SMOKE SIGNALS

June 2016 **Summer**

Untu Tawtsʉ̃

Chairman's Report to Council

Bureau of Indian Affairs (BIA):

I attended the BIA Social Services training held in the BLM offices in St. George, UT, this was held on the 20th and 21st of April 2016.The information presented was helpful and input from other workers made it more understandable and relevant, using personal experience and situations that they had run into.

Voyager Wealth Advisors:

On Thursday the 21st the full council met with our financial advisors from Voyager Wealth Advisor, Kayla Koeber and Lori Baum. Voyager Wealth Advisors Inc. works with Raymond James Financial Services Inc. and R. J. are the ones who do the actual buying and selling of stocks and bonds and other securities. This luncheon meeting was very informative and reaffirmed that the council has made a solid choice.

Environmental Protection Agency (EPA):

The Environmental Director, Daniel Bulletts and I met with the EPA Region IX Director, Mr. Jared Blumenfeld and his Communications Director, Ms. Kelly Zito. We had a nice introductory meeting and a tour of the reservation, Mr. Blumenfeld asked what our major concerns were here, and offered to allow the tribe the use of their laboratory facilities for soil, water and air samples as we see the need.

Daniel answered that since we are so remote that a lot of the other tribes concerns that are located close to the major cities do not affect us here, also that at present we don't have any real immediate concerns. Daniel did relay that one item was the unregulated use of septic systems and the relation of these to the aquafer where we draw our water from, and the concerns that there might be residual contamination from the septic systems.

The uranium mining was another item that we touched on, Mr. Blumenfeld was already aware of the mines and asked which ones were still active, what the transport routes were and where the end destination was. He then asked about the mine on the south side of the canyon near Red Butte and Tusayan, we told him that we weren't sure how far along that mine was towards being operational. We also informed him of the contamination of one of the springs from the uranium mining on the south side.

Garkane:

The tribal Administrator, Vincent Toya, Information Technology (I.T.) person, Brook Durant and I had a meeting with Garkane CEO Dan McClendon and their I.T. person, about some additional services that Garkane might be able to offer in the future. We

were looking to gain an understanding of what might be offered and possible applications to the tribe. Garkane has not finished their feasibility study as of yet, they cannot say at the moment what they have for a certainty that they can offer.

Indian Community Development Block Grant (ICDBG):

I attended the community meeting that was held on the 25th of April for the ICDGB application process. The meeting was for our tribal members to have input as to what project the tribe will be trying to apply for with the grant. After much discussion and informing our tribal members which project can be applied for under a number of different grants, it was decided that a senior housing complex would best fill the needs of our community.

Travel:

At the moment I do not have any travel plans.

Memo

To: Tribal Hunters

From: Wildlife Department and
Wildlife Committee

Subject: Closure of Management Area – Moccasin Mountain and
Non Lead Bullets

Closing of Management Area – This year 2016 the Wildlife Committee has ask the Tribal Council to close the Moccasin Mountain Management Area for the last Tribal Hunt which is December 08-31, 2016 Starting from the "Horned Gate" to the tower being closed for the last hunt in 2016, this will give the herd on Moccasin Mountain time to rest from being hunted and pressured, this is the same boundary's as the last two years. Tribal Hunters can hunt along the base of the mountain, pump canyon and Moccasin Canyon and along the Moccasin Mountain to Blue Knoll and along Lambs Point and any deer can be harvested in these areas.

None Lead Bullets – The Wildlife Department in conjunction with US Fish & Wildlife Service, Peregrine Fund, and the Arizona Game & Fish will continue to provide Free Non Lead Bullets for this years (2016) hunt this is for the wellbeing of the California Condor that live in this area. For the "Gut Ply Raffle" We also have a freezer in the red box near the entrance to the yard, it does not matter if you use Lead or Non Lead bullets you may put your deer guts in it, make sure that you print your name clearly in the book provided and your phone number, so if you win a prize you will be contacted by the number you put down.

If you have any questions regarding any of the above or dealing with hunting, please contact Danny Bulletts, Jr. at 643-8305.

Thank You

Dixie National Forest
1789 N Wedgewood Lane
Cedar City, UT 84721
Web: http://www.fs.usda.gov/dixie
Facebook: https://www.facebook.com/usfsdnf
Twitter: https://twitter.com/usfsdnf

News Release

Media Contact: (435) 865-3730
mgilles@fs.fed.us

For Immediate Release
May 20, 2016

IT'S ALL YOURS! GO.PLAY. on the DIXIE NATIONAL FOREST

CEDAR CITY, Utah – As Memorial Day weekend approaches it marks the beginning of the summer season for many outdoor enthusiasts to get out and recreate. The Dixie National Forest encourages visitors to "Know Before You Go" and learn about the travel conditions and numerous opportunities available for exploration on the Forest.

With the warm weather and melting snow, travel routes on the Forest are more accessible. Wet, muddy conditions on roads and trails may still be present in higher elevations of the Forest. Travelling on roads before they are dry often results in deep road ruts and expensive tows to get vehicles unstuck. Until conditions are suitable for motorized travel, the Forest may have some temporary seasonal closures to prevent ruts and damage to roads and trails.

As of Memorial Day weekend, all Forest campgrounds will be open and reservations can be made at http://www.recreation.gov/ or call the district offices for additional information on campgrounds.

Dispersed camping is allowed within 150 feet of most designated routes. However, in some parts of the forest dispersed camping is allowed only in designated camp sites. These areas are shown on the Motor Vehicle Use Map and signs are posted identifying the appropriate area. Use established travel ways and campsites whenever possible. The motor vehicle use map is a good resource, available at http://www.fs.usda.gov/main/dixie/maps-pubs or from any of our Visitor Centers.

"We invite everyone of all ages and abilities to explore recreation opportunities that can found on the Dixie National Forest. IT'S ALL YOURS! GO. PLAY. and find a new adventure this year," said Angelita Bulletts, Forest Supervisor.

"Before visiting the Forest be sure to learn about Forest regulations and pick up free maps," said Marcia Gilles, Public Affairs Officer. "The Dixie National Forest website and Facebook sites have travel updates, recreation information and videos to help you plan your next visit to the Forest."

Free maps can be acquired by visiting one of the Dixie National Forest offices, by phone, or by mail. These maps are also available for free download from the website at: http://www.fs.usda.gov/main/dixie/maps-pubs.

A great source of information for those planning a trip to the forest is our visitor information centers.

- Duck Creek Visitor center will be open seven days a week on May 27th, from 10AM-5PM.
- Interagency Visitor Center in Escalante is open seven days a week from 8AM-4:30PM.
- Interagency Visitor Center in St. George is also open seven days a week from
- Red Canyon Visitor Center will be open seven days a week, 9AM – 6PM daily.

Make safety your top priority when heading into the forest. Remember your safety is your responsibility. Respect all signed closures and follow all regulations. Before leaving your campsite, make sure your fire is dead out by drowning it with water.

For information about the Dixie National Forest, please visit the website or contact your local District Office in Cedar City, Escalante, Panguitch, or St. George. For general Forest questions, call (435) 865-3700.

Stay connected, visit the Dixie National Forest website at www.fs.usda.gov/dixie, like us on Facebook at https://www.facebook.com/usfsdnf, and follow us on Twitter at www.twitter.com/usfsdnf for the latest information.

###

Water Quality Specialist
May 2016

Hello Kaibab Paiute community members! It is spring time and with it comes thoughts of flowers, gardens and warm weather. No thoughts on gardens? Just a few considerations on the subject. Gardens are a great way to reconnect with Mother Earth. It is also a great way to teach our young people the value of work, soil and water conservation and that all we eat comes from this place we call Earth. I have watched in great amusement when I see city folk visit a farm or ranch and the light goes on when they realize that the food they purchase from the store did not just appear out of thin air but had to be raised by people who have devoted their life to raising food for the citizens of the world. Too many times we lose sight of the fact that there are people working behind the scenes producing food for our consumption.

This spring I have had the privilege of working side by side with many tribal members in planting trees and vegetables. Those who came out now became "food producers", and the light that shown in the young people's eyes when that became a reality was worth the effort to put the planting event together. I have shared my ideas and some goals for the future of the community garden. One is the approval by the National Resource Conservation Service (NRCS) of bringing a "High Tunnel" (HT), a type of greenhouse, to the community garden. The HT has been ordered and we will begin construction, hopefully, in late June, with a completion goal in time for fall planting. The HT has many benefits including lengthening the growing season and conserving water. Details of our progress can be found here in the monthly newsletter and on the website. Anyone interested in learning more may contact me at the email address listed below.

Work in the Two Mile Wash continues and the additional rain we have received in the last several months has helped tremendously. The Willows that have been planted as well as native plants and flowers are taking hold. Unfortunately with the rain comes weeds as well. But with the native vegetation taking hold weeds are becoming less intrusive. It is a matter of strengthening the good while keeping the weeds at bay until the native plants can over shadow the weeds.

Well happy gardening all of you and remember that water is our most precious resource. For without it life ceases to exist. And gardening reminds us of the importance that water plays in raising food for ourselves and our family members.

Scott W. King
Water Quality Specialist
sking@kaibabpaiute-nsn.gov

GREETINGS

THE NEWLY FORMED TRANSPORTATION COMMITTEE

IS LOOKING FOR YOU.

IF YOU ARE INTERESTED IN WHAT PROJECTS, PRIORITY OF THOSE

PROJECTS, AND OTHER SPECIAL PROJECTS THE TRANSPORTATION

COMMITTEE SEEKS, COME JOIN.

THE COMMITTEE WILL MEET THE SECOND TUESDAY OF THE MONTH AT

2:00 P.M. IN THE CONFERENCE ROOM.

AND WE NEED TO NOMINATE OFFICERS IN ARE COMING MEETINGS.

Wildlife, Fisheries & Parks Departments 2016 Spring Fish Derby was held on May 6, 2016 at the fish Pond in the Kaibab Village if you missed it, you missed catching fish and getting prizes.

This year we got help from the Pipe Spring National Monument Staff, Arizona Game & Fish, Thom/Sally Alcoze, and the Housing Department, the fishing poles were provided by the Arizona Game & Fish.

This is how it looked at 8:01 am with kids fishing all around the pond.

This picture was taken at 9:41 am it is of where the fishing poles were and the fishing box and bait.

At 11:00 am we all went to the park to have lunch, which was Hambugers and Hot Dogs and after we ate, all of the prizes were handed out.

Everyone got a prize and we all had fun.

Everyone had fun even if they did not catch any fish, the biggest fish was 12 inch's it was very big. The Arizona Game & Fish will leave the poles with us and whenever they want to use them they would come and get them.

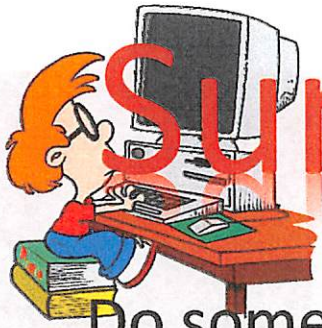
The wind blew a bit in the morning it was kind of cold, we would like to thank everyone for coming out, hope to see you at the next Fishing Derby.

Female Craftivities!

Girls Activity
Friday, June 3rd 2016
1-3pm
At the KPT community building Library (If ride is needed please call)

Women's Activity- Glass Etching
Please bring glass casserole dishes, wine glasses, quart jars, mirrors, or anything glass that you'd like to try and etch!
Wednesday, June 29th 2016
5:30-7pm
At the KPT community building Library

With any questions please call Marisa Ybarra at 643-8336



Summer GED

Do something good for yourself this summer! Get your High School Equivalency Diploma! Register now @ MCC.

SUMMER CLASSES start JUNE 1st

Where?

- Mohave Community College Campus
  Mondays/Wednesdays 4-7 pm
- Kaibab-Paiute Tribal Library
  Mon./Tues./Wed. 12:30-2 pm
- Fredonia Public Library
  Mon./Tues./Wed. 10-12 noon

To register visit www.mohave.edu or call 866-644-2832

ELEVATE MY GAME

Thunder Mountain Youth Basketball Camp

June 23-25, 2016

Kaibab Paiute Gym

Thursday - MORNING – June 23
Beginner/intermediate level

Thursday - AFTERNOON – June 23
Advanced level

Friday – ALL DAY – June 24
Advanced level

Saturday – MORNING – June 25
All levels – Tournament Play

If your children need a ride, please call Marisa at 643-8336 and let her know.

Lunch will be provided all three days.
Please eat a healthy breakfast before the camp.
Limited snacks and water will be available.

Permission slips will be at the Gym or in the Substance Abuse or Support Services Assistant's office.

Please call Penny at 928-643-8323 or Shalyce at 643-6007 with any questions.

Kaibab Paiute Tribe Consent to Participate
Elevate My Game Youth Basketball Camp
June 23-25, 2016

Parent(s), please read carefully, initial and sign. Your child/children **must have a signed consent form in order to participate.** If you have any questions call Penny @ 928-643-8323. Please bring this signed form to the camp with you or drop it off at the gym or the Substance Abuse office prior to the camp. **If your children need transportation, please call Marisa at 643-8336. We start picking up about 8:30 am.**

I agree to allow my child / children to participate in the EMG Youth Basketball Camp:

Name	Age	T-shirt Size (Please specify adult / youth)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____ I understand that the Kaibab Paiute Tribe will not be liable for any injuries to my child/children that may occur during the Basketball camp.

_____ In the event that my child should be injured, in an incident or choking, I give my permission for CHR and Tobacco/Diabetes Program employees to perform CPR, treat, or perform any other life saving act to insure the welfare of my youth.

_____ I understand that if my child refuses to obey the Basketball Camp rules or breaks a rule, that they may be asked to leave for that day and possibly for the whole camp.

_____ I authorize my child to be transported by an Employee of the Kaibab Paiute Tribe to and from the Basketball Camp each day (if transportation is provided).

_____ I understand that the Kaibab Paiute Tribe is not liable for any accidents or injuries that may occur during transport of my child.

** **PLEASE LIST ANY MEDICAL CONCERNS YOUR CHILD MAY HAVE AND PROVIDE ANY MEDICATION NECESSARY**

_____ _____
Parent/Guardian Signature Date

_____ _____
Home Phone Number Work or Cell Number

Participant Rules and Regulations

1. Be early
2. No Profanity
3. No chewing gum
4. Mandatory to wear court shoes
5. Respect fellow participants, coaches and staff
6. Smoking and alcohol consumption prohibited during camp
7. It is mandatory for each participant to have their own basketball (provided by Elevate My Game)

COMMUNITY EDUCATION NIGHT

WHEN:

MONDAY JUNE 6TH, 2016
5:30-7:00PM

WHERE:

KAIBAB COMMUNITY BUILDING

Light meal will be provided

Sponsored by the Substance Abuse Program. Call Penny Keller with any questions 643-8323

Kane County Drug Task Force will be showing a presentation on prescription opiate abuse which leads to heroin use.

Substance Abuse Activities

YOGA

FOR KIDS, TEENS AND ADULTS
Monday's 4:00 PM
Kaibab Paiute Gym
For all levels, ages and sizes.
Work out at your own speed.

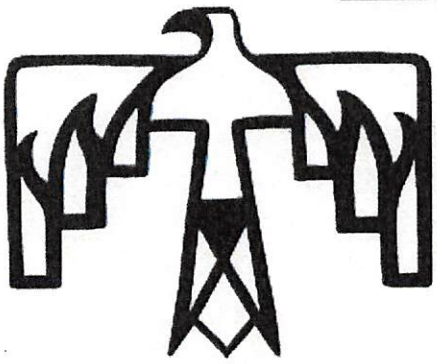
Talking Circle

FOR TEENS AND ADULTS
Tuesday's 5:00 PM
AA Room in the Community Building

TRX Workout

FOR TEENS AND ADULTS
Wednesday's 3:00 PM
Kaibab Paiute Gym

Kaibab Living Sober AA Meeting



FOR TEENS AND ADULTS
Thursday's at 12:00 PM
AA Room in Community Building

May 2016

TMVCIPP Newsletter

Bicycle Safety and Bike Rodeo

Share the road- The Share the Road Safely program strives to improve the knowledge of all highway users to minimize the likelihood of a crash with a large truck, and reduce the consequences of those that do occur. For all drivers or soon to be drivers.

June 6th, 2016 MONDAY from 9:00 a.m. to 11:30 a.m.

Adults 18 years and older

Community Bldg. & Community Park

Lunch will be served

Sponsored by TMVCIPP & AZDPS instructors, ITCA

Share the road- The Share the Road Safely program strives to improve the knowledge of all highway users to minimize the likelihood of a crash with a large truck, and reduce the consequences of those that do occur. For all drivers or soon to be drivers.

June 6th, 2016 MONDAY from 11:30 a.m. to 3:30 p.m.

Ages 13-18yrs. of age

Community Bldg. & Community Park

Lunch will be served

Sponsored by TMVCIPP & AZDPS instructors, ITCA

Bike Safety training 101

June 7th, 2016 TUESDAY from 9:00 a.m. To 3:00 p.m.

Ages 12- 18 years of age

Community Bldg. & Park

Bike is needed if your bike is in need of repair contact the CHR office, 643-8330-8331, 8332, and 8333. 8333 If you do not have a bike but would like to participate let us know .Helmets will be given out if you do not have one.

Lunch will be served, prizes. Come have some fun for the day

Bike Safety

June 15th, 2016 WEDNESDAY from 9:00 a.m. To 12:00 p.m.

Ages 04-11 years of age

Community Bldg. & Park

Bike is needed if your bike is in need of repair contact the CHR office, 643-8330-8331, 8332, and 8333. If you do not have a bike but would like to participate let us know .Helmets will be given out if you do not have one.

Lunch will be served, prizes. Come have some fun for the day

Sponsored by the TMVCIPP- Tribal Motor Vehicle Crash Injury Prevention Program

Laura Rae Savala, Coordinator

928-643-8331

lsavala@kaibabpaiute-nsn.gov

Kids and Bicycle Safety

Bicycle riding is fun, healthy, and a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle!

Be cool – follow some basic safety tips when you ride.

Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:

- **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication "Easy Steps to Properly Fit a Bicycle Helmet."
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that your brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because ***you*** can see a driver doesn't mean the driver can see ***you***.
- **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- **Avoid Riding at Night.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

Rules of the Road – Bicycling on the Road

Bicycles in many States are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

- Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.
- Children less than 10 years old are better off riding on the sidewalk.
- For anyone riding on a sidewalk:
  - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
  - Watch for vehicles coming out of or turning into driveways.
  - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
  - Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn.

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: www.nhtsa.dot.gov

www.nhtsa.dot.gov
nhtsa
people saving people
DOT HS 810 601
April 2006

TRX®

MAKE YOUR BODY YOUR MACHINE®

What is TRX training?

- The use of your own body weight and gravity to work every muscle in your body with the help of our suspended strap system.
- You are in control of how much you want to challenge yourself!
- Helps develop strength, balance, flexibility and core stability.

Our Classes are every Wednesday at 3:00

TABATA

What is Tabata?

- A workout to increase your strength, endurance, and flexibility.
- It's a variety of simple but energetic moves with modifications to fit everyone's needs and fitness level.
- We work in intervals! That means 20 seconds of work then 10 seconds of rest repeated in

Class every Thursday at 6:00 P.M.
At Kaibab Paiute Gym

Tabata has been researched and it has been proven to produce amazing fitness results within fewer workouts in less time!

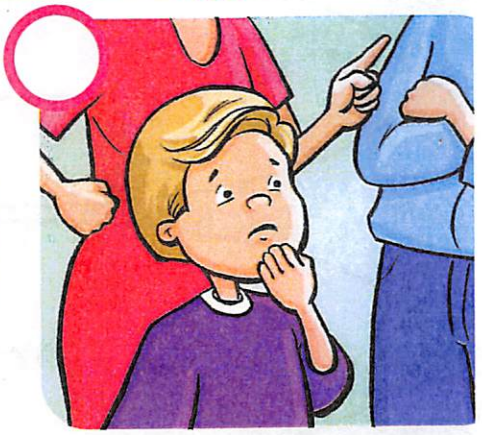
Stress is a feeling.

Some kinds of stress make you feel excited. You can do things better and have more fun.

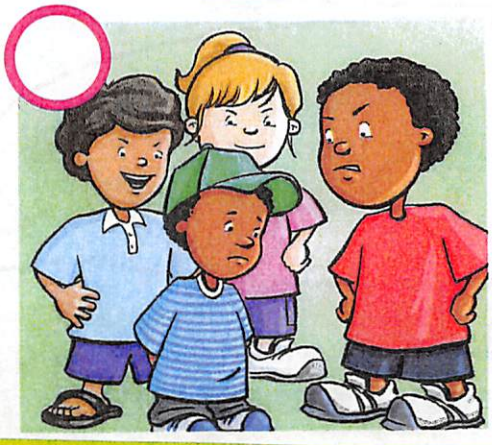
Some kinds of stress can make you feel upset or worried. That makes it harder to do things and have fun.

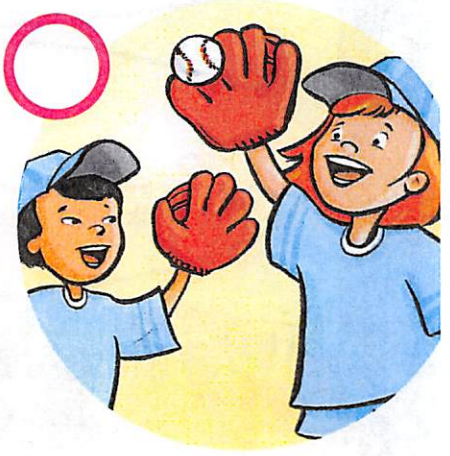
DO! Draw a happy face if the thing makes you feel good.

Draw a sad face if it does not make you feel good.



Why does each thing make you feel that way? Tell your teacher or parent.





Handling stress helps you feel better!

NOTE TO PARENTS: This magazine gives only basic facts about stress. Be sure to talk to a doctor, nurse or other health-care provider about all of your family's health needs, and before you or your child starts an exercise program.

2012 Edition
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To reorder call (800) 628-7733 or visit www.channing-bete.com and ask for item number PS99036 (08-01-A)
Ages 6-8 **Price List B**

We feel better now!

These kids learned how to handle stress. Find out how it helped them!

DO!

Solve the code to finish the sentences. Then read each sentence out loud.

secret code

✚ = a	☎ = e	✪ = k	♥ = p	♠ = t
✷ = b	✗ = h	❟ = l	● = r	✦ = u
▮ = d	▲ = i	★ = n	⁘ = s	✔ = z

I am _ _ _ _ _ _ _ _ _ !
✗ ✚ ♥ ♥ ▲ ☎ ●

I _ _ _ _ _ myself more!
❟ ▲ ✪ ☎

I do _ _ _ _ _ _ _ _ in school!
✷ ☎ ♠ ♠ ☎ ●

DO!

Use the code above to finish this sentence, too. Then read the sentence out loud.

You can _ _ _ _ _ _ _ how
❟ ☎ ✚ ● ★

to _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ , too!
✗ ✚ ★ ▮ ❟ ☎ ⁘ ♠ ● ☎ ⁘ ⁘

Introduction to Diabetes Self-management

Your goal is good control — of blood glucose, blood pressure, and cholesterol. But how do you get there? Primarily through self-management. This is a big job. Self-management affects many different aspects of your life, and at first, you'll probably need to make changes in your lifestyle. For most people with diabetes, this means taking on the key activities summarized below (and explained in detail later in this guide).

MONITORING BLOOD GLUCOSE

Two different kinds of tests — self-tests and HbA1c tests — can give you a good understanding of your blood glucose control.

TAKING MEDICATION

Depending on the type of diabetes you have — and how your body responds to the other pieces of your management plan — your doctor may prescribe medication to help control your blood glucose, blood pressure, and cholesterol levels.

FOLLOWING A MEAL PLAN

Eating more wisely is one of the best things you can do to help protect your health. A meal plan will help you do this.

GETTING REGULAR EXERCISE

Regular exercise is another key piece of your treatment. Your healthcare providers can get you started on a program that gives you the best chance for better health today — and in the long run.

PUTTING THE PIECES TOGETHER...

To complete your picture of good health, you need ALL of these pieces, ALL of the time. It may take a while before you understand how each piece works and how they fit together — but you can do it.

...and taking care of your emotions, too.

Diabetes is a physical disease, but like any chronic condition, diabetes can also affect your emotions. So as you learn to care for your body, learn to care for your mind and spirit as well.

Colorado City MVD Office Closure
Turn by turn directions to nearest MVD Location

From Colorado City MVD – 45 S. Central, Colorado City, AZ 86021
to Littlefield MVD – 700 N. Bldg. C, Beaver Dam, AZ 86432

1 Hour 16 Minutes - 72.2 Miles

Take Utah Ave to UT-59 N in Hildale *5 min (2.4 mi)*
↑Head north on Central St. toward Township Ave. *(1.0 mi)*
←Turn left onto Utah Ave. *(1.4 mi)*

Continue on UT-59 N. Take I-15 S to Co Hwy 91 in Mohave County. Take exit 8 from I-15 S *1h 8min (68.4 mi)*
→Turn right onto UT-59 N *(21.8 mi)*
→Turn right onto S 100 E *(0.1 mi)*
←Turn left at the first cross street onto UT-9 W/E State St. *(10.3 mi)*
Merge onto I-15 S *(36 mi)*
Take exit 8 toward Beaver Dam/Littlefield *(0.3 mi)*

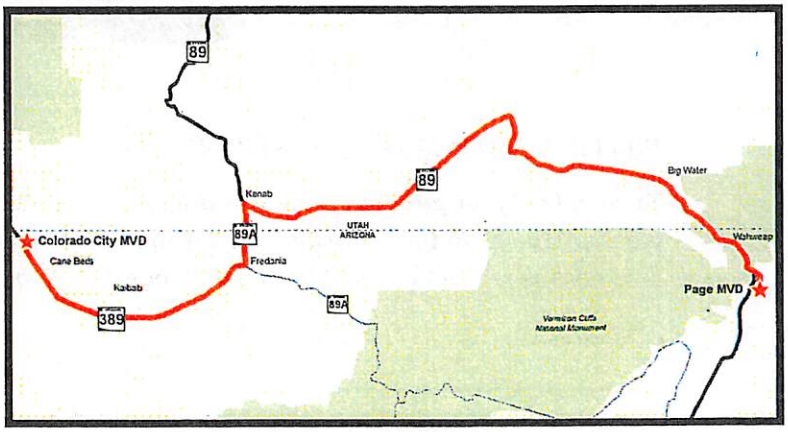
Continue on Co Hwy 91. Drive to Arizona Ave. in Beaver Dam *3 min (1.5 mi)*
→Turn right onto Co Hwy 91 *(1.1 mi)*
←Turn left onto McKnight Blvd. *(0.2 mi)*
→Turn right onto Arizona Ave. *(0.1 mi)*

Arrive at 700 N. Bldg. C, Beaver Dam, AZ 86432

Littlefield MVD Office Open Monday-Friday, 8 a.m. - 5 p.m.
***Starting May 23, 2016**

From Colorado City MVD – 45 S. Central, Colorado City, AZ 86021
to Page MVD – Hwy 89, Milepost 551.2, Page, AZ 86040

1 Hour 51 Minutes - 112 Miles



↑Head south on Central St. toward Edson Ave. *(1.3 mi)*
←Turn left onto onto AZ-389 E *(30.2 mi)*
←Turn left onto US-89A N *(6.8 mi)*
→ Turn right onto US-89 S/E 300 S *(72.4 mi)*
~~←Turn left onto N. Lake Powell Blvd. *(1.2 mi)*~~
~~→Turn right onto Elm St. *(0.2 mi)*~~
~~←Turn left onto 6th Ave. *(190 ft)*~~

Destination will be on the right.
Arrive at Hwy 89, Milepost 551.2, Page, AZ 86040

Page MVD Office Open Monday-Friday, 8 a.m. - 5 p.m.

Education Connection

KPT EDUCATION DEPT — JUNE 2016

June 2016

Library Hours
Monday thru Thursday
12-4:30
Fridays 9-3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Education Committee Meeting 10 a.m. Kane Co School Board 7 p.m. (UT)	3 Teen Craft 1-3	4
5	6	7 Fredonia School Board 6 p.m.	8 Summer Reading 9:30 a.m.-10:30 a.m.	9 College Workshop 5-6	10 Tribal Establishment Holiday	11
12	13 Colorado City School Board 6 p.m. (UT)	14	15 Summer Reading 9:30 a.m.-10:30 a.m.	Tribal Council 16	17	18
19	20	21 STEAM SUMMER LEARNING CAMP K-3rd—10-11:30 4th-8th—1-2:30 Book Club 5-6	22	23	24 Basketball Camp June 23rd-25th	25
26	27	28 YOUTH Book Club 2-3	29 Summer Reading 9:30 a.m.-10:30 a.m. Women's Craft 5:30-7	30 Library Closed June 30th-July 4th Higher Education Deadline		

GED Classes at the Library
Summer Classes Begin June 1st.
Monday, Tuesday, Wednesday
from 12:30-2 p.m.

Like and follow our Facebook page for information on upcoming events
Kaibab Paiute Tribe Education/Library

College Mini Workshops

The Education Department is holding monthly college readiness workshops for high school students and their parents. The workshops cover a variety of useful information about life after high school. **Workshops are held in the library from 5-6.** If you live outside the area and would like a copy of the Developing Your Vision manual please call 928-643-6025

April 8th—Workshop 1—Going to College covers preparing academically for college, choosing a degree, choosing a college, applying for college, writing essays,

May 13th—Workshop 2— Paying for College covers how to pay for college, financial aid, scholarships, FASFA, tribal grants, work study programs, student loans, military options.

June 9th—Workshop 3—Surviving Financially as a College Student covers money management, opening a checking account, balancing a checkbook, check cashing, budgeting, credit cards, debt, having good credit, investment banking.

Book Club

Tuesday, June 21st
5-6 p.m.@ Library

Book Selection: "The Great Zoo of China" by Mathew Reilly

A small group of VIPs and journalists has been brought to the zoo deep within China to see these fabulous creatures for the first time. Among them is Dr. Cassandra Jane "CJ" Cameron, a writer for National Geographic and an expert on reptiles. The visitors are assured by their Chinese hosts that they will be struck with wonder at these beasts, that the dragons are perfectly safe, and that nothing can go wrong. Of course it can't...

If you are not able to attend, but would like to read the book and participate, please email me for the book report form.
abundy@kaibabpaiute-nsn.gov
Prizes, yummy goodies, great conversation!

Youth Crafting

June 3rd from 1-3 p.m.

Women's Crafting

June 29th from 5:30-7
Glass Etching
Please bring glass casserole dishes, wine glasses, quart jars, mirrors, or anything glass that you would like to try and etch!

Higher Education Deadline June 30th

Visit the library or online at http://www.kaibabpaiute-nsn.gov/education.html for applications.

On Your Mark, Get Set….READ!
Summer Reading Program
Reading, crafts, activities and FUN!

Wednesday, June 8th—9:30-10:30
Wednesday, June 15th—9:30-10:30
Wednesday, June 29th—9:30-10:30
Wednesday, July 6th—9:30-10:30
Wednesday, July 13th—9:30-10:30
Wednesday, July 27th—9:30-10:30

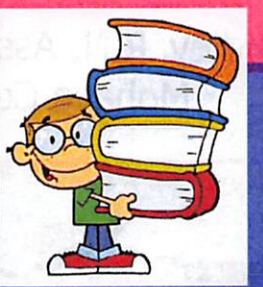
STEAM SUMMER CAMP

June 21-22nd
K-3rd Grade—9 a.m.-11 a.m.
4th-8th Grades—1 p.m.-3 p.m.
Science, Technology, Engineering, Art,
And Math activities

Youth Book Club

2nd-6th grade students
June 28th
1-2:30 p.m.
Book Selection: "The One and Only Ivan" by Katherine Applegate

Read the book and then come to the library for book related crafts, snacks, and activities.



End of the School Year Celebration
Sunday, June 26th
Watch for a flyer with more information!

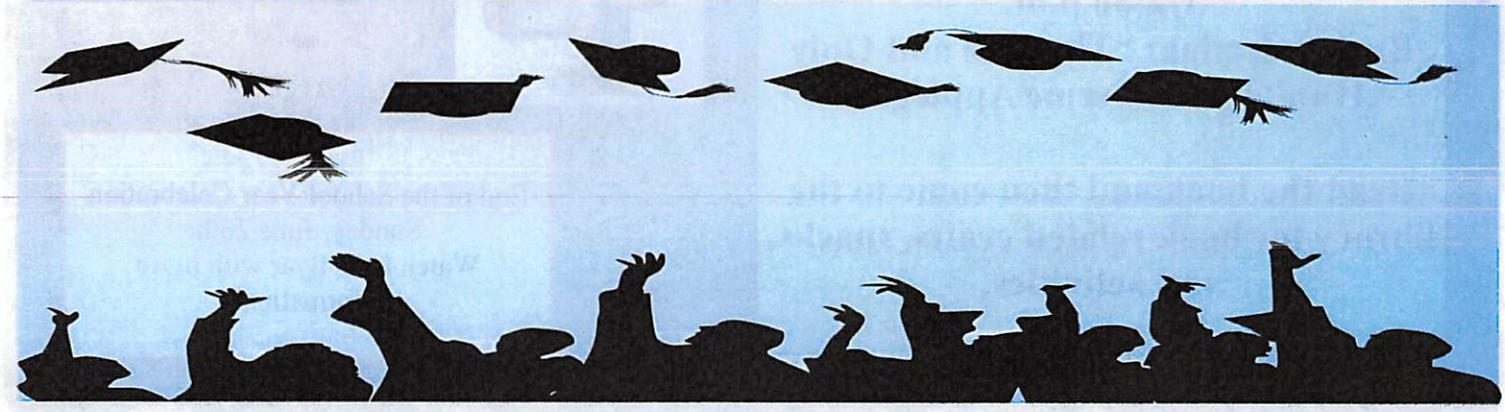
Congratulations
Graduating Class of 2016

Cameron Billy
Celeste Billy
India Bulletts
Albert Fuller, Jr.
Damon Haskie
Omalla Hill
Alicia Jake
Percy Lomahquahu
Sedale Sanden
Rykker Tom
LeAnn Wah
Abigail Ward
Tristan Yellowhair
McKenna Yracheta

The 2016 graduates will be honored at the Sounds of Thunder Mountain Pow-wow in August. If you or someone you know is graduating and not on this list please contact the Education Department 928-643-6025.

Congratulations

Shian Bradley, R.N. Associates of Science in Nursing,
Mohave Community College



The **Kaibab Band of Paiute Indians** has the following positions available:
HC 65 Box 21, 1 North Pipe Spring Road, Fredonia, AZ 86022
(928) 643-7245 www.kaibabpaiute-nsn.gov

Convenience Store Clerk: Full-Time, Permanent/No Benefits; $9.50 hr
This position requires hands-on retail sales, great customer service skills and cashier experience. This position requires familiarity with cashiering and retail sales. The applicant must be able to provide pleasant and courteous service to customers according to tribal goals, policies and procedures. Retail activities will be part of the store operations. This position requires a high degree of initiative and attention to detail, excellent communication skills and the ability to project the desired tribal image of courteous, friendly service to customers. Must be able to handle cash transactions, be responsible for general cleanup, restocking of inventory and performing all related duties as necessary. Be able to work all shifts including evening, weekend and holidays and must be able to closely follow written and oral instructions.

Social Service Worker: Full-Time, Permanent/Benefits; Salary Range: $39,520 - $51,250
The Social Service Worker is responsible for meeting tribal members' needs as identified to protect and provide support to Native American families on the Kaibab Paiute Indian Reservation. Incumbent provides front line support and social assistance for individuals, families, and communities by assessing human services needs for children, youth, and tribal families; investigates abuse, exploitation and/or neglect; makes referrals and recommends appropriate actions affecting the clients/families well being and social functioning. Will recommend appropriate substitute care for children and youth which may include services from other agencies, day care or foster care. Documents client progress, compiles case histories and prepares other related reports. Bachelor's Degree required in Social Work (SSW) with 2 years experience working in the human services field. Incumbent must possess a Social Service Workers License. Must have knowledge of tribal government organizations and tribal social service programs. Must have excellent communication, grammar and writing skills; must have positive work ethics and a positive attitude.

Diabetes Fitness Coordinator Assistant: Part-Time/No Benefits; $9.00 hr
The Diabetes Fitness Coordinator Assistant works with the Diabetes Fitness Coordinator to promote and maintain the health of Tribal Members residing on the reservation. Individual in this position will be responsible for opening and closing the gymnasium and fitness rooms on a daily/nightly basis and willing to work weekends on occasion. Assist individuals in their workout routines. Develop age appropriate exercise classes and lead tribal members in these activities on a daily basis. Maintain the cleanliness of the gym and workout rooms in the building. Ensure equipment is maintained and operating properly. Instruct and demonstrate for individuals the proper use of the equipment. Keep attendance records for facility use each day. Provide transport for Fitness Friday Kids. Provide First Aid to anyone injured at the facility. Must have a desire to promote a healthy life style through physical fitness strategies designed to improve the overall health of community members and staff at the Kaibab Paiute Tribe.

Tribal Motor Vehicle Injry Crash Prevention Program Internship: Part-Time, Temporary/No Benefits; $10.00 hr
Goals and objectives are to decrease motor vehicle injuries on the Kaibab Paiute community roads by expanding and educating community members. This position requires familiarity and experience with spreadsheet and database software such as Excel and Access. This position will engage in research and

assist the TMVICPP Coordinator. This position will participate in team meetings and brainstorming sessions. Must have a high degree of initiative and attention to detail and excellent communication skills; requires the ability to work well with diverse groups of people. This position requires the ability of talking and interacting with others. Applicant must be 16 years of age or older and attending high school or college and possess a high degree of initiative and attention to detail as well as excellent communication skills. Having an interest in the Health related field is a plus. Applicant must be familiar with spreadsheet and database software such as Excel and/or Access; be able to maintain a variety of records and reports and be able to closely follow written and oral instructions.

Grand Canyon-Parashant National Monument Native Youth Cultural Resource Interns: Full-Time, Seasonal/No Benefits (Please see website for full listing and requirements)
FIELD CREW CHIEF: Full-Time, 14 weeks, $25 per hour, no age requirement
ARTIFACT ANALYST (Lab Crew Chief): Full-Time, 14 weeks, $16 per hour, no age requirement
ASSISTANT FIELD CREW CHIEF: Full-Time, 10 weeks, no age reqirement
FIELD INTERN (2 Positions Available): Mt. Dellenbaugh and/or Poverty Mountain, Full-Time, 10 Weeks, $14 per hour, $100 weekly per diem, 16-25 years old
ARTIFACT ANALYSIS INTERN (1 Position Available): SUU Archaeology Lab in Cedar City, Full-Time, 10 weeks, $14 per hour, 16-25 years old, no per diem or housing

Summer Youth Coordinator: 25 hours per week, Seasonal (10 weeks), $10 per hour, no benefits
Administer the Summer Youth Program by providing tribal members, ages 14 to 18, with direction and supervision for the summer youth program. Incumbent will provide development, coordination and oversight of the summer youth program; inform students, parents and others of upcoming events, concerns and progress; provide weekly reports to the Tribal Administrator; coordinate with all Tribal Department heads and neighboring outside agencies to coordinate a positive work experience for the youth. Perform other related duties as assigned.

Summer Youth Work Learn Program: 25 hours per week, Seasonal (8 weeks), $7.25 per hour, no benefits
Tribal members, ages 14 to 18, will engage in training and work experience by working at various assignments throughout the Tribal Government as well as engage in educational activities. Students will also participate in community services activities and perform other related duties as assigned throughout the eight (8) week program.

DRUG-FREE WORKPLACE POLICY:
The Kaibab Paiute Tribe is committed to providing a drug-free workplace for its employees, volunteers and the community it serves. By Kaibab Paiute Tribe policy, this position requires pre-employment drug testing. Must have a GED/High School Diploma. Must be able to pass a background check as well as possess a valid drivers' license and be insurable.

Employment applications are available online– www.kaibabpaiute-nsn.gov or at the Tribal Affairs Building located on 1 North Pipe Springs Road Fredonia, AZ 86022. Interested applicants must return completed applications for consideration. For more information, contact the Human Resource Director, Kim Nuttall at (928) 643-7245.

THE KAIBAB PAIUTE TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER AND ADHERES TO THE INDIAN PREFERENCE ACT

KN 5/23/16