August 2021

Kaibab Paiute Tribe

Newsletter

Back To School:

Fredonia/Moccasin School District August 9th, 2021
El Capitan August 9th, 2021
Kanab School District August 19th, 2021
Keep Yourself Safe

- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission. covid.cdc.gov/covid-data-tracker/#county-view

- CDC is recommending wearing a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

SOURCE: CDC.GOV
FOR MORE INFORMATION VISIT THE CDC WEBSITE

Effective 7/29/2021 - a mask must be worn when in any Tribal Building
Kaibab Band of Paiute Indians

Tribal Vehicle Disposal

The Kaibab Band of Paiute Indians will accept all sealed bids from Tribal members during the first week, afterwards if there are any vehicles remaining, it will be open to the public.

Open to tribal member from July 27, 2021, to August 2, 2021.
Opens to the Public August 3, 2021, to August 9, 2021, for any remaining vehicles.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>MAKE</th>
<th>MODEL</th>
<th>Mileage</th>
<th>Condition</th>
<th>Minimum Bid Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nissan</td>
<td>Quest</td>
<td>106,368</td>
<td>Good/Fair - recent brake service</td>
<td>3,500.00</td>
</tr>
<tr>
<td>2</td>
<td>Nissan</td>
<td>Truck</td>
<td>365,066</td>
<td>Good/Fair - 4x4 sys. Works</td>
<td>2,000.00</td>
</tr>
<tr>
<td>3</td>
<td>Toyota</td>
<td>Prius</td>
<td>134,000</td>
<td>paint peeling, does not start, needs new battery</td>
<td>1,500.00</td>
</tr>
<tr>
<td>4</td>
<td>Ford</td>
<td>Expedition</td>
<td>183,571</td>
<td>loose suspension/steering</td>
<td>1,000.00</td>
</tr>
<tr>
<td>4</td>
<td>Dodge</td>
<td>Ram 3500</td>
<td>UNK.</td>
<td>not running - blown eng.</td>
<td>1,000.00</td>
</tr>
<tr>
<td>5</td>
<td>Dodge</td>
<td>Ram 2500</td>
<td>191,334</td>
<td>transmission out</td>
<td>750.00</td>
</tr>
<tr>
<td>#</td>
<td>Chevy</td>
<td>Impala</td>
<td>173,036</td>
<td>peeling paint</td>
<td>500.00</td>
</tr>
<tr>
<td>6</td>
<td>Dodge</td>
<td>Ram 1500</td>
<td>UNK.</td>
<td>not running - blown eng.</td>
<td>400.00</td>
</tr>
</tbody>
</table>

Sealed Bids:

Tribal members may submit sealed bids up to 5 pm (MST) on August 2, 2021, with the Tribal Administrator. Please use the attached form or pick one up at the Administration Building.

Remaining vehicle sealed bids will be accepted up to 5 pm (MST) on August 9, 2021.

Tribal Affairs
HC 65 Box 2
Fredonia, Arizona 86022
Phone (928) 643-7245
Fax (888) 939-3777
# SEALLED BID FORM

<table>
<thead>
<tr>
<th>SELECT VEHICLE</th>
<th>Minimum Bid Price</th>
<th>Your Bid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bidder(s):  | Tribal Member | Non-Tribal Member

Signature: | Printed Name

Address: | Phone Number

Upon a successful bid, all payments are due within five (5) working days of the bid opening.
<table>
<thead>
<tr>
<th>Job Title</th>
<th>Hours</th>
<th>Term</th>
<th>Salary</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Housing Director</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>This position is responsible for housing and maintenance related services for the tribe by planning, developing, implementing, controlling and evaluating the KPT Housing Department. Includes work with various grants, HUD, Tribal Council and committees and management and identification of grants. Manage a contractors and employees.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Housing Worker/DPW (Truck Driver)</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>The tribe needs two full time workers to help with housing maintenance. Must have basic construction skills and be courteous with residents. We also need one worker with a CDL to operate the garbage truck on a weekly basis. Would consider a separate part-time driver for this part of the job. Salary will be dependent on experience and job duties.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Administrative Assistant/File Clerk</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00-$16.00 DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>General office duties including scanning and copying, creating documents, answering phones and filing.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Finance Clerk</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>Performs clerical accounting and bookkeeping duties requiring a working knowledge of assigned accounting functions, accuracy and attention to detail; performs related work as assigned under the Finance Director.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Economic Development Director</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>This position is responsible for coordinating and implementing projects that support the Economic Development Plan of the Kaibab Paiute Tribe. This position requires a high level of responsibility and motivation.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Human Resources Director</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$18.00+ DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>The Human Resources Director works closely with all tribal government departments and business enterprises to ensure compliance with applicable laws, regulations, guidelines, and the Kaibab Band of Paiutes policies, procedures and established practices.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CHR Diabetes Educator</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00/hr</td>
<td>Yes</td>
</tr>
<tr>
<td>Evaluates nutritional care and provides follow-up for Tribal members. Instructs individuals and families in nutritional principles, diet, food selection. Must have one to two years’ experience in health and nutrition or field related to diabetes management. Bachelor’s Degree in related field preferred.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CHR SDPI Medical Assistant/Receptionist</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.50/hr</td>
<td>Yes</td>
</tr>
<tr>
<td>Coordinate services, billing and information between clients, Indian Health Services and the Community health Department. Assist patients with billing/insurance questions. Conduct home visits that include blood pressure monitoring, glucose testing and other medical support. Occasional patient transport.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tobacco Coordinator/Human Services Assist</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00+</td>
<td>Yes</td>
</tr>
<tr>
<td>The Tobacco Coord works with a grant to implement tobacco cessation programs. Human Services assists with various projects for the community such as commodity distribution and transport.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Title XX Homemaker/Sr. Transport</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00+</td>
<td>Yes</td>
</tr>
<tr>
<td>Provide elders with assistance in performing routine household activities at their home and transporting elders to appointments or events. Housekeeping, shopping for groceries and household needs. Chopping and stacking wood, preparing kindling to start fires. Some record keeping required for grant compliance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Assistant C-store Manager</strong></td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00-$16.00 DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>Help with daily work at the convenience store, assist with employee management, daily accounting, record keeping and ordering.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The above descriptions are not intended to be considered a complete listing of job duties. Employment applications and complete job descriptions are available online at [www.kaibabpaiute-nsn.gov](http://www.kaibabpaiute-nsn.gov) or from Human Resources at 928-643-8307.
Hello,

My name is Iris Johnson. I am currently working as the Water Quality Specialist and will also be doing some of the responsibilities of the Water Resource position as the position is vacant at this time. I look forward to a great future working hard and learning all I can!

I have recently put in a watering system and replanted fruit trees in the orchard by the green house. If anyone is interested in helping take care of it that would be great. I am working on adding roll up sides to the green house to help with the ventilation so it is a more successful growing option as we are striving to encourage more of the community to use it. Also, if anyone needs help in their gardening, I am willing to assist in any way I can.

I will be reading the meters, which will be sometime between the 21st - 25th of each month so please be considerate and keep your animals contained.

Thank You,

Iris Johnson
Wildlife, Fisheries and Parks Department

Do Not drink water from open springs/ponds or let you pet drink it, could be fatal.

THE RESERVATION SHOWING SIGNS OF DROUGHT.

Drought conditions often increase interactions between humans and wildlife. You can prevent conflicts with wildlife by being mindful of your actions and aware of your surroundings. Consider these tips:

- Store garbage, pet food inside.
- Dispose of garbage regularly and wash out trash cans to reduce odors.
- Clean grills after each use to reduce grease and odors. If possible, store them inside a garage or building.
- Regularly clean areas under bird feeders.
- Clean up fallen or rotting fruits and vegetables in yards and gardens. Rotting fruit attracts raccoons and skunks.
- Be aware that well-watered lawns and gardens can also attract more rodents, which provide prey for snakes. In recent weeks, the number of reports of people seeing snakes in city parks have increased.
- If you encounter wandering wildlife such as cougars, deer and venomous snakes in a public-use area, contact local law (BIA) enforcement.

Fish Pond – Tribal members need a NO Cost permit, Kids need to be accompanied by an adult, Only Tribal Members can swim in the pond - at your own risk.

Encounters with cougars are rare. But if you live in cougar habitat, there are things you can do to enhance your safety and that of friends and family. 1. When it comes to personal safety, always be aware of your surroundings, wherever you are; conduct yourself and attend to children and dependents accordingly. 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. Always hike, backpack, and camp in wild areas with a companion. 9. Do not feed wildlife. Do not leave food outside. Both may attract cougars by attracting their natural prey. 10. Keep pets secure. Roaming pets are easy prey for cougars.

No flying DRONES in Village areas!

LASTLY NO FIRES OR FIRE WORKS OF ANY KIND, you could be charged for putting it out.

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

Thank You.
News Release
BLM Arizona Strip District
Media Contact: Rachel Carnahan, 435-688-3303, rcarnahan@blm.gov
July 29, 2021

The Bureau of Land Management lifts fire restrictions on the Arizona Strip District

ST. GEORGE, Utah – Effective Friday, July 30, 2021, fire restrictions for all Bureau of Land Management (BLM) lands administered by the Arizona Strip District will be lifted. Due to cooler temperatures and increased precipitation causing a rise in fuel moisture, it has been determined that the likelihood of wildfire has lessened to the degree that the restrictions can be rescinded.

Before going hiking or camping, ensure you are aware of fire regulations, restrictions, or area closures.

- Use metal fire rings or grills where available. Wood placed on a fire should never exceed the size of the grill or fire ring.
- If building a fire on the ground (in areas where permitted), select a location that is away from adjoining or overhanging flammable material, and ensure the ground beneath and around the fire is clear of all flammable materials. On windy days fires avoid building fires if possible.
- If you have a campfire, make sure it is fully extinguished before leaving the area. Douse fires with water and dirt, then stir with a shovel until it is completely cold to the touch.
- If you are using a portable stove, make sure the area is clear of grasses and other fine fuels. Prevent stoves from tipping and starting a fire.
- Never throw cigarettes out the window of a vehicle. Instead, use ashtrays to prevent wildfires.
- Practice Leave No Trace principles—pack out cigarette butts and burned materials from your camping area.
- Never park a vehicle over dead grass; the catalytic converter can ignite the vegetation.
- Use caution when discharging a firearm, operating an internal combustion engine, welding or operating acetylene or other torches with an open flame, or using explosives (where permitted).

Fireworks and exploding targets are always prohibited on federally managed lands.

Fire restrictions may vary by county or jurisdiction depending on the level of fire. For information on fire prevention tips and restrictions in your area, contact your local BLM office, or visit https://wildlandfire.az.gov.

-BLM-

This year, we invite everyone to reimagine your public lands as we celebrate 75 years of the BLM’s stewardship and service to the American people. The BLM manages approximately 245 million acres of public land located primarily in 12 Western states, including Alaska. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. The agency’s mission is to sustain the health, diversity, and productivity of America’s public lands for the use and enjoyment of present and future generations.
Remember to get your enrollment applications in early for the next quarterly meeting of the Enrollment Committee. The next enrollment meeting will be September 2, 2021. Please get your applications in at least a month in advance so that if there are corrections to be made there will be time to get things on the applications fixed before the meeting.

If you need assistance with your application, I am available Monday through Thursday from 8:00 a.m. till 12:00 p.m. You can reach me by telephone, my number is 928-643-8321; or you can email me at: vcastro@kaibabpaiute-nsn.gov.
ATTENTION

Until the Tribal Housing Department hires a Maintenance Worker, the following individuals will be helping out:

Thad Ballard, Facility Maintenance

Ryan Christensen, RV/Facility Maintenance

Quentin Hill, Wildlife Tech

Please continue to call in all work orders to either Yolanda or Kathryn, thank you.
Bring a dessert, fruit, vegetables, salad, or chips to share.

Kaqibab Community Park
5:30 PM
Monday, August 2nd

With the schools, and enjoy a night at the park. Potluck BBQ. Pick up your school supplies, meet and greet with family minute to win it challenges and a yummy school year:

Potluck BBQ
Challenges and Miniute to Win It
Back To School
Yevingkarere Youth Camp

"Ponderosa Pine Sitting"

September 17, 18, 19, 2021

3 day, 2-night trip to Kaibab AZ
Camping and Traditional Activities
Must be an enrolled member of
the Southern Paiute Nations, or a
descendant of.
10 to 12 years of age

Cost is Free!

APPLICATIONS DUE BY
September 2nd, 2021
Applications available at the
Kaibab Band of Paiutes
Daniel Bulletts, Cultural Resource Director's Office

Send applications to:
Daniel Bulletts, Cultural Resource Director
HC 65 Box 02
Fredonia, AZ 86022
Phone: (928)643-6278
Mon-Fri, 8am-5pm
Congratulations to
Lisa Stanfield

Lisa hiking the Ridge Trail at
Pipe Spring National Monument

Lisa is the first recipient earing herself
a FREE Fitbit!

If you would like more information about how you
to can earn a FREE Fitbit contact
LeAnn at 643-7365

Watch for flyer in the Smoke Signals Newsletter!
Mini Native Art Market

Open air on the lawn in front of the
Kaibab Paiute Tribal Cultural Building
@ Pipe Spring National Monument

Saturday, August 21, 2021
8:00AM – 4:00PM
*Space is limited 20 vendors*

Vendors must call to register and reserve your table,
limit 1-table per vendor (or you can provide your own tables).
Vendors must provide own chairs and shade.

Electricity/WiFi is not available
this is a “PopUp” market.

Contact LeAnn (928) 643-7365

We strongly encourage youth entrepreneurship however an adult must
accompany any youth vendors.

Come sell your Magnificent hand-crafted works
Or
Your Delicious Baked Goods/Food!

Support Native Artist * Authentic * Handmade

The Kaibab Paiute Tribe is not responsible for lost, stolen or damage to personal property
*Come prepared for the warm weather it is still pretty hot in August*
THE GET MOVING CHALLENGE

Reservation residents
Kids 6yrs., Tweens,
Teens, Adults, & Elders

YES, YOU! COUCH POTATO!

The 2020 global pandemic had everyone staying
Inside, binge watching TV, and binge eating
Junk food!

IT'S TIME TO UNPLUG!
GET OUTSIDE AND GET MOVING!

Do you like FREE things? I like FREE things.
We all like Free Things! Here is an easy self-motivated
Way to get out, get moving and earn yourself a
FREE brand-NEW Fitbit!!!!!!

HERE IS WHAT YOU NEED TO DO TO PARTICIPATE

1. Contact LeAnn 643-7365 at the Cultural Preservation Office to get your
name on the participant sign-up list. FCFS limited # of Fitbits.

2. Complete at least 5 of the 7 self-motivated
Challenges. Pg.2

3. You MUST take pictures of yourself doing 5
Of the 7 challenges and email, message or
you can print pictures & bring to the office.
This is how you earn your FREE Fitbit!

Fitbits were generously donated by:
the Southern California Tribal Chairman's Association (SCTCA)
THE GET MOVING CHALLENGE!

*UPDATED* SELF-MOTIVATED CHALLENGE ACTIVITIES

Take a selfie, get someone to take a picture of you or take a group shot doing at least (5) of these 7 self-motivated low impact activities.

1. □ Hike the Pipe Spring National Monument Ridge Trail.

2. □ 1-Hour of scooter ing at KPT Skate Park.

3. □ 1-Hour beautification take your yard tools and weed your yard or help weed your neighbor’s yard.

4. □ 1-Hour village clean-up each participant must gather 2 bags of trash around the village. Put bags in dumpster after your picture.

5. □ 1-Hour of swimming at CHR sponsored swim activities.
   □ Kanab Pool    □ Fredonia Pool (doing both counts as 2)

6. □ Walk, run, bike, skate 1-mile around the village
   □ Eagle Mt. – 3 laps
   □ Red Hills – 3 laps
   □ Juniper – 3 laps
   □ Kaibab Park – 2 ½ laps

7. □ 1-Hour of Cemetery clean up weeding or trash gathering.

****IMPORTANT****

Message or email your pictures to LeAnn Ilshearer@kaibabpaiute-nsn.gov or print your pictures and drop them by the office. This is how your participation is counted and how you earn your FREE Fitbit!

*IT'S HOT OUTSIDE Early Morning or Evening Suggested*

Get the whole family moving, it's about low impact cardio we all need to move more, why not earn a FREE Fitbit!!

Fitbits were generously donated by
the Southern California Tribal Chairman's Association (SCTCA)

Get NATIVE communities outside and moving!
Mini Pop Up
Native Art Market

Open air on the lawn in front of the Kaibab Paiute Tribal Cultural Building at Pipe Spring National Monument

Saturday, August 21, 2021
8:00AM – 4:00PM

Magnificent hand-crafted works and Delicious Baked Goods/Food!

Support Native Artist * Authentic * Handmade

The Kaibab Paiute Tribe is not responsible for lost, stolen or damage to personal property come prepared for the warm weather it is still hot in August.
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. All patients 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 (including ER visit). The CHR department must be notified within 72 hours (voicemail, Email). The tribal health department logs all appointments. CHS/PRC notification is done to Hopi Health Care Center by mail for appointments.

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. If you are requested by your doctor to get labs or x-rays (CT scan, etc.) done please provide a copy to the office.

There is certain things Hopi Health will not pay for, they 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. Coverage will not be provided if a client has not applied for Alternate Resources or use their private insurance. If a person has applied and has been denied for legitimate reasons (i.e.: over income) the patient must provide proof of dental to the CHR office before HIS/CHR coverage will be granted.

To serve you better we must work together for the betterment of your healthcare needs.

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

Laura Rae Savala, CHR Health Director 928-643-8331

lsavala@kaibabpaiute-nsn.gov CHR fax number # 928-643-8331
Intermountain
Garfield Memorial
Hospital

3D DIGITAL MOBILE
MAMMOGRAPHY UNIT

coming to your area
Kanab
September 28, 29 & 30, 2021

Call 435-676-1267 or 435-676-1547
to schedule an appointment.

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program
Gym hours for the month of August 2021

Monday’s & Tuesday’s open from 7:00am to 4:00pm

Wednesday’s open from 10:00am to 8:00pm

Thursday’s open from 7:00am to 4:00pm

Friday’s open from 8:00am to 5:00pm

Gym hours for the month of September 2021

Monday’s & Tuesday’s open from 7:00am to 4:00pm

Wednesday’s open from 10:00am to 8:00pm

Thursday’s open from 7:00am to 4:00pm

Friday’s open from 8:00am to 5:00pm

Gym hours for the month of October 2021

Monday’s & Tuesday’s open from 7:00am to 4:00pm

Wednesday’s open from 10:00am to 8:00pm

Thursday’s open from 7:00am to 4:00pm

Friday’s open from 8:00am to 5:00pm

Takes lunch from 12:00pm to 1:00pm

All dates and times are subject to change.

McKenna Yracheta-Diabetes Fitness Coordinator

Email: mvracheta@kaibabpaiute-nsn.gov

Phone number: (928)643-6007
Healthy vision starts with you! Use these 10 tips to take care of your eyes.

1. **Eat right to protect your sight.**
   Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and vegetables, especially green leafy such as spinach, kale and collard greens. Fish like salmon, tuna and halibut have been shown to help your eyes too.

2. **Get moving.**
   Do you know that kids who exercise have a healthier body weight than those that don’t? Being overweight or obese can put you at a higher risk for diabetes and other condition that can lead to vision problems.

3. **Speak up if your vision changes.**
   Is your vision blurry? Do you squint a lot? Ever have trouble seeing thing at school? Tell a parent or a teacher if your eyes are bothering you or if you notice any changes in your vision.

4. **Wear your glasses.**
   Your glasses help you see better, especially when they’re clean and free of smudges. Store them properly so they will not get scratched.

5. **Keep the germs away.**
   Always wash your hands when you are putting them close to your eyes, especially if you are putting in or taking out contacts.

6. **Gear up**
   Playing your favorite sport? Using chemicals in science class? Mowing the lawn? Wear the right protection to keep your eyes safe. Many eye injuries can be prevented with better safety habits, such as wearing protective eye wear.

7. **Wear your shades.**
   The sun’s rays can hurt your eyes. Choose sunglasses that block 99% or 100% of UVA and UVB radiation from the sun. And remember, never look at the sun directly.

8. **Give your eyes a break.**
   Do you spend a lot of time looking at your phone, computer or TV? Staring at any one thing for too long can tire your eyes. Give your eyes a rest using the 20-20-20 rule: Every 20 minutes look away 20 feet for 20 seconds.

9. **Say no to smoking.**
   Do you know that smoking is as bad for your eyes as it is for the rest of your body? Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.

10. **Talk about it.**
    Does anyone in your family have issues with their eyes? Not sure? Ask! Talking about eye health with your family can help all of you stay healthy.

If you have any questions please call or email:
Susan Erickson, RN
Tribal Nurse
Office: 928-643-8332
Cell 435-899-1016
serickson@kaibabpaiute-nsn.gov
ANYTIME, ANYWHERE MOVES FOR SUMMER MUSCLE

Get your swole and sweat on with this 30-minute no-equipment burner. BY FARIS KHAN, C.S.C.S.

DIRECTIONS: Do this workout 3 to 5 times a week. Start with the warmup, then do the supersets in order. On days you don’t do this workout, aim for a 20-minute run or walk.

WARMUP

WALKOUT TO LUNGE TO WINDMILL

► First, loosen your hips and upper back and fire up your core. Start standing. Place your hands on the floor (a). Walk them forward into pushup position. Shift your right foot to just outside your right hand. Pause. Reach your right hand forward (b), then rotate it back toward your hip, making a wide arc as you do (c). Return it to the floor. Reverse back to the start, then repeat on the other side. Do alternating reps for 40 seconds, then rest 20 seconds. Do 3 sets.

SUPERSET 1

DIRECTIONS: Do the exercises in order without resting. Do 3 rounds. Rest 60 seconds between each round.

1 HIP THRUST TO ALTERNATING LEG EXTENSION

► Lie with your shoulder blades on a bench, heels near your butt, core tight. Look forward. Squeeze your glutes, lifting your hips. Keeping your hips square to the ceiling, lift your right foot, straightening your right knee. Return your right foot to the floor and repeat with your left foot. Lower your butt. That’s 1 rep. Do 12, continuing to alternate legs. You’ll build back-saving glute strength and blast your quads, too.

2 PUSHUP TO BENCH PLANK

► Start in pushup position with a bench about a foot in front of you, your feet spread apart. Bend at the shoulders and elbows, lowering your chest to within an inch of the floor (a). Press back up. Keeping your hips and shoulders square to the floor, place your right hand on the bench (b), then your left hand. Pause, then return to pushup position. That’s 1 rep. Do 8 to 10 to build chest strength and also challenge your abs.
SUPERSET 2

DIRECTIONS: Do the exercises in order without resting. Do 3 rounds. Rest 60 seconds between each round.

3 BULGARIAN SPLIT SQUAT TO HINGE

Get into a half-kneeling stance on the floor, left leg forward, right instep on a bench behind you. Stand up. This is the start (a). Bend your left knee, lowering your torso until your left thigh is parallel to the floor. Press back up. Tighten your core and push your butt back, lowering your torso until it’s at a 45-degree angle with the floor (b). Press back up. That’s 1 rep. Do 8 per side. You’ll build single-leg strength, and you’ll hone your balance in any situation as well.

SUPERSET 3

DIRECTIONS: Do the exercises in order without resting. Do 3 rounds. Rest 60 seconds between each round.

4 THUMBS-UP PUSHPUP

Start in pushup position, hands balled into fists. Your forearms should be on the floor, thumbs facing up, upper arms nearly perpendicular to the floor. Tighten your core. Squeeze your triceps and drive your arms straight, squeezing your shoulder blades. Slowly lower back to the start. That’s 1 rep. Do 8 to 10 to build back and triceps strength.

5 COPENHAGEN PLANK KNEE DRIVE

Start in a left-side plank, right foot on a bench or ottoman, left leg held out in front of you, knee bent. Keeping your hips and shoulders square to the front, bring your left leg in line with your right leg, then drive it in front of you again. That’s 1 rep. Do 10 per side to build abdominal and oblique strength.

6 PLANK REACH

Start in plank position, forearms on the floor, elbows directly below shoulders, core and glutes tight. Keeping your hips and shoulders square to the floor, lift your left arm off the floor and reach your left hand forward. Return it to the floor. Repeat on the other side. That’s 1 rep. Do 10. You’ll learn to brace your core while also building shoulder-saving back strength.
Pfizer Covid Vaccinations are available for 12 years and up.

Moderna Vaccinations 18 years +

Southwest Utah Public Health Department
445 N Main St, Kanab, UT 84741 located behind the Hospital
644-2537

Walk Ins on Monday and Wednesday from 10:00 am to 11:30 am Utah Time and 1:00 pm to 3:45 pm Utah time, there is no fee and you do not have to be a Utah resident to get Covid vaccination.

Introducing Vira, the Vax Chatbot:

COVID-19 vaccination is lagging in young adults nationally. Vira, the Vax Chatbot is designed to support and meet young people where they are with simple answers to common COVID-19 vaccine questions. Vira was developed by the International Vaccine Access Center at the Johns Hopkins Bloomberg School of Public Health along with experts from the Johns Hopkins Whiting School of Engineering.

Vira can help health workers or anyone who seeks help fielding questions from family and friends about the COVID-19 vaccines. https://vaxchat.org
The Mouth is a Gateway to overall Health... or Disease.

Good oral health is important for your child's development. Although temporary, primary teeth are susceptible to cavities—just like yours. Baby teeth should fall out on their own, and when they do, adult teeth grow in straight. With bright, shiny teeth, your child will smile more, and your child will have better odds of doing well in school and later in life.

American Indian and Alaska Native children, ages 1 to 5, have the highest rates of tooth decay in the United States. Children with tooth decay may experience pain and infection, leading to difficulty concentrating and learning, missed school days, and potentially undergoing oral surgery.

Poor oral health is linked to various diseases including diabetes, obesity, and heart disease. It is important to start your child off with proper oral care, good nutrition, and timely visits to the dentist to help protect her/his teeth and health for years to come.

For more S-milestones, visit strongteethstrongkid.org
Help Toby navigate the Wild West of dental care! Use the word bank below to solve the puzzle.

**Toby the Tooth Adventures**

strongteethstrongkid.org

**ACROSS**

1. A hole in the tooth
2. A feeling you have for your family
3. When you feel your best!
4. Eating a healthy diet
5. When the corners of your mouth turn up
6. Having power and strength
7. These teeth fall out on their own

**DOWN**

2. Use this to brush your teeth twice a day
3. Pearly whites!
4. The person you see twice a year to inspect your teeth
5. Avoid foods with too much of this!
6. Another word for child

**WORD BANK**

Primary  Strong
Teeth    Kid
Dentist  Nutrition
Toothbrush Healthy
Love    Cavity
Sugar   Smile

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**S-milestones**

Before first tooth appears: Begin good habits—use a clean, damp washcloth to wipe any milk/formula off baby’s gums, twice a day.

3 to 6 months: Primary teeth begin to erupt; teeth brushing should begin; brush twice a day with an infant-size toothbrush.

After first tooth appears or before first birthday: First dental visit occurs (request fluoride varnish); visits should occur every 6 months thereafter.

Less than 3 years: Brush teeth with fluoride toothpaste, the size of a grain of rice.

By 3 years: Child should have 20 primary teeth, or baby teeth.

After 3 years: Brush teeth with a pea-size amount of fluoride toothpaste until age 6.

For more S-milestones, visit strongteethstrongkid.org
Advancing Healthy Indigenous Food

SEAN SHERMAN, Founder and CEO, The Sioux Chef, and Co-Founder, NaTIFS

Sean Sherman has built his name melding Indigenous foods with haute cuisine flair. He has a successful Minneapolis-Saint Paul catering business, The Sioux Chef, and a James Beard Award-winning cookbook, The Sioux Chef’s Indigenous Kitchen. In early 2020, the Oglala Lakota chef and his life partner, Dana Thompson, who is Mdewakanton Dakota, founded a culinary training and education nonprofit called NaTIFS (North American Traditional Indigenous Food Systems), and launched its first project, the Indigenous Food Lab. At the time, Sherman was planning for the 2021 opening of his first restaurant, Owamni, in downtown Minneapolis. Then COVID came along and shut down his catering operations, sending his life’s work in an exciting new direction.

Sherman grew up on the Pine Ridge Reservation in South Dakota and has traveled all over North America talking to Native Americans and ethobotanists about Indigenous foodways and cooking methods. He weaves together dishes that pair Northwest salmon with blackberries and seaweed, or roasted Midwestern wild turnips and winter squash. Just as significantly, he refrains from using foods of European origin—wheat flour, dairy, cane sugar, pork and beef—that have had a serious impact on the health of Native Americans, whose rates of type 2 diabetes are significantly higher than rates among the general population and whose average life expectancy is 5½ years less than that of all U.S. racial groups combined.

When pandemic closures and racial-justice protests overtook the Twin Cities, Sherman reconvened his cooking crew for a new purpose: preparing healthy meals for people living in local homeless encampments, many of whom are Indigenous. But that effort, a partnership with the Minnesota Central Kitchen, relied on donated food. So in October, he secured funding to prepare and deliver 10,000 nutritious, culturally relevant meals every week—smoked pheasant and root-vegetable soup, bison and tepary-bean chili—to Native organizations and 9 of the 11 tribes in the state.

The response has been electric. “Especially because this food is geared toward Indigenous peoples, it’s reconnecting them with a lot of their ancestral knowledge base,” says Sherman. He’s electrified, too: A restaurant meal, or a talk at a powwow, has limited impact; this year, he’s been able to share his food and his message with tens of thousands of the people he most wants to reach. In fact, the Prairie Island Indian Community in Southeastern Minnesota invited him to help rebuild two community kitchens on the reservation and develop healthy recipes for them to cook.

Sherman’s Minneapolis restaurant opened—miraculously, he says—on time this spring. But his food-relief work has given new purpose to his mission: setting up Indigenous Food Labs across North America so these communities can incubate food businesses, rediscover lost traditions and increase access to nutritious local foods. Says Sherman, “We’re just trying to set up a system to preserve these traditions and to make healthy food accessible to anybody that wants to learn about it.”
Grilling may be a summertime staple, but there are health concerns associated with firing up the BBQ. Namely: cancer risk. The worry stems from the discovery that barbecued meats can form two chemicals—heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs)—which have been shown in lab studies to alter DNA in a way that increases the odds of developing various forms of the disease—including breast cancer. The first, HCAs, are found in the char on meats cooked over an open flame. (High temps create a reaction between amino acids, sugars, and creatine in muscle.) PAHs occur when fat drippings fall onto hot coals or heating elements and create smoke—which then rises up, causing the chemical to cling to your food. Some human studies have found an association too. A meta-analysis published in the journal *Nutrients* showed that the more HCAs and PAHs participants ate over time, the higher their risk for colorectal adenoma—the benign precursor to colorectal cancer.

But the National Cancer Institute points out that human studies have been mixed, and no definitive link between exposure to PAHs and HCAs from grilled meat and cancer has been established. That’s in part because the amount of these chemicals you might consume from a piece of barbecued chicken or seared steak is “1,000-fold lower than what animals are exposed to in lab studies,” says Cynthia Rider, Ph.D., an environmental toxicologist at the National Institute of Environmental Health Sciences Division of the National Toxicology Program. In these trials, scientists used high doses so that they were sure to see an effect—like a tumor—that they could study. So the levels are nowhere close to what would be in the food you eat.

However, diet is still considered the No. 1 source of PAHs among nonsmokers (cigarette smoke is also a major producer of these chemicals), says Diana Rohlman, Ph.D., a toxicologist at Oregon State University who studies PAHs in the air. But the good news, she adds, is that there are simple ways to minimize your exposure. Choosing leaner cuts of meat, for example, means less fat will drip down and create PAHs. Raising the grill grates farther above the flames, if you can, also reduces the formation of this chemical. Continually rotating the meat limits heat exposure and may decrease HCA formation, as well, according to the NCI.

One way to reduce both PAH and HCA consumption from meat, Rohlman says, is to not eat any super-blackened spots, where these compounds are concentrated. Finally, there is some evidence that marinating your meat may help. A 2019 study in *Food Chemistry* found that marinating chicken wings in beer reduced the production of PAHs in the meat. Another 2020 trial showed marinades significantly limited the formation of HCAs. Researchers believe this is due to the antioxidant properties in marinades like these.

**THE BOTTOM LINE:** There’s no hard evidence linking PAHs and HCAs on grilled meat with an increased cancer risk, though it can’t hurt to take steps to minimize your exposure. And as with anything, moderation is key. Rider and Rohlman agree that if you grill one night, maybe lean on another cooking method for a couple of days. Now, where are those tongs?