

The Main Line



May 2008

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www.gilanet.net
www.native-tech.net

Owned and operated
by the Gila River
Indian Community

GRTI is an Equal
Opportunity Employer



GRTI District Days Sponsored By NTS

GRTI District Days has been a success since it first was started in 2007. In April you may have noticed that the color scheme was very red. This is because GRTI District Days is now sponsored by Native Technology Solutions, or NTS, a subsidiary of GRTI. For the month of April there were six winners during District Days that guessed how many Hot Tamales, the candy, were in a jar. The six who guessed the closest chose a prize to take home. All of the items were red to correspond with the NTS logo. Congratulations to the winners of the prizes sponsored by NTS.



James Jay-GRTI (L)
and Arlene Rodriguez (R)

District Day Winners

Sacaton District Day Winners

Glenna Pedro - Red Camping Chair
Carmelita Marrietta - Red Cooler
Edith Huckabay - Red Dinner Plate Set

Komatke District Day Winners

Doreen Sunn - Red Camping Chair
Arlene Rodriguez - Red Cooler
Daniel Oliver - Red Dinner Plate Set

The winners guessed how many Hot Tamales (candy) were in a jar. There were 927 Hot Tamales! All prizes were sponsored by NTS.

Correction for April newsletter, District Days winner pictured was Yvonne Lewis, not Yvonne Lyons. Thanks Yvonne!

Corner of Quotes

“A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie”. - Tenneva Jordan



GRTI News Flash...GRTI News Flash...GRTI News Flash...

Your Voicemail

If you have voicemail then we have good news. Previously with our voicemail you couldn't tell if you had any messages unless you checked your voicemail throughout the day. Now when you get a message, you will hear a stutter tone as soon as you pick up your phone to make a call. It will sound like your dial tone is starting then stopping, this will last only a few seconds. When you hear the stutter tone, it means you have voice mail messages waiting in your inbox!



Five Tribes Winner



Five Tribes Peace Treaty in District 7 was a lot of fun! GRTI participated in the parade and had a booth afterwards. As promised, GRTI gave away a 32" flat screen TV along with a Nintendo Wii Game System plus a game and extra controller. Thank you to everyone that filled out the surveys. Congratulations to the winner:

Mary Parra, District 7

Toll Denial Customers

Just a friendly reminder that any cell phone number with the 610 prefix can be dialed if you are on toll denial, or reservation only. Just pick up the phone dial the area code, 520, then the 610 cell phone number.

When getting a new line of service from Verizon Wireless you can request a 610-Sacaton prefix. If you are on toll denial, this is a benefit for you!

To place your account on toll denial for management of your phone bill, call GRTI Customer Service and discuss if its right for you.



Reminder for Alert One Customers

GRTI would like to remind Alert One customers the importance of wearing the Alert One pendant while you are home. The pendants are water proof and can be worn in the bath or the shower. It also works if you are outside gardening or doing yard work.

If you know someone that has an Alert One unit...

Please remind your family and friends to wear their neck pendant at all times when home. It can be lifesaving in the case of an emergency.

Winners of April Surveys

Thank you for returning the surveys that were in your April bills. Your feedback is crucial towards making improvements in GRTI's day to day service that is provided. We want to make sure that you are treated as you expect to be!

The winners of the prize money are:

- \$200 Loretta M. Lewis
- \$150 Lucinda Hendricks
- \$100 Alicia Blackwater
- \$75 Carol L. Morago
- \$50 Candida Jose

Congratulations to our winners!



Stay Connected

Don't get disconnected because you just can't make that payment. Speak with GRTI Customer Service and ask about the Stay Connected program.

Stay Connected is a program designed for customers in times when money gets stretched thin. It happens to all of us and we want to help. With Stay Connected you can make manageable payments on your account and keep your service on. You will be able to make calls within Gila River and any 610 prefix cell phone numbers plus receive all incoming calls as usual. Call us today so you can stay connected!

GRIC Entrepreneur Business Listings

Looking for a Gila River owned business? Visit www.gilanet.net to see a directory.

Advertising

Marketing Factory, Inc.
480-820-2464
Letha Lamb

Agriculture

D&J Hay Sales
520-610-8091
Delbert Johnson

Maricopa Native Seed & Historical Reproduction
520-550-1522

Richard Goodridge

Pipai-Kavay Arts & Crafts Gourd Rattle Design, Etc.
520-430-3050

blackmudclan@aol.com
Philbert Soroquisara

Amusement

Chuck's Trailriding Adventures
602-796-3495
at Koli Equestrian Center
Clifton Pablo

Automobile Broker

Auto Connection Enterprises
602-465-8127
Wayne Lewis

Living With Asthma

Being diagnosed with asthma does not necessarily mean that you can't live an active lifestyle.

Asthma is an incurable disease that affects the airways carrying oxygen in and out of the lungs. The airways become inflamed and when breathing air in and out, the particles in the air add more irritation to the airways inflaming them even more. When this occurs, breathing becomes difficult. To make matters worse, the cells in the airways produce higher amounts of mucus than normal adding to the already clogged airways.

Asthma Symptoms

- Breathing changes
- Sneezing
- Moodiness
- Headache
- Runny/stuffy nose
- Coughing
- Chin or throat itches
- Feeling tired
- Dark circles under eyes
- Trouble sleeping
- Poor tolerance for exercise



If you have any of these symptoms you should be seen by a doctor for a diagnosis.

Asthma Triggers

Asthma "flare-ups" are brought on by triggers in the environment. Some triggers we can control and others are some that we can at least be watchful over.

Tobacco smoke can cause flare-ups and one thing you can do is not allow any smoking in your home and find

businesses that are also smoke free. It can't be too hard since most large cities are opting to go smoke free.

Mold can also trigger asthma. A common place for mold growth is in the kitchen, bathrooms and basements.

Dust mites are so small and cannot be seen by the human eye. They are basically everywhere in the home from the mattresses, bedding, carpets, furniture and stuffed toys. You can place pillows in dust covers underneath the pillowcase, use a mattress cover and wash bedding regularly in hot water to help with dust mites. If you can afford to, remove carpet and opt for hard wood floors instead.

Something that we cannot control is the changing of the seasons and what comes along with it. Illnesses that come along with winter time such as the common cold, flu and other respiratory illnesses can make asthma worse. In the spring during allergy season it's uncomfortable enough but for those with asthma its almost unbearable.

Other items that can cause flare-ups are perfumes or anything else that has strong odors or fumes.

By taking the proper medications prescribed by your doctor and keeping your surroundings clean and as dust-free as possible, you can live an active lifestyle whether its sports, shopping or just hanging out with the family.

For more information on asthma you can go to the website for the American Lung Association at <http://www.lungusa.org>.

MAY 2008

5

Cinco de Mayo

8

District Days Sacaton Health Resource Ctr.

9

District Days Komatke Health Resource Ctr.

11

Mother's Day
Happy Mother's Day!

12

Disconnect Day
Past due balance due or call to make a pay arrangement or ask about Stay Connected

26

Memorial Day
GRTI office is closed

For more calendar information you can go to www.gilanel.net

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20 Years And Still Growing



Gila River Telecommunications, Inc. Annual Shareholders Meeting

Thursday, July 19, 2008

Rawhide Restaurant at Wildhorse Pass

Meeting at 10:30 am, lunch served at 12:00 pm

GRTI invites you to attend the 2008 Annual Shareholders Meeting. GRTI presents the 2007 Financial Report and celebrates the 20th anniversary of providing services to the Gila River Indian Community. Door prizes, entertainment and gifts for attendees will be provided. Meet GRTI employees and the new subsidiary companies owned by GRTI which are Native Technology Solutions and Alluvion Communications. Thank you to GRIC community members for your support to GRTI, NTS and Alluvion. It's been a great 20 years!



Subsidiary of GRTI



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