



July 2023 Kaibab Paiute Newsletter

*we are*

# HIRING!

**Prevention Specialist**  
**K12 Activity Coordinator**  
**C-Store Assistant Manager**  
**Administrative Assistant**  
**P/T Finance Clerk**  
**Economic Development Director**

**join our team**  
**<https://kaibabpauite-nsn.gov/hr>**  
**[hr@kaibabpauite-nsn.gov](mailto:hr@kaibabpauite-nsn.gov)**

## *News from the Tribal Housing Department*

Well the hot season is upon us. Try to keep cool. For those with swamp coolers, leave some windows open just a little bit, it helps to circulate the air.

If you see any of the dumpsters with their lids open, please shut them. It's much appreciated. Also make sure that all garbage is bagged.

Just a reminder **ALL** work orders must be called in or emailed to either Yolanda or LaWanda. If this is not done, the work needed will not be completed. This covers both you and the department.

DPW payments are due before the 20<sup>th</sup> of the month. If you pay after the 20<sup>th</sup>, you will be assessed a 5% fee in addition to your balance due.

Rental/House payments are due by the 15<sup>th</sup> of the month. You are considered late on the 16<sup>th</sup>.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00 fee and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.

We are having our Beautification contest. Let's see all those yards.

Winners will be announced in September. Good luck to all.

Have a safe 4<sup>TH</sup> of July holiday.







Keep  
Cool



## Home Maintenance Summer Checklist

- **Check** your A/C unit and change or clean air filters.
- **Trim** any trees, bushes, shrubs, and apply fertilizer to lawn.
- **Power wash** windows and siding. Repaint or touch up siding, if needed.
- **Clean** lint from dryer exhaust.
- **Clean** and organize garage.
- **Check and replace** the grout or caulking around kitchen sinks, tubs, and toilets.
- **Clean** chimney.
- **Inspect** all plumbing around the house for leaks and clean aerators and faucets.
- **Inspect** basement/crawl space for any type of moisture issue and repair, if needed.
- **Clean** deck. Check and replace rotting and loose boards and re-stain, if needed.
- **Inspect** fencing and repair, if needed.
- **Check** roof for missing, loose, or damaged shingles, and repair if needed.

Elders:

# **Title VI**

# **Transportation**

## ≡Schedule≡

9:00AM

Monday to

Colorado City

&

Wednesday to

Kanab

Please schedule in advance

with Taylor Stanfield by

7:00AM by calling 643-6713

# 8 WEEKS TO SUMMER MUSCLE

This two-month routine doesn't just build muscle. By relying on exercises that force you to actually move (instead of staying in one spot), the workout also builds athleticism so you're ready for whatever summer demands.

BY ERIC SUNG, C.S.C.S.

**DIRECTIONS:** Do this workout 3 or 4 times a week, resting at least 1 day between sessions. On all other days, go for a 10-minute walk or run.

**WARMUP**

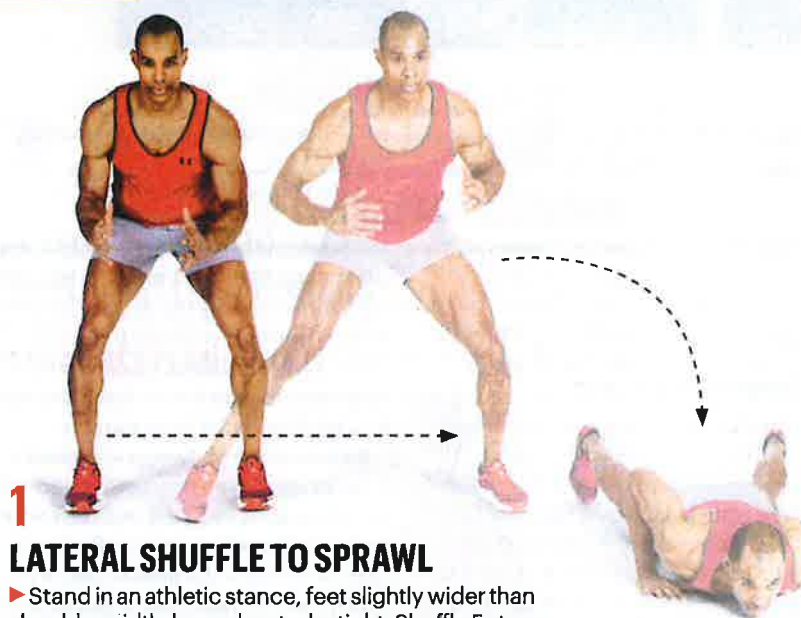


**OVERHEAD DUMBBELL HIGH-KNEE MARCH**

► Stand holding a dumbbell overhead in your left hand. Tighten your abs so you don't arch your back. This is the start. March forward, making sure your knee goes higher than your hip on each step. Take 10 steps with each leg. Do 1 set per arm.

TANK BY UNDER ARMOUR; SHORTS BY TEN THOUSAND; SNEAKERS BY PUMA.

**WORKOUT**



**1 LATERAL SHUFFLE TO SPRAWL**

► Stand in an athletic stance, feet slightly wider than shoulder width, knees bent, abs tight. Shuffle 5 steps to the left, then immediately place your hands on the floor and lower your chest to the floor. Stand quickly, then shuffle 5 steps back to the right and repeat. That's 1 rep; do 4 sets of 5. Rest 60 seconds after each set.



**2 ALTERNATING FLOOR PRESS**

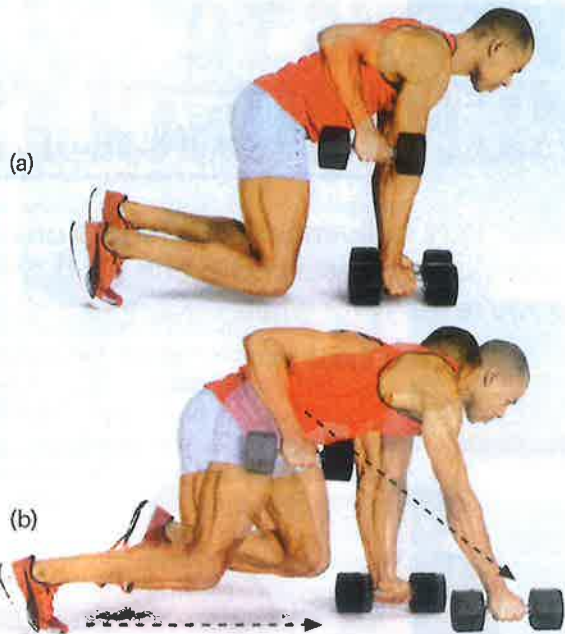
► Lie on the floor, abs tight, feet near your butt, dumbbells held directly over your shoulders. Bend at the right shoulder and elbow, lowering the right dumbbell until your elbow touches the floor. Press back up, then repeat on the other side. That's 1 rep; do 3 sets of 8. Rest 60 seconds after each set.

Credit: Men's Health May/June 2023 edition  
McKenna Yracheta-Diabetes Fitness Coordinator  
myracheta@kaibabpaiute-nsn.gov



► **TRAINER SPOTLIGHT: ERIC SUNG, C.S.C.S.**, is a New York City-based trainer and a member of *MH*'s Strength in Diversity Initiative. He specializes in athletic training and recently completed his first triathlon. Follow him on Instagram at @esungtraining.

**FEATURED MODEL: RASHAAD SLOWLEY, NASM**, is a former NFL player and the owner of Do More Fitness, in Florida. Follow him on Instagram at @shaadiefit.

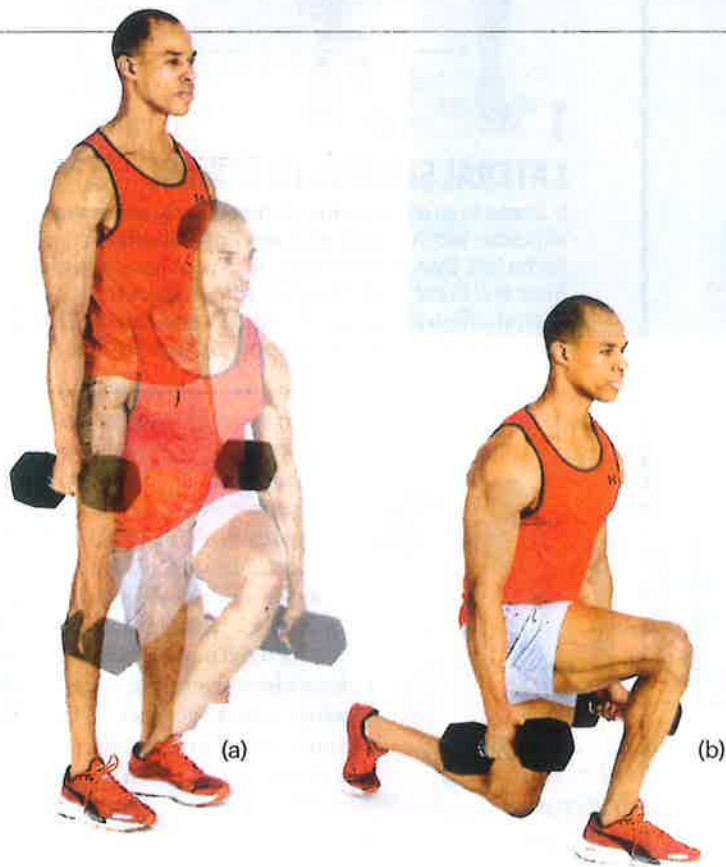


### 3 DUMBBELL BEAR CRAWL ROW

► Get on all fours, hands on dumbbells, knees a few inches off the floor. This is the start. Row the right dumbbell to your chest (a). Lift your left foot and "crawl" forward a few inches. Return the dumbbell to the floor a few inches in front of you (b). Repeat on the other side. That's 1 rep; do 3 sets of 10. Rest 60 seconds after each set.

### 4 SEESAW OVERHEAD PRESS

► Hold dumbbells at your shoulders, abs and glutes tight. Press the right dumbbell overhead. As you return it to the start, press the left dumbbell overhead. That's 1 rep; do 2 sets of 10 to 12. Rest 60 seconds after each set.



### 5 CURTSY WALKING LUNGE

► Stand holding dumbbells at your sides, abs and glutes tight. Step back and to the left just slightly with your right leg, then bend at the knees and hips, lowering as far as is comfortable (a). Drive through your left heel to stand tall, lifting your right leg and stepping forward, then bend at the knees and hips, lowering into a lunge (b). Power up through your right heel and step back to standing position. Then repeat on the other side. That's 1 rep; do 3 sets of 8 to 10. Rest 60 seconds after each set.

#### YOUR TICKET TO MUSCLE AWAITS!



Scan to join *Men's Health* MVP Premium and access hundreds of video workouts from our best trainers.

Native American Recognition Day  
at Chase Field  
July 9, 2023 @ 1:10 pm  
Arizona Diamondbacks  
vs  
Pittsburgh Pirates

Tickets:

Lower Level-Dugout Reserve - \$57

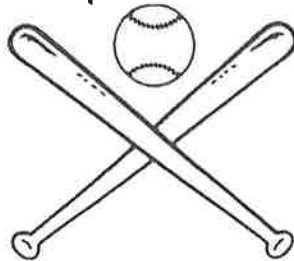
Lower Level-Baseline Box- \$45

Lower Level-Baseline Reserve - \$35

Lower Level Bleachers - \$25

Upper Level-Infield Reserve - \$20

We need to know if anyone is interested by July 3, 2023, 12:00 am. Please contact the tribal office 928-643-7245. We will provide rooms and transport.





# NATIVE AMERICAN RECOGNITION DAY

AT CHASE FIELD



## INTER TRIBAL COUNCIL OF ARIZONA

Join the D-backs for Native American Recognition Day! Discounted tickets are available with a portion of each ticket sold using this offer benefiting ITCA.

Pre-game Festivities begin when the gates open at 11:30AM.

Tickets are digital. For orders of 20+ they can be accessed to distribute via the Account Manager program for free or a \$2/ticket print fee may be paid.

Purchase your tickets online at:  
<https://fevognm.com/ITCA23>

Please be aware of the clear bag policy (no purses, backpacks, etc allowed) [www.dbacks.com/clearbag](http://www.dbacks.com/clearbag)

SUNDAY  
**JULY 9**  
1:10PM

PITTSBURGH  
PIRATES  
VS  
ARIZONA  
DIAMONDBACKS



QUESTIONS? PLEASE CONTACT VERNA MONENERKIT • EMAIL: [VERNA.MONENERKIT@ITCAONLINE.COM](mailto:VERNA.MONENERKIT@ITCAONLINE.COM) OR CALL 602.258.4822

### CONTACT

Contact Name

Organization name (if applies)

Address

City  State  Zip

Mobile Phone for Texting Tickets of less than 20

Email to be used for the MLB Ballpark app or Account Manager program

### TICKETING - Based on availability - Children 2 and under are free

\$57 - Lower Level - Dugout Reserve or Infield Box	\$
\$45 - Lower Level - Baseline Box	\$
\$35 - Lower Level - Baseline Reserve	\$
\$25 - Lower Level - Bleachers	\$
\$20 - Upper Level - Baseline View	\$
\$2/ticket fee to print - only available for orders of 20 or more tickets.	\$

No refunds, exchanges or upgrades. All Sales are Final.



Credit Card Number  Exp Date

Signature  CVC (security code)

Email completed form with payment to Johanna Imperial at [jimperial@dbacks.com](mailto:jimperial@dbacks.com)  
Order Form Deadline for print and mail: June 30, 2022. Available thru 7/9 for digital tickets.

Tickets are digital and can be accessed through the MLB Ballpark app or using the Account Manager program ([dbacks.com/myaccount](http://dbacks.com/myaccount)). For 20+ option to add a \$2/ticket print fee.

[dbacks.com](http://dbacks.com)

602.462.4600

CHASE FIELD // 401 EAST JEFFERSON STREET  
PHOENIX, ARIZONA

**Pest Control**

**July 10, 2023**

**Starting at 8am**

**ALL rental units, inside and  
outside will be sprayed.**

**All MH/homeowners contact  
our office if interested, 928-  
643-8308 or 8328, the cost is  
\$50.00**

**The next pest control will be  
September, 2023**





## CAUSES MORE DEATHS

each year than hurricanes, lightning,  
tornadoes, earthquakes, and floods



## WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## WHAT CAN YOU DO?



### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



## LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network  
to learn more about climate change and extreme heat at

[www.cdc.gov/ephttracking](http://www.cdc.gov/ephttracking)



Sponsored by Kaibab Paiute  
Cultural Preservation Office



**SIMPLE APPLIQUE  
CHAINETTE FRINGE  
SHAWLS**

For a more custom shawl  
participants are encouraged to  
supply their own material,  
fringe, & Applique design

**Adult and Teen 13+  
Heritage Class**

**SATURDAY  
JULY 15  
9AM-3PM**

**EAGLE MT. COMMUNITY BLDG.**

**Shawl  
Making  
Class**

**The department is blessed to have a  
talented instructor and some limited  
supplies to help get you Pow Wow  
ready!**

**12-Spots Available**

**Sign-up by contacting LeAnn (928) 643-7365**

**Lunch is provided**



Banana Yucca

Narrow Leaf Yucca

Agave

# Natures General Store

Kaibab Paiute Cultural Preservation

YOUTH ACTIVITY

Ages 5-14 Years Old

**MONDAY, JULY 10TH**

Kaibab Community Building

9:00AM-11:00AM


Eagle Mt. Community Building

1:00PM-3:00PM

*Snacks provided*

*Come and learn all about these fantastic native plants and try your hand at making something!*

For more info. Contact LeAnn

 (928) 643-7365

 [lshearere@kaibabpaiute-nsn.gov](mailto:lshearere@kaibabpaiute-nsn.gov)

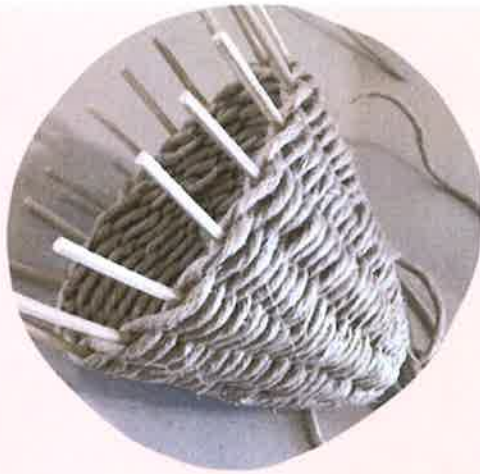
***Sorry rides are not provided***





# NEWS from the Cultural Preservation Office

Office Phone # (928) 643-7365



## SUMMER ELDERS DAY PROGRAM

*Introduction  
to  
Twinning*

SENIOR CENTER LOUNGE

THURSDAY, JULY 6TH  
1:00 - 4:00PM

THURSDAY, JULY 13TH  
2:00 - 4:30PM



*Renew your interest  
in heritage arts!*

Sponsored by The Cultural Preservation Office  
Contact LeAnn (928) 643-7365 • [lshearer@kaibabpaiute-nsn.gov](mailto:lshearer@kaibabpaiute-nsn.gov)



**Queen Committee  
Meeting  
July 10, 2023  
5:30 pm  
Tribal Office  
Conference room #2**

**Topics to be discussed:**

- **Need committee members**
- **Planning pageant**

**Hope to see you there.**