

# Community Update from Chairwoman Sherry J. Counts

Submitted by: Sherry J. Parker | Hualapai Tribal Chairwoman

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#### Special points of interest:

- HTUA Board Meeting at 9:30 am on Thursday, March 23<sup>rd</sup> at Hualapai Education & Heath, Wellness
- Tribal Transportation Plan Comments (pg. 2)
- Update on Historic Gas Station (pg. 6)
- 2023 Performer Group Leader Meetings (pg. 8)
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March 13, 2023 Dear Hualapai Tribal Members & Community,

Greetings! I have just completed my sixth week as Chairwoman and I hit the ground running on many issues of the Hualapai Tribe. I would like to thank you for your vote I will work hard to fulfill your trust that you have placed in me.

My first week was a transition time where I meet with some of the departments and various people that work for us. I learned a lot of information over the week and also had to get familiar with office procedures. Going back to the administration office there were many new faces.

We have a lot of issues to work on and consider as we move forward for the tribe. The president has signed off on our Water Issue to help us pump water up from the Colorado River to Grand Canyon West now we have to wait for the appropriations from Congress. It is important to say that Senator Kyrsten Sinema pushed our bill forward and worked to get us the money for this project. I was able to send a special thank you to her.

We had a bad snow storm and I am glad to report that many elders were assisted with food and wood as needed, I would like to thank the Public Works Roads, EMS, Emergency Program, Law Enforcement, Administration, HEW and Animal Control for working tirelessly for days to perform their jobs and ensure that the elderly, handicapped people and community were provided services. (If I forgot anyone please forgive me.) Thank everyone for your service!

The council met with the GCRC board and were provided with a budget and an update. After our initial meeting there was a concern that occurred and we had to remove all of the board and the newly appointed Interim CEO. It was with deep regret that we had to come to this conclusion however, due to the facts presented and listening to various individuals we had no other choice. We as council ALL took an oath to support the "best interest of the tribe."

The council will work to fill the GCRC board very quickly so please be patient. I assure you the business will continue to move forward as the front-line workers continue to perform their jobs. Thank you to all the workers that make our business a success We also want to make sure the positions of CEO, CFO, COO, and HR Director also be filled. We have a lot of work to do and we will get it done!

There is so much negativity and anger within the tribe and the leadership has a great responsibility to set a good example of team work. The negativity and anger will change only when we work together and provide solutions and not problems. We all need to put aside our differences and promote hope for the future and move forward together. May God bless the Hualapai Tribe and the United States of America always!

Respectfully Submitted,

Sherry J. Parker,

Hualapai Tribal Chairwoman

PAGE 2 GAMYU

Public Notice for Tribal Transportation Plan (TTP) • Deadline for Comments: Thursday, April 6<sup>th</sup>
Submitted by: Darlene Wakayuta | Hualapai Tribal Transportation



# Hualapai Tribe

# PUBLIC NOTICE

The Hualapai Tribe has prepared a Tribal Transportation Plan (TTP) to present to the BIA for the 2023-2027 transportation funding. FHWA/BIA Tribal Transportation Program funds will be used for salaries, roads maintenance, equipment purchases, supplies for road maintenance, and several capital projects that include a railroad bypass, a facility for transit and roads, road construction for box canyon residential area and youth camp, walking trail in Peach Springs from HEW to Route 66 park, safety improvements for Diamond Bar Road and Peach Springs Roads, Long Range Transportation Plan development, Road Inventory update, and PS&E for Buck and Doe Road.

Public comments concerning the TTP are welcome and copies can be obtained from the Public Services Department for 30 days.

Any questions concerning this can be directed to the Transportation Planner at 928-769-2216 ext.1129.

Deadline for comments will be April 6, 2023 an can be turned in to the Public Services Office.

Posted 3/7/23 revised 3/8/23

# ADOT Seeking Feedback for 2050 Long-Range Transportation Plan

Submitted by: Kevin Davidson | Hualapai Planning Department



# 2050 Long-Range Transportation Plan ADOT

The Arizona Department of Transportation (ADOT) is seeking your feedback on transportation priorities for the 2050 Long Range Transportation Plan (LRTP) – the statewide plan that provides a blueprint and vision for the state's future transportation system over the next 25 years.

# Learn More at Our Public Meetings

Review the LRTP update with plan staff and provide your input.

## **Central Region**

GateWay Community College 108 N 40th St. Phoenix 5:30 - 7 p.m.February 28, 2023

#### **North Region**

Flagstaff Aquaplex 1702 N Fourth St, Flagstaff 5:30 - 7 p.m. March 8, 2023

# **Telephone Town Hall**

6-7 p.m. March 22, 2023 https://bit.ly/ADOTLRTPtth

## South Region

Donna R. Liggans Recreation Center 2160 N 6th Ave, Tucson 5:30 - 7 p.m.March 2, 2023

#### Virtual Meeting

6 - 7:30 p.m. March 9, 2023 https://bit.ly/ADOTLRTPVirtual



# More Details

- · Scan the QR code
- Visit adot2050plan.com

Provide comments through March 31:

Phone: 855.712.8530 Email: LRTP@azdot.gov

Website: adot2050plan.com

Mail: Attn: ADOT LRTP, 1655 W. Jackson St. MD126F, Phoenix, AZ 85007

Pursuant to Title VI of the Civil Rights Act of 1964, the Americans with Disabilities Act (ADA) and other nondiscrimination laws and authorities, ADOT does not discriminate on the basis of race, color, national origin, sex, age, or disability. Persons who require a reasonable accommodation based on language or disability should contact Nancy Becerra at 623.695.7411 or NGBecerra@azdot.gov. Requests should be made as early as possible to ensure the State has an opportunity to address the accommodation.

De acuerdo con el Título VI de la Ley de Derechos Civiles de 1964, la Ley de Estadounidenses con Discapacidades (ADA por sus siglas en inglés) y otras normas y leyes antidiscriminatorias, el Departamento de Transporte de Arizona (ADOT) no discrimina por motivos de raza, color, origen nacional, sexo, edad o discapacidad. Personas que requieren asistencia (dentro de lo razonable) ya sea por el idioma o por disca-pacidad deben ponerse en contacto con Nancy Becerra al 623.695.7411 o en NGBecerra@azdot.gov. Las solicitudes deben hacerse lo más pronto posible para asegurar que el equipo encargado del proyecto tenga la oportunidad de hacer los arreglos necesarios.

## Notice of Public Meeting • Tuesday, March 21st

Submitted by: Reuben Terán | Arizona Department of Water Resources

#### Commission Members

Pat Jacobs, Chairman
Rodney Held, Vice Chairman
Brian Biesemeyer
Shelley Blackmore
John Ladd
Frank Krentz
Tina Thompson
Stephen Turcotte

#### **Executive Director**

Reuben Teran

## **Arizona Water Protection Fund Commission**

1110 West Washington, Suite 310, Phoenix, AZ 85007 Phone: (602) 771-8528

www.azwpf.gov



#### **Ex-Officio Members**

Thomas Buschatzke
Director
AZ Department of Water Resources

Robyn Sahid State Land Commissioner AZ State Land Department

#### **Advisory Members**

The Honorable Sine Kerr AZ State Senate

The Honorable David L. Cook AZ House of Representatives

## **NOTICE OF PUBLIC MEETING**

Pursuant to A.R.S. § 38-431.02, notice is hereby given that there will be a meeting of the Arizona Water Protection Fund (AWPF) Commission on Tuesday, March 21, 2023 at 10:00 a.m. This meeting is open to the public, and in person or virtual attendance options are available. The meeting location and agenda are described below.

#### **Meeting Location:**

Arizona Department of Water Resources Thunder River Conference Room 1110 W. Washington St., Ste. 310 Phoenix, AZ 85007 To ensure appropriate meeting space, please RSVP to <u>lfuentes@azwater.gov</u> if you would like to attend in person.

#### **Cisco Webex Meeting Information**

Link: https://adwr.info/3ZBaB7e

Meeting Number (Access Code): 2598 324 5465

Meeting Password: GCsiwUAr978

or

#### Join by Phone

1-415-655-0001 US Toll Access Code: 2598 324 5465

Dated this 10th day of March 2023

## Arizona Water Protection Fund Commission Meeting Agenda

- I. Call to Order Chairman Pat Jacobs
- II. Commission Member Roll Call Executive Director
- III. Call to the Public Chairman Jacobs
  - Comments from the public will be limited to 3 minutes per speaker.
- IV. Review and Approval of the November 15, 2022 & November 29, 2022 Meeting Minutes Chairman Pat Jacobs

# Arizona Water Protection Fund Commission Notice of Public Meeting and March 21, 2023 Meeting Agenda (continued)

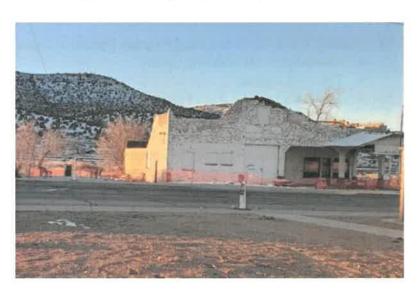
- V. AWPF Grant 22-214WPF Habitat Restoration in the Gila River Riparian Corridor Gila Watershed Partnership of Arizona
  - The Commission will discuss and may approve a grant award contract extension.
- VI. Arizona Water Protection Fund Program Updates Executive Director
  - Commission Membership Update
  - Financial Update
  - Status Updates for Active Grant Award Contracts
- VII. AWPF Program Grant Application Guidelines Triennial Review Process Executive Director
  - The Commission will be updated on comments received during the public comment period, and may discuss and provide direction on updating Arizona Water Protection Fund program grant application guidelines and/or the grant application manual.
- VIII. Grant Cycle Planning Executive Director
  - The Commission will discuss and may provide direction on planning for a future grant cycle.
  - IX. Call to the Public Chairman Jacobs
    - Comments from the public will be limited to 3 minutes per speaker.
  - X. Call for Future Agenda Items
- XI. Future Meeting Date(s) Chairman Jacobs
- XII. Adjourn Chairman Jacobs
- The Arizona Water Protection Fund Commission may elect to go into Executive Session for the purposes of obtaining legal advice from its attorney on any of the listed agenda items pursuant to A.R.S. § 38-431.03(A)(3). Executive sessions are not open to the public.
- Agenda items may be taken out of order. No action may be taken on items unless specifically noted on the agenda.
- Members of the Arizona Water Protection Fund Commission may appear by telephone.
- Agenda and backup/supporting documents can be obtained by contacting Lizette Fuentes at 602-771-8472 or lfuentes@azwater.gov.
- People with disabilities may request reasonable accommodations such as interpreters, alternate formats, or assistant with physical accessibility. If you require accommodations, please contact Jennifer Marteniez at (602) 771-8426 or by e-mailing <a href="mailto:jkmarteniez@azwater.gov">jkmarteniez@azwater.gov</a>. Please make requests as soon as possible to allow time to arrange the accommodation.

# Hualapai Planning Department • Update on Historic Gas Station Submitted by: Kevin Davidson | Hualapai Planning Department

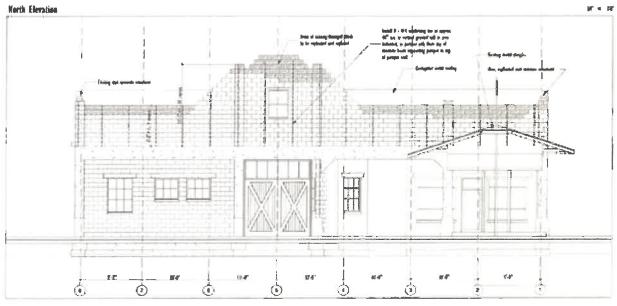
# Update on Historic Gas Station

Kevin Davidson, Hualapai Planning Department

The Planning Department is coordinating the repair of the old Shell Gas Station in downtown Peach Springs. Originally constructed in 1929, the building is listed on the National Register of Historic Places. The building's foundation was stabilized in 2014 with a grant from the National Park Service.



The building has twice suffered storm damage with the first occurrence in October of 2021 that peeled off the roof. This event launched the repair effort funded by the insurance claim, an ARPA grant courtesy of Arizona State Parks & Trails and a generous grant from the Arizona Community Foundation. Having secured funding, the tribe hired architect Robert Graham, A.I.A., at the end of 2022 to lead the design effort. With the architect's plans nearly complete, a second storm blew down most of the east wall at the end of February. Planning thanks the yeoman's effort of Public Services and TERO to put up a bracing wall within 72 hours.



Planning will request bids from construction contractors to do the repair work this spring.

# Indian Health Service • Phone Outage

Submitted by: Amy Siyuja | Peach Springs Health Center



# ATTENTION!

Peach Springs Health Center phone lines are still down.

Please continue to call 301-228-0167 Conference ID: 409119267

Further updates will be sent out as soon as phone lines are restored.

We apologize for the inconvenience this may have caused.

Hours of operation
\*Monday - Friday 8-5 \*Thursdays 12-5

2023 Performer Group Leader Meetings • Next Meeting: Tuesday, March 21st Submitted by: Lana Keller-Robinett | Grand Canyon Resort Corporation

# 2023 PERFORMER GROUP LEADER MEETINGS

# All Meetings at Hualapai Lodge, Upstairs Conference Room

Tue. 03/21 @ 8:30 a.m.

Tue. 04/18 @ 8:30 a.m.

Tue. 09/19 @ 8:30 a.m.

Tue. 05/23 @ 8:30 a.m.

Tue. 06/20 @ 8:30 a.m.

Tue. 10/24 @ 8:30 a.m.

Tue. 11/21 @ 8:30 a.m.

Tue. 07/18 @ 8:30 a.m.

Tue. 12/19 @ 8:30 a.m.

Announcements will be made on KWLP & in Gamyu. Subject to change and you will be notified ASAP.

# Gamyu Newsletter: Deadline & Publication Dates

Gamyu newsletter articles are due every other FRIDAY (the week before tribal pay week) by 5:00 p.m. If deadline falls on a holiday or Administrative Leave, articles will be accepted the following Monday by 12:00 Noon (unless specified). Please remember to attach an Information Sheet with your hand delivered articles. For your convenience, article submissions are accepted via email, please send to: <a href="mailto:Danielle.Bravo@hualapai-nsn.gov">Danielle.Bravo@hualapai-nsn.gov</a>. Absolutely, no ANONYMOUS submissions will be accepted.

Current and archived newsletters are available on the tribal website under "Community" at: <a href="www.hualapai-nsn.gov">www.hualapai-nsn.gov</a>.



## **Article Deadlines:**

Friday, March 24<sup>th</sup>
Friday, April 7<sup>th</sup>

#### **Publication Dates:**

Friday, March 31st Friday, April 14th



# Hualapai Department of Cultural Resources • 2023 Tentative CAL Class Schedule

Submitted by: Carrie Cannon | Hualapai Department of Cultural Resources

# 2023 Cultural Center Tentative CAL Class Schedule

March 17, 2023 Cut Agave Leaves, Wrap in foil, freeze March 24, 2023 Agave Drying racks and or Roast

Native Food Symposium

March 29-31 Hosted at 4H Building

Hualapai PRIDE Committee: Fresh Lemonade Fundraiser • Friday, March 24th

Submitted by: Adeline Crozier | Hualapai Tribal Administration

\$5 PER CUP

**FUND RAISER** 

LEMONABE

Fridory. Morch 24

10 am - Until all the lemons are squeezed
TRAINING CENTER

"There are so many beautiful reasons to be happy!"

Sponsored by: Hualapai PRIDE Committee







# Colorado River Indian Tribes Presents

After three years of waiting. There has been joy & sorrow, let us now gather and be in a good place!

# "MEGA THROW XVI" RETURNS

Traditional Bird Singing & Dancing

'Amat Kahvah Kijed'em Ahot kah'

Touching/dancing on the earth's (ground) brings good.

MARCH 24 & 25, 2023

AHA KHAAV TRIBAL PRESERVE

Colorado River Indian Reservation ~ Parker, AZ

March 24- Friday

4pm Welcome Statements Ase'Smany's Homecoming
6pm 7-17 Boys and Young Men Singing Contest. Must register on site.

March 25 - Saturday

Ase S'maay Close

7:00am Mega Memoriam Run Registration - Hosted by the Special Diabetes & Recreation Programs 928-669-2825

1 lam Singing Groups Check-In; Registration Opens & Closes at 3pm for Dance Contests
1pm Horse Shoe Tournament \$25 Buy-In
3:30 pm Dance Contests Begin:
Specials: Time Reserved
Raffle Winners announced during the day.
8:00 pm Social Dancing



# Vending & Contact Info:

FOOD: \$75 to event, Business License Required, contact Revenue & Finance (928) \$75-1532 or taxinfo@crit-nsn.gov + Food Handlers Cards + On-site DHSS Health Inspection. ARTS/CRAFTS: \$40 valued item + Business License. All spaces designated & LIMITED. Pre-approval prior to set-upi Contact: Valerie 928-669-8970 or Joanna 928-575-1442

BlueWater Resort & Casino 1-888-243-3360 Kofa Inn 928-669-1220

Info: Valerie valeriewt@crit-nsn.gov or office 928-669-8970 Joanna joanna.laffoon@crit-nsn.gov or 928-575-1442

ALCOHOL AND USE OF DRUGS STRICTLY PROHIBITED WITH ENFORCEMENT ON SITE!

"MEGA THROW"



Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach

Festival

Warch 25-26, 2023

Arizona Joshua Tree Fores,

March 25-26, 2023

# Saturday

# 9 am-12 pm Forest Activities

Study Plot - set up grid Family Native Plant Hunt

12 - 1 pm Lunch at MCA

Sandwich, chips, drink, cookie

1 - 2 pm MCA

Keynote Speaker

2 - 4 pm MCA

Activities

Raffles ticket sales

# Directions to forest activities

Pierce Ferry Rd, turn on Diamond Bar Rd, in 1/2 mile turn right on first dirt road, continue to parking near the corral.



arizonajoshuatreeforest.org arizonajoshuatreeforest@gmail.com

# Sunday

# 9 am-12 pm Forest Activities

Study Plot - collecting data

12 - 1pm Lunch at MCA

Sandwich, chips, drink, cookie

1 - 4 pm MCA

Entertainment

**Activities** 

Raffle sales and drawings
(You do not need to be present)



Meadview Civic Association (MCA) 247 E. Meadview Boulevard, Meadview, AZ

Inquiries: arizonajoshuatreeforest@gmail.com

Pancakes with Public Safety • Saturday, March 25th

Submitted by: Danielle Bravo | Hualapai Planning Department | FB Page: Hualapai Fire and EMS

# Pancakes with

# Public Safety

When: Saturday March 25th, 2023 Where: Peach Springs Community Multipurpose

Building

Time: 9:00AM-11:00AM
Bring your friends and family!



Domestic Violence Planning Meeting • Wednesday, March 29th Submitted by: Adeline Crozier | Hualapai Tribal Administration



# DOMESTIC VIOLENCE

PLANNING COMMITEE

JOIN US TO PLAN FOR UPCOMING EVENTS TO PROMOTE A SAFER HUALAPAI COMMUNITY!



Next meeting: March 29, 2023 @ 3pm @ the Healing House

Or on ZOOM @ ID: 818 4374 6396 **PASSWORD: 494 467** 

#DomesticViolenceAwareness

Hualapai Tribal Court Advocate Training • Friday, March 31st Submitted by: April Havatone | Hualapai Tribal Court

Learn who your Court of Appeal Justices are

Learn the duties of an advocate

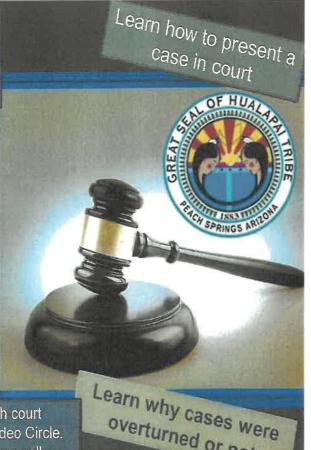
HUALAPAI TRIBAL COURT ADVOCATE TRAINING

MARCH 31, 2023 8:30AM

MULTI-PURPOSE BUILDING

Current advocates are encouraged to attend

Please register with court receptionist at 960 Rodeo Circle. Any questions please call 928.769.2338



overturned or not

Native Food Symposium Contest • March 30<sup>th</sup> - 31<sup>st</sup>
Submitted by: Carrie Cannon | Hualapai Department of Cultural Resources

# Native Food Symposium Contest

The Hualapai Cultural Department is Hosting a Native Food Symposium at the 4H Building March 30-31<sup>st</sup>, 2023. As part of the festivities on Friday March 31<sup>st</sup> beginning at 1:30pm we will have a Hualapai Traditional Foods Recipe contest. Contestants may create a food dish using any Native Hualapai food, including wild or agricultural foods. They must bring enough to serve 10 judges. There will be a 1<sup>st</sup> place prize for \$100, 2<sup>nd</sup> place \$75, and 3<sup>rd</sup> place \$50. Participants must bring a written copy of their recipe that will be included in a future publication on Traditional and Contemporary Recipes of the Hualapai Tribe. We look forward to your

participation. For questions call: 928-769-2223







Submitted by: Carrie Cannon | Hualapai Department of Cultural Resources

Native Foods Symposium@ the 4H Facility Thursday & Friday March 30<sup>th</sup> -31<sup>st</sup> 2023 9:00am-4:00pm

Come join us for two days of sharing about traditional Native foods in Indian Country! We will be hearing from guest speakers from surrounding reservations about their respective traditional Native food's initiatives. Guest lectures will take place Thursday and Friday with lunch provided. Friday will be hands on traditional food demonstrations from 1:30pm food demonstrations from 1:30pm -4:00pm along with a traditional recipes contest and taste testing.

For any questions contact the cultural center at 928-769-2223.

We hope to see you there. Raffle prizes will be given out throughout the event. A Native food cooking contest will be open to the community to compete in during the Friday hands on food demonstration day.





La Paz Trail of Tears Run 2023 • Registration Ends: Monday, April 3<sup>rd</sup>
Submitted by: Martina Dawley | Hualapai Department of Cultural Resources

# **LA PAZ TRAIL OF TEARS RUN 2023**

Friday APRIL 21, 2023 – 5:00 AM Camp Beale Springs, Arizona to Peach Springs, Arizona

# Registration Timeline:

- Registration starts February 6, 2023
- Registration ends April 3, 2023

# How to Register:

- How to get the registration form:
  - Request a form at <u>mdawley@hualapai-nsn.gov.</u>
  - o Pick up a form at the Cultural Center.
  - o Download a form at FB @HualapaiCulturalResources.
- How to turn-in your form:
  - Drop off at the Cultural Center: M-F between 8AM to 5PM.
  - Mail: La Paz Run, C/O Cultural Center, P.O. Box 310, Peach Springs, Arizona 86434 (postmark by April 3, 2023).
  - Register online: <a href="https://forms.gle/tVu5HtfwEjajyZfk8">https://forms.gle/tVu5HtfwEjajyZfk8</a>.

# Runner qualifications:

- Must be a Hualapai tribal member or have Hualapai lineage.
- Must be 16 years old and over to run.
- Must not be showing symptoms related to COVID-19, RSV, and the flu.
- Must wear a mask inside the van.
- Must use hand sanitizer.
- Runners must be vaccinated with proof of vaccination card.

# Transportation to Beale Springs:

- Meet at the Cultural Center at 3AM
- Vans will leave promptly by 3:45 AM

Questions? Contact the Cultural Center at (928) 769-2223

# LA PAZ TRAIL OF TEARS RUN 2023

Friday APRIL 21, 2023 - 5:00 AM Camp Beale Springs, Arizona to Peach Springs, Arizona

First Name:	_ Last Name:	Age:				
Address:	City:					
State:Zip:	Email:					
Phone:						
Emergency contact (name/phone):						
Shirt Size (Adult): S M L XL 2X	3X					
I know that running is a potentially hazardous activity. I know that there will be traffic on the course route and assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration to your accepting my registration, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Hualapai Tribe, volunteers, and any and all sponsors in-cluding their agents, employees, or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind of nature whatsoever foreseen or unforeseen, known or unknown. The undersigned further grants full permission to representatives authorized by them to use any photographs, videotapes, recordings or any other record of this event for documentary purposes only. Application for minor (under 18 years old) accepted only with a parent's signature.  By signing this form, you are affirming that you are a Hualapai tribal member or have Hualapai lineage,						
and that you have proof of the COVID-19 vacci Signature:	<del></del>	_ Date:				
Parent/Guardian (if under 18):		_ Date:				
For Official Use Only:						
Received By:		Date:				

# **REGISTER NOW!**

**APRIL 2023** 

# SWIWC'S VIRTUAL 40-HOUR NATIVE VICTIM ADVOCACY TRAINING

# **EVERY TUESDAY AND THURSDAY**

This FREE virtual training will take place during the month of April, every Tuesday and Thursday, beginning April 4, 2023 at 9:00 a.m. MST - PHX Time.

The intended audience is domestic and sexual violence advocates (at all levels of experience) who would like to expand or refresh their victim advocacy skills.

The training will include information on enhancing victim services, maintaining confidentiality, mobile advocacy, capacity building, addressing and responding to domestic and sexual violence including the Native LGBTQ+ and Two Spirit community, the missing and murdered, sex trafficking, working with Native youth, working with collaborative partners, and the importance of healing and self-care.

# **REGISTER HERE!**

# For more information contact Tania.harvey@swiwc.org

This project was supported by Grant No. 15jOVW-21-GG-02261-MUMU awarded by the Office on Violence Against Women (OVW), United States Department of Justice (USDOJ). The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of theuthor (s) and do not necessarily reflect the views of the OVW, USDOJ.

Spring Carnival • April 13<sup>th</sup> - 16<sup>th</sup>
Submitted by: Danielle Bravo | Hualapai Planning Department | FB Page: Mohave Parks



# MOHAVE COUNTY FAIRGROUNDS **APRIL 13-16, 2023**

Mohave County will be hosting Brown's Amusements for a spring carnival. Join us April 13th-16th for rides, games, food, and fun at the Mohave County Fairgrounds!

Thursday, April 13 4PM-10PM

Friday, April 14 **4PM-10PM** 

Saturday, April 15 Noon-10PM

Sunday April 16 Noon-6PM

Carnival wristbands and tickets will be available for purchase through Brown's Amusements on-site starting April 13, 2023



Submitted by: Adeline Crozier | Hualapai Tribal Administration | FB Page: Hualapai Tribal Recreation



# PASKETBALL TOURNAMENT

April 22, 2023

OPEN CO-ED - 6 TEAM BRACKETS

ENTRY FEE: \$50.00 PER TEAM

DEADLINE: April 14, 2023

Registration only guaranteed with payment

AGE GROUPS: (8-10) (11-12) (13-14) (15-17) PROOF OF AGE IS REQUIRED

NO EXCEPTIONS!

FOR FURTHER INFORMATION PLEASE CALL

BERICA OR DARWIN AT (928) 778-1725

Sponsored by: Yavapai-Prescott Indian Tribe & SDRI Program Save The Date: Gathering of the Pai 2023 • April 28th - 29th

Submitted by: Danielle Bravo | Hualapai Planning Department | FB Page: Hualapai Cultural Resources

# SAVE THE DATE Gathering of the PAI 2023

Hosted by the Yavapai-Apache Nation
BI-YAH SIDTUM
"WE ARE ONE"







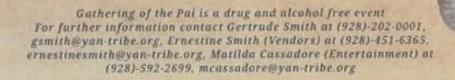




April 28th and 29th, 2023 FRIDAY APRIL 28, 2023 4:00PM - 7:00 PM

Opening Prayer
Social Bird Singing and Dancing
Dinner will be served
SATURDAY APRIL 29, 2023 9:00 AM- 7:00 PM

Bird Dancing and Singing
Entertainment
Pai Women Celebration
All meals provided by YAN



PAGE 22 **GAMYU** 

# Holo Holo Music Festival • May 6th & 7th Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach



SATURDAY, MAY 6

SUNDAY, MAY 7

**EKOLU · PAULA FUGA** FIA · ELI-MAC

# COMEDY SET SATURDAY BY TUMUA

HOSTED BY WESTERN CONFERENCE - BIG BODY CISCO \* DJ SETS BY WESTAFA









The Hualapai Health Department Presents

# SOBRIETY CAMPOUT 2023

SANTE THE DATE

JUNE 2-4, 2023 LOCATION: YOUTH CAMP

"Gathering Together with Good Feelings"

"Gwe han wasi:vk digava"



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# EMPLOYMENT OPPORTUNITIES

Peach Springs Health Center • Job Announcement: Security Guard
Submitted by: Adeline Crozier | Hualapai Tribal Administration



JOB ANNOUNCEMENT

**SECURITY GUARD** 

The position is located at the Peach Springs Health Center, Peach Springs, AZ. The incumbent performs protective service work in guarding federally owned, leased buildings or property, protecting Government equipment, materials and controlling access into the facility along with public safety. Position is supervised thru Health System Administrator.

Grade: GS-04/05

Grade: GS-0185-12

Department: Security Department

Location: Peach Springs Health Clinic - Peach Springs, AZ

Announcement number: IHS-23-PX-11806123-ESEP/MP

https://www.usajobs.gov/job/700482500

Open for 20 business days

OPEN: 02/24/2023 CLOSES: 03/23/2023

Peach Springs Health Center • Job Announcement: Social Worker

Submitted by: Adeline Crozier | Hualapai Tribal Administration



JOB ANNOUNCEMENT

**SOCIAL WORKER** 

The purpose of this position is to provide a social worker to facilitate social services for the Peach Springs Clinic, Peach Springs, AZ. and Havasupai Health Station, Supai, AZ. This position is responsible for providing a variety of social work services to Native American patients/clients and their families. This position reports to the Health System Administrator.

Department: Social Services Department

Location: Peach Springs Health Center - Peach Springs, AZ

Announcement number: IHS-23-PX-11853990-ESEP/MP

https://www.usajobs.gov/job/709575700

Open for 30 business days

OPEN: 02/28/2023 CLOSES: 04/10/2023

**Small Business Incubator Coordinator** 

Submitted by: Adeline Crozier | Hualapai Tribal Administration

MCC

Mohave Community
College

Peach Springs local job opportunity with Mohave Community College (MCC) in partnership with Hualapai Tribe: Small Business Incubator Coordinator (Peach Springs, AZ)

**Coordinator, Hualapai Business Incubator Training** 

**Salary:** \$38,500.00 - \$43,120.00 Annually

Job Type: Full-time

Job Number: 13-01170

**Location:** Extended Campus (Kingman), AZ

**Department:** Corporate Education

**Closing:** Continuous

Link to apply via MCC:

https://www.schooljobs.com/careers/mohavecc/jobs/3785728/coordinator-hualapai-business-incubator-training?fbclid=lwAR1f6 GBPRZ8CXKmqOd3i5bdqdl8RnX80krhWEYRrhI87Ux7jWNsJwjrFSY

Grand Canyon Resort Corporation Job Fair • Friday, March 24th

Submitted by: Earlene Havatone | Grand Canyon Resort Corporation



# FAGR

FRIDAY MARCH 24 TH

9 AM TO 2 PM Saguaro Room

JOIN US

700 W Beale Street Kingman, AZ 86401

# **ON-THE-SPOT-INTERVIEWS | ON-THE-SPOT-HIRING OPPORTUNITIES**

- Food Servers & Cashiers
- Retail Supervisors
- Food Handlers/Cook
- Photo Guides
- Housekeeping
- Room Attendant
- Front Desk Supervisors
- Front Desk Agents
- Night Auditors
- Laundry Attendant

- lanitors
- Security Guards
- Small Engine Mechanics
- Small Engine Supervisor
- ElectricianMechanics
- Maintenance Techs
- Cooks
- Front of House
- Sr. Human Resource Specialist-Recruiting

- Sr. H.R. Specialist Training & Development
- Airport Manager
- Airport Operations Specialist
- Airport EMS/Firefighter
- Equipment Drivers
- Transit CDL Drivers
- Photo Guide Lead
- Express Driver



For Available Positions: www.grandcanyonwest.com/jobs



For Questions: HR Department @ 928-769-2640



# Grand Canyon Resort Corporation • Current Job Postings Submitted by: Gina Hernandez Grand Canyon Resort Corporation

## Revised 3/13/2023

\*\* For Quick Apply Visit Grandcanyonwest.com \*\*

Administration	# of Positions	Pay Rate	Shift	Grand Canyon Resort Corporation Airport	# of Positions	Pay Rate	Shift
tuman Resources Director	1	D.O.E.	Varies	Airport Manager	1	D.O.E/FT	Varies
thief Of Executive Officer (CEO)	i i	D.O.E.	Varies	Airport Operations Specialist	1	D.O.E/FT	Varies
Chief Operations Officer (COO)	1	D.O.E/FT	Mon-Fri	Airport Operations Specialist	1	D.O.E./ PT	Varies
Chief Financial Officer (CFO)	1	D.O.E	Varies	Airport EMS/Firefighter	3	D.O.E/FT	Varies
Human Resources	# of Positions	Pay Rate	Shift	Airport Supervisor	1	D.O.E/FT	Varies
Sr. Human Resource Specialist- Recruiting	# Of 1 Ositions	D.O.E/FT	Mon-Fri	Transportation	# of Positions	Pay Rate	Shift
Sr. HR Specialist- Training & Development	1	D.O.E/FT	Varies	Technician Apprentice	# OI POSIDORIS	D.O.E/FT	Varies
	# - f D lt'			<u> </u>	1		
Marketing	# of Positions	Pay Rate	Shift	Transit CDL Driver	2	D.O.E/FT	Varies
Sales Manager	1	D.O.E/FT	Varies	Transit Mechanic	1	D.O.E/FT	Varies
Digital Market Manager	1	D.O.E/FT	Varies	Lead Transit CDL Driver	1	D.O.E/FT	Varies
Hualapai Lodge	# of Positions	Pay Rate	Shift	Security	# of Positions	Pay Rate	Shift
Room Attendant	1	D.O.E/PT	Varies	Security Operations Manager	1	D.O.E/FT	Varies
fotel Operations Manager	1	D.O.E/FT	Varies	OIC/ Lead	1	D.O.E/FT	Varies
lousekeeping Supervisor	1	D.O.E/FT	Varies	Security Guard	2	D.O.E/FT	Varies
Night Auditor	1	D.O.E/PT	Varies	Security Guard	1	D.O.E/PT	Varies
Diamond Creek Restaurant	# of Positions	Pay Rate	Shift	Gift Shop/Tour Counter	# of Positions	Pay Rate	Shift
Cook	1	D.O.E/PT	Varies	Cashier	2	D.O.E/PT	Varies
Restaurant Manager	1	D.O.E/FT	Varies	Lead Concierge	1	D.O.E/FT	Varies
Front Of House (FOH)	1	D.O.E/FT	Varies	Concierge	2	D.O.E/FT	Varies
Cook	2	D.O.E/FT	Varies	Pontoon	# of Positions	Pay Rate	Shift
Front Of House	1	D.O.E/Seasonal	Varies	Ops Manager	1	D.O.E/FT	Varies
BOH Team Member	2	D.O.E/Seasonal	Varies	Small Engine Mechanic	1	D.O.E/FT	Varies
Walapai Market	# of Positions	Pay Rate	Shift	Supervisor	1	D.O.E/FT	Wed-Sat
Operations Manager	1	D.O.E/FT	Varies	Skywalk	# of Positions	Pay Rate	Shift
Itility Worker	1	D.O.E/PT	Sun-Wed	Utility	3	D.O.E/FT	Varies
Hualapal River Runners	# of Positions	Pay Rate	Shift	Utility	4	D.O.E/PT	Varies
Vlaintenance Supervisor	4 OI FUSITIONS	D.O.E/FT	Varies	Cash Room Clerk	4	D.O.E/FT	Varies
	1	-					
Waintenance Mechanic	2	D.O.E/FT	Varies	Photo Guide Lead		D.O.E/FT	Varies
Small Engines Supervisor	<u> </u> '	D.O.E/FT	Varies	Customer Service Lead	1	D.O.E/FT	Varies
Small Engines Mechanic	1	D.O.E/FT	Varies	Retail Cashier	1	D.O.E/FT	Sun-Wed
Passanger Van Driver	1	D.O.E/Seasonal	Varies	Photo Guide	2	D.O.E/FT	Varies
Concierge	1	D.O.E/Seasonal		Hualapai Point	# of Positions	Pay Rate	Shift
Passanger CDL Driver	3	D.O.E/Seasonal	Varies	Night Auditor	1	D.O.E/ FT	Varies
Equipment Driver	4	D.O.E/Seasonal	Varies	Housekeeping	1	D.O.E/PT	Varies
River Running Guide	7	D.O.E/Seasonal	Varies	Housekeeping	2	D.O.E/FT	Varies
GCRC INTERN	IAL ONLY UNTIL :	3/20/2023		Housekeeping	2	D.O.E/Seasonal	Varies
Hility-Skywalk	1	D.O.E/FT	Sun-Wed	F&B/Sky View Restraunt	# of Positions	Pay Rate	Shift
Room Attendant-Hualapai Lodge	1	D.O.E/PT	Varies	Lead	1	D.O.E/FT	Varies
Cashier-Gift Shop Main	2	D.O.E/PT	Varies	Cashier	5	D.O.E/PT	Varies
Guide/Utility-Pontoon	3	D.O.E/Seasonal	Varies	Food Handler/Cook	1	D.O.E/FT	Varies
Gift Shop Supervisor- Gift Shop Main	1	D.O.E/FT	Varies	Busser	1	D.O.E/FT	Wed-Sat
Gift Shop Lead- Gift Shop Main	1	D.O.E/FT	Varies	Janitorial	# of Positions		Shift
and much come, our outs well	1	D.V.D. 1	ranna	Janitor	1	D.O.E/FT	Wed-Sat
					1	D.O.E/PT	
				Janitor	# of Books		Varies
				Zipline	# of Positions		Shift
				Guide	4	D.O.E/Seasonal	
				Photographer	1	D.O.E/Seasonal	
				Supervisor	1	D.O.E/Seasonal	
				Maintenance	# of Positions		Shift
				Operations Manager	1	D.O.E/FT	Varies
				Maintenance Tech	2	D.O.E/FT	Varies
				Maintenance Tech	1	D.O.E/PT	Varies
				Waterline Tech	1	D.O.E/FT	Varies
				Carpenter	1	D.O.E/FT	Varies
					4	D.O.E/FT	Varies
				Plumber		ID.O.E/F1	ACHIRO

ISSUE #06 PAGE 27

# EDUCATION & TRAINING

First Things First • Learning to Share

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

# 拱 FIRST THINGS FIRST

# **HUALAPAI REGION**

Hualapai Tribe Region









MONTHLY UPDATE

**Learning to Share**: Learning to share requires children to understand their own feelings and to recognize that other people have feelings, too.

Sharing is caring. It's a social skill that is very important to many parents, seen as part of being a good brother or sister, a good friend, and a good child. Many parents also have unrealistic expectations about when little ones are capable of sharing. A recent survey showed that 43% believe children can master this skill before age 2. The truth is, young children aren't ready to share as early as you might think.



#### What is sharing?

Oftentimes, when parents want their child to share, they really want their child to take turns, a similar, but slightly different concept. Sharing involves giving *some* of something to someone else, like asking your child to give some of a banana to their younger sibling. Taking turns, though, involves asking a child to give *all* of someone they want away to another child. Both of these skills can be difficult for young children, who are generally self-focused, which is a normal part of how they develop.

Learning to share requires children to understand their own feelings and to recognize that other people have feelings, too. These are advanced social and emotional skills for young children. Child development experts say that most little ones don't learn how to share until around age 3 or 4. And some children may be even older before they fully understand the concept and learn how to share.

#### Helping your child learn to share

Sharing is a complex skill that develops over time. Your love, support and patience can help your little one learn to share. If your 2 year-old gets upset when asked to share a sand bucket on the playground, know that this is completely understandable and right on par for what a 2 year-old should be doing. At this stage in development, toddlers are learning the concept of ownership, and that bucket is theirs! Your child is just learning and developing. It's a process. Parents can help their children learn to share, over time, by modeling the behaviors they want to see.

Tell your child what is happening. Use the phrase "take turns." This helps children prepare themselves, rather than be told in the middle of their play, "We're going to share the toy with Thomas now." This helps the child understand that they will get the toy back. It may sound something like, "Micha, we are going to take turns with Thomas. You're playing with the Lego now, and then it will be Thomas's turn to play with them for a while. And then it will be your turn again."

# Don't expect your child to share their very special toys or blanket.

You can keep these items out of sight, or if a child attempts to play with another child's favorite item, be a voice for them. You might say, "Thomas, this is Micha's special blanket. It is really important to her. I am going to put it in her room to keep it safe. I can help you find something interesting for you to play with."

If you have questions about your child's healthy development at different ages, visit First Things First's Ages & Stages tool (https://www.firstthingsfirst.org/resources/ages-and-stages/). It features detailed information about what most children can do by each age in a number of categories.

#### FIRST THINGS FIRST HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

William Santiago, Chair Omaovensi Coochwytewa Jane Baumbach Wanda Quasula Renee Beecher Amelia Sullivan

Pearl Sullivan Chira Walema

#### **ABOUT FIRST THINGS FIRST**

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

Submitted by: Adeline Crozier | Hualapai Tribal Administration



JOIN US FOR YOUR CHANCE TO WIN A BRAND NEW LAPTOP COMPUTER!



# **COME LEARN ABOUT:**

DINNER WILL BE SERVED

AZ Academic Standards Assessment, AZSci & Galileo

Fun ways to study at home

Ways to support the health and wellness of your student

# LET'S MAKE STUDYING FUN WITH GAMES!

403 Diamond Creek Rd., 928-769-2202

## Valentine Elementary School • Eagle Eyes Newsletter

Submitted by: Gina McNeil | Valentine Elementary School



# EAGLE EYES



Vol. 8, No. 8

www.valentineaz.net

February 28, 2023

## **READ ACROSS AMERICA**

Thursday, March 2 (the birthday of Dr. Seuss), kicks off Read Across America Week. We will be celebrating reading by having themed days continuing through next week. Appropriately, Thursday is Hat Day, in honor of The Cat in the Hat. Students will be allowed to wear hats at school.

The following week looks like this:

Monday, 03/06 – Crazy Socks Day Tuesday, 03/07 – Stuffed Animal Day Wednesday, 03/08 – Green Day (not the band) Thursday, 03/09 – Tourist Day

As always, dress for themed days needs to be school-appropriate (no bikinis for Tourist Day, for example).

# WELLNESS POLICY

As part of our efforts to continuously improve to benefit our students and the community, Valentine Elementary School, in conjunction with the University of Arizona Extension Office, has developed a Wellness Policy. The policy is available at the bottom of the following page: <a href="https://www.valentineaz.net/documents/about/244696">https://www.valentineaz.net/documents/about/244696</a> or through the Document section of our Valentine Elementary School smartphone app. If you don't have it already, you can scan the QR code at the top of the newsletter to download the FREE app.

The policy highlights many of the things that the school is already doing to promote wellness among the students and the staff, from time set aside for physical education to our award-winning school garden.

Results from the parent survey taken at the Arizona Health Zone's booth at the Candy Land Carnival last December indicated that families would be interested in more wellness education. To that end, we will be offering our first ever Family Wellness Night on Thursday, March 30, from 5:30 – 7:00 pm. Stay tuned for more details . . .



# HOW CAN I HELP MY STUDENT?

- Ask about our Illusionist Our students were treated to an illusionist show today. The show was called 'The Magic of Kindness' and focused on ways to address bullying behavior. Several students were called onstage to be part of the act. It was an entertaining and informative performance. He will be performing again this Thursday evening at the Tribal Gymnasium. Admission is FREE. Your student should be bringing home a ticket for the family today.
- Set aside a few minutes of quiet time with your student Give them your undivided attention. Let them talk about what is important to them: what they liked about their day, what they wish they could have done differently, what their goals are for the next day. By providing an opportunity to develop this habit, you are deepening the relationship between you and your student that can last well into adolescence and adulthood.
- Model responsible behavior Students are not born knowing how to behave appropriately. They learn how to get along in the world from the world around them. Through our behavior, we are teaching them how to react to situations; they behave as we have shown them how to behave.

#### **UPCOMING EVENTS**

03/02 – The Cat in the Hat (Hat Day)

03/06 - Fox in Socks (Crazy Sock Day)

03/07 – If I Ran the Zoo (Stuffed Animal Day)

03/08 - Green Eggs and Ham (Wear Green)

03/09 – Oh, the Places You'll Go (Tourist Day)

03/09 - End of 3rd Quarter

03/13-16 - SPRING BREAK - NO SCHOOL

03/20 – 4th Quarter begins

03/21 - School Board Meeting, 4:30 pm

03/23 - 8th Grade Visit to Kingman High School

03/28 - 3rd Quarter Awards Assembly, 9am

03/30 – Family Wellness Night, 5:30 – 7pm

#### PAGE 30 **GAMYU**

# Valentine Elementary School • Calendar of Events: March Submitted by: Gina McNeil | Valentine Elementary School

SATURDAY	4	11	18	25	
FRIDAY	3	10	17 St. Patrick's Day	24	31
THURSDAY	Cat in the Hat (Hat Day) Read Across America Dr. Seuss' Birthday	9 Oh, The Places You'll Go (Tourist Day) End of Qtr 3	16 NO SCHOOL	23 8th Grade visits Kingman High School	5:30 – 7:00 pm
WEDNESDAY MARCH 2023		Screen Eggs & Ham (Wear Green)	1	3rd Quarter Report Cards	29
TUESDAY		7 If I Ran the Zoo (Stuff'd Animal)	14 – $\pi$ (Pi) Day 15 SPRING BREAK	21 School Board Mtg 4:30 pm	28 3 <sup>rd</sup> Quarter Awards Assembly 9am
MONDAY	/ HC 35 Box 50 prings AZ 86434 -769-2310 69-2389 ineAZ.net	6 Fox in Socks (Crazy Socks)	13	20 Start of Qtr 4	27 AZ ENNE ZONE
SUNDAY	Valentine Elementary School 12491 N. Byers St / HC 35 Box 50 Truxton/Peach Springs AZ 86434 phone 928-769-2310 fax 928-769-2389 wwwValentineAZ.net	25	Daylight Saving Time Begins (AZ doesn't change)	19	26

# Mohave County Street Team Free Health and Resource Fair • Friday, May 12th

Submitted by: Adeline Crozier | Hualapai Tribal Administration





Mohave County Street Team is coming back!

This free health and resource fair is open to everyone of all ages.

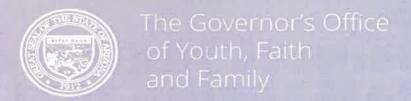
Learn about local resources, chat with business professionals, and grab a few freebies while you're here!

When: Friday May 12, 2023

Where: Hualapai Health Department Address: 488 Hualapai Way, Peach Spring

Time: 11 a.m. - 1 p.m.

More information please contact Dani Lagana: 928-753-0714 x. 4282 or email at lagand@mohave.gov.





# APPLY NOW FOR THE 2023-2024 GOVERNOR'S YOUTH COMMISSION

PHOENIX - The Governor's Office of Youth, Faith and Family (GOYFF) is seeking inspiring youth leaders from Arizona high schools to serve on the 2023-2024 Governor's Youth Commission (GYC). The GYC brings together a diverse group of high school students from all fifteen Arizona counties to identify and address the greatest challenges facing Arizona's youth by developing innovative community impact projects, establishing partnerships with young leaders across the state, and advising the Governor

Commissioners are selected through a competitive application process. If you know a high school student with a passion for service and leadership, please share this unique opportunity to serve as an ambassador in a nationally recognized leadership program! Applicants must be sophomore, junior, or senior students during the 2023-2024 school year.

Applications are currently being accepted until May 31, 2023 at 5:00 PM from Arizona youth in all fifteen counties.

Apply at:

https://goyff.az.gov/councils-commissions/governors-youth-commission/

PAGE 32 GAMYU

## Project Dreamcatcher • Free Business Training Program Spring 2023

Submitted by: Danielle Bravo | Hualapai Planning Department





# FREE BUSINESS TRAINING PROGRAM SPRING 2023

# REQUIREMENTS:

- Certificate of Indian blood from Arizona and New Mexico Tribes
- Own a business or have an idea for a business.
- Commit to continued communication & quarterly check-ins to share progress

# YOU WILL LEARN:

- Business coaching from faculty
- Learning through mentoring
- Networking activities
- New skills and confidence to start or grow your own business

# INVEST IN YOURSELF!

**APPLY TODAY!** 







https://thunderbird.asu.edu/lifelong-learning/entrepreneurship/dream-catcher#:~:text=Overview,Mountain% 20Apache%2C%20and%20Navaio%20tribes.

Native Youth in Food and Agriculture Leadership Summit • Applications Due: April 3<sup>rd</sup>
Submitted by: Elisabeth Alden | Federally Recognized Tribal Extension Program (FRTEP)

# Apply now!

# NATIVE YOUTH IN FOOD AND AGRICULTURE LEADERSHIP SUMMIT 2023

The Indigenous Food and Agriculture Initiative's Native Youth in Food and Agriculture Leadership Summit applications are available now!

Attend IFAI's Youth Summit, held at the University of Arkansas, to develop key skills and learn alongside experts! Some agriculture policy and production areas covered during Summit include: ag business and finance, land stewardship and conservation, ag law and policy, nutrition and health, and more.

All travel and lodging expenses covered for accepted applicants.

Applications due April 3, 2023!





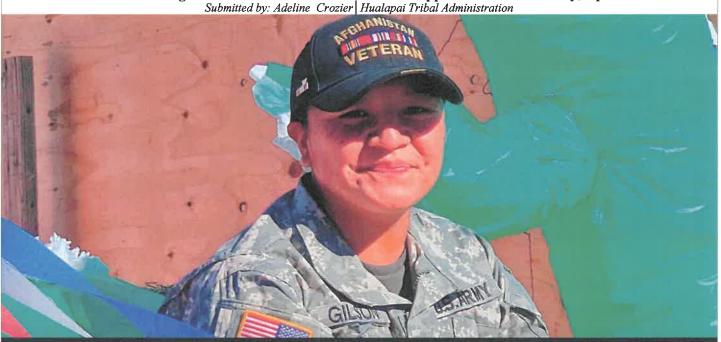
bit.ly/IFAIYOUTH





PAGE 34 **GAMYU** 

The Summit Program for Native American Veterans • Applications Close Friday, April 21st



# THE SUMMIT PROGRAM FOR NATIVE AMERICAN VETERANS

BEGIN YOUR CAREER IN TECH TODAY

# The Summit Program | Hesperus

The Summit Program is a full-time, no-cost technical training program that incorporates live virtual instruction, hands-on virtual labs, real-life application scenarios, and opportunities for certifications to prepare students for challenging networking and cyber tech jobs in any industry. The inaugural Summit Program start date is Monday, May 15, 2023.

Hesperus is committed to empowering Native American veterans with opportunities through relevant training that leads to meaningful careers in tech.



This program is powered in part by Wounded Warrior Project® (WWP) to honor and empower post-9/11 injured service members, veterans, and their families

POWERED BY -









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# WHAT WILL YOU LEARN

Successful completion of the Summit Program results in three CompTIA computer certifications – CompTIA A+, CompTIA Net+, and job interviews with Hesperus Technology Partners. The Summit Program specializes in basic networking and cybersecurity technologies for entry-level information technology jobs.

In addition to technical curriculum, the Summit Program offers a variety of professional development opportunities for students including opportunities to engage with technical mentors and industry leaders in a professional and technical capacity. Hesperus also partners with Summit Program students in career planning, professional skills-building (including resume writing and interview techniques), and job search strategies with our employment partner networks.

## TRAINING LOCATION AND HOURS

LOCATION: Virtual - You must have regular, dependable broadband internet access to take this course

SCHEDULE: The Summit Program takes place Monday-Friday 0800-1700

Arizona time

Deadline: Applications close April 21st, 2023

#### **HOW DO I APPLY?**

Visit us at www.hesper.us/programs and fill out a Summit Program Information Request and we will contact you

## **Eligibility:**

The Summit Program is open to all Native American veterans.

#### **VETERANS MUST:**

- Discuss The Summit Program with the Program Administrator to determine eligibility
- Submit a DD214 showing proof of military service
- Enrolled members of federal and state recognized tribes will be prioritized for admission





Freeport-McMoRan Native American Scholarship Program • Applications Close: June 1st Submitted by: Adeline Crozier | Hualapai Tribal Administration





# FREEPORT-MCMORAN

NATIVE AMERICAN

# SCHOLARSHIP PROGRAM 2023

Freeport-McMoRan and Education Forward Arizona are offering two scholarship opportunities. The application opens on Feb. 1, 2023 and closes on June 1, 2023.

# ELIGIBILITY CRITERIA

- Be an enrolled member of the Hualapai Tribe, Navajo Nation, San Carlos Apache Tribe, Tohono O'odham Nation, White Mountain Apache Tribe or other tribal communities including Ak-Chin Indian Community, Gila River Indian Community, Hopi Tribe, Pascua Yaqui Tribe, Salt River Pima-Maricopa Indian Community, Tonto Apache Tribe, Yavapai-Apache Nation, Yavapai Prescott Indian Tribe and Zuni Pueblo.
- Be attending an accredited trade school, community college, tribal college or fouryear university
- Be a full-time student
- Have a minimum 2.5 GPA and be in good current academic standing

# START APPLYING FEB. 1

Learn more and apply at bit.ly/FreeportMcMoRan23 or by scanning the QR code.



#### Rope Technician Course • September

Submitted by: Danielle Bravo Hualapai Planning Department | FB Page: Hualapai Fire and EMS

# ROPE TECHNICIAN

COURSE

Date: September 13th / 17th 2023

Location: Grand Canyon West

Hosted By: Hualapai Fire / EMS

Enrollment Fee: \$625.00

(Minimum 15 Students / Max 20)

Successful completion of the course will result in

AZCESE Rope Technician Cartificate

Contact Chief Gore @ Matthew.Gore@Hualapai-nsn.gov

For Enrollment Information

PAGE 38 GAMYU

# HEALTH & SAFETY INFORMATION

LDS Family Services: Addiction Recovery Program • Every Thursday beginning March 16<sup>th</sup>
Submitted by: Don Sorenson | LDS Family Services: Addiction Recovery Program

Beginning March 16, 2023
Every Thursday at the
Church of Jesus Christ of Latter-Day Saints
in the Relief Society Trailer
375 Diamond Creek Road
7:00PM

LDS Family SERVICES

## ADDICTION RECOVERY PROGRAM

A Guide to Addiction Recovery and Healing

Written with support from
Church leaders and
counseling professionals by those
who have suffered from addiction
and who have experienced
the miracle of recovery through
the Monement of Jesus Christ

Questions call 1-562-355-3911

### HUALAPAI SPECIAL DIABETES PROGRAM FOR INDIANS (HSDPI)

🔀 hualapaisdpi@gmail.com







GROUP WORKOUT



**WEIGHT TRAINING** 



CLASSES

T2 HEALTH

EVENTS & CHALLENGES

#### **OUR SERVICES**

- Baseline & ending assessments (A1c glucose, weight, & survey)
- Weight training/ Cardio training
- · Events & Challenges
- Personal Training & Nutrition plans
- · T2 health classes- individual /group
- Inbody 570 weight scale

#### **ABOUT US**

We are here to help promote diabetes education, prevention & management through physical activity and healthy choices. Our program is an IHS grant funded program called Special Diabetes Program for Indians for over 20 years.

### 2 OFFICE LOCATIONS

HSDPI fitness center PH: 928 769-2644 M- TH: 530a - 700p FRI: 530a - 300p 950 Rodeo Circle- behind gym Peach Springs, AZ.

m

HSDPI office PH: 928 769-1630 M-F: 8A-5P

926 Hualapai Way- by HEW Peach Springs, AZ

# TAKE CARE OF YOUR KIDNEYS AND THEY WILL TAKE CARE OF YOU.

## **CHRONIC KIDNEY DISEASE**

# Your Kidneys May Not Work Well If You Have Diabetes.

Diabetes can cause kidney disease, also known as chronic kidney disease (CKD). The good news is that there is a lot you can do to prevent kidney problems, including keeping your blood sugar and blood pressure under control.

Having kidney disease increases the chances of having heart disease, heart attacks, and strokes.

Keeping your kidneys healthy will help take care of your heart.



What Happens If You Have Kidney Damage?

Changes or damage to your kidneys may cause your kidneys to fail. If your kidneys fail, your blood must be filtered (dialysis treatments) several times a week.

You may also need to have a kidney transplant.

#### How Will You Know If You Have **Kidney Problems?**

Ask your doctor to test your blood and your pee.

If the doctor finds protein (albumin) in your pee, it is a sign of the start of kidney disease caused by diabetes.



Get tested yearly.

Get tested more often if:

- » Your test shows protein in your pee or;
- » Your kidneys are not working as they usually do.

#### If You Have Diabetes, Take **These Steps:**

Meet blood sugar targets as often as you can.

Get tested for your average level of blood sugar over the past three months (A1C test).



Get your A1C test at least twice a year, but ideally up to four times a year.

If your blood pressure is high, check it regularly and get it under control to make sure your kidneys stay healthy.

Talk to your doctor about medicines that harm your kidneys and other ways to lower your blood pressure.



#### What is the Best Way to Keep Your Kidneys Healthy?

Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.

Stay in your target cholesterol range.

Eat foods lower in salt.

Eat more fruits and vegetables.

Stay active.

Take your medications as directed.

#### Who is More Likely to Develop Kidney Disease?

Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure may have CKD.

In addition to diabetes and high blood pressure, other problems that put you

at greater chance of kidney disease include: heart disease, obesity (being overweight), and a family history of CKD. Kidney infections and a physical injury can also cause kidney disease.

#### What Can You Do to Prevent Kidney Failure?

Get tested for CKD regularly if you are at risk.

Find it early. Treat it early.

Ask your doctor to test your blood or pee. If you have diabetes, get tested yearly.

If you have diabetes, stay in your target blood sugar range as much as possible.

Lose weight if you are overweight.

Get active. Physical activity helps control blood sugar levels.

Quit smoking.

Getting a checkup? Make sure to get your kidneys checked too.

Take medications as directed.

If you have CKD, meet with a dietitian to make a kidney-healthy eating plan.



Learn more: www.cdc.gov/ckd

## **Take Charge of Your Diabetes • Healthy Eyes**Submitted by: Rebecca Rice | Peach Springs Health Center

#### TAKE CHARGE OF YOUR **DIABETES**



Did you know that diabetes can harm your eyes? The good news is that you can take steps to help keep your eyes healthy. You've already taken an important step by finding this guide!

#### **Tips to Keep Your Eyes Healthy**

- Get a dilated eye exam at least once a year and share the results with your primary care doctor.
  - In this exam, you will get eye drops to make your pupils larger. Pupils are the black circles in the middle of your eyes.
     The drops are painless and help your eye doctor see inside your eyes to look for signs of health problems.
  - A dilated eye exam can help your eye doctor find and treat problems to keep you from losing your vision from diabetes.
  - Your eye doctor may take pictures of your eyes with a tool called retinal photography. This tool helps the doctor see your retina, which is at the back part of your eyes.
  - Be sure to make and keep your next eye doctor appointment!
- Visit your eye doctor right away if you:
  - See little black lines or spots that don't go away.
  - See any red spots or a red fog.
  - Have a sudden change in how clearly you see.
  - Take longer than usual to adjust to darkness.



- Talk with all of your health care providers about ways to manage your diabetes.
  - Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol.
  - Get regular A1C tests to measure your blood sugar over time because poor blood sugar can make eye problems happen faster.
  - Ask about safe ways to be more active each day and foods that are healthy to eat.



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#### **How Can Diabetes Harm Your Eyes?**

- Diabetes is the main cause of blindness in adults aged 20 to 74. It is also a major cause of blindness for those aged 75 or older.
- Serious eye problems happen more often among people with diabetes.
- Regular exams help your doctor find and treat eye problems early to protect your vision.

Make an appointment with an ophthalmologist or an optometrist. Both of these eye doctors can give you a dilated eye exam and check your eyes.



# **Common Eye Diseases Among People With Diabetes**

**Retinopathy** causes small blood vessels in the retina (at the back of the eye) to get weak and possibly leak blood. This disease can cause blindness if not treated. This disease has no symptoms when it starts, so it's important to get your eyes checked regularly.

**Cataracts** cause a "clouding" of the lens of the eye, which makes vision blurry. People with diabetes are more likely to get cataracts.

**Glaucoma** causes pressure in the eye. If not treated, glaucoma can cause vision loss or blindness.

#### Manage Your ABCs



Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol and stop smoking—also known as the ABCs of diabetes.

- A1C (a measure of your average blood sugar over 3 months): The goal set for many people is less than 7% for this blood test, but your doctor might set a different goal for you.
- Blood pressure: High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but check with your doctor to see what your goal should be.
- Cholesterol: LDL or "bad" cholesterol builds up and clogs your blood vessels. HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels. Ask your doctor what your cholesterol numbers should be.
- Smoking: If you smoke or use other tobacco products, take steps to quit. Call 1-800-QUIT-NOW (1-800-784-8669) for support.

Teach your family about your diabetes and the ABCs so they can help you.



#### Join the millions of Americans learning to manage their diabetes:

Ask your health care provider to refer you to diabetes self-management education and support (DSMES) services to help you manage your diabetes. Search for "Find a Diabetes Education Program in Your Area" to go to a website that lists programs recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists.

Visit <u>CDC's Diabetes website</u> for information on how to manage your diabetes and live your healthiest life.

#### Submitted by: Rebecca Rice | Peach Springs Health Center

#### TAKE CHARGE OF YOUR **diabetes**



Did you know that diabetes can harm your teeth and gums? The good news is that you can take steps to help keep your teeth healthy. You've already taken an important step by finding this guide!

#### Tips to Keep Your Teeth Healthy

- Get a dental exam once a year or more often if your dentist says you need it. At your exam, your dentist or dental hygienist can:
  - Explain how diabetes affects your teeth and gums and check for problems, like cavities or gum disease.
  - Treat any problems you have with your teeth or gums.
  - Teach you how to check for signs of gum disease at home (see next page).
  - Provide care, like a fluoride treatment, to keep your mouth healthy.
  - Tell you how to treat problems, such as dry mouth.
- Work with your dentist to create a health plan for your teeth.
  - Ask your dentist how to take care of your teeth at home and how often to come in for a dental visit.
  - Ask what to do if you start having problems with your teeth or gums.
  - Ask your dentist to send your exam results to your other doctors after every visit.
  - Be sure to keep your next dentist appointment!



**GAMYU** 

- Take care of your teeth at home.
  - Brush with a soft-bristled toothbrush two times a day or more.
  - Use toothpaste with fluoride and floss once a day.
  - Check your mouth for red or swollen gums, bleeding gums, loose teeth, a change in how your bite feels, or bad breath.
  - Visit a dentist if you think you have gum disease.
  - Limit food and drinks that are high in sugar.



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# How Can Diabetes Harm Your Teeth?

- Diabetes is linked to gum disease, also known as periodontal disease.
- Gum disease can lead to tooth loss.
- If people who have uncontrolled diabetes get treated for gum disease, their blood sugar will go down over time.

# What Are the Signs of Gum Disease?

- Red, swollen, or bleeding gums.
- Gums pulling away from the teeth or sores on the gums.
- Loose teeth or change in bite or tooth position.
- Bad breath.

#### Manage Your ABCs



Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol and stop smoking—also known as the ABCs of diabetes.

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- Smoking: If you smoke or use other tobacco products, take steps to quit. Call 1-800-QUIT-NOW (1-800-784-8669) for support.

Teach your family about your diabetes and the ABCs so they can help you.



#### Join the millions of Americans learning to manage their diabetes:

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Visit <u>CDC's Diabetes website</u> for information on how to manage your diabetes and live your healthiest life.

### Take Charge of Your Diabetes • Healthy Feet Submitted by: Rebecca Rice | Peach Springs Health Center

#### TAKE CHARGE OF YOUR DIABETES



Did you know that diabetes can harm your feet and lead to complications? The good news is that you can take steps to help keep your feet healthy. You've already taken an important step by finding this guide!

#### **Tips to Keep Your Feet Healthy**



#### Check your feet every day.

- Look for calluses, cuts, sores, blisters, red spots, and swelling. A good time to check your feet is when you put on or take off your shoes and socks.
- Use a mirror to check the bottoms of your feet if you have trouble seeing them. You can also ask a family member to help you.
- Contact your health care provider if you see a problem.

#### Wash your feet every day.

- Use warm water, not hot, to wash your feet. Do not soak your feet.
- Check bath water with your hands first to make sure it's not too hot. You might not feel how hot the water is with your feet.
- Dry your feet well, including between your toes.

#### Keep the skin on your feet soft and smooth.

- Rub a thin coat of lotion over the tops and bottoms of your feet.
- Do not put lotion between your toes.
   It could cause an infection.

#### Protect your feet.

- Do not walk barefoot. It is easy to step on something and hurt your feet.
- Wear shoes that fit well and protect your feet.
- Check inside your shoes before you put them on to make sure the lining is smooth and there are no objects in them.
- Always wear shoes at the beach and on hot pavement.
- Do not use hot water bottles or heating pads on your feet.
- Do not use over-the-counter products for corns and calluses. They may harm your skin.
- Keep your blood sugar within your target levels.
- Ask your primary care provider to check your feet at every visit.
- Have a podiatrist (a doctor who treats feet) examine your feet once a year or more.



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## How Can Diabetes Harm Your Feet?

- Diabetes is a major cause of amputation of a toe, foot, or leg. Many amputations could be prevented with daily foot care.
- If you have diabetes, you can lose feeling in your feet. When that happens, it can be hard to tell when you have a problem—like a callus, cut, sore, or blister on your foot.
- Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow can slow the time it takes for sores to heal and lead to foot problems.



#### What is a Podiatrist?

 A podiatrist (poh-DYuh-trist) is a doctor who specializes in finding and treating foot and ankle problems. You should have a podiatrist check your feet once a year or more.

## What to Do When You Visit a Podiatrist

- Work with your podiatrist to create a plan to care for your feet.
- Ask how to trim your toenails and treat corns and calluses safely.
- Ask if you qualify for special shoes. They might be covered by Medicare or other insurance plans.
- Ask your podiatrist to send your exam results to your other doctors after every visit.
- Be sure to keep your next podiatrist appointment!

#### **Manage Your ABCs**



Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol and stop smoking—also known as the ABCs of diabetes.

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# COMMUNITY MESSAGES

Inspirational & Encouragement Corner Submitted by: Josie Powsey | Hualapai Tribal Elder

Good morning / Good afternoon!
(Matthew 7:7-8) Ask, Seek, Knock
Vs. 7 - Ask and it will be given to you:
Seek and you will find.
Knock and it will be opened to you.
Vs. 8 - For everyone who asks, receives, and
He who seeks, finds and to him who
knocks, it will be opened.

Has your faith gotten weaker overtime? Have some of your harder experiences left you more faithless, than hopeful? Remember regardless of the degree of your hard experiences, He promises to work everything out for good, to your heart and life. Don't let your disappointment cloud the truth of God's Word. He promises that everyone who asks in his name, receives! Amen!

Are you asking?
Then you can count on receiving!
Are you seeking?
He promises, you will find!
Are you knocking?
Yes, child, the door will be opened to you!

Open your heart and invite God into every circumstances. Don't be afraid, don't be dismayed for the Lord you God is with you wherever you go and wherever you may be!

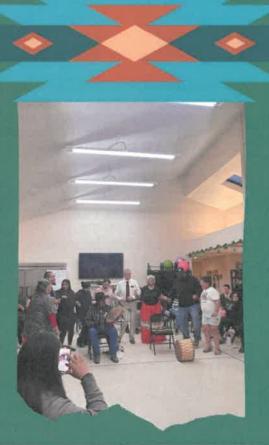
Have a blessed day and be safe!

Round Dance Songs with Cheryle Beecher & Special Guest • Monday, March 20th

Submitted by: Adeline Crozier | Hualapai Tribal Administration

HUALAPAI SENIOR SERVICES
587 CANYON VIEW DR.,
PEACH SPRINGS, ARIZONA 86434
OFFICE PHONE # 1-(928)-769-2375

Round Dance Songs with Cheryle Beecher & Special Guest.



#### \*\*\*OPEN TO ALL AGES\*\*\*

Parents and grandparents are encouraged to join with their youth.

5:15 PM to 7:00 PM Monday, March 13, 2023 Monday, March 20, 2023



POTLUCK STYLE: Bring your favorite dish to share each session. Everyone, we'll have dinner right at 5:15 PM.

#### Midthunder Casting Call "Rez Ball" • Availability: March - June

Submitted by: Danielle Bravo | Hualapai Planning Department

# CASTING CASTING CASTING CALL A NETFLIX FEATURE FILM

# "REZ BALL"

From Producers LEBRON JAMES / The SpringHill Company (Hustle)

& Wise Entertainment (East Los High)

And Writer / Director SYDNEY FREELAND

Co-Written by STERLIN HARJO (Reservation Dogs)

# Seeking Actors To Play NATIVE AMERICAN HIGH SCHOOL BASKETBALL PLAYERS

For Speaking Roles - Male & Female Players

\*Must Be at least 18 or older by April 10, 2023 or a minor who has completed compulsory education or otherwise believes they are exempt from working hours restrictions in all relevant jurisdictions.

#### Email the following information ASAP to: rezballcasting@gmail.com

- Name
- · Height
- Phone Number
- Email Address
- · Location (city & state, reservation or community)
- \*Optional: Tribal Enrollment or Affiliation
- Basketball Experience
- Your availability: March June, 2023
- Recent Photos (headshot/cell phone photos no filters, hats or sunglasses)
- In the SUBJECT LINE write: First & Last Name Rez Ball Player

- > Note: These rules are paid positions. Ascordingly, if you currently play, or intend to play NCAA baskethall participation in this film may preclude you from doing so under the NCAA eligibility rules.
- Netflix is committed to inclusive, diverse casting, for every role, please submit qualified performers, without regard to age, sex, ethnicity, disability, race, color, national origin, sexual orientation or gender identity or any other basis prohibited by law unless otherwise specifically indicated.
- > Pay for the foregoing role(s) is governed by the currently effective SAG/AFTRA collective bargaining agreement and thus, will be no less than the minimum set forth therein and up to any "better conditions and terms" negotiated and

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

# WE LOUNTEERS



The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
February 2023 Volunteer of the Month
Barb Tinhorn







KWLP volunteer, Barb Tinhorn is back and back at it with KWLP after some time out of the area attending conferences and caring for family members. She is so busy in the community and elsewhere; we are greatful she makes time for 100.9FM! Barb has been with the Peach crew for many years. She has always helped out behind the scenes. She has been a most reliable and valuable participant. Listeners may enjoy her on air narrating many of the children's stories broadcast during Read On Hualapai, Sun through Thurs at 8:00pm. Barb is host of the daily segment The Elder Corner, which listeners can enjoy during the second hour of The Morning Blend weekdays. (Be sure to text (928) 769-1090 to let Barb know if there are topics you'd like her to cover!) Barb is big help with community events, too. She also keeps staff on their toes, making sure we all do what we say we will do when we say we will do it and "moving things along!" This month she added scripting and voicing a weekly update of the activities happening at the Elder Center.

Barb will receive incentives valued at approximately \$100.00 for being Volunteer of the month and be eligible to be Volunteer of the Year!

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

KWLP February 2023 Volunteer of the Month is sponsored in part by:













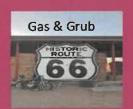
#### KWLP 100.9FM "The Peach" • Thank You to our February Advertisers

Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach

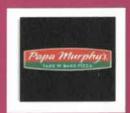
KWLP wants to send out a big HANK 'YU to these local businesses for their support of the Hualapai live and local station and its listeners during February 2023!

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



















Some 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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March 2023

#### GAMYU

## Diamond Creek Restaurant • March Specials Submitted by: Angel Choyguha | Diamond Creek Restaurant

Caturday	4 ORANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	ORANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	0RANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	ORANGE CHICKEN, WHITE RICE, VEGGIES \$12.99		UTIONS!
Friday	3 FISH AND FRIES \$12.99	FISH AND FRIES \$12.99	FISH AND FRIES	<b>24</b> FISH AND FRIES \$12.99	31 FISH AND FRIES \$12.99	ES SPECIALS AVAILABLE UNTIL SOLD OUT. ALL SPECIALS WITH FRIES ARE REGULAR ONLY UNLESS SPECIFIED. NO SUBSTITUTIONS! ALL TAKE OUT ORDERS WILL REQUIRE PAYMENT BEFORE BEING SENT TO THE KITCHEN. NO ACCEPTIONS!!
Thursday	GRILLED CHICKEN & GREEN CHILE SANDIWCH WITH CURLY FRIES \$12.99	9 AVOCADO BLT SANDWICH WITH CURLY FRIES 12.99	CREAM CHEESE CHICKEN ENCHILADAS WITH RICE & BEANS \$12.99	CALIFORNIA CLUB SANDWICH WITH CURLY FRIES \$12.99	GRILLED CHICKEN NACHOS \$12.99	
Wedpaga	HOT WING WEDNESDAY \$1.00 PER WING TRY OUR NEW SAUCE! *BBQ HOT*	HOT WING WEDNESDAY \$1.00 PER WING TRY OUR NEW SAUCE! *BBQ.HOT*	HOT WING WEDNESDAY \$1.00 PER WING TRY OUR NEW SAUCE! *BBQ.HOT*	HOT WING WEDNESDAY \$1.00 PER WING TRY OUR NEW SAUCE! *BBQ HOT*	HOT WING WEDNESDAY \$1.00 PER WING TRY OUR NEW SAUCE! *BBQ.HOT*	
Tuesday	28	7 TACO TUESDAY \$1.00 TACOS	TACO TUESDAY \$1.00 TACOS	Z1 TACO TUESDAY \$1.00 TACOS	Z8 TACO TUESDAY \$1.00 TACOS	Notes SPECIALS AVAILABLE UI ALL TAKE OUT ORDERS
Monday	27	S SMALL TACO BOWLS WITH RICE & BEANS \$12.99	CILANTRO LIME RICE WITH PORK GREEN CHILE SERVED WITH SIDE SALAD \$12.99	BEEF TIPS, MASHED POTATO, & VEGETABLES \$12.99	STRAWBERRY BACON GRILLED CHICKEN SALAD \$12.99	m
Velocia	26	ORANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	DRANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	ORANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	ORANGE CHICKEN, WHITE RICE & VEGGIES \$12.99	2