



Kaibab Paiute Tribal Newsletter

November 2023

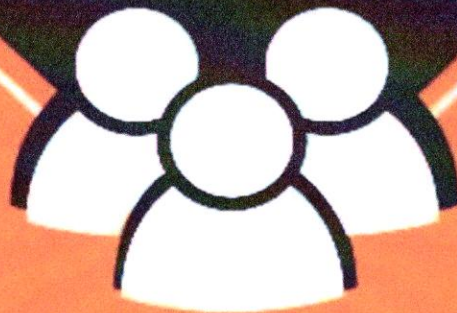


HAPPY
Thanksgiving

**APPLY
NOW!**

**WE'RE
HIRING!**

JOIN OUR TEAM



OFFERING POSITIONS:

**Congregate Meals Cook
Administrative Assistant
K-12 Activity Coordinator**

APPLY ONLINE OR IN-PERSON

hr@kaibabpaiute-nsn.gov



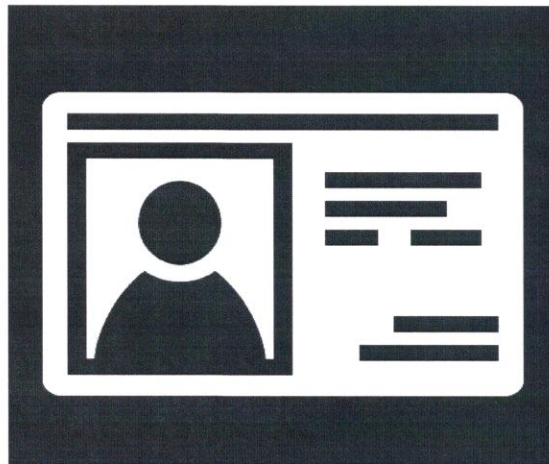
This Photo by Unknown Author is

For the Tribal Trust Office to officially change your address you need to complete the Per Capita Information form. This form needs to be notarized before submitting to the Trust office. You can either stop by the Tribal Office to pick up the form or you can download the form from the Tribe's website: kaibabpaiute-nsn.gov; click on the Tribal Trust link and it is the first form on the page. There is also a Minor's Per Capita Information form, so if you move you need to

update your child's address as well. Providence Trust relies on the Trust Office to verify address information and custody arrangements, so it is imperative that you keep the Trust Office up to date on these changes.

This is the only way the Tribal Trust/Enrollment Office can officially change your address.

Please remember: If it has been five years or longer since you last had a tribal ID printed, a replacement won't cost you a thing. But, if it has been less than five years since you had a tribal ID printed, it will cost you \$5.00.



This Photo by Unknown Author is licensed under CC

COMMITTEE APPLICATION
KAIBAB BAND OF PAIUTE INDIANS

MINORS INVESTMENT COMMITTEE

DATE: _____

NAME: _____

MAILING ADDRESS: _____

WHY DO YOU

Signature of Applicant _____

Would you be willing to _____ for the committee

Official Use Or _____

COMMENTS:

Approval Date: _____ at: _____

CHAIRPERSON
KAIBAB BAND

TRIBAL COUNCIL SECRETARY
KAIBAB BAND OF PAIUTE INDIANS

**JOIN MINORS
INVESTMENT
COMMITTEE
YOUR PARTICIPATION
IS WELCOME**

News & Information from the Wildlife, Fisheries & Parks Department

Tribal Member Hunters Make sure to read this - Mule Deer Hunts – The FOLLOWING HUNTS HAVE BEEN Canceled, the Southern Paiute Youth Hunt, the Indian Hunt, and the Big Game Hunt. The Tribal member hunts this year will consist of two (2) DOE ONLY HUNTS. The first **Tribal Member Doe (only) Hunt** will be **October 21 – 31, 2023** and the second Tribal Member Doe (only) Hunt will be **November 18 – 28, 2023. The limit for each household this year will be two (2) DOES ONLY.**

Message From The Director – On this year's deer hunt – Some of you didn't like it, but we as a Tribe need to take care of the deer now and not wait until it is gone, growing up on this Reservation I was always told that we need to take care of things culturally or Mother nature will take it back, that's why the old hunters would kill bucks until the middle of November, then "DRY DOE's" ones with no fawns, after that, a bit of history. For you that think "I am a tribal member this does not apply to me", but it does under the Wildlife Ordinance if you violate it you may have to appear before the Wildlife Committee or Tribal Court, and if found Guilty, you will lose your hunt privilege for 5 years and pay a fined of \$500 dollars, the meat will be confiscated.

Coupon For FREE AMMO/BULLETS – Good at "Sportsmen Warehouse", St George Utah

TRESPASSERS – THERE GETTING TO BE MORE – Report them, and anyone riding Off Highway Vehicles on the Trail, to BIA Police or Wildlife Department. Call BIA Police if you see anyone around signs and Billboards.

Highly Pathogenic Avian Influenza (HPAI) "Bird Flu" – HPAI is highly contagious in wildlife and is expected to rise during birds' regular spring migration. HPAI is considered low risk for human health concern according to the Centers for Disease Control; however, infections in humans have been reported. Chicken owners beware!! If you see one on the Reservation **Do not Disturb it**, the bird flu has been found in Condors.

Turkeys – Have been seen in Eagle Mountain Village, **PLEASE DO NOT FEED THEM.**

Fishpond – Reminder you need a permit to fish, and Children under 18 need to have someone over 18 with them. ONLY Tribal Members can swim, at your own RISK.

Muppits Trail is closed - To the public right now, only Tribal Members can use it. **Moccasin Wash Road is now open.**

Watch out for DEER – SLOW DOWN! between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, if not you could receive a ticket, this is in the Wildlife Ordinance and in Arizona state law.

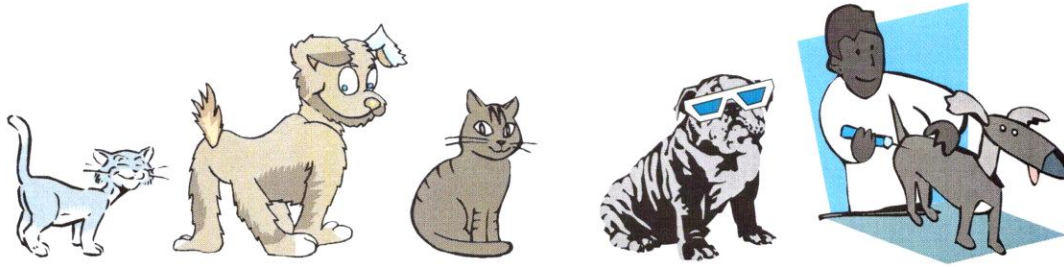
Minors Hunters Safety Card – On the internet go to **hunter-ed.com** – Everyone 10 to 18 years old needs to attend a hunter's safety course, to get a card. The minor will need one to get a Tribal hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in the state hunts.

Firewood – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the Reservation as long as it's not green wood it will burn slow and will plug up your chimney faster. Fire Restriction No Chainsaw usage.

Are you going off the paved road? – If for some reason you go off the paved roads, beware of the sand, mud remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, and bring a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!**, if the road gets sandy, muddy turn back you don't want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, **or BIA-Police. (928) 643-6050** This will only be to get them home.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at dbullettsjr@kaibabpaiute-nsn.gov. 866-969-5879 new office number.

FREE RABIES VACCINATION CLINIC - CATS & DOGS



Friday, November 17, 2023

WHERE: KAIBAB-PAIUTE COMMUNITY CENTER

TIME: 9:00AM TO 10:30AM

WHERE: JUNIPER COMMUNITY

TIME: 10:30AM TO 11:30AM

WHERE: RED HILLS COMMUNITY

TIME: 1:00PM TO 2:00PM

WHERE: EAGLE MOUNTAIN COMMUNITY

TIME: 2:30PM TO 3:30PM

This clinic is provided for dogs and cats only. Animals must be **HEALTHY** and at least 3 months old to receive the rabies vaccine. All dogs **MUST BE** restrained on a **LEASH**, and cats **MUST BE** transported in a **CAGE**, on a **LEASH**, or in **PILLOW CASE**.

For questions, please contact IHS Office of Environmental Health at 928.737.6277 or the Wildlife, Fisheries, & Parks Department at 928.643.8305

 CLIFFHANGER PRICE \$250	KENTUCKY AVENUE PRICE \$250	 CHANCE PRICE \$250	INDIANA AVENUE PRICE \$240	ILLINOIS AVENUE PRICE \$240	 B & O RAILROAD PRICE \$200	ATLANTIC AVENUE PRICE \$260	VENTNOR AVENUE PRICE \$260	 WATER WORKS PRICE \$150	MARYN GARDENS PRICE \$280	 GO TO JAIL
NEW YORK AVENUE PRICE \$800	<h1 style="color: red; text-align: center;">FAMILY GAME NIGHT</h1> <p style="text-align: center;"> NOVEMBER 14, 2023 6:00pm to 8:00pm COMMUNITY BLDG. </p> <p style="text-align: center; color: red; font-size: 2em;"> PRIZES DINNER </p> <p style="text-align: center;">  SPONSORED BY HUMAN SERVICES </p> <div style="text-align: right;">  </div>									PACIFIC AVENUE PRICE \$300
TENNESSEE AVENUE PRICE \$180										NORTH CAROLINA AVENUE PRICE \$300
 FOLLOW INSTRUCTIONS ON TOP CARD COMMUNITY CHEST										 FOLLOW INSTRUCTIONS ON TOP CARD COMMUNITY CHEST
ST JAMES PLACE PRICE \$180										PENNSYLVANIA AVENUE PRICE \$350
 PENNSYLVANIA RAILROAD PRICE \$500										 PENNSYLVANIA RAILROAD PRICE \$500
VIRGINIA AVENUE PRICE \$160										 PENNSYLVANIA RAILROAD PRICE \$300
STATES AVENUE PRICE \$140										BOARDWALK PRICE \$400
 ELECTRIC COMPANY PRICE \$150										 ELECTRIC COMPANY PRICE \$75.00
ST CHARLES PLACE PRICE \$140										 ELECTRIC COMPANY PRICE \$400
 TAX VISITING										CONNECTICUT AVENUE PRICE \$120

Red Ribbon

Kids Day Activity



Participating kids with the CHR Department

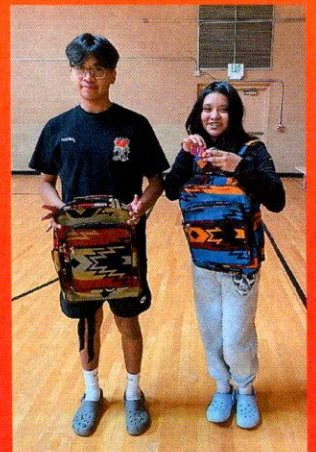


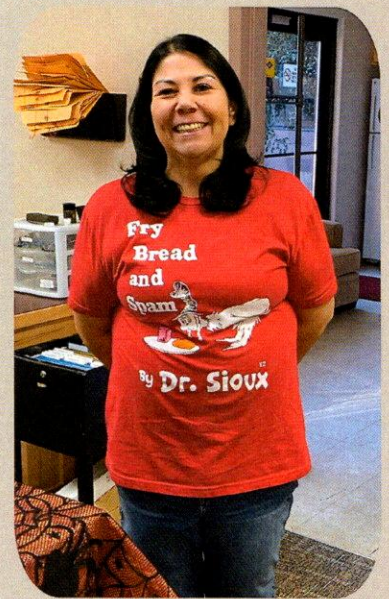
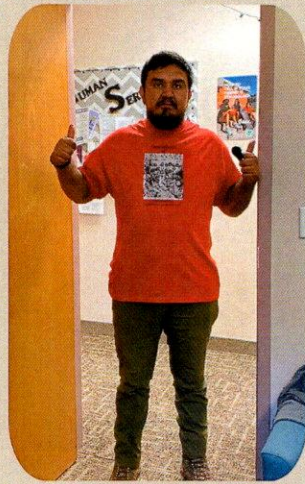
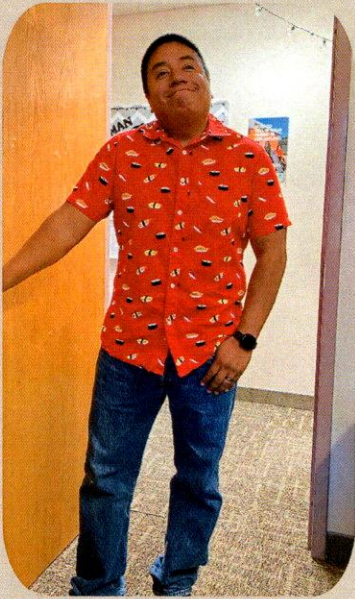
Nyhree with drunk goggles

Collaboration with the CHR department and Substance Abuse Department to help educate our community kids for Red Ribbon Week. Thank you to those who participated!

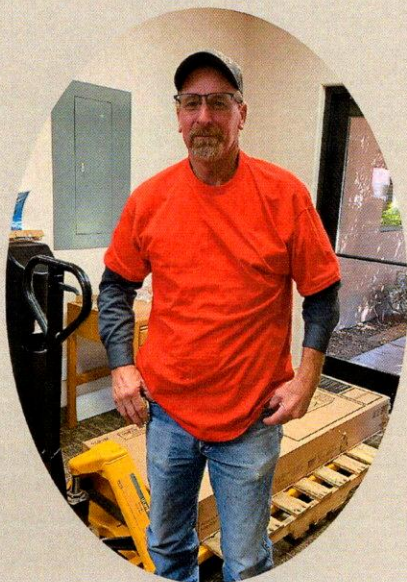


Raffle winners

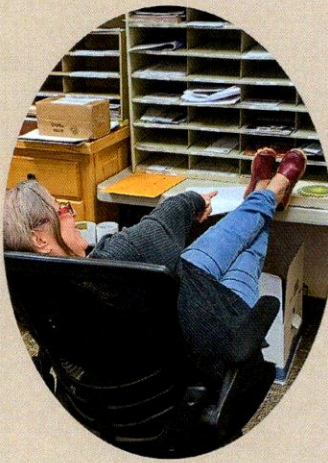




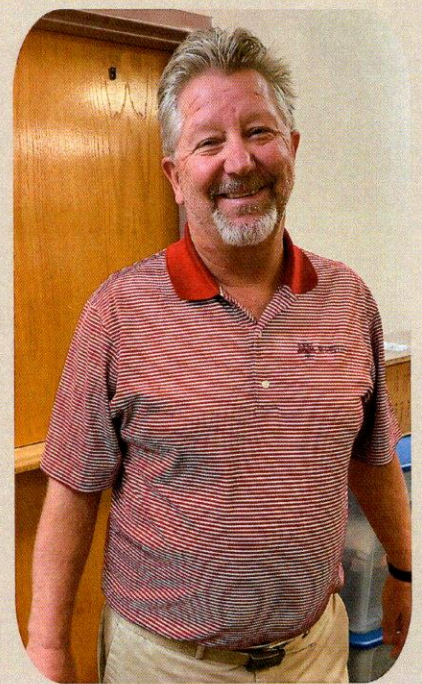
**October
Employee
Red Ribbon Day
Participants
Pt. 1**



Thank you to those who participated and showed your support for Red Ribbon Week. We appreciate you all!



**October
Employee
Red Ribbon Day
Participants
Pt. 2**



Thank you to those who participated and showed your support for Red Ribbon Week. We appreciate you all!



CHR DEPARTMENT PRESENTS

Native Food for Life Class

**Plant-Based Cooking &
Nutrition to Prevent and
Treat Type 2 Diabetes**

IN PERSON OR ZOOM CLASS!

WHEN: NOVEMBER 15, 2023

WHERE: KAIBAB GYM

TIME: 5:30 AZ TIME

**ZOOM LINK WILL BE POSTED
THE DAY OF CLASS**



Is there a difference between vaping and JUULing?

- No. JUULs may look different, but they're actually a type of e-cigarette.

JUUL is more discreet and looks like a USB drive. Other e-cigarettes may look like pens or other objects that can conceal the vaping device.

- All JUUL pods—like all e-cigarettes—contain nicotine—something many youth don't realize.
- Cartridge-based e-cigarettes like JUUL contain nicotine salts that produce less visible aerosol, so it is easier to hide.

Is youth vaping really an epidemic?

- E-cigarettes are the most commonly used tobacco products among kids, with nearly 28% of high school students nationwide vaping.
- Many youth don't realize how they are harming their lungs and brains by vaping.

Impact of vaping on teens

The bottom line: vaping is unsafe, especially for teens.

- E-cigarettes are designed to deliver nicotine quickly, which is highly addictive and can harm adolescent brain development.

- Kids don't realize how addictive nicotine is and that they might be signing up for a lifetime of nicotine dependence.
- It's not just harmless water vapor. E-cigarettes contain diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead.
- E-cigarettes are designed to appeal to and be used by teens and can go undetected by adults.

American Lung Association Resources

- N-O-T® (Not On Tobacco) is a teen vaping and smoking cessation program and provides the tools, information and support to quit for good. Lung.org/NOT
- INDEPTH® is an alternative to suspension program for students who violate school tobacco use policy. Led by an adult facilitator at a school or community-based setting. Lung.org/INDEPTH
- Our Vape-Free Schools Initiative helps schools navigate the public health crisis of youth vaping and allows them to become a recognized leader by offering students education, cessation and support. Lung.org/vape-free-schools

Contact

Our Lung Helpline is a free service staffed by registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.



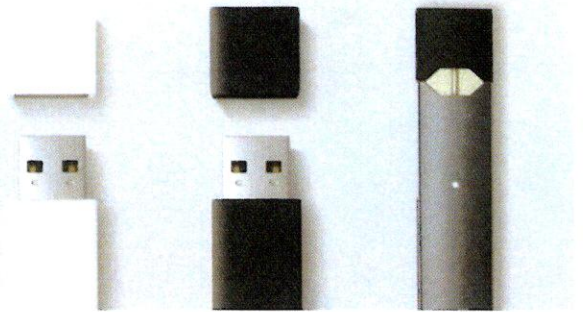
1-800-LUNG-USA (1-800-586-4872)
Lung.org/helpline



Learn more about these and other programs at Lung.org.

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. **1-800-LUNGUSA**





E-cigarettes & Vaping What Parents Should Know

Credit: American Lung Association
McKenna Yracheta-Tobacco Coordinator
myracheta@kaibabpaiute-nsn.gov

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped a million people quit smoking, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

Are e-cigarettes less harmful than cigarettes?

There is no FDA oversight of e-cigarettes—which means there is no oversight regarding potentially harmful ingredients.

- E-cigarettes are highly effective at delivering nicotine through a liquid that produces a chemical-filled aerosol.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence can harm the developing brain.
- E-cigarettes are available in a variety of types of devices. JUUL is the among the most popular with teens.
- The e-liquids come in flavors including mint and fruit that appeal to youth.
- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

Most common reasons kids vape include:¹

55%

“Curious about them”

31%

Use by “friend or family member”

22%

Availability of “flavors such as mint, candy, fruit, or chocolate”

¹Centers for Disease Control and Prevention. Tobacco Product Use and Associated Factors Among Middle and High School Students — United States, 2019. Morbidity and Mortality Weekly Report. December 6, 2019; 68(SS12):1-23.

The background features several orange pumpkins with various carved faces, including smiling and surprised expressions. Green vines with yellow leaves are scattered around the pumpkins. The text is centered and written in a warm, orange-brown color.

KAIBAB PAIUTE GYM & FITNESS CENTER

GYM HOURS

STARTING NOVEMBER 13,
2023

Monday 8:00am - 5:00pm

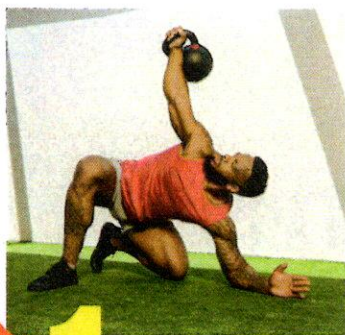
Tuesday 8:00am - 5:00pm

Wednesday 9:00am - 6:00pm

Thursday 8:00am - 5:00pm

Friday 8:00am - 5:00pm

Times and days are subject to
change. For more information
contact McKenna Yracheta-Diabetes
Fitness Coordinator by phone at
(928)643-6007 or email at
myracheta@kaibabpaiute-nsn.gov.



1 THE ABS-AND-SHOULDER SHOCKER: HALF-KNEELING WINDMILL

► Few exercises let you train your abs, shoulders, and back all at once. The half-kneeling windmill does. You start in a half-kneeling stance, a kettlebell held directly overhead on the side of your front knee. Then you push your butt back and aim to touch your free elbow to the floor. You'll feel your shoulder blades and back muscles fire as you lower, then feel your abs work overtime to drive you back to the start. It's a complete exercise that also trains you to rotate your torso.

HOW TO TRAIN IT: Do half-kneeling windmills 2 or 3 times a week. Keep the reps low, doing 2 or 3 sets of 6 to 8 reps, taking your time on each rep. Struggling to touch your elbow to the floor? Start by touching your hand to the floor instead.



2 THE CRITICAL CHEST FLEX: PUSHUP

► This classic is an all-around exercise that builds more than your chest. Unlike more celebrated chest moves (like the bench press), the pushup demands complete

core focus, as you'll need to squeeze your abs and glutes. It's also an upper-body exercise that travels well but can still grow with you. Searching for ways to make it more challenging? Place a weight plate or backpack on your back to add a bit of load.

HOW TO TRAIN IT: Do 3 or 4 sets of as many good-form reps as you can. "You can easily take pushups to fail," says *MH* fitness director Ebenezer Samuel, C.S.C.S. "The worst will happen is you'll hit the ground on your final rep." You can do pushups daily or with your upper-body workout.



TANK BY ATHLETEGY; SHORTS BY RHONE; SNEAKERS BY UNDER ARMOUR.

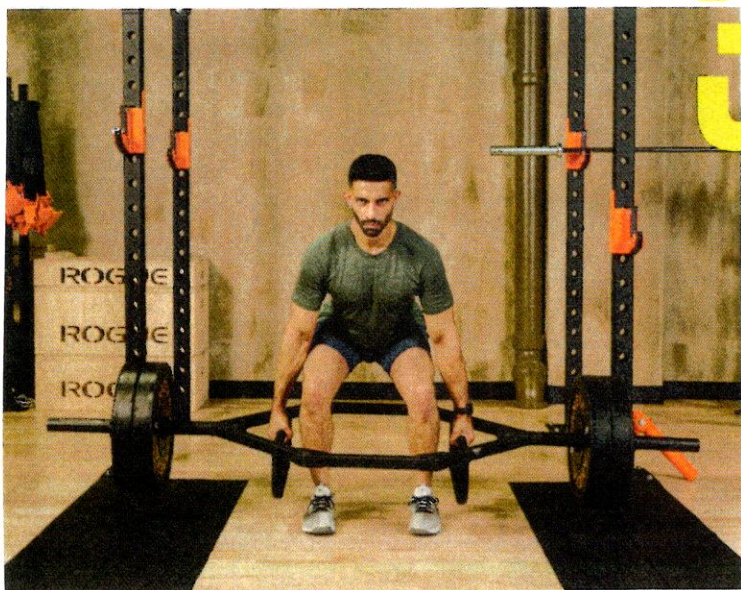


3 THE QUINTESSENTIAL LIFT: TRAP-BAR DEADLIFT

► No exercise better duplicates a natural human movement than the trap-bar deadlift, which essentially has you bending down to pick something up from the floor, then standing with that load. You'll do this extra safely with the trap-bar deadlift, too,

stepping inside a bar so you can focus on pushing you back and not letting you round (two common deadlift faults). The move mainly attacks your glutes, hamstrings, and quads—but forearms, midback, and lower back will also feel it.

HOW TO TRAIN IT: Aim to do trap-bar deadlifts at least twice a week. Start with a weight you can control; do 3 or 4 sets of 8 to 10 reps. Once you've mastered the movement, aim to do 3 or 4 sets of reps each with heavy weights, working to build serious strength.



T-SHIRT BY LULULEMON; SHORTS BY RHONE; SNEAKERS BY NIKE.

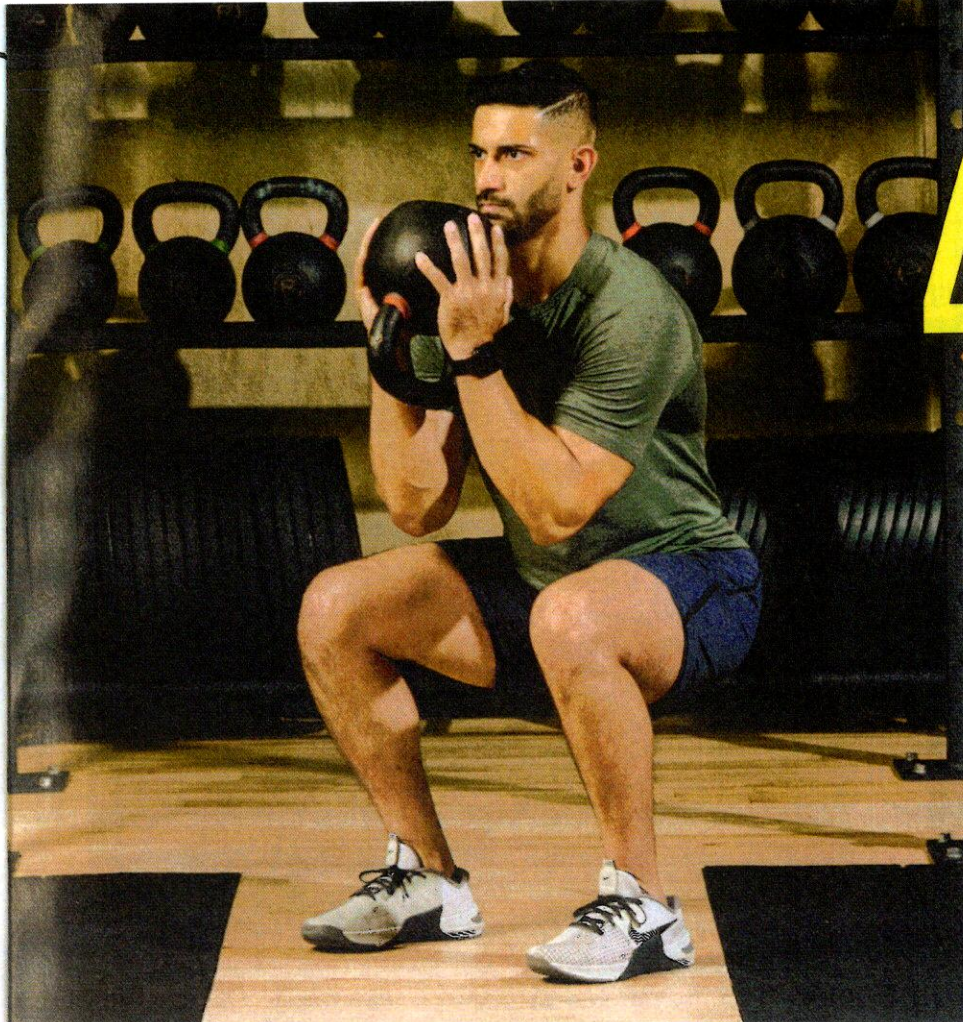
Credit: Mens Health October/November 2023 Edition
 McKenna Yracheta-Diabetes Fitness Coordinator
 myracheta@kaibabpaute-nsn.gov

4

THE UNDERRATED LOWER-BODY BLAST: GOBLET SQUAT

► “The squat is a fundamental motion that all people should understand,” says Samuel. And no squat is safer for you than the goblet squat, which has you holding a dumbbell or kettlebell at your chest. The position of the weight instantly prevents your torso from leaning forward, a common mistake with other squat variations. In doing so, it also fires up your abs, adding even more total-body benefit.

HOW TO TRAIN IT: Aim to do 3 sets of 8 to 10 reps of goblet squats, and don't be afraid to go heavy, says Samuel: “Whatever the biggest dumbbells are in your gym, work up to those.” It's a great way to start a leg workout. You can also use a lighter weight, aim for 15 to 20 reps per set, and do it at the end of your workout.

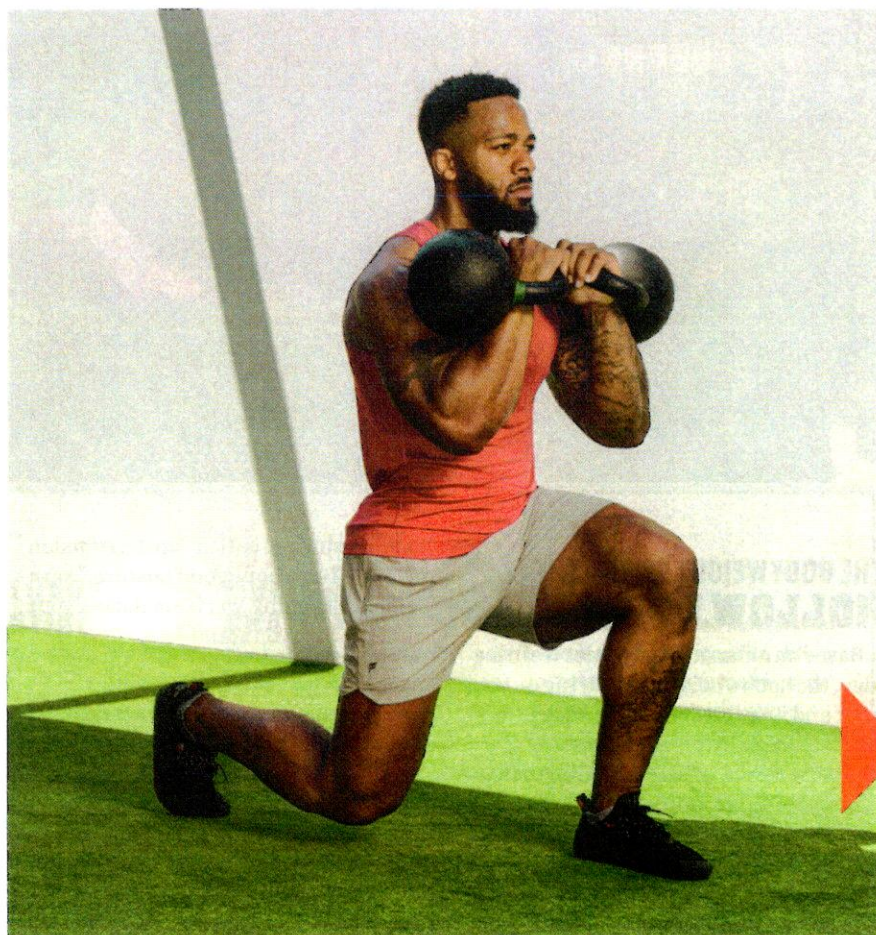


THE SINGLE-LEG ANNIHILATOR: REVERSE LUNGE

► The reverse lunge is the ultimate entry point into single-leg training, in which you focus on just one limb at a time. On each rep, you step back, bend both knees, then power back to standing position. The moment you power back, you're blasting your glutes and driving into “hip extension,” a position that's critical for athleticism—and can protect your lower back, too.

HOW TO TRAIN IT: You can do reverse lunges with only your bodyweight daily, building athleticism and blasting your quads and glutes. To forge serious muscle size and strength, do reverse lunges with heavy dumbbells or kettlebells held at your sides. Aim to do 3 or 4 sets of 6 to 8 reps per side—and complete all reps on one side before going on to the other.

TANK BY TEN THOUSAND; SHORTS BY FABLETICS; SNEAKERS BY VIVOBAREFOOT.



Kaibab Paiute Gym & Fitness Center

Join us for Active Elders.

Starting November 14, 2023 we
will be having Active Elders
again at the gym.

We will have Active Elders on
Tuesday's and Thursday's at
9:30am to 10:30am.
Pick up is available.

**Times and dates are subject to change. For
more information call McKenna Yracheta-
Diabetes Fitness Coordinator at (928)643-6007
or email at myracheta@kaibabpaiute-nsn.gov.**

Kaibab Paiute Gym & Fitness Center Kaibab Warriors Obstacle Course November 18, 2023

Think you have what it takes to be a warrior?
Sign up now and put your skills to the test. The event starts
at 9am and

There are 10 spots per age group. To sign up
call McKenna at (928)643-6007. The deadline
to sign up is 11/15/23.

The course is located at Kaibab park at
the baseball field. Children 17 and
under must have a parent sign a liability
waiver for them. Children 10-15 must have a
parent or guardian with them at the course.

- Age categories
- 6-10
 - 11-15
 - 16-21
 - 22-30
 - 31 & up

Cancelled

Before signing up you must sign a liability waiver. We are not
responsible for any injuries or death that may occur. We are
not responsible for any lost or stolen items.

In coordination with Maintenance, Housing, &
CHR/Diabetes programs.

Dates and times are subject to change. For more
information contact McKenna Yracheta-Diabetes Fitness
Coordinator by phone at (928)643-6007 or email at
myracheta@kaibabpaiute-nsn.gov.

Kaibab Paiute Gym & Fitness Center

We will be
having Zumba
again! Starting
Tuesday
November 14th,
2023.

Times and days are subject to change. For more information contact McKenna Yracheta-Diabetes Fitness Coordinator by phone at (928)643-6007 or email at myracheta@kaibabpaiute-nsn.gov