FROM THE DESK OF CHAIRWOMAN SEGUNDO

It seems only a few days ago we were counting down the days to the New Year of 2021. This will be the first tribal newsletter for the year. Due to staffing issues related to the COVID-19 pandemic, we were operating with essential staff only for much of November 2020 until Mid-January 2021.

We continue to urge our tribal members and community members to continue to remain vigilant; wash your hands, wear a mask, and maintain social distance. It is good to see our tribal community wearing masks at the local stores even when the majority chooses not to. Way to Go Kaibab!

The COVID-19 Team has created a website that includes a dashboard for the reservation. This will provide the most up-to-date information from the team. I encourage all to go to this website and check it out. The website is https://kptcovid.weebly.com/. Thank you C19 Team!

Using the Treasury funding, the Tribe has been able to make some improvements to its buildings in an effort to minimize the spread of COVID in tribal buildings. These buildings (Tribal offices, Chevron Store, RV park) restrooms have gone touchless. The Chevron Store will also have an automatic door installed soon. Updates to the tribal IT system have been updated as well as updates for the RV Park WiFi system. The Community Building has had the floor replaced with vinyl for easier cleaning and the Education Department has created a great learning environment for students while being able to create a safe environment following COVID protocol. Hats off to the Education Department and Committee for creating a safe place to learn and for tutoring opportunities to continue through the use of Zoom.

Thank you to the CHR program for arranging vaccinations for local tribal members and essential employees. Vaccinations were administered on January 25 through Creek Clinic out of Colorado City, AZ for Tribal Elders & essential employees and also on January 30 through Indian Health Services for our tribal members in our service area.

We are seeking members for tribal committee’s: Economic Development, Housing and Election to name a few. For a committee application contact: Claudina Teller at cteller@kaibabpaiute-nsn.gov or by calling the Tribal Office.

We are in the process of interviewing and hiring a Tribal Administrator. We look forward to filling that position as this position is an essential part of our day to day operations.

\[Signature\]
Kaibab Paiute Tribe Covid 19 Response

Level 1 Safety Guidelines

Stop the spread of germs that can make you and others sick!

1. Wash your hands often
2. Wear a mask
3. Cover your coughs and sneezes
4. Keep 6 feet of space between you and your friends

Visit the KPT Covid Website for resources and information
https://kptcovid.weebly.com/
Current Level  
1/26/2021  
Level 1

Level One Learning Model
- In person tutoring by appointment in the Community Building.
- Maximum of 6 students at any given time. Students who are attending school will have priority scheduling during after school hours. Distance learners will be scheduled during the day. Zoom tutoring will be offered as an alternative for families who feel unsafe, are sick, or are quarantined.
- Temperature Checks upon arrival. Students with a fever of 100+ degrees will be immediately sent home.
- Social Distancing in place using separate learning spaces with dividers for students.
- Masks worn when distancing is not possible.
- Cleaning and sanitizing done daily and in between tutoring appointments. UV sanitation with air purifiers and UV wands.

Level Two Learning Model
- In person tutoring by appointment in the Community Building.
- Maximum of 6 students at any given time. Students who are attending school will have priority scheduling during after school hours. Distance learners will be scheduled during the day. Zoom tutoring will be offered as an alternative for families who feel unsafe, are sick, or are quarantined.
- Temperature Checks upon arrival. Students with a fever of 100+ degrees will be immediately sent home.
- Social Distancing in place using separate learning spaces with dividers for students.
- Masks worn when distancing is not possible.
- Cleaning and sanitizing done daily and in between tutoring appointments. UV sanitation with air purifiers and UV wands.
- When there is a confirmed case at the school level, all students in that grade will move to Zoom tutoring for 14 days.
- If a tutoring student or staff test positive for Covid 19 or are first line contacts, all tutoring will move to Zoom and the building will close for professional cleaning. We will move back to Level One Learning once the quarantine order is complete for student or staff.

Level Three Learning Model
- When there are 4 confirmed households with Covid 19 on the reservation, we will evaluate in person tutoring on a case by case situation and schedule only after parents complete the Covid questionnaire. Tutoring appointments will be limited to family units or two individuals at a time. Zoom tutoring will be offered as an alternative for families who feel unsafe, are sick, or are quarantined.
- Temperature Checks upon arrival. Students with a fever of 100+ degrees will be immediately sent home.
- Social Distancing in place using separate learning spaces with dividers for students and masks will be worn when distancing is not possible.
- Cleaning and sanitizing done daily and in between tutoring appointments. UV sanitation with air purifiers and UV wands.
- When there is a confirmed case at the school level, all tutoring students in that grade will move to Zoom tutoring for 14 days as a precaution.
- If a tutoring student or staff test positive for Covid 19 or are first line contacts, all tutoring will move to Zoom and the building will close for professional cleaning. We will remain in level three learning until the reservation moves back to level one.

Sign Up for Tutoring  
https://www.signupgenius.com/go/10c0d44ada92da1f5c25-tutoring
Parents: Care for yourself one small way each day

- Find new ways to safely connect with family and friends. Get support and share feelings.
- Take breaks to relax and unwind through yoga, music, gardening, or new hobbies.
- Treat yourself to healthy snacks and get enough sleep.
- Treat yourself to healthy foods and get enough sleep.
- Take care of your body and get moving to lessen fatigue, anxiety, or sadness.

Students: Care for yourself one small way each day

- Do something you enjoy outside, like going to the park or for a run.
- Find creative ways to spend time safely with friends, like virtual movie parties.
- Remember, you're not alone.
- Talk to someone you trust if you or a friend feels bad.
- Make time to relax by reading, listening to music, or exploring a new hobby.
Heart Health

February is Heart Health month and here are 8 steps for a heart healthy diet to prevent heart disease.

1. **Control your portion size:**
   How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should.
   Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods.

2. **Eat more fruits and vegetables:**
   Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits, like other plants or plant-based foods, contain substances that may help prevent cardiovascular disease.

3. **Select whole grains:**
   Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain farro, quinoa or barley.

4. **Limit unhealthy fats:**
   Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

5. **Choose low fat protein sources:**
   Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

6. **Reduce the Sodium in your food:**
   Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet. The American Heart Association recommends that:
   - Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt)
   - Most adults ideally have no more than 1,500 mg of sodium a day.

7. **Plan ahead and create healthy menus**
   You know what foods to feature in your heart-healthy diet and which ones to limit. Now it's time to put your plans into action.
   Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and healthy fats, and limit salty foods. Watch your portion sizes and add variety to your menu choices.

8. **Allow yourself an occasional treat:**
   Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let it turn into an excuse for giving up on your healthy-eating plan. If overindulgence is the exception, rather than the rule, you'll balance things out over the long term. What's important is that you eat healthy foods most of the time.

Incorporate these eight tips into your life, and you'll find that heart-healthy eating is both doable and enjoyable. With planning and a few simple substitutions, you can eat with your heart in mind.

Call or email with any questions:
Susan Erickson RN
CHR Registered Nurse
928-643-8332
serickson@kaibabpaiute-nsn.gov
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These Dates and Topics are subject to change.
Keeping our Heart Healthy

Zoom Presentation
February 17, 2021
6 pm
Come and join us for some tips on keeping your healthy

Call or email with any questions:

Susan Erickson RN
CHR Registered Nurse
928-643-8332
serickson@kaibabpaiute-nsn.gov
Intermountain
Garfield Memorial
Hospital

3D
DIGITAL
MOBILE
MAMMOGRAPHY
UNIT

coming to your area

Kanab
February 16, 17 & 18, 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
Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Tribal Hunting – REMINDER, THE WILDLIFE NEEDS YOUR WHITE PAPERS IF YOU MADE A KILL ASAP, SO THAT WE CAN GET A COUNT OF HOW MANY DEER WERE TAKEN. This Department would like to thank all Tribal members’ hunters for cooperating with the Department and the COVID-19 team, by following, the hunting guide lines. The day before the third Big Game hunt we went into level 3 and the hunt was closed, and only Tribal Members that live on the Reservation could hunt, one deer was killed at B Spring without a permit.

ATTENTION TRIBAL MEMBERS and spouse – the Wildlife committee is looking for outdoors type people to become 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. 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 need to 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 2020 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.

Fire Wood – Tribal Members you don’t need a permit to get fire wood, unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you don’t need a permit. You can get wood anywhere on the reservation, as long as 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 or concerns contact Danny Bullets, Jr. at 643-8305 or Email me at dbullettsjr@kaibabpaiute-nsn.gov. Text or call (435) 689-1624.
8 Ways to Prevent Water Pollution
Get rid of polluted water BEFORE it ever happens.

Here are 8 Ways to Prevent

- Do not dump in or around rivers
  Dumping is one of the leading causes of water pollution

- Clean and maintain septic systems properly
  Septic tanks will eventually leak and human waste becomes exposed to groundwater

- Follow all water laws and regulations
  These regulations and laws are in place for a reason
  Breaking the rules puts the water at risk

- Dispose of pesticides and chemicals properly
  NEVER pour these substances out in your yard or in storm drains, the sink or in the toilet. All of these pipes and drains lead to water sources and eventually chemicals enter the water supply too.

- Never pour cooking fats and oils down the sink
  Not only can this seriously clog up your drains but it can also cause illness to spread in your water

- Refrain from using bleach when washing at home
  It can cause internal burning as well as poisoning and can seriously damage the environment

- Clean up your yard regularly
  If you notice your neighborhood getting very dirty, organize a cleanup day and get people involved

- Educate, educate, educate!
  Work to educate your friends, family about water safety and water pollution
Water Pollution

97% of Earth's water is either salty or polluted!

Pollution and the Water Cycle

Steps of the Water Cycle
1. Water is evaporated into the atmosphere.
2. Water condenses into tiny water droplets.
3. Water is precipitated down to earth in the form of rain, snow, sleet, or hail.
4. Water runs off into rivers and lakes.
5. Water is absorbed into the ground.
6. The cycle starts over again.

Effects of Water Pollution
- It has ability to destroy many animal habitats, and cause irreparable damage to many ecosystems
- It makes clean drinking water unable to drink
- Destroys habitats for animals and destroys many ecosystems
- Disrupts food chains
- Humans will get diseases from polluted water and sick seafood
Redcliff chevron
new hours!

Starting January 31, 2021 (Sunday)
7:00 am - 7:00 pm seven days a week!

Thank you for coming in! Hope to see you again!
The Housing Committee has one (1) committee seat that is vacant. If interested, please fill out an application at the front desk of the tribal office. Applications will be accepted until February 25, 2021.

Reminder, ALL work orders must be called in to 643-8308 or 643-8315.

ALL garbage must be bagged. No ashes in the dumpsters, you can bury them in your yard. ONLY household garbage in the dumpsters. NO FURNITURE.
Enrollment Committee

The Enrollment Committee is looking for someone to fill a vacant seat. The committee meets two times a quarter. One meeting is to review and approve the Per Capita lists for the adult members and the minors list.

The second meeting is to review all applications for enrollment into the tribe; this also includes adoptions into the tribe.

If you would like to be considered for a committee seat, please see Claudina at the front desk for the committee application for the Enrollment Committee. Return the completed application to Valencia Castro, Tribal Trust/Enrollment Officer.
Welcome Ashley

Hello Everyone,

I am Ashley Earley. I am your new Tribal Council Secretary. I was hired on January 11, 2021. I am from a little town called Lanark, ID. I am about 20 minutes Bear Lake, Idaho. I currently live in Colorado City, AZ. I am the oldest of three girls. I have one nephew and three nieces. I am currently going to school for my Associate Degree in Business Management with emphasis in Accounting. I have two dogs named Kenya and Gus. I am currently engaged. I am so excited to be working with you.
Welcome Thad Ballard – New Facility Maintenance

My name is Thad Ballard, I grew up in Hurricane Utah and graduated from Hurricane High.

After school I went directly into building construction over the years got into heavy equipment operation. Finally ending up at the legacy park as a crew leader for the facility.

When the opportunity came for the facilities at the Kaibab Tribe I decided that it would be a great transition.

I have two grown sons Brady, who lives in Denver, and Tanner who lives in Washington Utah, and is the father of our beautiful granddaughter Teagan.

I met and married the love of my life LettieKay in 2001, we have two dogs Sadie and Ginny.

We are also blessed to feed two horses Dagwood and Ruby.

We enjoy spending time together working on our place and with Teagan when we can.
Loretta Frank Martinez our oldest elder left us on January 19, 2021, peacefully at her home in Redhills Village. Thank you for those that came and paid their respects and who helped in any way. From: Donald M. Sr., Alonzo M., Valerie M., Judith M. Grant Family

Eagle Mountain Village Community Building now has internet. Thanks to the diligent work of Amanda Bundy, Tribal Librarian/Education Program. Funds provided through Arizona State Library & Institute of Museums and Library Services (IMLS) to provide connection during Covid