Since the Tribe is at Level 1, there will not be an Easter Party. However, there will be a golden egg placed at each village on Sunday, April 4, 2021, starting at 9:00 am. Please let Yolanda know who has found the golden egg. Also, we ask that you stay in your village while looking for the golden egg. There will be a winner from each village.

The Tribe will be handing out baskets to each household on Friday, April 2, 2021. Please have a safe and Happy Easter with your families.

Happy Easter
Wildlife, Fisheries & Parks Department

NO FLYING DRONES – In Residential areas or over Pipe Springs, NPS, and the RV park.

Come and see the Tribes Bighorn Sheep – The wildlife Department is thinking of setting up a morning to have Tribal Members come out and observe the sheep, that is if we have the interest, you will not be able to touch them just look at them thru binoculars or spotting scope. PLEASE CONTACT the DIRECTOR or the WILDLIFE TECH, so we can see if there is an interest, Thank You.

Poached Antelope (Doe) – This Department is asking for assistance in finding the person or persons that shot an Antelope on the Mount Trumbull Road, leaving it to go to waste. CONTACT THE DIRECTOR.

ATTENTION TRIBAL MEMBERS and LEGAL SPOUSE’S – The Wildlife committee is looking for outdoors type person, male or female, willing to be trained on becoming a hunting guide, you need to be 18 years old, Tribal Member or legal spouse in good standing, you just need to know about hunting and be able to get up before the sun comes up and go to sleep after the sun goes down for five days, AND GET PAID FOR IT. Contact a wildlife committee member or the Director, for more information.

Free Non-lead Ammo Coupon – Is now available at the wildlife office one per hunter, same as last year. Coupons good until April 2021.

Remote Cameras – If anyone knows anything about someone damaging and stealing the Photo-cards to the programs cameras please contact the Director, we just want the cards back.

Watch out for DEER on the road - 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 must be reported to Mohave County Sheriff, BIA Police, or this Department, this is in the Wildlife Ordinance and in Arizona state law.

Fishing – All Tribal Members need a permit at no cost, so come in and get one for the 2021 season, all others cost is $10 dollars for the first day and remember to pick up your trash. Children need to be with someone 18 years or older while fishing and only tribal member can swim in the pond. And social distancing needs to be practiced. Pond should be restocked soon!!

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, if it is not green, greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the sand, and mud, remember to tell someone where you are going and about what time you will return, take a lot of water, some snacks, matches, 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 or muddy turn back you don’t want to get stuck. If you know of someone that has gone out and not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. This will only be to get them home, but if asked to be pulled you out, you may be charged a fee.

Any questions, concerns or comments contact Danny Bulletts, Jr. at 643-8305 or Email me at dbullettsjr@kaibabpaiute-nsn.gov. Text or call (435) 689-1624.
Calling all local artisans!

The Red Cliff’s Convenience Market is interested in selling locally made items such as art, jewelry and textiles

Please contact Gina at the store or call (928) 643-6040
If you are interested in selling or consigning to the store!!!
CHR News:
Kaibab Eligible Tribal Members/Patients

Medication: Due to changes at the Kanab United Drug Pharmacy if you would like your medication picked up you will need to call the CHR office by 12 pm AZ on Tuesday or Thursday for medication pick up days.

Appointments: Patient Notification & Appointment Policy Notification is notifying the CHR office of your intended visit for health care. Unless it is an emergency, all clients must notify CHR Office of the time, date, the health provider/facility and reason for each appointment and insurance information prior to the actual visit. The CHR department must be notified within 72 hours (voicemail, Email).

Specialty appointments & surgeries need prior authorization thru your insurance/Hopi Health/Tribe. Clinical notes may be required to get authorization thru Hopi health/CHR Department.

The tribal health department logs all appointments. CHS/PRC notification is done to Hopi Health Care Center by mail for appointments. There is certain things Hopi Health will not pay for, only pay a certain amount (Medicare rate) whether you have insurance or not. That is where the CHR Department steps in if you are eligible with all requirements being made. However, certain providers (Optometry, Dental) require appointments be made by the CHR department or approved prior to the appointment being made by patient. This is to ensure patient is up to date with current requirements and payment to provider will be made with approval. To serve you better we have to work together for the betterment of your healthcare needs.

April 10th, 2021 Covid19 Vaccinations Johnson & Johnson with Hopi Health Care Center if you or your family have not received vaccination and are ready to receive it they will be here. Call the CHR office we need a head count (10 patients) for them to come to Kaibab.

If you should have any other questions give me a jingle.

Laura Rae Savala, CHR Health Director 928-643-8331
lsavala@kaibabpiaute-nsn.gov  CHR fax number # 928-643-8331
COVId: protect your brain, too.

The coronavirus can directly harm the brain as well as mental well-being.

Take steps to safeguard your brain health:

- **Consider getting the vaccine as soon as possible**
  The health risks of COVID increase with age. Keep wearing masks, physical distance, and wash hands.

- **Watch out for signs of confusion and ‘brain fog’**
  Sudden changes in mental health or behavior should be reported to a medical provider.

- **Stimulate your brain**
  Exercise your mind through activities you enjoy like reading or music – try something new!

- **Stay socially connected**
  Find ways to connect with family and friends, safely and virtually.

- **Don’t delay necessary medical appointments**
  Maintain routine check-ups for ongoing health conditions.

- **Take care of your mental health**
  Make time to relax and unwind; spend time outdoors in nature. Seek help if you are struggling to cope.

- **Eat healthy, exercise**
  Nourish your body and brain with good nutrition and regular physical activity.

- **Maintain a normal sleep schedule**
  Getting 7-8 hours of restful sleep is essential for your brain health.

COVID-19 and Brain Health: The Global Council on Brain Health's Recommendations on What to Do Now
GlobalCouncilOnBrainHealth.org • Contact: GCBH@aarp.org
For more brain health tips see StayingSharp.org
DOI: https://doi.org/10.26419/pia.00104.002
WHAT YOU NEED TO KNOW ABOUT COVID-19 VACCINES

You can help stop the pandemic by getting a COVID-19 vaccine.
To protect our elders and our community, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect our health. Vaccines work with your body’s natural defenses so you can fight the virus.

Each tribal nation or state has its own plan for deciding who will be vaccinated first. Contact your health department or clinic to find out when and where vaccines will be available in your community.

Some COVID-19 vaccines need two shots.
If you are told you need two shots, make sure to get your second shot at the time you are told, so you can get the most protection.

The COVID-19 vaccine will not give you COVID-19.
The authorized COVID-19 vaccines cannot make you sick with COVID-19. They do not contain the virus that causes COVID-19. Getting vaccinated may also protect others around you.

After COVID-19 vaccination, you may have some side effects.
You may have tiredness, headache, chills, and mild fever for 1–2 days. These are normal signs that your body is building protection against COVID-19. After getting the shot, you will be asked to wait for 15–30 minutes to see that you are okay.

The COVID-19 vaccine can help keep you from getting COVID-19.

COVID-19 can cause serious illness or death. All COVID-19 vaccines available in the United States are effective. Even if you still get the disease after you get vaccinated, the vaccine should protect you from more serious illness.

You should still get vaccinated if you’ve already had COVID-19.
Even if you have already had COVID-19, it is possible—although rare—that you could get COVID-19 again. Experts do not yet know how long you are protected from getting sick again after having COVID-19. Vaccination is the best protection.

The COVID-19 vaccine will be free for you.
The United States government is providing the vaccine free of charge to all people in the United States. No one should be charged for the vaccine.

If you have recovered from COVID-19, ask your health provider when you should be vaccinated.

cdc.gov/coronavirus/2019-ncov/community/tribal/
You should still take steps to protect yourself and others after getting each shot.

It is important for everyone to continue using all the tools available to help stop this pandemic and keep our people safe. You should continue to wear a mask over your nose and mouth in public, stay 6 feet apart, avoid crowds and poorly ventilated spaces, and wash your hands often.

Getting the vaccine and following CDC’s recommendations for protecting yourself and others will offer the best protection from getting and spreading COVID-19.

The U.S. vaccine safety system monitors the safety of all vaccines.

All COVID-19 vaccines used in the United States were tested in clinical studies involving thousands of people, including American Indians and Alaska Natives. These studies were done to make sure the vaccines meet safety standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the United States.

CDC has developed a new tool, v-safe (v-safe.cdc.gov), to help identify any safety issues with COVID-19 vaccines. Sign up to participate after you’re vaccinated!

Unless you have had an allergic reaction to any ingredient in a COVID-19 vaccine, it is safe to get a COVID-19 vaccine.

If you have ever had a severe or immediate allergic reaction to any ingredient in a COVID-19 vaccine, you should not get vaccinated. If you have had an allergic reaction to other vaccines or injectable medications, talk to your healthcare provider.

You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or things in the environment like pollen or dust.

If you are pregnant or want to have a baby one day, you may get a COVID-19 vaccine.

If you are pregnant now or plan to be pregnant in the future, you may receive the COVID-19 vaccine when it becomes available to you. There is no evidence suggesting that fertility problems are a side effect of any vaccine.

The COVID-19 vaccine will not change your DNA.

Different types of vaccines work in different ways to offer protection, but the COVID-19 vaccine—like any other vaccine—cannot affect your DNA in any way.

It is safe to get a COVID-19 vaccine if you have an underlying medical condition.

People with medical conditions like heart disease, lung disease, diabetes, and obesity are more likely to get very sick from COVID-19. Vaccination is especially important for people with these conditions. People with a weakened immune system may not get as much protection from a COVID-19 vaccine as those with a functioning immune system, but some protection is better than none.

cdc.gov/coronavirus/2019-ncov/community/tribal/
Hypertension

Zoom Education Class

Wednesday

May 12, 2021

6 pm

Arizona Time

The Zoom link will be posted closer to the class date on:

Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
kaibabpaiute-nsn.gov

Any question call or email:
Susan Erickson RN
Tribal Nurse

At
928-643-8832

or

serickson@kaibabpaiute-nsn.gov
Hypertension

Hypertension is another name for high blood pressure. It can lead to severe health complications and increase the risk of heart disease, stroke, and sometimes death. Blood pressure is the force that a person's blood exerts against the walls of their blood vessels.

What causes high blood pressure?

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and having obesity, can also increase the risk for developing high blood pressure.

Symptoms of Severe High Blood Pressure

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- Severe headaches
- Nosebleed
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears

People sometimes feel that other symptoms may be related to high blood pressure, but they may not be:

- Dizziness
- Nervousness
- Sweating
- Trouble sleeping
- Facial flushing

High blood pressure is classified in one of several categories — and those designations can influence treatment. Doctors classify blood pressure into four categories: normal, prehypertension (mild), stage 1 (moderate) and stage 2 (severe).

Hypertension is a chronic disease. It can be controlled with medication, but it cannot be cured. Therefore, patients need to continue with the treatment and lifestyle modifications as advised by their doctor, and attend regular medical follow up, usually for life.

When there's no obvious cause, doctors typically treat high blood pressure with medication. But certain risk factors are reversible, like quitting smoking, managing stress, following a healthier diet with less salt, getting regular exercise and losing weight.
Diabetes and Pregnancy

Zoom Education Class

Wednesday

April 21, 2021

6 pm

Arizona Time

Zoom link will be posted closer to the class date on:

Smoke Signals Facebook page

Kaibab Paiute Tribe Facebook Page

Tribe Website

kaibabpaiute-nsn.gov

Any questions call or email

Susan Erickson RN

Tribal Nurse

928-643-8332

serickson@kaibabpaiute-nsn.gov
Safety of COVID-19 Vaccines

Updated Mar. 23, 2021
Languages
Print

What you need to know

- COVID-19 vaccines are safe and effective.
- Millions of people in the United States have received COVID-19 vaccines under the most intense safety monitoring in U.S. history.
- CDC recommends you get a COVID-19 vaccine as soon as you are eligible.

Millions of people have safely received a COVID-19 vaccine

Over 126 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through March 22, 2021.

COVID-19 vaccines are safe and effective. COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met FDA’s rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization (EUA). Learn more about EUAs in this videoexternal icon.

Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

Results from monitoring efforts are reassuring. Some people have no side effects. Many people have reported mild side effects after COVID-19 vaccination, like
- pain or swelling at the injection site,
- a headache, chills,
- or fever.

These reactions are common. A small number of people have had a severe allergic reaction (called “anaphylaxis”) after vaccination, but this is extremely rare. If this occurs, vaccination providers have medicines available to effectively and immediately treat the reaction.

After you get a COVID-19 vaccine, you will be asked to stay for 15–30 minutes so you can be observed in case you have a severe allergic reaction and provided treatment in the rare case it is needed.

Help protect yourself and others by getting vaccinated

COVID-19 vaccination and following CDC recommendations on wearing masks and social distancing are the best ways to protect against COVID-19 illness. CDC recommends you get vaccinated for COVID-19 as soon as you are eligible.

CDC, FDA, and other federal partners will continue to monitor the safety of COVID-19 vaccines as they continue to become more broadly used in the population.

Have you experienced a side effect following COVID-19 vaccination?

You can report it to VAERS external icon.

Anaphylaxis after COVID-19 vaccination is rare. If this occurs, vaccination providers can effectively and immediately treat the reaction.

To date, VAERS has not detected patterns in cause of death that would indicate a safety problem with COVID-19 vaccines.

6 Ways to Eat Well as You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recommended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient too! Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
Seven Tips for Aging Well

You've probably heard a lot about wellness in the past few years—from "wellness initiatives" in the workplace to fitness classes promising that they will "restore your wellness." Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services. But what exactly is wellness, and how can you implement it in your everyday life?

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, and implementing lifestyle changes that can prevent diseases before they occur. According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity). Even worse, around 70% of Americans die from chronic diseases and conditions each year—many of which are completely preventable.

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below.

1. Eat right

For most adults this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat, and salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) and consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try subbing homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil, or strawberries.

2. Stay active—in a way that's fun for you

You're more likely to stick with an athletic activity that you actually enjoy, so consider walking with a friend, trying a group dance class, going for a hike, or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

3. Try meditation

Studies [http://www.medscape.com/viewarticle/839791] show that meditation may prevent mental deterioration, keeping your brain healthy as you age. Meditation is also a proven way to reduce stress and anxiety, leading to better overall health and quality of life.

4. Learn a new skill
Try learning a new skill that requires concentration, creative thinking and memorization, like chess, crossword puzzles, or writing poetry. It’s never too late to master that skill you always wanted to have—piano playing perhaps, or speaking French? Daily mental exercise helps you stay sharp and prevents cognitive decline.

5. Volunteer

Volunteering has been proven to boost happiness, and is also a great way to bond with friends and meet new people in your community (another proven factor in achieving wellness). Find a few hours a month and pick an activity that appeals to you and will keep you coming back.

6. Learn more about fall prevention

Every 15 seconds, an adult 50+ is treated in the emergency room for a fall. Falls are also a leading cause of fractures and traumatic brain injuries. Prevent falls and injury by removing loose carpets or throw rugs around your house. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. You can learn more here.

7. Don’t forget the sunscreen!

Many people don’t realize that your skin actually gets thinner and more susceptible to sunburn (and therefore skin cancer) as you age. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun’s ultraviolet rays (UVR). Make sure to wear a high SPF sunscreen that protects against UVR rays, and always reapply every few hours.

Related Resources

Advice for Caregivers Managing Legal, Financial, and Medical
Healthy Aging

Debunking the Myths of Older Adult Falls
Healthy Aging

Eating Well After 50: 5 Ways to Make Healthy Food Choices
Healthy Aging

FAQ

https://www.ncoa.org/age-well-planner/resource/seven-tips-for-aging-well
Kaibab Paiute Gym & Fitness Center
Workout of the month

Stretch: Legs, Arms, Shoulders, Etc.
Warmups: Walk for 10 minutes, 20 Jumping Jacks, 15 High Knees, 10 Burpees, 5 Jump Squats.
Workout:
10 Shoulder Taps, 15 Bicep Curls, 20 Russian Twists, 25 Squats, 25 Mountain Climbers, 20 Lunges, 15 Sit Ups, 10 Burpees.
Note: Don't forget to breath and drink water!
When you feel comfortable start doing them x2 in the workout.

Zoom: You can also schedule a zoom meeting with me for 30 minutes or 1 hour.
For Questions call or email McKenna Yracheta-Diabetes Fitness Coordinator at (928)643-6007 & myracheta@kaibabpaiute-nsn.gov
ELDERS

Kaibab Paiute Gym & Fitness Center
Workout of the month elders edition

Stretch: Legs, Arms, Shoulders, Etc.

Warmups: Walk/March in Place 10 minutes, 15 High Knees (Sit in chair or stand your choice), 10 Chair Squats, 10 Finger Rolls, 5 Big Shoulder Circles.

Workout:
10 Shoulder Taps (Bring arm up high to the sky then touch shoulder, repeat on other side), 15 Bicep Curls (Stand or sit use water bottle or light weight), 10 Big Shoulder Circles, 10 Ankle Circles, 10 Wrist Circles, 10 Leg Lifts (Sit in chair and lift leg, both sides), 5 Calf Raises (Hold onto back of chair and lift up to your toes), 5 Toe Pointers (Sit in chair half way off point toes up to the sky and lower them to the ground).

Note: Don't forget to breath and drink water!

Zoom: You can also schedule a zoom meeting with me for 30 minutes or 1 hour.
For Questions call or email McKenna Yracheta- Diabetes Fitness Coordinator at (928)643-6007 & myracheta@kaibabpaiute-nsn.gov
If Your banking account information has changed, please work with the Tribal Trust office **BEFORE April 17, 2021** to get the correct information sent in. If there are changes that need to be made about where the Per Capita check is to be sent, work with the Tribal Trust office to get these changes taken care of **BEFORE April 17, 2021**.

**April 17, 2021** is the last day to get all corrections done before April’s Per Capita payout. I am in the office Monday through Thursday, from 8:00 a.m. till 12:00 p.m. My email address is: vcastro@kaibabpaiute-nsn.gov. My fax number is: 888-431-3694. The mailing address is: Tribal Trust HC 65 Box 2, Fredonia, AZ 86022.

If you have moved or are planning on moving, please keep us aware of your address change. Your correct address will keep your newsletters coming in every month and other mailings from the Tribal Office. To update your address, you will need to complete an Adult KPT Members Per Capita Information Form, this form needs to be **notarized** before sending it in. Send your completed form to: Valencia Castro Tribal Trust/Enrollment Officer; I can accept emailed forms (vcastro@kaibabpaiute-nsn.gov), or faxed forms (888-431-3694), or mail (HC 65 Box 2, Fredonia, AZ 86022). This form can also be found on the Tribe’s website under the Tribal Trust link, it is the first form listed on the site, it is the Download Per Capita Form.
The Practice Challenge

Tell 3 family members, 2 friends, and 1 coworker "How Are You" in the Kai-vi-vich language every day for the next week.

To access available virtual language lessons, Tribal members can create an account using their tribal ID https://www.kaiavichlanguage.com for help. Contact: Miya Osie, Language Program 643-6485

Support Language Revitalization

ALL MY RELATIONS

I REMEMBER WHEN THE OLD PEOPLE WOULD TALK
NOW WHEN THE OLD PEOPLE TALK

THE YOUNG PEOPLE WOULD LISTEN

THE YOUNG PEOPLE STARE AT THEIR PHONES AND WEAR HEADPHONES

ONE DAY I FEAR THEY WILL WISH THEY HAD LISTENED
Please join us for the 2nd class in a series of (4)
Everything in MINI

Cliffrose Bark Skirt 6-hour Workshop

Saturday, April 24, 2021
9:00AM-3:00PM
Cultural Office Building

Next door to the Monument. Location may change depending on weather.
Lunch will be provided

There are 10 spots available on a first come first served sign-up basis.
Deadline to sign-up by April 16, 2021.

Contact LeAnn at the Cultural Preservation Office 643-7365 to sign-up and reserve your spot. Please indicate if you are an individual participant or a parent/teen participant-duo.

Participants will experience the entire hands-on Cliffrose bark skirt making process and will leave with the knowledge of how to make and complete a full-size Cliffrose Bark Skirt on their own.

Dress in layers this will be an outdoor activity.
Masks are required when unable to observe social distancing.
- PPE will be available -
Southern Paiute Nation.

Landscape that is familiar to the Southern Paiute. Familiarity with the landscape helps children learn more about their Southern Paiute heritage.

Consider taking your family to visit this site. It is 2 hours and 25 minutes from Kanab.

The town of Circleville is located.

Circleville Massacre

Paiute Oral Tradition

Their history. We keep the memory of those lost.

We are proud of our children knowing their history. We are proud of our children knowing.
Arizona Area Code 928 - Permissive Dialing Customer Notice
Mandatory 10-Digit Dialing Coming to Area Code 928

The Federal Communications Commission (FCC) has adopted 988 as a new three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022. Customers must continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022.

In order for 988 to work in your area code, 10-digit local dialing must first be implemented. If your area code is 928, you will need to change the way you dial local calls.

What will be the new dialing procedure?
To complete all local calls, you will now need to dial area code + telephone number. This applies to all calls within area code 928 that are currently dialed with seven digits.

Who will be affected?
Anyone with a telephone number from area code 928 will need to make this change from 7-digit local dialing to 10-digit local dialing.

When will the change begin?
Beginning April 24, 2021, you should begin dialing 10 digits (area code + telephone number) for all local calls. If you forget and dial just 7 digits, your call will still be completed.

Beginning October 24, 2021, you must dial 10-digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7-digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.

Beginning July 16, 2022, dialing "988" will route your call to National Suicide Prevention and Mental Health Crisis Lifeline.

What will you need to do?
In addition to changing the way you dial local calls, all services, automatic dialing equipment, or other types of equipment that are programmed to complete calls to 7-digit local numbers will need to be reprogrammed to complete calls to 10-digit numbers. Some examples are life safety systems or medical monitoring devices,
PBXs, fax machines, Internet dial-up numbers, fire or burglar alarm and security systems or gates, speed dialers, mobile or other wireless phone contact lists, call forwarding settings, voicemail services and other similar functions.

Be sure to check your website, personal and business stationery, advertising materials, personal and business checks, contact information, your personal or pet ID tags, and other such items to ensure the area code is included.

What will remain the same?

- Your telephone number, including current area code.
- The price of a call, coverage area, or other rates and services will not change due to the dialing change.
- What is a local call now will remain a local call regardless of the number of digits
- You will continue to dial 1+ area code + telephone number for all long distance
- You can still dial just three digits to reach 711 (relay services) and 911 (emergency services).
- Any 211, 311, 411, 511, 611, or 811 services available in your community can still be reached by dialing their three-digit
- The National Suicide Prevention Lifeline can still be reached by dialing 1-800-273-TALK (8255).

Who may you contact with questions?
If you have any questions regarding information provided in this notice, please call South Central Communications at 888-826-4211 or access https://www.socen.com for more information. You can also visit the FCC website at https://www.fcc.gov/suicide-prevention-hotline.

Chris Issac, Nacho and Mathew Spute putting up a walk way and steps to the Eagle Mountain Community Building.
Jason Savala was the grandson of David & Gevene Savala; youngest son of Manuel and Kathy Savala. He passed away from injuries sustained after being struck by a vehicle in August 2018. Education was important to him and it was apparent in his dedication to helping Native American students pursue a higher education after high school. This scholarship was established to carry on his memory and dedication to encouraging Native students to continue their education at a trade school, community college or university. For the past two years, his family has awarded four scholarships to deserving Native students. Initially, the scholarship was awarded to graduating students in the Phoenix Union High School District. In 2020, a scholarship was awarded to an outstanding student from the Kaibab Paiute Tribe. His family acknowledges the pride he had for his tribe and would be honored to continue to award a scholarship to a deserving senior. For more information and a scholarship application please contact Shelley Savala at shelley_lynn savala@yahoo.com.
Help bring kindness, compassion, and bright spots to our neighborhoods by decorating some kindness rocks! Kindness Rock Gardens will be planted in every village. You can visit the garden and take a rock, leave a rock, or gift a special rock. You can carry a rock with you and leave it in other places to brighten people's days. One message at just the right moment can change someone's entire day, outlook, and even their life!

Rock Decorating events will take place outdoors (weather permitting). Please remember to wear your mask, sanitize, and practice Covid safety measures.

April 8th--Tribal Office--10am-12pm
April 9th---Eagle Mountain--10am-12pm
April 9th--Kaibab Community Bldg--1:00pm-3:00pm
April 16th--Eagle Mountain 10am-12pm
April 16th--Kaibab Community Bldg--1:00pm-3:00pm
April 23rd--Eagle Mountain--10am-12pm
April 23rd--Kaibab Community Bldg--1:00pm-3:00pm

You can paint up to 3 rocks per event to plant in the gardens.

Sponsored by Housing and Library
EASTER COLORING CONTEST
ALL AGES

COLORING CONTEST RUNS APRIL 1ST-APRIL 5TH
ALL SUBMISSIONS MUST BE RECEIVED BY 5:00 PM ON
APRIL 5TH TO BE CONSIDERED FOR PRIZES. PICTURES
CAN BE TURNED IN TO THE LIBRARY, THE LIBRARY DROP
BOX, OR THE TRIBAL OFFICE. DIGITAL SUBMISSIONS CAN
BE EMAILED TO ABUNDY@KAIBABPAIUTE-NSN.GOV

Coloring pictures can be found in the newsletter, on
Facebook, on the Education/Library website, at the
library for pickup, or you can request copies by
messaging Mandy by March 31st. Copies will be
delivered to your home on April 1st.
Prizes will be awarded in the following categories

Ages 0-3
Ages 4-7
Ages 8-12
Ages 13-17
Ages 18 and up

We will also have a category for digital art
submissions. You can download the picture from the
website and use your device to digitally color the
pictures. All digital submissions will be judged
together.
Contest will be judged by a committee and prizes will
be awarded by April 9th.
Ages 0-3

KPT Coloring Contest--Name___________________________Age______
Ages 4-7

KPT Coloring Contest--Name___________________________Age_______