January Newsletter
Tribal Office Holiday Schedule

Please be aware that the Administration Office will be closed on the following dates:

Thursday, December 23\textsuperscript{rd}  
Closing at Noon

Friday, December 24\textsuperscript{th}  
Closed

Friday, December 31\textsuperscript{st}  
Closed

Monday, January 17\textsuperscript{th}  
Closed

(Martin Luther King Jr. Day)

Have a wonderful holiday!
Tribal Wildlife, Fisheries & Parks

Hunting:
All Tribal; Hunters – You need to turn in the “WHITE PAPER” right away, if you Harvested (killed) a Deer. So the Department can get a good count of Deer Harvested. Bring it to me, if I am not in leave it with the front desk.

Big Game hunt:

Guide Trainee – We need Trainees, you must be 18 years old, a Tribal Member or Legally Married to a Tribal Member, with an interest in the outdoors, contact any wildlife committee member or the Director for more information.

Fishpond – Tribal members need a NO Cost permit; Kids need to be accompanied by an adult.

WATCHOUT FOR DEER along the side of the road, report Deer Accidents to Wildlife or BIA POLICE.

Encounters with cougars are rare. But if you live in cougar (Mountain Lion) habitat, there are things you can do to enhance your safety and that of friends and family. Tracks have been seen near the gym and Pipe Spring NPS.

1. When it comes to personal safety, always be aware of your surroundings, wherever you are; conduct yourself and attend to children and dependents safety.

2. If you encounter a cougar, make yourself appear larger, more aggressive. Open your jacket, raise your arms, and throw stones, branches, etc., without turning away. Wave raised arms slowly, and speak slowly, firmly, loudly to disrupt and discourage predatory behavior.

3. Never run past or from a cougar. This may trigger their instinct to chase. Make eye contact. Stand your ground. Pick up small children without, if possible, turning away or bending over.

4. Never bend over or crouch down. Doing so causes humans to resemble four-legged prey animals. Crouching down or bending over also makes the neck and back of the head vulnerable.

5. Try to remain standing to protect head and neck and, if attacked, fight back with whatever is at hand (without turning your back)—people have utilized rocks, jackets, garden tools, tree branches, and even bare hands to turn away cougars.

6. Do not approach a cougar. Most cougars want to avoid humans. Give a cougar the time and space to steer clear of you.

7. Supervise children, especially outdoors between dusk and dawn. Educate them about cougars and other wildlife they might encounter.

8. Do not feed wildlife. Do not leave food outside. Both may attract cougars by attracting their natural prey.

9. Keep pets secure. Roaming pets are easy prey for cougars.

No flying DRONES in Village areas!

REPORT trespassers to BIA Police (928-643-6050) or to Wildlife Department.

Any Questions contact Danny Bulletts, at 928-643-8305 or 435-689-1624.

Email: dbullettsjr@kaibabpaiute-nsn.gov

Thank You.
WE’RE HIRING!!

We have positions open here at the administrative offices, from entry level to executive. We offer vacation, sick time, paid holidays and a great insurance package.

OPEN POSITIONS:

Administrative Assistant/Records Management Clerk
Economic Development Director
Grant Writer
Covid-19 Services Coordinator
Water Quality Specialist
Maintenance Worker
Tribal Council Secretary
Convenience Store Assistant Manager
Day Laborer
Senior Center Kitchen Assistant

See the full job descriptions and application on our website: kaibabpaiute-nsn.gov

Or contact Dena Cuellar, Human Resources Director at hr@kaibabpaiute-nsn.gov or call 928-643-8307
Per Capita is on January 30, which happens to fall on a Sunday, so checks will be handed out on **Monday, January 31, 2022.** The Tribal Trust office will be open from 8:00 a.m. till 5:00 p.m.

Please update your address if you have recently moved or have not been receiving your quarterly “check.” All address changes or changes to your direct deposit account need to be turned in on or before January 17, 2022. My email address is: vcastro@kaibabpaiute-nsn.gov. The form to update your address or change the amount of money withheld for taxes is on the kaibabpaiute-nsn.gov website under Tribal Trust. It is the first link listed on the website and is labeled: Download Per Capita Form.
#FreshWorkout

The All-Angles Core Blast!

Crunches. So 1995. Planks? Child's play. For decades, those were the staple ways of training your core, and you'd do them every day—with iffy and sometimes painful results. Those old-school movements don't unlock the true power of your core. A strong core actually involves a quartet of muscle groups (abs, obliques, lower back muscles, and glutes) working together to stabilize your spine and twist your torso. Train those muscles (and build total-body strength, too!) with this 30-minute situp-free core blast. Do it four or five days a week; on all other days, go for a 20-minute run or power walk.

By Ebenezer Samuel, C.S.C.S.

THE WARMUP

Cat-Cow to Thoracic Rotation
- Start on all fours, core tight. Round your spine toward the ceiling, letting your head drop (a). Next, arch your back, pulling your belly toward the floor (b). Return to a flat-back position, then reach your right arm toward the ceiling (c). Return to the start; repeat on the other side. That's 1 rep; do reps for 40 seconds. Do 3 sets.

THE WORKOUT

1 Elevated Plank Double-Explode Row
- Start in plank position, your left forearm on a bench or box and a medium-weight dumbbell in your right hand (a). Row it to your rib cage explosively (b). Do 2 straight reps, pausing at the top on the second. Do 10 to 12 total reps. Do 3 sets per side; don't rest between sets.

> EB SAYS:
"Squeeze your abs and glutes on the off-bench side; it should be in line with the on-bench side of your body."

2 Half-Bench Single-Arm Paused
- Lie faceup on a bench with the right of your torso, your spine, and your right glute on the bench, glutes and abs tight. Hold a medium-weight dumbbell in your right hand, direct above your shoulder. Lower the weight to your chest (a). Pause, then press it back up (b). Do 3 sets per side; don't rest between reps.
3 Goblet Squat Hold

Hold the end of a medium-weight dumbbell with both hands at shoulder height, core tight, feet about shoulder width apart (a). Bend at the knees, lowering your torso until your thighs are parallel to the floor (b). Pause and hold for 15 seconds. Stand up. That's 1 rep; do 3 sets of 4.

4 Corkscrew Hollow Rock

Lie on your back, arms and legs extended. Press your lower back into the floor, lifting your shoulders and legs slightly. Put your left hand on your head and touch your left elbow to your right knee. Do 10 hollow rocks from this position; do 3 sets per side.

EB SAYS:
"Elbow and knee should never lose contact. Squeeze your obliques to make that happen."

5 V-Up

Start in hollow-body position, your shoulder blades and legs a few inches off the floor and your lower back pressed into the floor (a). Raise your legs and reach your hands toward your toes (b). Return to the start. That's 1 rep; do 3 sets of 15.

THE FINISHER

6 Wraparound Farmer's Walk

Stand holding a heavy dumbbell at your left shoulder with your left hand (a). Take 10 steps forward, then 10 steps back. Shift the dumbbell to your chest, gripping it with both hands (b). Take 10 steps forward, then 10 steps back. Now shift the dumbbell to your right hand, holding it at your hip (c). Take 10 steps forward, then 10 steps back. That's 1 set. Do 3 sets per side; don't rest between sets.

EB SAYS:
"Make all the walks look the same. Tighten your abs so that your shoulders are never tipping to one side."
Head lice control and removal

LICE KIT INCLUDES:
A metal comb (ex. Rid comb)
Tea tree oil
Baby oil or mayonnaise
Shampoo (any brand works)
Conditioner (any brand works)
Regular combs
Hair clips/ties

When your child has head lice follow these steps for control and removal:

STEP #1 – Initial treatment
For first infestation, use lice treatment as directed on box (Nix, RID, etc.). Leaving chemical treatment on the head for longer than directed is NOT recommended. If you prefer not to use chemicals on your child’s head use baby oil, mayonnaise, or conditioner on hair.

Secure towel around shoulders and neck under the hair (like a cape). Using a towel will catch lice that get combed out of the hair but don’t stay on the comb. **TIP - Using a lighter colored towel will help spot lice and nits on the towel.**

Combs out hair with hair brush or comb and separate into small sections with hair clips or ties. Combs out each section with metal lice comb. Remove lice and nits from comb after each run through hair by wiping the comb across the towel.

Kill nit and lice by squishing between fingernails. You will hear a pop from live nits when killing them, empty eggs make no sound. Comb entire head until nits are no longer found on comb. Also ensure you do the following:
- Vacuum the area where you treated the hair (couch, carpet, etc.)
- Wash bedding where infected person slept with hot water, (continue to do weekly)
- Boil combs and brushes for 5 minutes.

STEP #2 – follow-up treatment
Combs out hair EVERY DAY with metal lice comb, as directed above, until you no longer find lice or nits. **NOTE - If you don’t remove all of the eggs they may hatch and you may become re-infested.**

If you still find nits on the second or third day after lice treatment you can use baby oil, mayonnaise, or conditioner on the hair. The oil loosens the glue from the nits and the grip of the live louse. If your child has long hair, the conditioner makes it easier to comb out the tangles. Put the oil/mayonnaise/ conditioner on the hair and let it sit for 5 minutes. Separate hair and comb out hair with metal lice comb, as instructed above.

OTHER TIPS –
- For small children, lice treatment during bath time is a great distraction for your child while you work
- If your child has long hair, trimming the hair may help when combing
- Adding Tea Tree Oil to your shampoo, is thought to act as a lice repellent, because of it’s strong odor. **NOTE: Tea Tree oil can be purchased at a pharmacy or beauty supply store in the hair section.**