HOSTING A FREE SPAY AND NEUTER CLINIC DECEMBER 04 & 05, 2021

REDUCES
ROAMING

- FOR PEACH SPRINGS RESIDENTS ONLY
- ANIMAL MUST BE VACCINATED PRIOR TO DATE OF THE PROCEDURE

REDUCES
AGRESSION

Please Don't Litter



Spay or Neuter Your Critters!

**TO BE PLACED ON THE LIST CALL ANIMAL CONTROL
ASSISTANT MARLA BRADLEY AT #928-403-1345**

INCREASES
LIFE SPAN
3-5 YEARS

LOWERS
THE RISK OF
CANCER

DECREASES
OVER
POPULATION

**HUALAPAI ANIMAL CONTROL
DIVISION CONTINUES TO OFFER
REGISTRATION AND
VACCINATIONS**

FEES ARE PER ANIMAL:

**LICENSE TAG REGISTRATION \$ 10.00
(ANNUALLY)**

RABIES VACCINATION \$ 5.00

**CANINE 5/1 VACCINE \$ 10.00 PER SHOT
– this is a 3 shots series given once a
month for 3 MONTHS.**

LICENSE TAG REPLACEMENT \$ 5.00

**CALL HUALAPAI CODE ENFORCEMENT TO SET AN
APPOINTMENT.**

**REGISTRATION AND VACCINATION ARE DONE ON
WEDNESDAYS.**

**REMINDER: There is a 2 pet policy per household under
the Hualapai ordinance Sec. 15.2(H)**



**REMINDER TO HAVE
YOUR ANIMALS
REGISTERED AND
VACCINATED EVERY
YEAR.**

**IT IS A REQUIREMENT
UNDER HUALAPAI LAW
AND ORDER ORDINANCE
CHAPTER 15.**

**IF YOU'RE UNFAMILIAR
WITH THE ANIMAL
CONTROL ORDINANCE
AND WOULD LIKE A
BROCHURE; CONTACT US
AT 928-769-2220 or
[hualapai_animalcontrol@
hotmail.com](mailto:hualapai_animalcontrol@hotmail.com)**

**ALL PAYMENTS CAN BE
PAID @ THE TRIBAL
OFFICE.**

**CODE ENFORCEMENT
CONTINUES TO PRACTICE
SAFETY PRECAUTIONS
REQUIRED BY CDC
GUIDELINES.**

**LET'S WORK
TOGETHER TO
KEEP YOUR
ANIMALS
HEALTHY!!**

DISTEMPER

Please be aware that this is **highly contagious** and can be passed from dog to dog through direct contact with fresh urine, blood or saliva. Sneezing, coughing and sharing food and water bowls are all possible ways for the virus to be passed on.

SYMPTOMS:

- Fever
- Sneezing and coughing
- Thick mucus coming from the eyes and nose
- Lethargy and loss of appetite
- Sudden vomiting and diarrhea
- Depression

PREVENTION:

- Make sure your puppy or adult dog has had 3 – 4 vaccinations that were on time.
- Puppies must be vaccinated from 6 – 8 weeks old.
- Please keep your puppy or adult dog away from other dogs or any environment until they are finished with all their vaccinations up to date.
- Also, routine cleaning and disinfecting your home (or kennel) will ensure that the virus is not in your dog's living environment.



Please make sure
your puppy/adult
dogs vaccinations
are up to date.

ATTENTION ALL PET OWNERS

PARVO-VIRUS HAS BEEN AFFECTING DOGS IN THE COMMUNITY.

This is a serious, highly contagious viral disease of unvaccinated puppies which usually occurs under a year of age. It can be carried on people, vehicle, clothes, etc. Parvo can remain in the household for up to 6 months. Incubation period of the virus is 2-5 days.

Signs of Parvo-Virus:

- Fever
- Depressed
- Vomiting or Diarrhea (Sometimes Bloody)
- Dehydration (Sunken glossy eyes)

What can you do:

- Keep hydrated w/electrolytes
- Get a hot water bottle and wrap it in a blanket; put on the animals abdomen for some pain relief.



INTESTIAL PARVO:

- * VOMITING
- * DIARRHEA
- * APPETITE LOSS
- * LETHARGY
- * FEVER

CARDIAC PARVO:

- * BREATHING DIFFICULTIES
- * CONGESTIVE HEART FAILURE

If you think your animal is having any of these symptoms and need assistance identifying them; please call Hualapai Animal Control @ 928-769-2220.

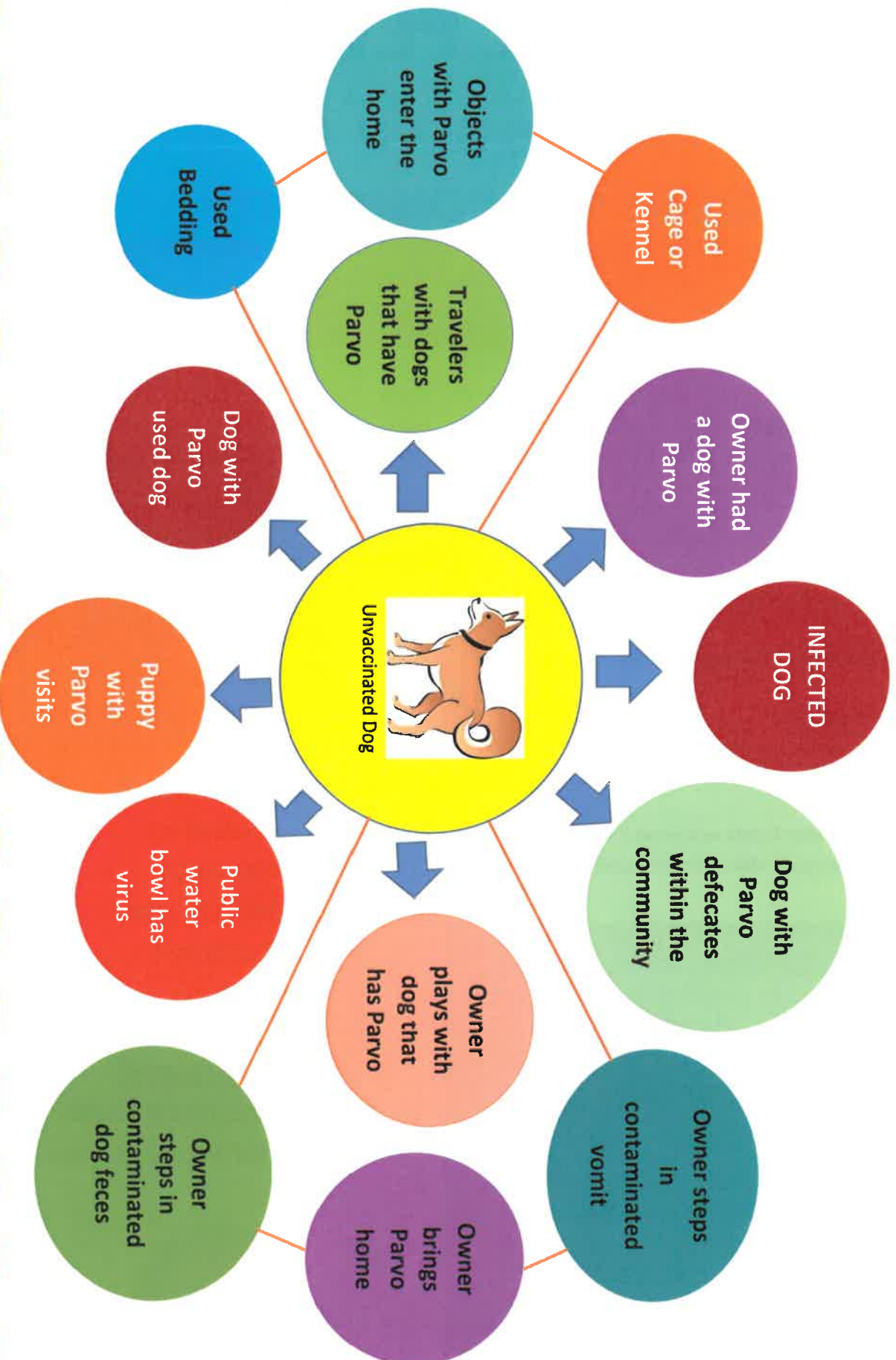
IF YOUR ANIMAL REMAINS IN DISTRESS

CONTACT YOUR VETERINARIAN.

THE BEST WAY TO PREVENT PARVO IS FOLLOWING THE
ORDINANCE AND CONFINING YOUR PET IN YOUR YARD.



Parvo is **CONTAGIOUS** virus spreading in the community; Here is a chart to show how Parvo can be transmitted to your dog. The only way to protect you animal is to get vaccinated and confine to their yard. If you have more questions contact Hualapai Code Enforcement/Animal Control @ 928-769-2220.



Employees Working 4 Health • 6 Signs You May Have Prediabetes

Submitted by: Shaundeen Buffalo | Hualapai Health, Education & Wellness | Allrecipes.com

If you are interested in learning how to prevent diabetes, the Employees Working for Health/Special Diabetes Program for Indians Grant has trained Lifestyle coaches that offer the CDC Prevent Type 2 Diabetes classes. For further information, please call Rosemary Sullivan, EW4H Nurse Care Manager at (928) 769-1630 or EW4H Fitness Center staff at (928) 769-2264. We can also be contacted via email: hualapaiew4h@gmail.com or on FACEBOOK: Yiway Han-EW4H Fitness Center.

6 Signs You May Have Prediabetes

By Isadora Baum November 08, 2021

WellFed

More than 1 in 3 Americans have prediabetes, a precursor to diabetes. Here, the symptoms that suggest your blood sugar may be elevated.

Prediabetes may not sound as alarming as a diabetes diagnosis. Your blood sugar levels are elevated, sure, but they aren't high enough to classify you as a person with type 2 diabetes. You might not even need medicine to help lower your blood sugar at this stage. But without some serious changes in your lifestyle and dietary habits, you could find yourself crossing into the diabetes range — and sooner than you think.

Indeed, a prediabetes diagnosis doesn't mean you get to ignore the fact that you have high blood sugar levels. Consider a prediabetes diagnosis a warning call to reverse course and help your body avoid myriad health issues and complications.

The good news is, the lifestyle tweaks for those with prediabetes and people looking to get healthier overlap, so you likely know exactly what they are: add more physical activity to your day; eat a clean diet that's rich in protein, fiber, fresh fruits, and vegetables; keep stress levels low; limit intake of sugar and refined carbohydrates; and get enough sleep. Fortunately, for people with prediabetes, these steps not only help to lower blood sugar levels, they can set you up for a healthier way of life and stop the creep toward diabetes.

What Is Prediabetes? How Does It Differ From Diabetes?

Prediabetes is a precursor to diabetes. It is a condition that occurs when your blood sugar is elevated, but not high enough to be diabetes. In America, one in three adults has prediabetes.

Blood sugar, also known as blood glucose, is created

by the foods you eat. High-carb foods, like white bread and sugar, lead to a higher spike in blood glucose levels than lower-carb foods, like meat or fresh produce. Over time, high levels of blood glucose can cause inflammation and damage to your body.

Fasting blood sugar levels can also help doctors diagnose prediabetes:

- Normal fasting blood sugar — under 100 mg/dL
- Prediabetes — 100 to 125 mg/dL
- Diabetes — above 126 mg/dL

"Diabetes is a serious endocrine disease with complications involving many organs of the body all linked by poor control of blood sugar," says Dr. William Li, an internationally renowned medical doctor, researcher, president/founder of Angiogenesis Foundation, author of The New York Times bestseller *Eat To Beat Disease*.

What Causes Prediabetes?

Insulin is a hormone that helps your cells absorb the glucose in your bloodstream. Glucose is essential for your body. It provides energy to your cells and allows them to function normally.

"In a healthy person, insulin rises and falls based on your body's needs," Dr. Li says. But if your body has too little insulin, which is what occurs in people with type 1 diabetes, cells cannot get the glucose they need. The cells will suffer without their energy source.

With type 2 diabetes, the problem is not with a lack of insulin. Rather, it is the cells' inability to properly respond to insulin. "The early stages of this is called

'insulin resistance,' and it happens during prediabetes. Although the exact reason insulin resistance occurs is not well understood, it is linked to physical inactivity, smoking, obesity, aging, and poor diet," he says.

Some people never realize they have prediabetes until they are diagnosed with diabetes. However, an annual physical and blood test can help you and your health care provider monitor your blood glucose levels for potential issues.

Signs and Symptoms of Prediabetes

The most common signs and symptoms of prediabetes are a lot like symptoms of diabetes. If you think you have two or more symptoms of prediabetes, make an appointment to speak with a health care provider. A few simple tests can help you understand your blood sugar levels and if you need to take action to improve them.

1. You have an elevated A1C blood test.

The A1C blood test — also known as the hemoglobin A1C or HbA1c test — is a routine blood test that measures your blood sugar levels over the last three months. The test is used routinely to monitor your risk for prediabetes or diabetes.

The results of an A1C test are given as a percentage. The higher the percentage, the higher your blood sugar levels have been over the last 90 days.

- Normal: 5.7% or below
- Prediabetes: 5.7% to 6.4%
- Diabetes: above 6.5%

If you're diagnosed with prediabetes or diabetes, your doctor will monitor your A1C several times in the year to see how well the disease is controlled.

2. You're always thirsty.

A high thirst level could be a sign of prediabetes. Excess blood sugar stays in the blood unused, so the kidneys have to try to get rid of it. Your body can dilute blood sugar with water, so when your body knows your blood sugar is high, it can put out a call to your brain to reach for a bottle of water.

"High blood sugar from prediabetes makes you want to drink more fluid to help dilute the sugar concen-

tration in the body," Dr. Li says. The result of all that water? More pee.

"People with prediabetes also experience frequent urination, called polyuria, and as a consequence the body wants to replace the lost fluid, which activates the brain's thirst centers," he explains. Thus, you'll start drinking more fluids than you'd normally consume. People with polydipsia can drink up to six liters a day, which is a lot.

3. Your vision is sometimes blurry.

If you have high levels of blood glucose, as is the case in people with prediabetes, the glucose can accumulate in the lens of your eye and impact your vision.

"The accumulation in the lens of your eye may end up leading to blurry vision since light cannot pass as easily from the front of the eye to the back, where vision signals are read by the brain," Dr. Li explains. High sugar can cause the lens of your eye to swell too, which prevents it from focusing light to your retina, or the nerve layer that interprets light rays as vision. It's like a camera on your phone when it can't focus before taking a photograph.

"This is a different type of blurriness than smudged contacts lenses, which can be cleaned and re-inserted," he explains.

4. You have to urinate frequently.

Apart from drinking more fluids due to excessive thirst, you may also see some changes with your kidney function and urine output.

"High blood sugar from prediabetes can interfere with your kidney function, which filters water from your blood and puts it into your bladder," Dr. Li says. When your kidneys don't work properly, you may experience the urge to pee more often than you normally would.

"High blood sugar in the urine can cause the kidneys to pull more fluid out of the blood, which results in more urine being created and delivered to the bladder where it is stored," he explains, and it is often a sign of prediabetes: "After full blown diabetes occurs, the actual filtering mechanism of the kidney

can be damaged, and then the filtration system itself begins to fail, where more water is lost as urine."

5. You're always hungry.

Because your body doesn't absorb blood sugar efficiently when you have prediabetes, you don't get as much energy from each snack or meal as you once did.

"As a result, you tend to feel unusually hungry and want to eat more," Dr. Li says. "The lack of nutrient energy causes the brain to signal to eat more to consume more energy containing foods; however, if the cells can't efficiently extract that energy, the hunger continues even if you've eaten a lot of food," he explains.

The best way to combat this vicious cycle in prediabetes is to reverse it. Regular exercise, a healthy diet, less stress, more sleep, and greater sense of well-being will help reverse prediabetes, where your cells can regain their ability to absorb blood sugar. This interrupts the cycle of polyphagia (eating frequently).

6. You're tired a lot more than usual.

Many factors can make you feel fatigued. Life can be stressful and demanding, so feeling run down is fairly common.

However, the inefficient use of blood sugar caused by prediabetes leads to less energy and more fatigue, too. Cells depend on glucose, which is extracted from the blood, for energy. Without that glucose, your body will struggle to provide the fuel you need to carry out everyday functions.

"A well-energized cell helps muscles and organs function, but a lack of energy due to prediabetes makes cells function poorly, and this can lead to feeling fatigued," he says.

How to Reverse Prediabetes

The best way to reverse prediabetes is with healthy lifestyle habits. Get active, and develop an exercise program to follow every day, as exercise helps the body improve blood glucose utilization and can reverse prediabetes. Follow that up with healthy food choices at all three meals and in snacks. Soon, your A1C levels may start sinking.

1. Get moving.

"For prediabetes, it is recommended that you do moderate intensity aerobic exercise at least 150 minutes per week, or about a half hour per day, with resistance training a few times a week," Dr. Li says. Great exercises for people with prediabetes include fast walking, swimming, biking, tennis, aerobics, and resistance training with weights, squats, and push-ups, for example.

2. Eat more plants.

Revamp your diet by increasing whole, plant-based foods, such as vegetables, legumes, and nuts.

"Eating food with high fiber feeds the gut microbiome, which produces metabolites that aid in blood sugar metabolism," he says.

3. Create a custom diet.

Work with a nutritionist to help fine tune your diet, and in general, avoid highly processed foods, sodas, sugar sweetened coffee, fried foods, candies, and cakes — all of which put stress on your metabolism, making it harder for your body to process blood sugar.

4. Cut out stress.

You should also find ways to reduce stress, which will help cut down on the catecholamines your body produces. Catecholamines are a substance that can interfere with glucose metabolism.

"Catecholamines are stress hormones produced by the brain, nerves, and adrenal glands, which sit atop of your kidneys, and they help the body respond to stress by activating your body's 'fight or flight' system," Dr. Li says.

"Part of this response is to increase your body's production of glucose, which raises your blood sugar, so that your body is prepared to react to the stress, but increasing blood sugar is not what you want to do in prediabetes," Li says.

Try deep breathing, meditation, going for a walk, working out, reading a book, playing with a pet, or chatting with a friend or family member when you're feeling tense.

COMMUNITY MESSAGES

Inspirational & Encouragement Corner

Submitted by: Josie Powsey

Hello everybody! Hope all is well with each and every one! Take care of yourselves and be strong.

Believe in the power of prayer.
If not for yourself, believe in it for others.

The world is weak!!
Prayer is powerful and
God can do anything! Amen!

You cannot change your future,
but you can change your habits;
and surely your habits
will change your future! Amen!

Thank you Lord for everything,
we passed a year on pandemic.
We hope will still survive all the way through!!
With Gods help! Amen!

Happy Thanksgiving Everyone!

Birthday Shout-Outs

Submitted by: Leanne Watahomigie

November 13th

Woo hoo!! Happy Birthday Tisha Lynn Watahomigie... today is your day to shine sis! I know you are having a grand ol' time... gone but never forgotten and always by my side. Sis, I will be here celebrating for/with you sis and I know you will be here in spirit as well, like always. I love and miss you everyday. Thank you for your many visits. Enjoy your day sis HAPPY BIRTHDAY until we meet again in my heart, you will always be.

Love your sis, Leanne W.



November 14th

Happy Birthday to my one and only mother Mary J. Manakaja. Woo hoo!! Do your thang gurr!... you're not another year older mom, you're retrol I love you and miss you. Hope you make the best of your day!!! I know its hard but just know that our other Scorpio is here with us in spirit ALWAYS! Happy Birthday Mom!

Love ya! Leanne W.

Elders Tell Their Story • Hualapai Heritage: Traditional Hualapai Wedding

Submitted by: Alan Blackburn | Church of Jesus Christ of Latter-Day Saints

HUALAPAI HERITAGE: TRADITIONAL HUALAPAI WEDDING BY: LORETTA JACKSON-KELLY

My mother's first husband, Timble Powskey, was killed in a rodeo accident. He left her with a young son (Leslie). She returned to her parent's home for help in raising her son. I was told by my mother (Elizabeth Jean Winfred) that my dad (Robert "Bobby" Jackson) was 6 years younger than her. He was learning from his father to be a cowboy. He chose her by going to her parents' house with Navaho blankets and horses asking if she could be his mate. Her father Ray Tokespeta Winfred "Pu-la-ya-ka" said, "You have to wait. You have to chop the wood, hunt the deer, and feed the animals while living outside." So. Basically he was living outside their house and taking care of the family, (Loretta chuckles) waiting for the parents' approval. That is how our Hualapai wedding went the traditional way showing that he would be a good provider. They then went to a spring of pure water; both drank from it and were married. They had nine children together. One passed away as an infant. His name was Raymond. We were all raised by loving parents.



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 ANONYMOUS submissions please. Gamyu newsletters also online at www.hualapai-nsn.gov.

Article Deadline:
Friday, December 3rd

Next Publication:
Friday, December 10th



Hualapai Community Healing Gathering

Monday, November 29, 2021

Old Pow-wow Grounds (by Head Start)

Community Walk
Speakers & Traditional Speakers
Bird Singers and Dancers

More information to be announced.

WALAPAI MARKET THANKSGIVING HOURS

Wednesday (11/24): 7AM to 5PM

Thursday (11/25): 10AM to 2PM

Back to Regular Hours

Friday 11/26: 7AM to 7PM

Thank You, Management

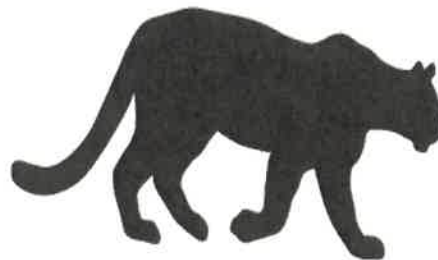
No Predator Bounties

Submitted by: Kenna Vollmer | Hualapai Department of Natural Resources



Effective Immediately

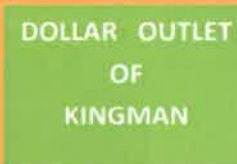
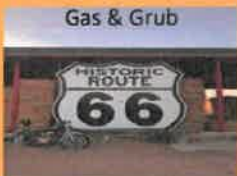
**Hualapai Department of Natural Resources
will no longer be taking any bounties until further notice**



If there are any questions, please feel free to contact Garwain Sinyella
at the Department of Natural Resources 928-769-2255

KWLP wants to send out a big HANK 'YU to these local businesses for their support of the Hualapai live and local station and its listeners during October 2021!

These local businesses currently support KWLP and the community listeners by sponsoring shows, purchasing ads, providing gift cards and making donations for KWLP **LISTEN TO WIN** giveaways and volunteer participation incentives!



- Many of these businesses are giving discounts and raffle entries to customers who mention hearing their ad on KWLP!
- Stop by these businesses and get the benefits when you can and please thank them for supporting your live and local station!
- Be sure to listen to 100.9 fm for details about these promotions!



kwlpradio.com



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kwlpradio.com



WE LOVE OUR VOLUNTEERS



The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
October 2021 Volunteer of the Month: Tina Querta



Tina the One and Only hosts *Soulful Moments* and *Soulful Saturday*. She was the original Rockin'Goda Girl of *Finally Friday Rock and Roll* and still contributes content to that show. Tina has been a long-term, foundational member of The Peach crew of Volunteers. She has been entertaining and enlightening Peach listeners since 2014. Her latest show, *Soulful Saturday* airs Saturdays 9:00a.m. until 11:00A.M. because many of us are busy elsewhere, or sleeping in on Saturdays, it is a too often missed and overlooked gem in the KWLP programming schedule! If you haven't given it a listen yet—you definitely want to do so! In addition to some sassy and some soothing soul tunes, you'll be engaged by the interesting and fun talk that ranges from inspiring Native Americans biographies to soul artist highlights to self-care suggestions to sharing fun facts about national recognition days and months.

Tina has always been an amazingly well-prepared performer—taking all training and input to heart, as well as being reliable and consistent. She has been on a sabbatical the last few months, but we hope she returns live soon! Don't you? Let her know if you get a chance! As events return to the community as part of the new "normal," we also hope you'll see Tina return to assisting staff MCing and DJing and entertaining attendees, including as The Peach mascot! We truly appreciate all she does with and for KWLP!

Tina will receive gifts and gift cards from our Advertisers and sponsors valued at over \$100.00 for being Volunter of the month, as well as be eligible to be the Volunteer of the Year 2021.

If you might be interested in volunteering, call at (928) 769-1110.

KWLP October Volunteer of the Month is sponsored in part by:



KWLP "The Peach" • November Volunteer of the Month: Barb Tinhorn
Submitted by: Terri Hutchens | KWLP 100.9FM

WE LOVE OUR VOLUNTEERS



The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
November 2021 Volunteer of the Month
Barb Tinhorn



Recently a new KWLP staff member commented that Barb is the most enthusiastic volunteer he had ever worked with! That about sums it up. She has been with the Peach crew for many years. Helping out behind the scenes. She first contributed on-air content to The Peach in narrations of children's stories, many of which you hear during Read On Hualapai Sun through Thurs at 8:00pm. You may know her best as the KWLP Brendan Kingman Cinema movie reviewer prior to pandemic shutdowns. Barb is often a big help during events, as well. She is about to embark on a new radio adventure that community members, especially elders, interested in health, native issues, community events and elder activities. The segment is called "The Elder Corner." Barb will be your *local informer* weekdays during the second hour of The Morning Blend. Her segment will air around 11:50am. Check it out and let her know via the KWLP text line, (928) 769-1090 if you have some topics you'd like her to address!

Barb will receive incentives valued at over \$100.00 for being Volunteer of the month as well as be eligible to be the Volunteer of the Year 2021.

If you might be interested in volunteering, call at (928) 769-1110.

KWLP November Volunteer of the Month is sponsored in part by:



KWLP 100.9fm

invites you to join

*Hualapai Elder, Barb Tínhorn,
your "Local Informer"*

*As she shares information of
interest to Community members
during:*

"The Elder Corner"

Weekdays during the second hour of

"The Morning Blend"

Listen for the segment at @10:45 a.m.



Mohave Electric Cooperative • Planned Power Outages : Wednesday, December 1st
Submitted by: Kevin Davidson | Hualapai Planning Department

Mohave Electric Cooperative's power supplier has scheduled two planned outages to perform system repairs on December 1, 2021. The outages are scheduled for:

- 6:00am -6:15am (15 mins)
- 4:30pm - 4:45pm (15 mins)

102 MEC members living in Milkweed Springs, Box Canyon, Music Mountain Circle and along Buck & Doe Road will be affected.



**PLANNED
POWER
OUTAGE**

Please contact RoJeana Wymbs, Mohave Electric Cooperative, (928) 758-0505, rwymbs@mohaveelectric.com if you have questions or need further information.